Fall 2009 WorkLife Symposium

Understanding the Resources and Programs Available: For Boomers and Beyond!

November 4, 2009
W&M Sadler Center

Rooms to be assigned based on enrollment levels.
Confirmation email will include final room assignments.

Select one session, two or three – Your choice! Register Now!

Can't attend a session? The presenters will have tables with information in the lobby area of the Sadler Center and will be available to answer questions when they are not delivering a session.

Community members are WELCOME to register and attend!
To register email or call….Susan Mongold slmongold@wm.edu or 757-221-1845
Leave your name, email address and the session NUMBER(s) you will attend.

	Session A	Session B	Session C
9:00-9:50am	**Taking Care of the Caregiver** *Session A1*	**Community Resources for Seniors** *Session B1*	**Planning for the Unplanned** *Session C1*
10:00-10:50am	**Household Document Organization** *Session A2*	**Community Resources for Seniors** *Session B2*	**Wills, Trusts and Estate Planning** *Session C2*
11:00-11:50am	**Taking Care of the Caregiver** *Session A3*	**Financial Issues Unique to Older Individuals** *Session B3*	**Wills, Trusts and Estate Planning** *Session C3*

Session A1 & A3
Taking Care of the Caregiver ***(****Commonwealth Assisted Living)*
You've worked all day…run errands on your lunch hour…now you come home to put your feet up and…Who is cooking dinner for Mom? What about getting her prescription filled? You need to take care of yourself so you can care for others. Know where to go to help manage your own stress

Session A2
Household Document Organization – The Process *(Margaret Mondul)*
Do you know the difference between critical family documents, working files and historical files? Do you have file cabinets full of papers you are afraid to get rid of "because you may need them one day." Come learn about the process of focusing in on those critical documents that define you personally, familiarly, financially and legally and ensure that they are filed safely in a location readily available to you, your spouse and your children

Session B1 & B2

Community Resources for Seniors *(Panel members - Peninsula Agency on Aging, Morningside Assisted Living, Nelsen Funeral Home, Home Instead Senior Care and Bayada Nurses)*
The five member panel will present a variety of community resource options available to elders and their caregivers. Included in the discussion will be topics such as In-home Care, Home Delivered Meals, Adult Day Care, Hospice, Grief Support, Taking Care of the Caregiver, and Housing Options such as Independent Living, Assisted Living, and Nursing Homes. Each panel member will provide a brief presentation and time will be allotted at the end for questions and answers.

Session B3
Financial Issues Unique to Older Individuals *(JM Lesko Financials)*
Increasing numbers of adults are finding themselves in the "sandwich generation." This is a critical time during which your family will be faced with a number of important planning choices regarding your aging parents: housing, living expenses, health care, and care giving, which are all crucial and central to elder care plans. Sound planning requires: (1) solutions to these issues, and (2) a way to pay for them, for your parents and for you as well. This can be overwhelming, both physically and emotionally.

With topical discussions, checklists, illustrations, and tables, this session will help you navigate these unique and complex issues, relieving some of that anxiety. It will cover these various planning issues and their alternatives. It will also discuss ways to finance them, giving you a better understanding of the solutions and resources available to you and your family.

Session C1
Planning for the Unplanned (*Lana Wingate)*
Lana will discuss how a geriatric care manager works with the elderly and families to provide care for those in need and those that are planning their future as an older person. During the discussion she will do the following:

- Identify the needs of the elderly that would cause a crisis
- Create an individualized plan to meet those needs
- Coordinating healthcare to avoid a crisis
- Address issues of aging that can lead to a satisfied retirement

Session C2 & C3
Wills, Trusts and Estate Planning *(Susan Jean Law Firm)*
When is a will better than a trust? What is estate planning when you don't own an estate? Know how to best plan for the distribution of your (or your parents) family treasures and finances can help a family stay together during the loss of a loved one…rather than arguing about who gets what.