

Senior Talks Series

Elderwerks has a great series of talks at the Arboretum of South Barrington the last Monday of every month at 9:30 am located at 100 W. Higgins Rd., South Barrington between Georgio's Pizza and Cooper's Hawk. Questions? Call Elderwerks at 847-462-0885.

2019		CALENDAR - Last Monday every month at 9:30 am	
DATE	TOPIC	DESCRIPTION	SPEAKER
June 24th	Retirement; Making Money Last	A program designed to help individuals prepare to live the retirement they envision. Attendees will learn investment strategies. In addition, key concerns such as inflation, health care expenses, market volatility and ways to prepare, in advance, for the unexpected will be disclosed.	Amber Luczak, CFP Edward Jones
July 29 th	Caregiving and Self-Care	Mindfulness in Your Role as Caregiver	Erin Vogt Client Care Coordinator Dutton Casey & Mesoloras PC Attorneys at Law
August 26 th	(Orthopedics) Biologics: The New Frontier PRP/Stem Cell	Orthobiologics is a specialty field of medicine that uses the patient's own cells or donated tissue to aid in healing and regeneration. Dr. Gitelis explains, regenerative orthobiologics are not a magical cure but a way to amp up the body's own process so it can work better and faster. A huge benefit to using orthobiologics alongside other treatments is that it can reduce pain. "With a nation-wide opioid crisis, a far safer alternative is to consider orthobiologics as a way to treat pain."	Dr. Michael Gitelis Gitelis Orthopedics

2019

CALENDAR - Last Monday every month at 9:30 am

DATE	TOPIC	DESCRIPTION	SPEAKER
September 30 th	Medicare Open Enrollment: What You Need to Know & What You Need to Ignore!	Learn about Medicare updates before open enrollment on October 15 th	Karen McCormack President McCormack Consulting
October 28 th	Trusts, Wills & the Necessary Documents to Age Well	Are you prepared for emergencies? Does your family know what you want? Are your assets protected? Learn about the legal aspects of aging.	Gregory J. Barry Attorney Zukowski, Rogers, Flood & McArdle
November 25 th	Medical Marijuana	Learn about the plant and how it helps treat diseases and conditions such as Alzheimer's Disease, Cancer, appetite, Epilepsy, Glaucoma, etc.	Morgan Kingsland Outreach Manager Greenhouse Group
December 16 th	Holiday Blues	Holiday stress got you down? Learn about simple techniques to help you through this holiday season.	Erin Vogt Client Care Coordinator Dutton Casey & Mesoloras PC Attorneys at Law