



For Immediate Release  
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### **Day Haven Adult Day Services Offers Support Groups**

(Ronkonkoma, NY)... Day Haven Adult Day Services holds free monthly caregiver support groups for family caregivers. Support groups at Day Haven provide emotional support and practical advice when caring for a frail older adult or someone with memory loss.

At Day Haven in Ronkonkoma, 2210 Smithtown Avenue, a caregivers' meeting is held the **second Tuesday** of each month from 6:00 p.m. to 7:30 p.m. A light supper is served. The dates for upcoming meetings are as follows:

September 9<sup>th</sup>, October 14<sup>th</sup>, November 11<sup>th</sup>, December 9<sup>th</sup>

The October 14<sup>th</sup> meeting will feature guest speakers discussing how a family can choose the best, assisted living facility for their loved one.

Day Haven in Ronkonkoma also conducts a support group on the last Friday of each month from 10:00 a.m. to 11:30 a.m. This meeting is designed particularly for spouses caring for their husband or wife. The dates for upcoming meetings are:

August 29<sup>th</sup>, September 26<sup>th</sup>, October 31<sup>st</sup>, November 21<sup>st\*</sup>, December 19<sup>th\*</sup>

\*Note the November and December meetings will be held the second to last Friday of the month.

Day Haven also hosts a group at Jefferson's Ferry, 1 Jefferson Ferry Drive, South Setauket, NY. The meetings are held the first Wednesday of every month, 6:30 p.m.– 8:00 p.m. The dates for upcoming meetings are as follows:

September 3<sup>rd</sup>, October 1<sup>st</sup>, November 5<sup>th</sup>, December 3<sup>rd</sup>.

The November 5<sup>th</sup> meeting will feature guest speakers discussing how a family can choose the best, assisted living facility for their loved one.

On-site professional care for frail older adults and those with Alzheimer's is available during the meetings free of charge. Please call ahead to confirm the dates and to make a reservation if you need care for your loved one. For more information, please call Julie Wexler at Day Haven Adult Day Services, (631) 585-2020.

In addition to the support groups, one-on-one caregiver support provided by a trained professional is available in person or over the phone. Call Eleanor Rueb at (631) 585-2020 to set up an appointment. This service is free of charge.

Day Haven Adult Day Services is a social model adult day care program with centers in Port Jefferson and Ronkonkoma, NY, offering day time care and therapeutic recreation for frail older adults and those with Alzheimer's or a related dementia. Caregiver Support Groups, free on-site care, and one-on-one support are funded in part by the New York State Department of Health Alzheimer's Disease Community Service Program Grant.

Day Haven Adult Day Services  
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