



**Aging often presents more questions than answers and can bring both opportunity and confusion.** How will you live fully during this uncharted next chapter of life? Still creative and active, how will you handle the inevitable dilemmas that accompany this new stage? This series of courses provides guidance, options, resources and the opportunity to meet others just like you who are seeking answers.

## Living Fully at 55+ Registration Form

Mail, email or fax the completed Registration Form or call HCC Community Services at 413.552.2123. Check, money order, credit/debit card accepted.

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| <input type="checkbox"/> Fearless With Facebook                              | <input type="checkbox"/> Social Security Income Enhancing Strategies                             |
| <input type="checkbox"/> Basic Bridge  | <input type="checkbox"/> I'm Over 55! What Now?  |
| <input type="checkbox"/> A Road Map for Positive Aging                       | <input type="checkbox"/> Cultivating & Appreciating Your Character Strengths to Enrich Your Life |
| <input type="checkbox"/> Elder Law & Estate Planning: What You Need to Know  | <input type="checkbox"/> Memory, Dementia & Alzheimer's  |
| <input type="checkbox"/> Aging-in-Place                                      | <input type="checkbox"/> History of the Pioneer Valley   |
| <input type="checkbox"/> Hearing Loss: What You Need to Know About Treatment |  |

Upon registration, you will receive program confirmation via mail.

Date \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_

E-mail \_\_\_\_\_

Home/Cell: \_\_\_\_\_

VISA       MASTERCARD       DISCOVER

Expiration Date \_\_\_\_\_

Card Number \_\_\_\_\_

Mail to:  
 HCC Community Services  
 Kittredge Center, Room 221  
 303 Homestead Avenue, Holyoke, MA 01040  
 Fax to: 413.552.2745  
 For more information call 413.552.2123 or email  
 vsemyrog@hcc.edu

*HCC reserves the right to make changes to programs as circumstances dictate.*



# LIVING FULLY

# AT 55+



FALL '17

# LIVING <sup>AT</sup> FULLY 55+

## Fearless With Facebook

LIFE 026 2 sessions 9:30 a.m. – Noon Sept. 20, 27

Want to stay in touch with grandchildren and friends? Want to share experiences, photos and memories? Instructor Dino Diaz will assist you in everything from signing up for a Facebook account to how to properly adjust your privacy settings and then posting. It's fun and EASY! \$39

## Basic Bridge

LIFE 027 9 sessions 7–9 p.m. Sept. 20–Nov. 15

Discover the rich social, cognitive and health benefits of playing bridge – while having fun! Prepare to play at your own home with friends or with a local Bridge club. This is a non-wagering activity. Includes paperback text. Instructor George Abbott. \$99

## A Road Map for Positive Aging

LIFE 028 1 session 1–4 p.m. Sept. 26

There is not much of a “road map” for elders after 70 nor for the children who worry about them. In this interactive program, learn about the fresh perspective of “gerotranscendence” of which encourages ways to experience an expansive and satisfying aging process. Family members gain reassurance in the understanding of this later-in-life development process as vital, normal and healthy. Instructor Janet Bunce is a certified senior advisor. \$19

## Elder Law & Estate Planning: What You Need to Know

LEGL 004 3 sessions Oct. 16–30 6–8 p.m.

Elder law attorney Karen Jackson will explain the importance of each major document in the basic estate plan: The Will, Health Care Proxy, Advance Directive, Durable Power of Attorney, and Homestead Declaration. Covers the guardianship and conservatorship process, different types of trusts, and probate courts. Also reviews skilled nursing care, long term care insurance, life estate deeds, and Medicaid planning and applications. \$85

## Aging-in-Place

LIFE 016 1 session Oct. 25 1–4 p.m.

There are many options for places to live out your senior years with comfort and safety. Learn how to assess your needs, or those of your loved ones, with a practical checklist including all critical factors. Find



out about your options: co-housing, intergenerational communities, assisted living, retirement communities and staying at home. Instructor Suzanne McElroy is executive director of Home Instead. \$29

## Hearing Loss: What You Need to Know Regarding Treatment Options

LIFE 024 1 session Nov. 6 9 a.m. – Noon

Audiologist Janice Walker explains and reviews common causes of hearing loss, prevention, on-going research, and current treatment options. Included is a handout entitled “10 Tips Consumers Should Know Before Purchasing Hearing Aids.” \$19

## Social Security Income Enhancing Strategies

MONEY 062 1 session 6–8 p.m. Nov. 6

When should you start taking Social Security? Learn how to maximize your social security and survivor benefits. Strategies for those who are single, married, divorced and widowed will be discussed. Cost of living adjustments, taxation of benefits and working while collecting Social Security will be explained. Coordinating other retirement accounts with Social Security distributions and required minimum distribution rules will be explained to assist you in making informed decisions. Instructor Susan Allen. \$49

## I'm Over 55! What Now?

LIFE 021 3 sessions 1–3:30 p.m. Nov. 7–21

What we used to think of as “retirement” is now looking like more years of work, play, caring for self and others. How will you use this unscripted gift of longevity? Join journey guide and author Martha Johnson to focus your goals, explore your options, and begin to chart your own future. You will receive more clarity about what you need to talk about and with whom. \$83

## History of the Pioneer Valley

LIFE 030 1 session Nov. 9 9 a.m. – Noon

An interactive discussion of how Holyoke and the surrounding communities made the Pioneer Valley historically significant. Viewing early maps and images, rediscover the agricultural and industrial developments that brought thousands of people from the corners of the world to live and work here. Bring your questions and stories. Olivia Mausel is a member of the Holyoke Historical Commission. \$29

## Cultivating & Appreciating Your Character Strengths to Enrich Your Life

LIFE 029 1 session 9 a.m. – Noon Nov. 20

Drawing upon the foundations of positive psychology, we'll explore what makes life most worth living, by emphasizing elements of life that contribute to human flourishing. Utilizing a survey of character strengths, you'll identify your strengths and explore how to enrich and cultivate them for a fuller life. All materials will be provided. Instructor Linda Meccouri is an expert in appreciative learning and using positive character traits to create change. \$19

## Memory, Dementia & Alzheimer's

LIFE 012 1 session 1–4 p.m. Nov. 28

Through discussion, case studies, and film clips, learn about the difference between dementia and normal aging. Gain an understanding of the warning signs, treatment and caregiving, the role of mental stimulation, dealing with mild-impairment, and how to deal with mild-impairment. Become a more relaxed presence as you encounter these diseases in friends and loved ones. Instructor Beth Cardillo is a pioneer in developing dementia-friendly communities. \$29