



October 17, 2009

A Program of the Glens Falls Home, Inc  
 Hosted by Adirondack Community College

## CLASS SCHEDULE

TIME	LOCATIONS				
	AUDITORIUM	ROOM	ROOM	BISHOP COMMUNITY ROOM	ROOM
8:30–8:45	SIGN-IN				
8:45–9:00	WELCOME				
9:00–9:20	BREAK VISIT EXHIBITORS				
9:20–10:20	<b>Class 1</b> Children as Caregivers: Helping Your Parents Age Well	<b>Class 2</b> Choosing an Elder Lawyer and Creating a Will	<b>Class 3</b> Steps to Healthy Aging	<b>Class 4</b> Understanding Medical Bills	<b>Class 5</b> Revocable and Irrevocable Trusts as Estate Planning Tools
10:20–10:45	BREAK VISIT EXHIBITORS				
10:45–11:45	<b>Class 6</b> Retirement Planning and Investment Strategies	<b>Class 7</b> Staying Connected: Socialization Volunteering, Continuing Ed	<b>Class 8</b> Legal Issues When You Appoint a Caregiver	<b>Class 9</b> Taking Care of Yourself as a Caregiver	<b>Class 10</b> Staying Safe from Scams, Fraud and Injury
11:45–1:00	LUNCH				
1:00–1:20	BREAK VISIT EXHIBITORS				
1:20–2:20	<b>Class 11</b> Getting your Voice Heard: Advocacy Issues and Strategies	<b>Class 12</b> Estate Planning and Medicaid Planning	<b>Class 13</b> Local Resources for Seniors and their Families	<b>Class 14</b> Legal Issues when you are Appointed as a Caregiver	<b>Class 15</b> Exercise & Movement for Fun and Fitness
2:20–2:45	BREAK VISIT EXHIBITORS				
2:45–3:45	<b>Class 16</b> Taking Charge: Advance Planning Documents and Guardianship	<b>Class 17</b> Planning for Long-Term Care and Nursing Home Ombudsman Program	<b>Class 18</b> Overview of Health Benefits	<b>Class 19</b> Alternative and Complementary Medicine	<b>Class 20</b> Genealogy Using the World Wide Web