

The Classic SAVVY SENIORS Series

An informational series focused on enhancing the quality of life for seniors.



Independent Living | Assisted Living | Memory Care

2019 PRESENTATION SCHEDULE

WEDNESDAY, FEBRUARY 6

HAPPINESS: What Does It Take? Your Ingredients Await!

Tom Kidd, Balanced Wellness Services

Take a serious look at what makes us happy. A sharing of secrets from people who are experiencing true happiness will help you find some possible strategies to assist in your happiness. "Grateful living" will be one of those strategies that can be infused in your life to begin that happiness acquisition. Participants will be given many ways to "say Yes" to happiness.

WEDNESDAY, MARCH 6

Write Your Obituary: You Get The Last Word

CeCelia Zorn & Mary Heimstead

How might you have your last say? In an obituary, that is. Learn how to write a narrative that includes necessary information but is also personal, concise, and memorable. This relaxed class will include: specific parts of an obituary, common characteristics, and media considerations. A full handout with many helpful details and examples will be provided. Come prepared to remember, ask questions, and have fun!

WEDNESDAY, APRIL 3

The MIND Diet for Better Brain Health

Amanda Schmidt, RDN, CD, MS—UW-Stout

It's no secret that what we eat and drink also impacts the *health* of our *brain* and heart. The MIND (Mediterranean-DASH Intervention for Neurodegenerative Delay) diet is designed to promote a healthy mind and lower the risk of Alzheimer's disease. It is a mash-up of the Mediterranean diet and the DASH diet — two diets that have been found to have several health benefits.

WEDNESDAY, MAY 1

Understanding Power of Attorney...What's It All About?

Mary Beth Gardner, Attorney at Law

Older adults are more susceptible to age-related conditions that may inhibit their ability to make important financial decisions. Learn how a power of attorney (POA) can assist in ensuring your financial security down the road.

WEDNESDAY, JUNE 5

The "Farm to Table" Dream Becomes Reality

Suzy Sivertson, Haaken Hill Farm-Eau Claire County

At Haaken Hill Farm, the culture is one of having a positive impact on our environment and surrounding ecosystems. Learn about how the Chippewa Valley is undergoing a culture change with regard to food production and consumption to create a healthier community.

WEDNESDAY, JULY 10

Reading Is Fun—Learning from Children's Books

Moira Kneer, Retired Hospital Chaplain, Local Author

Many of us recall reading to our children or grandchildren. We chose books that taught values, inspired imagination, and entertained. From nursery rhymes to fairy tales to popular children's characters, all are meant to inspire children to read and learn. It is amazing that the wisdom is just as valid for us as grown-ups! This presentation is a delightful defense against aging, using "children's" books by well known authors!

WEDNESDAY, AUGUST 7

Retirement & Financial Planning

Oua Xiong, Thrivent Financial

Now that you're retired, are you fully aware of the different types of assets you have, what the rules are for each of those assets, and how they will transfer to any named beneficiaries? Oua will talk about tax efficiency concepts to help attendees determine if a tax advisor is needed for their estate. Oua will also discuss charitable giving concepts for those wishing to increase gifting to church, charity, or family.

WEDNESDAY, SEPTEMBER 4

Understanding Medicare

Fred Crosby, Sales Manager—Humana

In this session, you will gain a foundational understanding of Medicare by hearing about the various Parts A, B, C, & D. In addition, learn more about how a Medicare supplement works and what Medicare Advantage Plans do. Fred will also talk about how coverage through the VA works and how Senior Care and the State Pharmaceutical Assistance Plan can be used as tools for medical coverage.

WEDNESDAY, OCTOBER 2

Better Hearing, Better Living

Shawna Lee, Doctor of Audiology, Prevea Health

Did you know heart disease, diabetes, and certain medications can increase the risk of hearing loss? Shawna will present strategies people can use to improve their hearing and understanding with or without hearing aids. She will also discuss common myths and truths about hearing loss and current best-practice methods for getting the most out of hearing instruments.

WEDNESDAY, NOVEMBER 6

Estate Planning for Seniors

Lisa Hirshman, Attorney-at-Law

Estate planning is a very important concern for all individuals, but especially for seniors. Lisa will touch on wills, trusts, end-of-life organization, as well as probate, basic real estate transfers, and financial planning.

All presentations are FREE and held at The Classic at Hillcrest Greens, 2455 Sawgrass Place, Altoona • 3:45—5 p.m.

Registration is required, please call 715-839-0200.

Each session includes light refreshments and door prize drawings.