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**For Immediate Release**

## **Sid Jacobson JCC Presents Care Day Symposium 2019**

*Day-long exhibition focuses on tools to empower the caregiver*

**East Hills, NY, November 7, 2019** – [Sid Jacobson JCC](http://SidJacobsonJCC) announces its annual Care Day Symposium taking place Sunday, November 24, from 8:30am-3pm at the JCC in East Hills. This year's day-long exhibition focuses on teaching caregivers practical tips, ways technology can ease stress, and how to lessen the financial burden. Advance registration for the event is open at [sjcc.org/careday](http://sjcc.org/careday).

"Being diagnosed with Alzheimer's disease or another neurodegenerative illness will impact a whole family," says Taylor Herbert, LCSW, Director of Specialized Services, Sid Jacobson JCC. "Until there is a cure, SJCC is here to provide support, awareness, and education to families and diagnosed individuals. On November 24, caregivers will have the opportunity to gather tools and resources and learn strategies to improve their lives."

Featured speakers include Teepa Snow, Dementia Care Training Specialist MS/OTR/L, FAOTA; Connie Wasserman LCSW, Sid Jacobson JCC Associate Executive Director; Wendy K. Goidel, Esq., Goidel Law Group PLLC and its Estate Planning & Elder Law Center; Alyssa Cottone, Family First Home Companions. Speaker will present topics covering caregiver essentials such as caring for someone with dementia, lessening the financial burden, using technology to ease stress, and avoiding caregiver burnout. The day will also offer a resource fair with more than 30 community vendors, some of which include The Bristol Assisted Living, Vital Care Partners, and Parker Jewish Institute.

Pricing is as follows: \$30 for caregivers/complimentary respite available for diagnosed individual, \$40 for professionals/call for group rates for parties of five or more, and \$70 for social workers and case managers obtaining 6 CEU's. Advanced registration is required by Monday, November 18.

To learn more about the Care Day Symposium or to register, visit [sjcc.org/careday](http://sjcc.org/careday) or contact Taylor Herbert, LCSW, Director of Specialized Services, at 516.484.1545 ext. 114 or [therbert@sjcc.org](mailto:therbert@sjcc.org).

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### **About Sid Jacobson JCC**

Sid Jacobson JCC ([sjcc.org](http://sjcc.org)) in East Hills provides a full range of cutting-edge recreational, health, fitness, educational, cultural arts and social service programs. SJJCC promotes Jewish identity and provides a comprehensive program based on Jewish values, traditions, heritage, and culture, and is committed to enriching the lives of all individuals and families in its community. SJJCC embraces all individuals and families, and values diversity. See community differently, "Like" the JCC on Facebook ([facebook.com/sidjacobsonjcc](https://facebook.com/sidjacobsonjcc)).

**Sid Jacobson JCC is a beneficiary agency of the UJA Federation of New York.**

### **For more information, contact:**

Trisha Lombardo

516.484.1545 ext. 130

[TrLombardo@sjcc.org](mailto:TrLombardo@sjcc.org)