

# Caregiver Outreach in the Workplace

## Program Schedule 2011

### January

**12** (Wed) Preparing and Organizing the Most Important Documents of Your Life  
**13** (Thur) Preparing and Organizing the Most Important Documents of Your Life  
**16** (Sun) Preparing and Organizing the Most Important Documents of Your Life

### February

**9** (Wed) Enhanced Geriatric Care Management Program  
**15** (Tues) Caring for a Loved One with Dementia  
**16** (Wed) Emotional Minefields: Guilt, Anger, Depression, and How to Cope  
**24** (Thur) Preparing and Organizing the Most Important Documents of Your Life  
**28** (Mon) Preparing and Organizing the Most Important Documents of Your Life

### March

**15** (Tues) FSMC Senior Services  
  
**21** (Mon) Preparing and Organizing the Most Important Documents of Your Life  
**23** (Wed) Take Time to Breathe – How to Care for the Caregiver  
  
**24** (Thur) Partnering with a Health Care Professional:  
How to Get the Most Out of a Doctor's Visit  
**30** (Wed) Enhanced Geriatric Care Management Program

### April

**4** (Mon) Preparing and Organizing the Most Important Documents of Your Life  
**13** (Wed) Having The Conversation: How to Talk to Your Parents about Accepting Help  
**26** (Tues) Preparing and Organizing the Most Important Documents of Your Life  
**27** (Wed) Enhanced Geriatric Care Management Program

### May

**5** (Thur) Eldercare Planning: How to Avoid a Crisis  
  
**11** (Wed) Take Time to Breathe – How to Care for the Caregiver  
**16** (Mon) Preparing and Organizing the Most Important Documents of Your Life

### Location

Rockaway Mall  
Picatinny Arsenal  
First Memorial Presbyterian  
Church of Dover

Family Service  
Picatinny Arsenal  
Huff 'n' Puffer Club  
Novartis  
Madison Senior Center

Morris Area Interfaith  
Clergy Council  
Dover Senior Citizens Assoc.  
St. Francis Residential  
Community  
Picatinny Arsenal

BNI

Dover Senior Citizens Assoc.  
ASCO  
St. Clare's (Dover)  
RegentAtlantic Capital

Interfaith Clergy Conference  
at Family Service  
St. Francis Residential  
Madison Senior Center

<b><u>June</u></b>	<b><u>Program</u></b>	<b><u>Location</u></b>
9 (Thur)	Caregiver Stress in the Workplace	Morris County Chamber of Commerce
28 (Tues)	Preparing and Organizing the Most Important Documents of Your Life	Novartis
<b><u>August</u></b>		
3 (Wed)	Home Suite Home: Creating Safe Surroundings for a Live-Alone Elder	Picatinny Arsenal
15 (Mon)	Elder Caregiving 101- What Every New Caregiver Needs to Know	NECA
23 (Tues)	Take Time to Breathe – How to Care for the Caregiver	NECA
<b><u>September</u></b>		
14 (Wed)	Healthy Aging Seminar	Morristown Medical Center
21 (Wed)	Partnering with a Health Care Professional: How to Get the Most Out of a Doctor's Visit	Huff 'n' Puffer Club
22 (Thur)	Home Suite Home: Creating Safe Surroundings for a Live-Alone Elder	Picatinny Arsenal
<b><u>October</u></b>		
3 (Mon)	Partnering with a Health Care Professional: How to Get the Most Out of a Doctor's Visit	Dover Senior Citizens Assoc.
5 (Wed)	Take Time to Breathe – How to Care for the Caregiver	Picatinny Arsenal
6 (Thur)	Aging Is a Family Affair – Deciding Who Will Help	Clergy Association of Mountain Lakes
12 (Wed)	FSMC Senior Resources	Novartis
12 (Wed)	Having The Conversation: How to Talk to Your Parents about Accepting Help	RegentAtlantic Capital
<b><u>November</u></b>		
3 (Thur)	The Empty Chair at the Holiday Table: Coping with Loss and the Holidays	Family First Home Care
12 (Sat)	Partnering with a Health Care Professional: How to Get the Most Out of a Doctor's Visit	Family Service of Morris County
15 (Tues)	Preparing and Organizing the Most Important Documents of Your Life	Denville Seniors
30 (Wed)	Housing Options for Elders – Finding the Best Place	Mental Health Association of Morris County
<b><u>December</u></b>		
1 (Thur)	Senior Services in Morris County	Hildale Park Presbyterian Church
1 (Thur)	Aging Is a Family Affair – Deciding Who Will Help	Caregivers Coalition of Morris County
5 (Mon)	The Empty Chair at the Holiday Table: Coping with Loss and the Holidays	Chester Library
7 (Wed)	The Empty Chair at the Holiday Table: Coping with Loss and the Holidays	Picatinny Arsenal
14 (Wed)	Preparing and Organizing the Most Important Documents of Your Life	Bayer Consumer Care

For more detailed information on each program, please contact Lucille H. Deutsch, CALA, CMC, Director of Geriatric and Caregiver Outreach, at [lddeutsch@fsmc.org](mailto:lddeutsch@fsmc.org), or at (973) 538-5260, ext. 226.

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