



“2016 Lunch & Learn” Caregiver Education Program Series

For caregivers of chronically ill older adults

Free Program Sponsored by
RWJUH and COPSA E.A.R.S. for Caregivers
Rutgers University Behavioral Health Care



The 3rd Monday of the month

12 pm - 1 pm

RWJ Fitness & Wellness Center, RWJ Community Room, New Brunswick
Free 3-hour parking - Directions noted below

Bring your lunch & join us for all or any one of our informative and sharing sessions

- March 21:** “The Experience of Caregiving”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers
- April 18:** “Accessing Community Resources - Navigating the Maze”
Laila Caune (Executive Director) and Jaimi Mortillaro (Public Information Director)
Middlesex County Department on Aging and Disabled Services
- May 16:** “Elder Law Update 2016 - Planning Your Older Loved One’s Long-Term Care”
Christina Hardman-O’Neal, Esq. – Partner, Tax and Estate Planning
Davison, Eastman and Munoz, P.A.
- June 20:** “Understanding and Coping with ‘Difficult’ Emotions as a Caregiver”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers
- July 18:** “Perpetual Parenting: Older Parents and Adult Sibling Caregivers of Adults with
Developmental Disabilities”
David Roussell, Princeton Resource Center/ Retired Supervisor – DDD
- August 15:** “Internet Resources for Family Caregivers”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers
- September 19:** “Tear Soup: Coping With Loss and Grief as a Family Caregiver”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers
- October 17:** “They’re Your Parents Too! Siblings and Family Caregiving”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers
- November 21:** “Caregiver Coping During the Holidays”
Dale L. Ofey-Ayisi, LCSW and Susan Schwartz, CSW – COPSA EARS for Caregivers

The RWJ Community Education Room, 100 Kirkpatrick Street - 2nd Floor , New Brunswick NJ 08901

The entrance to the parking deck is on Paterson Street, immediately at the corner of Joyce Kilmer Ave. & Paterson St.

Directions: From Rt 18 (North) exit onto “Rt 27 South—Princeton”, proceed on Rt 27 to Joyce Kilmer Ave (the traffic light immediately past the railroad station). Turn left onto Joyce Kilmer Avenue. Go one block and turn left onto Paterson Street. The entrance to the parking deck is immediately on your left. Proceed to any parking deck level and take the elevator to floor 2. Bring your parking ticket with you. On floor 2 you will see the entrance to the Fitness and Wellness Center. The staff at the front desk will ask you to sign in. The Community Room is halfway down the hall on the right.

Parking is free for 3-hours. Your parking ticket will be validated as you leave the Fitness & Wellness Center.

To reserve a seat, call 1-888-637-9584. Walk-ins welcome if there is available seating.