



Leadership Coalition on Aging

c/o Collier Senior Resources, 4755 Tamiami Trail North, Ste. 140, Naples, FL 34103

FOR IMMEDIATE RELEASE

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[Leadership Coalition on Aging](#)

Contact: [Heather Baker](#), LCA Chair

4755 Tamiami Trail N, #140

Naples, FL 34103

239-571-1006

info@LCAcollier.org

[Facebook.com/leadership-coalition-on-aging](https://www.facebook.com/leadership-coalition-on-aging)

**LCA EMPOWERMENT SERIES SEMINAR THREE:
CARING FOR THE CAREGIVER, AVOIDING CAREGIVER BURNOUT**

(Naples, FL) - The Leadership Coalition on Aging is proud to present the third seminar in their five-part 2019 Empowerment Series: *Caring for the Caregiver, Avoiding Caregiver Burnout*, to be held Thursday, May 16th from 1:00 PM - 3:00 PM at South Regional Library, 8065 Lely Cultural Parkway, in Naples, Florida. Admission to the seminar is free and open to seniors, friends, and family. Please register by calling 239-776-7353. Registration deadline is Wednesday, May 15th.

The series aims to provide topical information to seniors and their families so that they can make timely informed decisions about their future. "Achieving the right balance between caregiving responsibilities and self-care can be a hard thing to accomplish for anyone in a caregiving role", said Heather Baker, LCA Chair. Caregivers who provide support to their spouse and are under stress are more than twice as likely to have a health decline within four years than spouses who are not serving as caregivers. Researchers say the findings indicate that both spouses need

treatment and support at the same time. "Our expert panel will offer attendees empowering information on how to reduce caregiver burnout and tap support before facing a crisis," offered Amanda Barton, Chair of the Empowerment Series.

Seminar panelists include:

- Shea Fuller, MSW, *AVOW*
- Marianne Troy, *Alzheimer's Support Network*
- Linda Goldfield, *Parkinson Association Southwest Florida*
- Anne M. Chernin, MBA, *Naples Senior Center*
- Linda O. Flores, *Lasting Links Solutions*
- Deanna Fitzgerald, *Barrington Terrace of Naples*

Attendees will also be able to visit information tables and learn about the resources provided by local organizations.

Future topics and dates for the Empowerment Series, all in Naples, are as follows:

- What to Do with All Your Stuff! – July 11th, 2019 at Naples Daily News
- Senior Living Options in Southwest Florida – October 10th, 2019 at Bentley Village

For more information about the [Leadership Coalition on Aging](#), please contact LCA Chair [Heather Baker](#) at 239-571-1006, or visit [LCACollier.org](#).

ABOUT THE LEADERSHIP COALITION ON AGING

Sponsored by Collier Senior Resources (CSR), the Leadership Coalition on Aging was established in 2012 as a means for local health and human service providers to collaborate

toward enriching the lives of Collier County seniors and those in a caregiving role. The coalition seeks to foster a community environment that promotes well-being through resource sharing, education, advocacy and community outreach. The coalition is comprised of over 50 organizations, including private sector, nonprofit and governmental agencies. The coalition meets monthly to share resources, advance advocacy agendas, educate members, and plan outreach initiatives. Signature events include: • Annual Conference on Aging for Professionals • LODESTAR Awards, recognizing leadership in the senior sector • Empowerment Series for Seniors.

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Sent by:

Julie Clay, on behalf of Leadership Coalition on Aging and Bold Solutions Online

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