



Old Colony Elderly Services to offer “Caregiver Night Out” Appreciation Event on November 1st

DATELINE: BROCKTON, PLYMOUTH AND WAREHAM, MA... November is National Caregiver Month and Old Colony Elderly Services, Inc. (OCES) Family Caregiver Support Program is offering a complimentary “Caregiver Night Out” on Thursday, November 1, 2007, from 5:30 to 8:30 p.m., at Sunrise Assisted Living Center, 97 Warren Avenue in Plymouth.

Family caregivers may enjoy a stress-free night of relaxation and renewal in the company of other caregivers while being treated to dinner.

Joan Costello of Inner Peace Wellness Center of Wareham will give a presentation on the “Emotional Freedom Technique”. Attendees will have an opportunity to learn strategies to help manage the stress of caregiving while also learning more about available resources and services that offer support to family caregivers.

This unique appreciation event is co-sponsored by OCES Family Caregiver Support Program, Plymouth Council on Aging and Sunrise Assisted Living. OCES serves elders and their families, as well as caregivers, in Plymouth County and the Avon, Easton and Stoughton area.

To register, contact Sara at OCES, 508-584-1561 extension 272 by October 29, 2007

Inner Peace Wellness Center is located in Little Harbor in Wareham, Mass. For more information about the center, contact 508-759-0104 or visit their website at innerpeacecenter.com.

About Old Colony Elderly Services

Incorporated in 1974, Old Colony Elderly Services (OCES) is one of 27 private, non-profit Aging Services Access Points (ASAPs) in the Commonwealth of Massachusetts. The organization’s mission is to provide services which will support the dignity and independence of elders by helping them maximize their quality of life; live safely and in good health; and, prevent unnecessary or premature institutionalization.

The agency has 110 employees and operates more than 12 programs serving elders, their families and caregivers. For more information call (508) 584-1561 or visit the website at www.oc-elderly.org.