



## Aging With Intention

A complimentary series of choice-affirming seminars sponsored by the not-for-profit retirement communities and long-term care providers of Aging Services of Washington

9:00 – 11:00 a.m. Saturday Mornings

North Seattle Community College



Join us starting Saturday, August 1st for one or all ten of these special sessions. They are open to anyone who wants to proactively prepare for their own aging or those of a friend or family member.

### Seminar Schedule ~ Space is Limited

**Recognizing the “Signs” of Aging** with Dr. David Munoz, Chief Executive and Medical Officer, Internal Medicine Northwest. Learn what to expect with aging; what’s normal and what’s not. A good first session on the physiological changes we experience as we grow older and how to live well with them. *August 1, 2009*

**Aging Care Services** with Bea Rector of DSHS and Mary Lynn Pannen from Sound Options. Discover the variety of options and services that are available and how to access them. *August 15, 2009*

**How to Choose High Quality Care** with Liz Taylor of Aging Deliberately and former Seattle Times columnist on aging. Much has changed in the last thirty years in eldercare -- there's now a much wider variety of care choices, for one thing -- but it's still hard to choose care wisely. How do you know what's right for you or a loved one? What are the three most important questions to ask to determine quality? What public resources are available to help? And -- the biggest surprise -- what innovation will potentially revolutionize this industry in our lifetimes? *August 29, 2009*

**Paying for Long-Term Care: Private Payment, LTC Insurance, Medicare & Medicaid** by Sean Bleck of the Law Firm Isenhour Bleck, PLLC. Learn the coverage alternatives and the basics of Medicaid eligibility. *September 12, 2009*

**Legal | Financial Planning & Healthcare Decision Making** by Bill Larson, licensed Financial Advisor and Janet L. Smith, JD – Elder Law Attorney. Learn how to navigate the financial challenges ahead from two experts in the field of estate planning, trust creation and geriatric care management. *September 26, 2009*

**Hospice - Death and Dying** by Jan Saran, RN, Evergreen Hospice & Palliative Care Liaison. We’ve all heard of Hospice but how much do we really know about it? Learn the basics about Hospice; when it is needed, where it is provided, and what people say about their experiences with it. *October 10, 2009*

**Medication Management** with Steve Boulanger, RPh, Mercury Pharmacy. For anyone taking prescription medications, over-the-counter medications, and/or supplements; this session will provide valuable information on drug interactions, side-effects and overall medication management. Bring your questions for the extended Q&A session. *October 24, 2009*

**Managing Dementia | Depression | Respite | Caregiver Self-Care** with Patricia Hunter, Dir. of Programs and Policy, Alzheimer’s Association and Steve Boulanger, RPh, Mercury Pharmacy. Learn how to recognize early signs and symptoms of dementia along with progression of the illness. Be able to differentiate dementia symptoms from signs of depression and find resources for care needs including respite care. *November 7, 2009*

**Care Management** by Mary Lynn Pannen of Sound Options. Care Management helps you manage the care needs of loved ones or your own care. How do you know when Mom and Dad need help? Learn what to look for in terms of signs and symptoms, and how to effectively discuss the need for outside help. Long distance caregiving will also be addressed. *November 21, 2009*

**Holistic Wellness** by speakers from Bastyr University. Incorporating wellness of the body, mind and spirit, this final session will cover the importance of exercise and diet for an enhanced quality of life. Learn how holistic wellness can lead to healthy aging. *December 5, 2009*