



# ULSTER COUNTY NEWS

ULSTER COUNTY NEWS INFORMATION  
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**FOR IMMEDIATE RELEASE**

**AUGUST 31, 2007**

## **PRESS ADVISORY – UPDATED LOCATION NOTICE**

Contact: Anne Cardinale, Director  
Ulster County Office for the Aging.  
Evelyn Flynn, Coordinator of Caregiver Support Groups  
(845) 334-5169

### **COFFEE AND CONVERSATION GROUPS FOR CAREGIVERS**

Legislator Susan Zimet, Chairperson of the Arts, Education, Tourism and Community Relations Committee joins Anne Cardinale, Director, Ulster County Office for the Aging in reminding residents of the “Coffee and Conversation Groups for Caregivers.” Their mission is to provide caregivers with an empathetic, safe, and confidential environment. The groups offer a place where they will be refreshed, they will be able to laugh, cry, to share their stories and be unconditionally accepted. A place where they can find hope and emotional support. A place where they will become aware of the many resources that are available in the community that can help make their caregiving tasks easier.

*Please note the meeting locations.*

**The afternoon group meets on the 2nd and the 4th Wednesday of each month at 12:00 noon at the Pointe of Praise Family Life Center, 243 Hurley Ave., Kingston, NY 12401.**

**The evening group meets on the 4th Tuesday of each month at 5:30PM at the Hudson Valley Senior Residence, 80 Washington Ave., Kingston, NY 12401.**

All caregivers are welcome. No registration required. Please come and join us. Please contact Evelyn Flynn at: 334-5169 for more information and directions.