

Navigating to 100 Seminar

Helen Emmott, Keynote Speaker

September 23 – 8:30a – 4p

Every 8 seconds, another American turns 65! We are all getting older; becoming part of the “Silver Tsunami” of Baby Boomers. Many of us joke that getting older is not for the faint of heart. With God’s blessing of extended years come increased freedom, new opportunities and responsibility. It can also be a time of confusion, challenge and frustration.

PV's **Legacy Now Ministries** supports making these years as productive, rewarding and exciting as possible. Throughout Proverbs, we are encouraged to seek wisdom and learn from the wise. The opportunity to empower yourself with the wise council of experts as you map out your aging-well journey is the goal of our upcoming fall event.

This seminar features expert professionals to help you build your roadmap to “Navigate to 100.” Six informative breakout sessions will cover key topics as:

- ✓ **Preserving Wealth:** Medical Expenses, Legal Documents and Estate Planning
- ✓ **Building a Plan of Aging or Caregiving:** Having a roadmap through the many choices of care
- ✓ **Care Choices:** Defining terms and explaining what type of care is available at each level of care (home care, assisted living, nursing home, memory care)
- ✓ **Senior Transitions:** Selling the house, Moving, Downsizing and Estate Sales
- ✓ **End of Life Choices:** Hospice Care and Funeral Planning
- ✓ **Resources in the Northland:** Clay and Platte County Senior Services

Our keynote speaker, Helen Emmott, is author of the book *Without Regrets*. *Without Regrets* is a roadmap for those about to venture into the world of caregiving for a parent and provides rich advice on common issues such as advance care planning, decision making and end of life choices.

If you find yourself caring for someone or at that time of life when sound council, planning your aging journey or understanding how best to deal with some of the crises of life, please plan to attend....and bring a friend! Registration is \$15/per person and includes a boxed lunch and materials. Registration is open at Pleasantvalley.org/events.

