

# SENIORS HEALTH & WELLNESS EXPO Aging with Grace

## Workshops

14 Expo Workshops	Description	Speaker
Alzheimer's and Dementia Care	Understanding, Preventing, and Responding to Dementia Behaviors. Learning the identifying signs and seeking medical counsel. Dealing with Ethical Dilemmas as Caregivers. Learning practical suggestions in caring and providing activities for Alzheimer's or Dementia individuals. And how to Care for the Caregivers of Alzheimer's or Dementia individuals.	Claire Fisher; Alzheimer's Association
Caring for One's Mental Health in Aging	Addressing potential mental health issues/struggles facing older adults whether personally, a spouse or in the extended family.	Dane Bjork & Andrea Reiffer
Dental Decisions	Panel discussion involving all aspects to dental care, procedures, costs	Dan White; Dennis Nagel
Future Financial Planning	Social Security; Benefits, Retirement Withdrawals & Penalties, Tax Deductions, Protections & Charitable Giving	
Home Remodel & Planning for Change	When to consider remodeling your home for future changes and transitions.	Home Repairs Services of Kent County
In-Home Care & Services	How to stay in your home as long as possible, while learning to be your own health advocate or a family member to become one, as well as, where to pursue help.	Brian Wilson; Leaves Personal Care
Leaving a Lasting Legacy & Heritage	Serving Strategically & Giving Away Intentionally	
Legal Planning	Will, Living Will or Trust's (Estate Planning), Healthcare & Financial Power of Attorney	JT Tierney
Levels of Care - What's Out There?	Home, Independent Living, Assisted Living, Memory Care, Skilled Nursing, Affordable Housing, Short-term Care, Hospice or Palliative Care	Mike Loughman; Holland Homes
Living Safe & Secure - Technology	Home safety, security systems, personal safety in public, car safety, technology safety (computers, cell phones)	Grant Austin; RGA Tech Support
Planning for End-of-Life	Helping families and individuals to think/plan ahead about their death, funeral, grief, bereavement & care. As well as, specific options & expectations of working with a funeral home.	Josh Warren & Mike Metcalf; Metcalf & Jonkhoff Funeral Services
Preparing for Transitions from One's Home	When is the right time to consider moving, what can you expect and how much will it cost?	Pathway Senior Movers
Preparing Meals on a budget for One or Two	Prepping healthy meals on a budget & only for one or two at home; as well as ways to remain active, healthy & strong.	Paula Kerr, MOWMM
Understanding Medicare & Medicaid	Understanding the confusing rules, terms & requirements of SS, Medicare & Medicaid	Bob Callery; MMAP - Medicare & Medicaid Assistance Program