

SENIOR MATTERS SEMINAR
or
Planning “end-of-life” arrangements
while you are still of sound mind and body!

November 9, 2017
10:00 AM to 3:30 PM
Linden Heights Baptist Church Fellowship Hall
371 Linden Drive, Staunton, VA

PROGRAM

10:00 – 10:15 AM

Welcome and Introductions

Doris and Charlie

10:15 – 11:00 AM

PLANNING MY ESTATE

What should be in my portfolio?

Discussion to include, but not limited to, trusts, wills, selecting an executor, advance medical directives, power of attorney, durable power of attorney, how to avoid probate, where to find/keep possible deeds, insurance documents and computer passwords and a time to question such things as “What happens if I outlive my money?”

***DORIS GELBMAN:** Elder care attorney

11:00 to 12:00 noon

PROTECTING YOUR ASSETS

Why do seniors seem to be more vulnerable to frauds and scams?

Information about why and how seniors should report their questionable negligent care, scams and financial abuse. Help is available.

***NICOLE MEDINA – Adult Protective Services, Shenandoah Valley Social Services**

***Linda Matkins – Adult Protective Services, Shenandoah Valley Social Services**

***OFFICER CARTER THOMPSON – Staunton Police Department**

***MARY SHOEMAKER – Volunteer Money Management Program**

12:00 – 12:30

LUNCH - Courtesy of Linden Heights Baptist Church

12:30 – 1:15 PM

NOW, WHERE DID I PUT MY?

Is forgetfulness a normal part of aging or is it Alzheimer's disease?

***SHARON DEBOVER – Trainer and presenter for Alzheimer's Association**

1:15 – 2:00 PM
SENIOR SERVICES

Where can seniors find information about community resources when help is needed?

Discussion of what's available when seniors need to depend on assistance, such as for home, health, financial and transportation services.

***JANICE GENTRY** – Valley Program for Aging Services Regional Director

***KAREN HURT** – VPAS Case manager

2:00 – 2:30 PM
TAKING SOME OF THE GRIEF OUT OF BREAVEMENT

A proactive conversation about why it is important to prepare my own funeral arrangements.

***TAMMIE AND JEANIE MCCUTCHEON** of McCutcheon Funeral Home

2:30 – 2:45 PM
A personal testimony
*** Don Short**

2:45 – 3:30 PM
STAYING FIT

What can I do to improve my health without killing myself?

***JOYCE NUUSBAUM** – VPAS coordinator:

Self- management of Chronic Diseases, It's a Matter of Balance and the Aging Mastery Program

AUGUSTA HEALTH FITNESS CENTER

YMCA – STAUNTON 885-8089

***TRISH LAGURA** – Yoga exercises

****Confirmed presenter***

Program Presenters:

Doris Gelbman, Elder Care Attorney

**Nicole Medina, Supervisor Adult Protective Services for Shenandoah Valley
Social Services**

**Sharon DeBoever, B.S., Masters in Educational Psychology, Community
Educator, Alzheimer's Association**

RESOURCES:

Valley Program for Aging Services

HomeInstead

Mourning to Morning - Grief support group

Wed. at 4:00 PM; Main Street United Methodist Church, Waynesboro

Leader: Kathy....

Medicare.com – nursing homes

Rates nursing homes

Central Intake

COMMUNITY SERVICES

VirginiaNavigator.org

SeniorNavigagor.org

DisabilityNavigator.org

1-866-393-0957