



**TRANSITIONING TOOLS FOR
AGING & CAREGIVING**
Saturday, March 25, 2017
Room A102

8:45 am - 9:00 am **CHECK-IN (CHURCH OFFICE/RECEPTION)**

9:00 am - 9:10 am **WELCOME - *The Rev'd Alex Easley***

NAVIGATING MEDICARE AND MEDICAID

Time: 9:10 - 9:50 am

Speaker: Mary McNeil, *Certified Benefits Counselor, Harris County Area Agency on Aging*

As older adults confront long-term care costs due to chronic conditions or end of life needs, the ever-changing Medicare and Medicaid programs can be confusing. Learn about choices that can be made to maximize these resources from an expert in navigating the health care payment systems.

AGING WELL WITH PALMER RESOURCES

Time: 10:00 - 11:00 am

Speakers: The Rev'd Linda Shelton & The Rev'd Liz Parker

Palmer has many ministries that support older adults in aging well and remaining active members of our pastoral community. An overview and handout of all these ministries will be given plus an in-depth description provided on a selected ministry.

LUNCH/SHARING - ST. BEDES AND PATIO (WEATHER PERMITTING)

Time: 11:00 - 11:40 am

Boxed lunches will be provided plus time for browsing resource tables and library.

SUCCESSFUL CAREGIVING - TIPS FROM A FELLOW PALMER

Time: 12:00 - 12:40 pm

Speaker: Rita Justice

Taking care of and making decisions regarding care for a family member can be overwhelming and stressful. Learn from a fellow Palmer about tools, resources and coping strategies that can help with the demands of caregiving.

DEMENTIA - WHAT IT IS, WHAT IT'S NOT, AND WHAT CAN I DO TO REDUCE MY RISK?

Time: 12:50 - 1:40 pm

Sally Davis, *RN, MSN, Amazing Place Health Services Director*

Dementia is an umbrella term for many medical conditions. As we age, we might have memory problems and wonder if it is the beginning of dementia. Learn from an expert about memory, dementia, and Alzheimer's. Also learn about what one can do to prevent symptoms of some types of dementia or slow down the process of deterioration through fitness, nutrition, and other lifestyle changes.

1:45 - 2:00 pm **CLOSING THOUGHTS AND PRAYERS - *Roger Hutchinson***

This is the first in an ongoing and intergenerational series for adult Palmers to learn about tools for caregiving and aging. For more information about this workshop, please contact The Rev'd Linda Shelton.