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## Open house will showcase new day program for elders

TOWN OF NIAGARA, N.Y., August 9, 2017 – Empower, the not-for-profit organization formerly known as Niagara Cerebral Palsy, will hold an open house for its new adult day program for older adults on Aug. 23 from 1 to 6 p.m. at 8962 Porter Rd.

Beginning Sept. 5, Empower for Elders will serve older adults who live with adult children or spouses, and who need assistance with personal care and daily activities. Participants will receive individualized care, light exercise, assistance with personal care, socialization, activities that promote independence and feelings of self-worth, and breakfast and lunch. The program offers respite to family caregivers, allowing them to work, run errands or take a break from caregiving duties. In addition, a new caregiver support group will enable family caregivers to meet, share experiences, ask questions and receive support.

“Niagara County is a graying community and needs more services to help frail elders live as independently as possible,” said Empower Chief Executive Officer Jeff Paterson. “Empower for Elders will help to fill the gap. Increasingly, adult children are caring for their aging parents without a lot of support, resulting in stress and lost wages. This program provides meaningful daytime programming for older adults and peace of mind for their caregivers.”

For more information or to enroll, contact Karen Smith, director of community health services, at (716) 297-0798, extension 163, or [ksmith@empower-wny.org](mailto:ksmith@empower-wny.org). Additional information is available at [www.empower-wny.org](http://www.empower-wny.org).

With 300 employees and a \$14 million budget, Empower is one of Western New York’s 60 largest nonprofit organizations. The administrative offices, preschool, community clinic and service coordination program are located on Lockport Road in the Town of Niagara. The job training and day programs division is based in Niagara Falls, while residential facilities are located throughout Niagara County. Licensed by the New York State Office for People with Developmental Disabilities and the New York State Education Department, Empower is an affiliate of the Cerebral Palsy Associations of New York State.

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