



PLAN FOR TOMORROW, TODAY

St. Paul's Educational Series

As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us. St. Paul's is here to make life's aging journey less stressful through our **Educational Series, "Plan for Tomorrow, Today."** We will host several educational events throughout 2020 with experts within the senior care industry. Each event will address your most asked questions and include guidance from some of San Diego's most knowledgeable people in senior care to help you make this journey with confidence. View our event schedule on the back of this card and RSVP today!



Exclusive
All attendees receive a
St. Paul's Planning Binder*

*One per family, while supplies last.

See dates and educational presentations on back.

Workshops

Planning Ahead - Saturday, February 22

- ◆ Planning to Age Well
- ◆ The Five Essential Documents Everyone Needs
- ◆ How to Have Tough Conversations with Family
- ◆ Insurance and Covering Care Costs

Senior Living and Care Options - Saturday, April 25

- ◆ Living and Care Options Explained
- ◆ Navigating the Medical System: Hospitals, Skilled Nursing, and Discharge Plan
- ◆ VA Benefits for Senior Care
- ◆ Selling Your Home and Downsizing

Physical and Mental Health - Saturday, June 27

- ◆ Staying Safe at Home
- ◆ Fall Prevention
- ◆ Memory Concerns: Signs, Symptoms, and What to Do Next
- ◆ Mental Health and Senior Isolation

End of Life Planning - Saturday, August 29

- ◆ Pre-Planning Your Final Arrangements
- ◆ Palliative and Hospice Care: What's the Difference?
- ◆ Grief and The Healing Process

Location

St. Paul's Plaza

1420 E. Palomar Street
Chula Vista, CA 91913

St. Paul's PACE El Cajon

1306 Broadway
El Cajon, CA 92021

St. Paul's Villa

2340 Fourth Avenue
San Diego, CA 92101

St. Paul's PACE Chula Vista

630 L Street
Chula Vista, CA 91911

Plan for Tomorrow, Today EXPO 2020: This year, we will be introducing a planning expo, bringing together all of the resources from this series into one special event. Stay tuned for more information!

RSVP online at StPaulsSeniors.org or with Linda Spence at lspence@stpaulseniors.org or (619) 239-2097
Workshop space is limited.