



RESERVE THE DATE

FREE! LUNCHTIME CONVERSATIONS

12 NOON TO 1 P.M.
OCTOBER 26 – NOVEMBER 12

OCTOBER 26 // HEALTH //

Practical Tips for Preventing Falls
Presented by: Evon Schones,
Good Samaritan Society,
Loveland Village

OCTOBER 27 // MENTAL HEALTH //

Strategies to Manage Depression,
Anxiety and Panic Attacks
Presented by: Sandi Squicquero,
The Medical Hypnosis &
Counseling Center, P.C.

OCTOBER 28 // SEX //

Modern Day Solutions: Aging
and Maintaining a Healthy Sex Life
Presented by: Dr. Michael Farrell,
Vitality Medical Center, Inc.

OCTOBER 29 // HOSPICE //

Hospice 101: When Is It
Time? Debunking Myths
and Misconceptions
Presented by: Nate Lamkin,
Pathways Hospice

OCTOBER 30 // PLANNING //

Protecting Your Family
Through Prearrangement
Presented by: Jennifer Haislip
and Greg Hershelman,
Dignity Memorial /Resthaven

NOVEMBER 2 // CBD //

What Are the Benefits of CBD?
Presented by: Eric Sweatt,
The CBD Store

NOVEMBER 3 // FINANCE //

LEAP: Learn More About
Financial Support with Your
Home Heating Costs
Presented by: Theresa Kullen,
Larimer County Department
of Human Services

NOVEMBER 4 // HEARING //

New Advances in Remote
Hearing Health
Presented by: Dr. Katie Cox,
The Hearing Place

NOVEMBER 5 // MOBILITY //

Auto Accessibility – Accessing
Your Community
Presented by: Lisa McBride,
Frontier Access Mobility

NOVEMBER 6 // MEDICARE //

Medicare 101:
What You Need to Know
Presented by: Carmen T. Cisneros,
Kaiser Permanente

NOVEMBER 9 // SENIOR LIVING // SENIOR LIVING PANEL

Continuum of Care from
Patio Homes to Assisted Living
to Memory Care

Presented by: Yvonne D. Myers,
Columbine Health Systems

Active Adult Living: Live Your Own Lifestyle, Pursue Your Passions

Presented by: Hayley McCaw,
Affinity at Loveland

NOVEMBER 10 // MEDICINE //

Medication Bootcamp: Simplify
Prescriptions and Improve Your
Health With Tips & Tools From
Pharmacy Experts
Presented by: Joseph Poling and
Whitney Osborn, Good Day Pharmacy

NOVEMBER 11 // AGING IN PLACE //

Five Steps to Successfully
Stay in Your Home
Presented by: Danita Nixon,
Senior Living Advisors of Colorado

NOVEMBER 12 // JOINT HEALTH //

Joint Replacement Surgery
Presented by: Dr. Richard Williams,
Banner Health

PRESENTED BY:

Greeley Tribune
REPORTER-HERALD

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