



When reaching 55, 60 and 65, you may find yourself awakening to a change in circumstances.

As you leave a long term career, start caring for aging parents, and face your own mortality, with lots more years to live...

No map in hand, how will you plan to live fully during this uncharted next chapter?

How will you handle the dilemmas and questions as you face the prospects for your remaining years?

This series of classes and facilitated conversations provide guidance, options, and resources to help you think and plan for this next stage of your life.

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, or credit/debit card accepted.

- | | |
|--|--|
| <input type="checkbox"/> Intermediate Bridge | <input type="checkbox"/> Hearing Loss: What You Need To Know Regarding Treatment Options |
| <input type="checkbox"/> Social Security Income Enhancing Strategies | <input type="checkbox"/> Memory, Dementia & Alzheimer's |
| <input type="checkbox"/> The Stamina Prescription (For Those Over 55) | <input type="checkbox"/> Can We Talk? |
| <input type="checkbox"/> Aging At Home With A Little Help From Our Friends | <input type="checkbox"/> Why Not Do What You Love? |
| | <input type="checkbox"/> Elder Law & Estate Planning: What You Need To Know |

Upon registration, you will receive program confirmation via mail.

Date: _____

Name: _____

Address: _____

City: _____ Zip: _____

E-mail: _____

Home/Cell: _____

VISA MASTERCARD DISCOVER

Card Number: _____

Expiration Date: _____

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.

**HOLYOKE
COMMUNITY
COLLEGE**

**THE KITTREDGE
CENTER**
FOR BUSINESS AND
WORKFORCE DEVELOPMENT
HOLYOKE COMMUNITY COLLEGE



LIVING FULLY

AT 55+

**HOLYOKE
COMMUNITY
COLLEGE**

SPRING '18

LIVING ^{AT} FULLY 55+

INTERMEDIATE BRIDGE

LIFE 027 | 9 sessions | 7–9 p.m. | Feb. 5–April 30

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**

SOCIAL SECURITY INCOME ENHANCING STRATEGIES

MONY 062 | 1 session | 6–8 p.m. | Feb. 26

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**

THE STAMINA PRESCRIPTION (for Those Over 55)

1 session | 9:30 a.m.–Noon | March 1 | Thursday

With life full of surprises (that can knock us off balance), we need to keep our muscles flexible for stamina and safety. In order to meet such challenges of aging, we need to be resilient in:

- maintaining our physical health;
- keeping up with vital information and technology;
- sharing community support;
- nurturing a sense of well-being.

In class, we will identify specific, individualized practical ways for staying flexible, confident, and springy on our feet physically, mentally and emotionally. Come willing to laugh at life. Presenter Carol Rinehart is founder of STAMINA (Strength Training for Aging MINDfully Always) at staminaproject.com. **Free**

AGING AT HOME

with a Little Help From Our Friends

1 session | March 7 | 9:30 a.m.–Noon | Wednesday

Friends can help you live longer and better, while loneliness can take a real toll on life your span and quality of life. Come join a creative but common sense conversation on establishing lifestyles that mitigate the



risks of loneliness as we age.

Covers:

- Varied examples of “co-living” arrangements;
- Thinking through elements important to your own unique values, personalities and economic needs;
- Resources and next steps for networking and organizing for living in community.

An ideal program to attend with a friend or family member. Course is open to all. Presenter Carol Rinehart is founder of STAMINA at staminaproject.com. **Free**

HEARING LOSS: What You Need to Know Regarding Treatment Options

LIFE 024 | 1 session | March 28 | 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**

MEMORY, DEMENTIA & ALZHEIMER'S

LIFE 012 | 1 session | April 17 | 1–4 p.m.

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, 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**

CAN WE TALK?

1 session | April 24 | 1–3:30 p.m. | Tuesday

Here's a place for the over 60 folks to explore the variety and range of “third

chapter conversations” which can lead to a life of “no regrets.” This informal gathering, facilitated by Martha Johnson, www.meetmarthajohnson.com, is for those who are eager to take the long view of “remaining days” and engage “sooner than later” in the many conversations which can stimulate meaningful life choices and purposeful planning. You will leave with:

- A starter list of potentially useful conversations & resources
- More clarity about what you want to talk about with whom. **Free**

WHY NOT DO WHAT YOU LOVE?

LIFE 021 | 3 sessions | 1–3:30 p.m. | May 1–15

Are you contemplating the questions, “what is it that I really want to do with my remaining years?” and, “how can I get moving on it?” If so, here is the place where you can start, or continue, getting into action on what you, at this time in your life, will find meaningful and fulfilling. Join Martha Johnson, 77-year-old life journey guide and author of *Why Not Do What You Love!* Give yourself the gift of formulating your way forward. Book included. **\$83**

ELDER LAW & ESTATE PLANNING: What You Need to Know

LEGL 004 | 3 sessions | May 14–June 4 | 6–8 p.m.

(no class May 28)

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**