



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.

- Playing a Hand of Bridge: Intermediate Level
- Can We Talk?
- The Stamina Prescription for Those Over 55
- Who's In Your Tribe? Mapping Your "Circle of Care"
- Have You Named a Health Care Agent?
- Memory, Dementia & Alzheimer's
- Family Legacy: Preserving Memories
- Social Security Income Enhancing Strategies
- Elder Law and 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 KITTRIDGE
CENTER**
FOR BUSINESS AND
WORKFORCE DEVELOPMENT
HOLYOKE COMMUNITY COLLEGE



LIVING FULLY

AT 55+

**HOLYOKE
COMMUNITY
COLLEGE**

SPRING '19

LIVING AT FULLY 55+

Playing a Hand of Bridge: Intermediate Level LIFE 024 | 9 sessions | Feb. 4–April 15, 7–9 p.m.

Bridge is fun. And, there are rich social, and cognitive benefits to playing this marvelous game. Focus in this course is on the play of the hand. Topics include developing tricks, finessing, trumping, discarding, managing the trump suit, and more. Additional bidding techniques are included. Students need to have at least a basic knowledge of bridge. This is a non-wagering activity. Instructor George Abbott, Ph.D., **\$104**

Can We Talk?

LIFE 031 | 1 session | February 19, 1–3:30 p.m.

Designed by Martha Johnson for those who are eager to take the long view of “remaining days” and engage “sooner than later” in the 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 and with whom. **\$10**

The Stamina Prescription for Those Over 55 LIFE 033 | 1 session | March 7, 1–3:30 p.m.

Who knew it would take so much stamina to age well? Aging can be full of surprises that can knock us off balance. We need to be “springy on our feet” physically, mentally and emotionally. In this workshop we will play with the notion that we have “muscles” we can develop to live with an open heart and joyful mind. Participants will work together to identify specific, individualized strengths you can build in practical ways. Presenter Carol Rinehart is founder of STAMINA (Strength Training For Aging MINDfully Always). **\$29**

Who’s In Your Tribe? Mapping Your “Circle of Care”

LIFE 037 | 1 session | March 14, 1–3:30 p.m.

Whether you are a “solo-ager” or a grandparent surrounded by the ideal family, the question is, “Who will be there for me when I have needs?” We have the opportunity to be both receivers and givers. We’ll take a broad



snapshot of the people with various roles in your Circle of Care. Presenter Carol Rinehart will guide participants to envision future needs and ways to create a strong support system. Leave with a personalized “Circle of Care” map, for talking with your family and friends, or even your health care providers. A great program to attend with a friend or family member. **\$29**

Have You Named a Health Care Agent?

LIFE 035 | 1 session | April 2, 1–3 p.m.

If your answer is “No”, then this program is designed for you. Learn why you need an advocate to act on your behalf if you are too ill to make or communicate your own health care decisions. We’ll discuss how to choose such an agent, how to discuss your wishes for medical care, and how to fill out and store appropriate forms. Joanna Brown is the Author of *Caring for Dying Loved Ones: A Helpful Guide for Families and Friends*. **\$10**

Memory, Dementia & Alzheimer’s

LIFE 012 | 1 session | April 16, 1–4 p.m.

Gain an understanding of memory, dementia and Alzheimer’s from many different angles, through discussion, case studies, and film clips. Learn the different types, the warning signs, treatment and caregiving, role of mental stimulation, dealing with mild-impairment, and the difference between dementia and normal aging. Become a more relaxed relative, friend, spouse and child as you encounter these diseases in friends and loved ones. Instructor Beth Cardillo, M.Ed. LSW, has worked with senior living communities for over 15 years and implemented the first Dementia Friendly Community in the nation. **\$29**

Family Legacy: Preserving Memories

LIFE 036 | 1 session | April 25, 1–4 p.m.

Facilitated by Theresa Chamberland, you’ll be empowered to begin the process

of preserving family stories for future generations. We will discuss memoir writing, video memoir, and photo books. You don’t need to be a serious writer or videographer to engage in this workshop. Bring your ideas and learn about tools and resources to help you collect and to forever make available your family stories. Your stories matter. **\$29**

Social Security Income Enhancing Strategies

MONY 062 | 1 session | April 27, 9:30–11:30 a.m.

Many people start taking social security as soon as possible... but is this the best choice for you? Maximize your social security and survivor benefits. Strategies for those that 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. Workbook included. Instructor: Susan Allen. **\$49**

Elder Law and Estate Planning: What You Need to Know

LEGL 004 | 3 sessions | May 6–20, 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 guardianship and conservatorship process and the different types of trusts and probate court. In addition, skilled nursing care, long term care insurance, life estate deeds, supplemental needs trusts, income only irrevocable trusts, and Medicaid planning and applications will be discussed. **\$89**