

# HOLY TRINITY 50+ GROUP

## Winter/Spring 2019 Education Program

The older adult education program is a pastoral education initiative for a rapidly growing cohort of the Holy Trinity parish community. This seminar series is designed to bring information, strategies and resources to a new level of awareness and assist with planning for grace-filled and healthy futures.

Often, older adults and their adult children end up making critical decisions about health and financial issues during a crisis, and risk making painful and expensive mistakes because they don't know what they don't know. This informal and informational speaker's series addresses a wide variety of topics that relate directly to decisions we make as we age—such as health, financial, legal, safety, housing—so we have the resources we need, whether it is to age in place or move to assisted living or to be near family. Many of us in the 50+ group are also adult children who are caring for elderly parents or other relatives who will benefit from this information as they care for an aging parent.

The Fall 2018 series was popular and very well attended, and the Winter/Spring 2019 workshops promise to be a great success. The seminars will be held Tuesday, **February 12** and Tuesday **March 12** from 6:30-8:30pm in the home of Jim and Marcia Thessin. Munchies, dessert and a variety of beverages will be served. Some carpooling options will be available. RSVP for directions and questions to Linda Wiessler-Hughes at [michaelinda88@hotmail.com](mailto:michaelinda88@hotmail.com).

### Memory Issues — February 12



There are many issues that fall under the umbrella term of “Memory Issues.” This program will provide an overview of the natural aging process along with various forms of dementia, including Alzheimer’s disease and related disorders and complications; and present information on resources, care, support and treatment that are available locally. Our speakers will be Nicole McMonigle Knight, owner of Dementia Care Connections and Lindsey Vajpeyi, Director of Education and Outreach at Insight Memory Care Center in Fairfax.



### Personal and Environmental Safety — March 12



Physical and environmental safety is a primary concern in any discussion of aging in the home. This program examines strategies and approaches to keeping our living environments safe as we age, including making home modifications using elements of universal design, conducting fall-prevention and home safety assessments, and utilizing community resources to provide critical support. Our speakers will be Russ Glickman, Founder of Glickman Design Build and Kathy Kirchner, MA, OTR/L, ECHM, CAPS, a licensed Occupational Therapist and Partner at Accessible Home Associates, LLC.

