

You Are Invited
to a free dinner series on the joys and challenges of supporting aging parents

As Parents Age: The Adult Child Conundrum

Tuesday, November 1, 5:30 pm Your Life is Changing

Providing care for a family member is an act of kindness, love, and loyalty. It can also be overwhelming. This discussion will focus on things you can do to make the caregiving process easier and more pleasurable for both you and your loved one. Cynthia Jacelon, PhD, RN and University of Massachusetts College of Nursing students.

Tuesday, November 15, 5:30 pm Navigating Shifting Roles

An adult child doesn't assume the top of the hierarchical relationship because an aging parent's needs increase. In the words of Pema Chodron, "Compassion is not a relationship between a healer and the wounded. It's a relationship between equals." Discussion will focus on navigating shifting family roles while preserving dignity and respect. Led by Cynthia Jacelon, PhD, RN

Tuesday, November 22, 5:30 pm What Matters in the End

Families are neither comfortable with nor used to discussing serious illness or dying. Discussion will help family members better understand importance of advanced care planning and prepare for conversations about the later stages of life. Led by Jeffrey Zesiger, MD and Raeann LeBlanc, DNP, RN

Tuesday, November 29, 5:30 pm Designing Your Own Later Adult Years

Aging will happen to all of us naturally, but aging well takes careful planning. Now is the time to begin to plan an enjoyable, wise, active, and fruitful later life. Such planning will also add richness to your life now. Led by Cynthia Jacelon, PhD, RN and Barbara Perman, PhD

Talks are open to the public and all are welcome to attend one or the entire series. Because a caregiver's life is busy enough, buffet dinner is included beginning at 5:30 pm. Presentations will begin promptly at 5:45 pm.

*Hosted by Loomis Village, located at 20 Bayon Drive, South Hadley, MA.
RSVP to Carol Constant at 413-588-5184 or cconstant@loomiscommunities.org*

