



CENTER FOR  
AGING RESOURCES  
AND ENRICHMENT

## May 2019 News & Announcements

CARE thanks you for your dedication and commitment to bettering the senior community. As part of our commitment to you and our elders, please enjoy our Monthly Newsletter, and reach out if there is anything you'd like us to include.

### Le Moyne Spirituality of Aging Series

"Join us in gaining insights into how to deepen those relationships and walk with God and our brothers and sisters in this world in harmony, peace and joy," Father Yeazel said. These events have been well-attended, and we encourage you to join us and bring friends.

All are important. All are welcome.

### Spirituality of Aging Series Events

May 22<sup>nd</sup>, 2019- "Getting Ready- Life Planning- Death and Dying" Sister Kathleen. OSF  
1pm Grewen Auditorium

May 29<sup>th</sup>, 2019- "Spirituality of Aging"- Fr. John Rose  
1pm Grewen Auditorium

June 12<sup>th</sup>, 2019- "Hurts, Regrets, Forgiveness" Fr. Robert Yeazel, Retired  
1pm James Commons

June 24<sup>th</sup>, "What I have Learned at the Feet of Elders" Mary Colleen Sinnott  
1pm Curtin Special Events Room

## Partner Spotlight



Nascentia Health was born of the unification of VNA Homecare, VNA Homecare Options and Home Aides of Central New York. An innovator in the concept of home healthcare, Nascentia leverages leading-edge approaches and technologies to improve outcomes and quality of life from prenatal care through end-of-life. Specialties are: in-home nursing & medical services; home health aides & elder care; cross-continuum care management; community health & wellness; transportation; innovative care technologies; chronic disease management; managed long-term care; and a Medicare Advantage Plan. The system's team of 600 individuals serves 48 counties across New York State. Payment accepted from Medicare, Medicaid, third party insurance and/or private pay.

For more information about Nascentia Health, please call 315-477-HOME or visit us online at [nascentiahealth.org](http://nascentiahealth.org).



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Le Moyne College, Noreen Reale Falcone Library Room #165  
1419 Salt Springs Road, Syracuse NY 13214



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**Event Spotlight: Dementia Conversations - Alzheimer's Association Workshop on Driving, Doctor Visits and Financial Planning Monday, June 24, 4-5pm, Rm 101. Grewen Hall (Pre-registration required: call 315.472.4201)**

CARE and the Alzheimer's Association are proud to present this educational program. Built to demystify the path for caring for our loved ones with dementia, this workshop will provide tips and information to help make the life of the caregiver and our patients better. Meet and interact with team members of the Alzheimer's Association and improve the well-being and care for our seniors.

**Event Spotlight: CARE Senior Fair - Thursday, May 30, 10am-1pm, Campus Center/James Commons (parking in lots C and D)**

This event is designed specifically to showcase all the interesting and fun experiences people 55+ can have in the Central New York (CNY) area. Stop out and join us in finding what you'd like to get into this summer in CNY. Take a yoga or dancing class. Find a trip to go on or a group you'd like to join. The possibilities are endless. All seniors and caregivers are welcome to spend some time with us on the beautiful Le Moyne College campus. Vendors from all over CNY will be available, including local libraries, motor coach tours, and destinations you have yet to find. To learn more, click [here](#).

## CARE Book Club

*Introducing the CARE Book Club! Join us to learn and share our aging experience.*

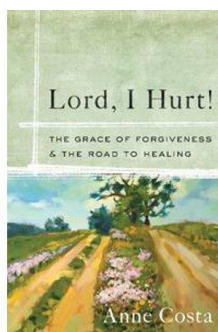
For our inaugural book club meeting, we'll be reviewing Lord, I Hurt: The Grace of Forgiveness and the Road to Healing by Anne Costa. Join us for a powerful spiritual and learning experience with other seniors and people committed to caring for the elder community. We will be joined by the author, which is something we're proud of.

About the book - Many of us struggle with the same questions: What is forgiveness? How do I know that I've really forgiven someone? How can I forgive myself-and God? Every chapter of Lord, I Hurt: The Grace of Forgiveness and the Road to Healing tackles a different aspect of hard work of forgiveness and the spiritual healing and freedom that can come from it. Questions for reflection and discussion, healing prayers, and a list of resources are also included.

Catholic spiritual writer Anne Costa offers her own personal insights combined with her professional experience as a licensed master social worker. Ms. Costa is an author, teacher, speaker and proud Grandma of Mia and Alex. She is the founder of REVIVE Hope and Healing Ministries Inc. a Catholic apostolate of personal transformation in Christ. She hails from Syracuse, NY.

This event is **free to attend** but registration is required before June 17th to ensure proper materials are available to all attendees. **CARE will provide a free book to all who pre-register.** Click [here](#) to pre-register now.

The club will meet on 6/20/19, 6/27/19, 7/1/19 and 7/18/19 in the Bernat Special Events Room, located in the Noreen Reale Falcone Library from 11:30 a.m.-12:30 p.m.



Want to share something in our newsletter? Please contact our Director, Kate Tovar, at [mcmartkm@lemoyne.edu](mailto:mcmartkm@lemoyne.edu) to share your story.

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