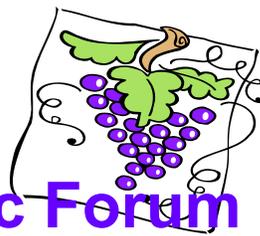


ONTARIO COUNTY OFFICE FOR THE AGING

“Aging Well” Seminar Series & Public Forum



Located at: Ontario County Safety Training Facility, 2914 County Road 48, Canandaigua, NY

Care for the Caregiver: Understanding Grief

Presented by: Dr. Nathan Kollar

September 8, 2016 9:30 am – 12:00 pm

We will discuss what happens to the person who is grieving: their feelings, thoughts, body, and relationship to other people. At the end of the workshop you will be able to recognize healthy and dysfunctional grieving in yourself and others and have some idea of what to do about it.

Strategies for Advance Care Planning: Isn't It Time We Talked About It?

Presented by: Kay Viggiani, MS, RN

September 15, 2016 9:30 am – 12:00 pm

This workshop is about planning ahead and communicating end-of-life choices to family and loved ones. It will cover Advance Directives, Health Care Proxy, Living Will, Durable Power of Attorney for Medical Orders, MOLST, comfort care and hospice.

Long Term Care Options & How to Pay

Presented by: Irene Coveny, MPA, Director, Office for the Aging

September 22, 2016 9:30 - 12:00 pm

Remaining independent sometimes means having help at home. We will discuss different types of home and community-based services and how to pay for them. There will be also be two experts available to discuss pooled trusts and long term care insurance.

Sept 22, 2016 - After the seminar there will be an

Elder Care Fair

Sponsored by **GRAPE (Greater Rochester Partnership for the Elderly)**

Exhibits from many elder care service providers providing information about their services such as assisted living, adult day care, housing, home care, etc.

“Aging Well” topics will be followed by a **Public Forum** which provides an opportunity for comment on the programs and services of the Ontario County Office for the Aging. Your opinion counts so please let us know what matters to you.

There is no charge - There will be a break at all the seminars for light refreshments



**Please register by calling
585- 396- 4040 or 315-781-1321
Attend one or all of the forums**