

Preparation Age:

Four Essential Conversations Before You Need Them

Helping older adults and their families plan ahead with confidence

LEARN PRACTICAL STRATEGIES FOR NAVIGATING THE CHALLENGES OF AGING PROACTIVELY.

- Expert Guidance
- Engaging Discussions
- Actionable Tools
- Worksheets
- Resources

Conversations That Matter: Talking About Wishes Before a Crisis Occurs Mon., Oct. 19, 2026 - 7-8 p.m.

The most important conversations about aging are often the hardest to begin. Learn practical ways to move past “I don’t want to talk about it,” and confidently discuss healthcare, end-of-life wishes and directives, and financial planning. Leave with clear, actionable steps to move from crisis-driven decisions to proactive, compassionate family planning.

Aging in Place Safely: Staying Safe, Comfortable and Connected Mon., Nov. 2, 2026 - 7-8 p.m.

Living independently in your own home requires thoughtful planning before mobility or safety challenges arise. Discover practical ways to age safely, including how to assess room-by-room hazards, implement fall prevention strategies, and make simple, effective home modifications. Explore vital community connections to combat isolation.

Preparing the Roadmap: Essential Documents and Getting Organized Mon., Oct. 26, 2026 - 7-8 p.m.

When an unexpected medical or life event occurs, having immediate access to critical information makes all the difference. In this session, demystify docs like Healthcare Proxies, Powers of Attorney, MOLST orders, wills — and even how to safely share passwords. Learn how to build and organize a “Master Binder” so your family has a clear roadmap when it matters most.

Navigating Aging and Caregiving: You Don’t Have to Do It Alone Mon., Nov. 9, 2026 - 7-8 p.m.

This panel explores the early warning signs of stress and burnout for individuals and caregivers, offering tangible strategies to protect your physical and emotional well-being. Learn how to combine informal networks with formal community support, discover how professional geriatric care management bridges critical gaps, and draft a sustainable, personalized caregiving support plan for you and your family.

Virtual Series
Register Here:

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