



Part I - An Action Plan for Successful Aging

Date: Tuesday, June 18th **Time:** 10-11:30am

It's never too late to talk, but starting today could make the road ahead a lot smoother. What do you want your future to look like? Suggestions to help you and your loved ones start needed conversations about the future. Many experts agree: by the time we approach 40 and our loved ones approach 70 years of age, you should have had the "talk" about those issues so many families want to avoid. The "40/ 70 plan" encourages individuals of all ages to ACT: Assess, Consider, Talk. Assessing potential needs, considering the options available and talking with those who will be there to support us as we age.

Facilitator: Chrissy McCord **Sponsored By:** Home Instead



Part II – My Circle of Support

Date: Friday, June 21st **Time:** 10-11:30am

Who will be there for me as I age? How can I plan for my potential future support needs? What if I have no children or family or family members to take care of me or my family is not the best option to help me? We will have a panel discussion led by 3 individuals and their creative solutions to support. The panel will also help brainstorm additional future options.

Facilitator: Denise DiMiceli & Debbie Tyler



Part III – What Do I Need to be Legally Prepared?

Date: Tuesday, June 25th **Time:** 10-11:30am

What are the differences between a will and trust? Can I prepare these documents myself for free or must I hire an attorney to do it for me? If I do want the assistance of an attorney how do I choose the attorney and what should I expect to pay for an estate plan? What is a Power of Attorney (POA), Physician Order for Long Standing Treatment (POLST), and Do Not Resuscitate (DNR) order? These are some of the questions to be addressed.

Facilitator: Cheryl Carl



Part IV – How Are We Going to Pay for Living Expenses?

Date: Friday, June 28th **Time:** 10-11:30am

I only have social security and Medicare. What do all the insurance cards mean? How will I pay for all my health and living arrangements? I don't have long term care insurance? Discussion will center on Medicare options, living arrangements and alternative funding questions.

Facilitators: HICAP & Tera Ireland

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Reserve your seat by calling 530-823-8172