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FOR IMMEDIATE RELEASE

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Stanford Programming Explores Aging with Residents, Caregivers

MIDDLESEX COUNTY – From the scholars at Stanford University comes a workshop promising to improve the quality of life for an ever-growing population of aging adults and their caregivers.

Middlesex County's Roosevelt Care Center at Edison, 118 Parsonage Road, will host a free, six-week "Take Control of Your Health" seminar each Tuesday between Feb. 24 and March 31 from 9:30 a.m. to noon.

Sponsored by the New Jersey Department of Human Services and the Middlesex County Office of Health Services, the programming will flesh out the residual impacts of illnesses striking older adults, such as arthritis, diabetes, high blood pressure, chronic pain, anxiety and more.

To that end, speakers will discuss various coping mechanisms and resolutions for living with these associated maladies. Tactics might range from symptom management to healthy eating and exercise to proper communication with medical staff, confronting fear, anger and frustration, in addition to various other alternatives.

"As we age, it's not a matter of if, but rather when...when will we face declining health issues?" said Roosevelt Care Center at Edison Administrator Dr. Frank Damiani. "This workshop will give the public an overview on how to confront these problems head on."

According to the Family Caregiver Alliance's most recent statistics, some 65.7-million U.S. residents, or roughly 29 percent of the populace, classify themselves as caregivers.

Accounting for such data, the administration at Roosevelt, a long-term care center operated by the Middlesex County Improvement Authority, expects the workshop to draw in a good showing.

"It's not every day that you have experts at your fingertips like this," Damiani said. "Our senior community and their caregivers are plagued by some of the conflicts we'll be exploring right here in this very facility. So we hope the public takes full advantage of these free discussions."

For more information or to register for the "Take Control of Your Health" workshop, interested parties may contact Roosevelt Care Center staff member, Cindy Hemphill, at 732-767-3721.

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