As a caregiver, we rely on the support of other caregivers to:

◊ help us learn how to navigate a complex system,
◊ share our stories, and
◊ discuss our challenges

Caregiving is a lifelong journey that no one understands unless they have experienced it. This program offers education, support and socialization for caregivers who are caring for a loved one with a disability.

There is a focus on those caring for a loved one with a developmental disability, but all are welcome. We hope you will consider joining us.

October’s Caregiver Networking Sessions

Wellness Activity—Virtual Yoga
Facilitated by: Deanna Conte, Yoga Instructor
Relax and unwind as Deanna leads us through some simple stretches and exercises—no previous yoga experience needed! You will need a mat, a towel or strap, and yoga blocks or books to help reach the ground.

Tuesday, October 11, 2022
7:00pm -8:00 pm
Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZcud–vrjMpHd0yt2lvNefuXzzqYsZerrYV3

DAWN’s 25th Anniversary Cocktail Party

We invite all to join the DAWN team and its board of directors in celebrating 25 years of community service!

Thursday, October 13, 2022, 3:00–7:00 p.m.
Vasa Park, 1 Vasa Drive Hackettstown, New Jersey
Please register for this event online at:
https://www.eventbrite.com/e/dawncils-25th-anniversary-celebration-tickets-418162594577

October’s Caregiver Support Group Session

Join us for our facilitated support group for caregivers. This month will be another “open topic” session. Share whatever is on your mind and bring any questions or concerns you have to the group. This is a time for you, the caregiver, to talk with other caregivers to receive support and learn from one another.

** The Caregiver Support Group sessions are intended only for caregivers. **

Facilitated by: Carmela Slivinski, Executive Director of DAWN Center for Independent Living and Julie Ferguson, Caregiver Support Coordinator

* Please note: this session is for providing connection and support, not legal or professional recommendations.

Thursday, October 20, 2022
7:00 pm—8:00 pm
Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZcpdu-sq DwjHdMR7UnV-yiKayz1mFVE8cyu
October’s Caregiver Education Sessions

“Meet the Ombudsman”
Presenter: Paul Aronsohn, Ombudsman for Individuals with Intellectual or Developmental Disabilities and Their Families, State of New Jersey

Paul Aronsohn will be joining us to introduce himself and share how his office supports and serves individuals with intellectual or developmental disabilities and their families. He will also be sharing highlights from his most recent report, and answering questions from caregivers.

Thursday, October 6, 2022
7:00 pm - 8:30 pm
Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZAld-Cvpj8uGNX9CCeYPzy2LubXEESiPdNY

Navigating the Transition from “Regular Medicaid” to DAC
Presenter: Jerisa Maseko, Director of Planning for Adult Life

Navigating the transition from “regular Medicaid” to DAC after a parent becomes disabled, retires, or passes away, can be confusing. Jerisa’s presentation will cover the specifics of what triggers DAC status, the steps involved in obtaining DAC coverage, as well as the factors that affect that coverage. At the end of the presentation, caregivers will have an opportunity to ask Jerisa any questions they have.

Tuesday, October 25, 2022
7:00 pm - 8:30 pm
Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZUpdumtrDoqGd1WwChxIJQ-SKHTw0Epx5jx

Community Living Education Project (CLEP)

Presenters: Natalie Trump, Program Director of Education and Training for CLEP and her team members Melanie McGackin, Maria Schiavello, Mary Kneuer and Ann Martinelli

CLEP’s mission is to help individuals with intellectual and developmental disabilities and their families and caregivers explore the possibilities of community living. During this session, Natalie will share the ways in which CLEP helps facilitate this process and the supports they are able to provide. She and her team are also reserving time at the end of their presentation to answer caregiver questions.

Thursday, October 27, 2022
7:00 pm — 8:30 pm
Register in advance for this meeting:
https://us02web.zoom.us/meeting/register/tZwvfuGuqjMsE90mPfgb3E1hcqIlpOuOkqT

If you are new to our caregiver programming, after registering you will be contacted by Julie Ferguson, DAWN’s Caregiver Support Coordinator, to gather demographic information prior to receiving a confirmation email containing the meeting link.

Please contact Julie Ferguson at (973)-668-7576 for further information.

This program is supported by Morris County Office on Aging, Disabilities, and Community Programming. Contributions are gladly accepted. Contributions are voluntary and are not required to participate in this programming.