



## **Growing into Retirement**

**7:00 PM, Thursdays, March 5-April 2, 2009; FREE**

Thinking about retirement? Perhaps you've done some financial planning but haven't really thought much about other aspects of retirement. At the Sudbury Senior Center we want to help you learn about how to get ready for a successful retirement. This series of five informational programs in March and April is detailed below:

**Thursday, March 5: *Healthy Aging*** We all hope for good health in our later years. What are the strategies for aging healthfully? This workshop will help you think through the different aspects of what to expect and how to keep yourself well as you grow older. Speaker: Kristin Kiesel, MS, Director of the Sudbury Senior Center.

**Thursday, March 12: *Legal Issues*** What types of legal preparations are essential for middle and older age? Denise Yurkofsky, Elder Law Attorney, will speak about legal planning and the essential documents for this time of life.

**Thursday, March 19: *Resources*** What resources are available in the community? Where can you get help if you need it? How can you design a package of services from various sources to help you remain independent and in your own home? Is there financial assistance? Speakers: Monica Alley, Director of Client Services at BayPath Elder Services and Nancy Foster, Sudbury Town Social Worker

**Thursday, March 26: *Health Insurance*** At any time of life health insurance is important, but near retirement there are many new things to learn about. People turning 65 usually need to sign up for Medicare as either a primary or secondary health insurer. Do you know the difference between Medicare and Medicaid (MassHealth in Massachusetts)? Find out about Medicare A, B, C and D at this educational workshop. Speaker: Bob Read, Regional SHINE Counselor.

**Thursday, April 2: *Living Situation*** Will you be staying in your current home? What other options are available? Learn about assisted living, continuing care and other living options from our expert panel, including Katie Sullivan, Orchard Hill; Lance Chapman, The Groves in Lincoln; Kelley Johnson, Wingate Healthcare; and Maribeth Boisvert, Thorndike Development. Each workshop will begin at **7:00 PM** and last about an hour. Light refreshments will be available. These events are offered **free of charge**, but space is limited so please reserve by calling (978) 443-3055.

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