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How to Better Care for your Elderly Parents will be the topic for
South Lake Hospital's March Health & Wellness Series

Clermont, Fla. – How to better care for your elderly parents will be the topic for South Lake Hospital's March Health & Wellness Series on Wednesday, March 17, 2010, from 6:00 p.m. to 7:00 p.m. at the National Training Center. The program will be presented by Lola Saxby, RN, MSN, CCM, South Lake Hospital Case Management Manager & Kathy Schlachter, MSN, MBA, South Lake Hospital Home Health Director.

Learn skills on how to positioning and helping loved one move, assisting with personal care, and caring for the caregiver. Learn some practical ways to find, evaluate, and pay for available community resources to help our parents remain safe and independently living as long as possible. When independent living is threatened or keeping our parents home with us is not possible, we will review some possible alternatives to nursing home placement. We will be discussing and provide assistance with completion of advance directives so there is never a question about what mom and dad really want when they can not make those decisions on their own anymore.

The event is open to the public at no cost. For more information and to register, please call 352.394.4071, extension 4412. The National Training Center, part of South Lake Hospital, is located at 1109 Citrus Tower Blvd. in Clermont on the hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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