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Friday Lunch & Learn Discussion - Notes for 10/30/20

1 message

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Exploring Alternatives

A Lunch and Learn Discussion

Rachel Chew, artist commissioned art for **Rather than identifying as old, young or middle-aged, be an “old person in training” instead ...**



... [Ideas.TED.com article](#) by Ashton Applewhite, author of "This Chair Rocks: A Manifesto Against Aging"

Discussion Questions

- What are some of the alternative services you've considered to help you as you age?
 - Key points of discussion:
 - Frustration with knowing how to plan transitions
 - Frustration with finding appropriate help and guidance as one ages for finances, wills, etc.
 - Difficulty dealing with changes in abilities and maintaining household and other aspects of life
- What do you recommend people do to find out more about alternative services to help as one ages?
 - Key points of discussion:
 - How to avoid being overwhelmed
 - How to ask and guide family (and others) in appropriately helping
 - Interest in alternative living arrangements like co-housing

Referenced Links

- **AARP Prepare to Care - Planning Guides Website**
 - <https://www.aarp.org/caregiving/prepare-to-care-planning-guide/>
- **Senior Planet COVID Resource Guides Website**
 - <https://seniorplanet.org/coronavirus-2/>
- **U.S. Department of Health and Human Services (HHS) - Aging Resources Website**
 - <https://www.hhs.gov/aging/index.html>
- **U.S. government Administration for Community Living website (focus on aging and disabled populations)**
 - <https://acl.gov/>
- **U.S. government Eldercare Locator Portal website**
 - <https://eldercare.acl.gov/Public/Index.aspx>
U.S. government portal (search feature and help-line) to locate services by city and state, or zip code for various supporting agencies focused on elder care needs and includes links to topic specific areas such as transportation, and long-term planning

Resources

from Judy Rough (former Senior Planet Facility Manager)

- **Questions to Ask When Choosing a Professional Personal Advocate Handout (attached)**
 - **Kelly O'Connor, MA, CPRS, CSA**
Elder Care Consultant and Care Transitions Director - Senior Care Authority Denver Metro
 - <https://seniorcare-denvermetro.com/>
We know that navigating senior care options can be overwhelming for you and your family. As your advocate, we can do the homework for you. We'll help you sort through and understand all your care options, traverse a complex healthcare system, get accurate and up-to-date information, and connect you to vetted local resources.
 - **Link to Kelly O'Connor's Lunch and Learn presentation: Plan for the Future**
 - https://www.youtube.com/watch?v=OGS1b1vKo_o&feature=youtu.be
 - **Julie Groves, Attorney - Groves Law**
 - <https://grovesllc.com/>
At Groves Law, we emphasize comprehensive planning involving all aspects of our clients' lives. Our planning services include all elements of business, estate, and trust planning, as well as non-legal issues involving care planning and care management. We are here to provide assistance across the entire spectrum of issues facing our clients and their families.
 - Elder Law
 - Wills and Trusts
 - Advance Directives,
 - Powers of Attorney
 - **Kimberly L. Curtis, CFPR, ChFC, CLU, CAP, AEP, MSFS**
President and CEO - Wealth Legacy Institute, Inc.
 - <https://www.wealthlegacyinstitute.com/>
Kim Curtis is a nationally recognized wealth management advisor and speaker. Her expertise in retirement income distribution, investment planning, tax strategies, and portfolio allocation aides clients in achieving their financial goals and aspirations.
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Referenced Links

Wyoming Doesn't Exist - <https://panhandle.newschannelnebraska.com/story/42947073/growing-online-theory-says-wyoming-doesnt-exist>

Which browser is best - <https://www.pcmag.com/news/chrome-edge-firefox-opera-or-safari-which-browser-is-best>

10 Best Web Search Tricks Everyone Should Know - <https://www.lifewire.com/web-search-tricks-to-know-4046148>

SENIOR PLANET COLORADO GENERAL INFORMATION LINKS

Link to Lunch and Learn Recordings and Handouts

- https://drive.google.com/file/d/1ab6wsDxPE7V0_OAfL7QtCi6nMkA4dF-3/view?mc_cid=b8354dc171&mc_eid=6d3521a4ae

Feedback Survey for this program:

We would love to hear from you any positive or negative feedback you want to share with us about this program. Click the link [Senior Planet Survey](#) to share. Thank you.

Interested in Getting Involved in Senior Planet - there a variety of ways:

- **Become a national member**
 - <https://seniorplanet.org/get-involved/membership/>
- **Senior Planet Member Voice Campaign**

We want your feedback. We would appreciate hearing your overall thoughts about your online experience with Senior Planet. Click on this link: [My Online Senior Planet Experience](#) to share. Thank you.
- **Get the Colorado weekly newsletter or from any other Senior Planet location**
 - <https://seniorplanet.org/get-involved/newsletters/>
- **Follow Senior Planet on social media**
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Cheers! (and thank you for your participation)

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