

The Laconia Daily Sun



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Expert to address need for conversations about health issues

EXPERT TO ADDRESS NEED FOR CONVERSATIONS ABOUT HEALTH ISSUES

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MEREDITH – Interlakes Community Caregivers, Lakes Region Visiting Nurse Association and the Meredith Parks and Recreation Department will host a free presentation titled “Having Conversations that Matter” on Wednesday, Sept. 20, from 10 a.m. to noon at the Meredith Community Center.

The program is open to the general public. Please RSVP to 253-9275.

“People often ask: How do I talk to my family? How do I talk to my doctor? What questions should I ask my doctor?” said Mary Ellen McCormack, hospice director and nurse liaison with Lakes Region Visiting Nurse Association who will be the lead presenter at the event. “Supporting people with and through transitions in their lives is really my passion and expertise.”

This presentation is a collaborative effort by Interlakes Community Caregivers, Lakes Region Visiting Nurse Association, and the Meredith Community Center. It is offered as part of the ICCI ongoing volunteer education series, LRVNA community outreach, and the Meredith Community Center’s Senior Center offerings. The program will include an open forum for questions and answers and the opportunity to discuss wants and needs of the senior community. Light refreshments will be served.

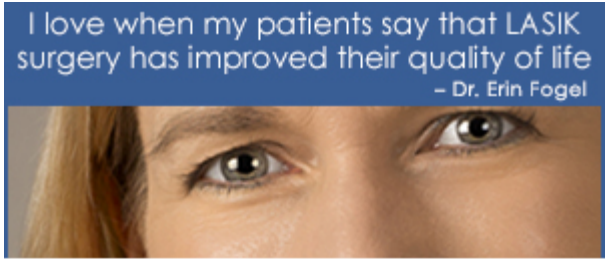
“How to deal with difficult subjects such as death and diagnosis was one of the top choices in a recent survey done by our volunteers to decide upcoming topics for our ongoing volunteer education,” said Ann Sprague, Caregivers' executive director. “We felt it was such an important subject that we'd open it up to the general public, with thanks to the LRVNA and Meredith Community Center.”

McCormack is a registered nurse with a Bachelor of Science in Holistic Health and Wellness, and is a certified dementia practitioner. Her diverse background includes Wellness Director at Plymouth State University, Director of Assisted Living at the Taylor Community in Laconia, and Hospice Director at Pemi-Baker Home Health and Hospice in Plymouth.

Interlakes Community Caregivers is a 501(c)3 nonprofit volunteer organization that provides supportive services to assist local residents in their daily lives to remain living independently in their own homes. Services include rides to medical and personal appointments, grocery shopping, and friendly visits and are provided at no charge.

To sign-up for this free presentation, learn more about volunteer opportunities, or inquire about services, contact Sprague at 603-253-9275, ext. 4, or Director.Caregivers@gmail.com.

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