

2023 Educational Programs

Liberty Station Health Campus

5348 Newtown Dr, Liberty Township, OH 45011

**Enter off Kyles Station Road*

RSVP: Shelby Bettinger – Community Services Representative

Text or Call: 513-255-8935

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Period Dates: Oct. 18 – Dec. 13, 2023



Understanding your options Navigating the journey of aging.

A professional resource will be presenting each topic. Each session will be from **6:00p-7:30p** and runs 90 minutes and includes 30 minutes for questions and answers.



- 1. Healthcare Options in Retirement** 10.18.23
Medicare/Veteran's Benefits/Long Term Care Options/Insurance
Medicare Marti, Kessling Financial Team, Humana
Veteran Executive, DAV
- 2. Planning the Funeral: Your Way, Your Wishes** 10.25.23
A person-centered approach to planning your funeral, including Hospice and Palliative Care
Ohio Valley Hospice, Gate of Heaven Cemetery
Catholic Charities SW Ohio
- 3. Steady As You Go** 11.1.23
Real solutions to prevent falls and injuries
Kendal At Home, Whole Home, Seniority
Wellness & Consulting and Colerain Asst Fire Chief
- 4. Safety for Older Adults** 11.8.23
Senior scams and medication dispensing and safe practices. In addition, 10 warning signs of Alzheimer's.
Mullaney's Pharmacy & Medical Supply,
Alzheimer's Association and PATH
Neuropsychology
- 5. Understanding Senior Care and Living Options** 11.15.23
Understanding care and cost related to senior living:
- Independent & Assisted Living
- Memory care
- Home care
- Long term care
Oasis Senior Advisors
- 6. Understanding and Responding to Dementia-Related Behaviors** 11.29.23
Effective communication strategies relating to those with dementia
Alzheimer's Association
- 7. Retirement/Estate Planning** 12.6.23
Protect your assets and plan for the future
Harvest Financial Advisors & Lavin Law Group
- 8. Moving Forward** 12.13.23
A senior's guide to home selling, housing options and downsizing
RE/MAX Preferred Group, EBTH and Junk King of Cincinnati & Dayton



For more information, please email:
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www.cincycare.com