



PLAN FOR TOMORROW, TODAY

St. Paul's Educational Series

St. Paul's Educational Series Virtual Workshop 1

Planning Ahead

Thursday, June 17, 2021
10 AM-11:30 AM

Join St. Paul's Senior Services for the first of three virtual workshops in our educational series "Plan for Tomorrow, Today" Meet our speakers:

Topic 1: Planning to Age Well

Joaquin Anguerra, Ph.D.



Dr. Anguera has worked in the field of aging for over 40 years. For 20 years he was a professor of gerontology at San Diego State University. Currently he is a governor's appointee to the California Commission on Aging. Joaquin has been involved throughout the nation and abroad on subjects related to the challenges of old age. He worked for 30 years at Aging & Independence Services, a county agency that oversees all the services for the elderly in San Diego County.

Topic 2: Essential Documents Everyone Needs to Consider When Planning for Future Care"

Teressa Vaughn – Advance Care Planning Consultant for Sharp Healthcare



Teressa Vaughn is an Advanced Care Planning (ACP) Consultant for Sharp Healthcare where she assists patients with advanced illness and/or advanced age to complete their advanced healthcare directive, discuss goals of care, as well as caregiving options that meet their need. Prior to her work as an ACP Consultant, she was a hospice chaplain for several years. She received her Master of Practical Theology from the Kings Seminary (now The Kings University) and retired from the Army National Guard after 25 years of service. She also received her Master of Health Administration with a concentration in Gerontology from the University of Phoenix and is a licensed Residential Care Facility for the Elderly (RCFE) Administrator with the state of CA.

RSVP online at StPaulsSeniors.org or with Linda Spence at lsponce@stpaulseniors.org or (619) 239-2097 to be entered into a raffle!

Zoom Link: <https://us02web.zoom.us/j/81514198644>

Call-In Number: 1 (699) 900-6833

Meeting ID: 815 1419 8644

Password: 565839



Learn more about St. Paul's Senior Services
visit StPaulsSeniors.org or call **1(833) STPAULS**

St. Paul's Senior Services is a mission based San Diego non-profit.