



**“Caregiving 101” Program offered by
Old Colony Elderly Services on October 17th**

DATELINE: BROCKTON, MA...Serving Plymouth county and the Avon, Easton and Stoughton area, Old Colony Elderly Services, Inc. (OCES) Family Caregiver Support Program is sponsoring a FREE “Caregiving 101” program on Wednesday, October 17th from 6 to 7:30 p.m.

The program will be held at Comfort Keepers located at 37 Industrial Park Road in Plymouth.

Providing education and guidance to family caregivers, “Caregiving 101” focuses on:

- Broadening caregivers’ awareness about resources, services, and programs
- Increasing caregivers’ knowledge on how to find and access services
- Enhancing caregivers’ health and well being while managing caregiver responsibilities

To register, contact Beth Marden at Comfort Keepers (508) 746-4800.

OCES serves elders and their families, as well as caregivers, in the towns of Abington, Avon, Bridgewater, Brockton, Carver, Duxbury, East Bridgewater, Easton, Halifax, Hanover, Hanson, Kingston, Lakeville, Marshfield, Middleboro, Pembroke, Plymouth, Plympton, Rockland, Stoughton, Wareham, West Bridgewater and Whitman.

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.