



**Old Colony Elderly Services announces  
“Lunch & Learn” Fall Seminars for Caregivers**

DATELINE: BROCKTON, MA...Old Colony Elderly Services, Inc. (OCES) of Brockton, Mass., recently announced two upcoming “Lunch & Learn” seminars for caregivers.

On Thursday, September 27<sup>th</sup>, from 12 to 1 p.m., OCES will hold a “Caregiving 101” seminar for working caregivers and adult children of aging parents. In addition to a general overview of community services, attendees will also learn how to develop strategies to plan caregiving.

On October 18<sup>th</sup> from 12 to 1 p.m., a “Working Caregivers Finding a Balance” seminar will provide caregivers with strategies on how to develop work/life balance and avoid caregiver burnout.

Marilyn Lynt, Assistant Development Director at OCES who oversees the Family Caregiver Support Program will lead both seminars. The seminars are FREE and will be held at OCES’ Brockton office located at 144 Main Street. Lunch will be provided.

For more information about Lunch & Learn seminars for caregivers, contact Marilyn Lynt at OCES (508) 584-1561 ext. 245.

As the recent recipient of the Alfred P. Sloan Award for Business Excellence in Workplace Flexibility, OCES has been distinguished as one of the top practitioners of workplace flexibility in the nation.

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](http://www.oc-elderly.org).