

# PREPARATION AGE



Plan ahead for the expected and the unexpected. Local experts share practical strategies to age well and age smart.

There are many challenges and realities of aging — and inevitably aging alone. Jewish Family Services invites you to participate in this virtual workshop series to help you prepare and plan for this stage of life.

## Prepare to Age Smart & Live Safely in Your Home

Tues., Nov. 1, 2022 - 7-8 p.m.

Hear a personal story of someone thrust into solo aging. Discover why it's critical to be prepared, including home modifications and decluttering to live safely at home.

*Carol Bloom and Lynda Shrager, OTR, MSW, CAPS, JFS Senior Resource Network, Program Manager. Author of: Age in Place: A Guide to Modifying, Organizing & Decluttering Mom and Dad's Home*

## Prepare to Maintain Health & Wellness

Tues., Nov. 22, 2022 - 7-8 p.m.

Understand various age-related health concerns and wellness tips, including managing a chronic illness. Gain knowledge about Medicare and insurance options.

*Michael L. Wolff, MD, FACP, Community Care Physicians, Internist/Geriatrician and Jane Sanders, LMSW, Bethlehem Senior Services, Former Executive Director*

## Prepare to Stay Connected

Tues., Nov. 8, 2022 - 7-8 p.m.

Build connections to age-friendly community agencies and resources to continue to be active and get around, even when you are no longer driving.

*Peggy Osborne, Town of Bethlehem, Seniors Services Coordinator and Jennifer Plouffe, LMSW, JFS Albany NNORC, Program Director*

## Prepare for End of Life

Tues., Nov. 29, 2022 - 7-8 p.m.

Learn how and when hospice and palliative care can be helpful. Get a checklist for what needs to be in place when someone is dying, including advance funeral preparation.

*Caitlin St. George, The Community Hospice, St. Peter's Health Partners, Provider Relations Supervisor and Mark Levine, Levine Memorial Chapel, Inc., Owner/Director*

## Prepare for Financial & Legal Matters

Tues., Nov. 15, 2022 - 7-8 p.m.

Learn the fundamentals of estate planning and create the "mother list" of documents like powers of attorney and advance directives and where to store them.

*Myles Fischer, Esq., Harris Beach, PLLC, Partner*

## Three ways to register:

- ♦ [jfsneny.org/preparation-age](https://jfsneny.org/preparation-age)
- ♦ [info@jfsneny.org](mailto:info@jfsneny.org)
- ♦ 518-516-1102

**Suggested donation of \$50 (10 per session) for the series. Visit [jfsneny.org/donations](https://jfsneny.org/donations).**

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