

# The Classic SAVVY SENIORS Series

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



Independent Living | Assisted Living | Memory Care

## 2020 PRESENTATION SCHEDULE

### FEBRUARY 5

#### **The Changing Landscape of Assisted Living**

*Greg Spindler, Executive Director-The Classic*

Residents with higher medical needs, who once may have lived in nursing homes, often now reside in assisted living communities. Greg will share how changes in assisted living settings are benefitting families and their loved ones.

### MARCH 4

#### **Organizing for Life's Transitions**

*Connie Kees—Consult an Organizer*

Getting rid of stuff is hard work. People often ask the following: "How long should I keep certain papers? What if my children, relatives, or friends want certain items? I feel guilty purging things that belonged to my parents and grandparents. I want to downsize but I don't even know where to start." Connie will share tips and advice on how you can coordinate the complete emptying of your home in a timely manner and how to make your move less daunting.

### APRIL 1

#### **Dangers in Your Medicine Cabinet**

*Sarah Dillivan-Pospisil—Eau Claire City-County Health*

At one point or another, we've all used prescription drugs or over-the-counter (OTC) medicines to alleviate an illness. Unused or leftover medications have the potential to fall into the hands of those who shouldn't be using them. This could lead to drug misuse or accidental poisoning. Learn ways that you can help prevent prescription misuse in your community.

### MAY 6

#### **The Unexpected Caregiver**

*Moira Kneer—Retired Chaplain/Local Author*

While there are many intentional, professional caregivers, the majority of those caring for another never planned on performing this life-saving role or do not even identify themselves as caregivers! Attendees will have the opportunity to share their story while learning ways to be grounded and find options and support in his/her caregiver role.

### JUNE 3

#### **Laughter Therapy-Bringing Laughter to Life**

*Tom Kidd-Balanced Wellness Services*

Experience mirthful laughter in a supportive environment that will reduce stress and promote health, happiness and definitely, well-being! Participants in this session will personally experience several activities that promote laughter. These fun and interactive activities will help participants begin to actually feel the many physical, emotional and social benefits of laughter. What a great way to "work out!"

### JULY 8

#### **Mind The Music for Happiness & Health**

*Cathy Reitz-Performer, Conductor, Sharer of Music*

Singing, playing, and listening to music have always been ways in which people touch and move one another. It is also the way to better health and happiness. Music is popular because creating it and listening to it transports us away from our day to day thoughts and the trappings of our busy lives. Find out how and why music inspires, enlightens and touches deep parts of us that words alone cannot describe.

### AUGUST 5

#### **Cooking & Eating For One**

*Amanda Schmidt, RDN, CD, MS, Registered Dietitian/UW-Stout*

You used to cook for your whole family or at times what seemed like an army. But now it's just yourself. Having a hard time scaling back or just tired of cooking? Amanda will share tips on how to cook and grocery shop on a small scale. Come and learn how to prepare quick, simple, small meals and snacks.

### SEPTEMBER 2

#### **Living Better Longer**

*Deb Bruning-Eau Claire County ADRC*

What have we learned from longevity studies of oldest elders that might inform our choices for healthy living? There are lots of misconceptions about aging. Don't let fallacies keep you from doing the things you want. By looking at factors that can help us live longer and making some lasting behavior changes, you'll be equipped with information that may help you do a thing or two differently.

### OCTOBER 7

#### **Supporting Each Other after a Loved One's Death**

*Lisa De Sieno, Director of Bereavement Services/Mayo Clinic*

It's common to feel uncertain about how to support a friend or family member after they've experienced the death of someone close. While people may be "well-intentioned", they may say unhelpful or hurtful things, or avoid saying anything at all. Lisa will help you explore how we can support each other by offering small gestures of genuine, heartfelt care while understanding how we can honor our own process in navigating grief.

### NOVEMBER 4

#### **Mindful Aging**

*Amy Segerstrom, MS, LPC*

A mindful approach to aging doesn't deny the challenges of getting older but doesn't blow them out of proportion either. Aging mindfully is a willingness to see and accept what is actually here—both inside ourselves and in the world—and then shifting our focus to what we love. Come hear Amy explain how aging is not about age, which is the length of years, but more of a process of living in the values offered at every stage of life.

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.