

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. We will be located to the left of Sur La Table in an open retail space. Please look for the Arboretum 360 Sign by Sur la Table.

2019		CALENDAR - Last Monday every month at 9:30 am	
DATE	TOPIC	DESCRIPTION	SPEAKER
February 25 th	Tips, Tidbits and Dust Bunnies!	Learn some tips about organizing your space.	Jennifer Prell Paxem, Inc.
March 25 th	Real Estate Update	Learn about where the real estate market is currently at, future expectations and what you need to do to make sure you're ready.	Beth Repta Repta Realty Group, Keller Williams
April 29 th	Hot Elder Law Topics	Learn about the must-have documents to protect you, your family and your legacy	Kenneth Piercey Elder Law Attorney Piercey & Associates Ltd.
May 20 th	Music and the Brain	Alzheimer's & Brain Awareness Month Day program options for loved ones / activities when you're the caregiver	Mary Helen Ekstam Regional Director & Music Therapist JourneyCare
June 24 th	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

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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 includes the uses the patient's own cells or donated tissue to aid in healing and regeneration. The human body is designed to heal itself. 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
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

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December 16 th	It's a Party!	Celebration of YOU! Mix, mingle and nosh!	TBA

Questions? Contact Jennifer Prell at 847-462-0885 or email Jennifer.Prell@Elderwerks.org