

---

## CLASS SCHEDULE

▶ **9:15 A.M. – 10:00 A.M.**

**1. LOCAL RESOURCES FOR SENIORS AND THEIR FAMILIES**

*Amy Collins, Claire Murphy, and Chris Sabo* will share information about available local resources for seniors. Amy is the Point of Entry Coordinator for NY Connects, a program designed to be a one-stop shop for all services related to the long-term care system. Claire is the Director of the Washington County Office for the Aging, and Chris is the Director of the Warren/Hamilton Office for the Aging. This panel will describe each of their respective roles and how they serve area seniors.

**2. HEALTH CARE DIRECTIVES: LIVING WILL, HEALTH CARE PROXY, MEDICAL ORDERS FOR LIFE SUSTAINING TREATMENT (MOLST)**

*James Burkett, Esq.* is an attorney with the firm of Bartlett, Pontiff, Stewart & Rhodes PC. Learn more about these important documents and why you should have them.

**3. WILLS AND ESTATE PLANNING**

*Dennis O'Connor, Esq.* is an attorney with the firm of McPhillips, Fitzgerald & Cullum, LLP. This class will provide an overview of a basic Last Will and Testament, as well as explore prudent ways to distribute assets.

**4. PLANNING FOR LONG-TERM CARE: MEDICAID AND LONG-TERM CARE INSURANCE**

*Michael Dezik, Esq.* is an attorney with the law firm of FitzGerald Morris Baker Firth PC. In this class you will learn what Medicaid does (and does not) provide for with respect to long-term care. Do you need long-term care insurance? Get the facts.

**5. GETTING YOUR VOICE HEARD: SELF-ADVOCACY STRATEGIES**

*Chris Freire*, Director of Care Management at Glens Falls Hospital. Learn how to be an active participant in your health care planning process. Chris will identify self-advocacy strategies to help people “get their voice heard” in both hospital and doctor’s office settings.

**6. STAYING IN TOUCH: FACEBOOK AND EMAIL [repeated in Classes 12 & 18]**

*Sondra Erickson*, owner of Erickson Designs. She conducts computer training for many companies throughout the Capital District area. Facebook is not just for teenagers anymore! Staying in touch with family and friends through the Internet is easier than you think. Sondra will teach you how.

**▶ 10:15 A.M. – 11:00 A.M.****7. ALZHEIMER’S AND DEMENTIA: UNDERSTANDING THE DIAGNOSIS**

*Elizabeth Smith-Boivin* is the Director of the Anne B. and Leon J. Goldberg Alzheimer’s/Dementia Resource Program at Albany Medical Center. Anyone whose life is being touched by this heart-wrenching disease will benefit from Beth’s vast knowledge of the subject.

**8. LEGAL CONSIDERATIONS WHEN APPOINTING AN AGENT (POWER OF ATTORNEY, HEALTH CARE PROXY, EXECUTOR, TRUSTEE)**

*Elizabeth Mahoney, Esq.* is an attorney with the firm of Bartlett, Pontiff, Stewart & Rhodes PC. While many of us understand the need to appoint a person to act on our behalf when we are not able to do so for ourselves, do we really understand the roles, duties, and responsibilities our agents will have? Learn why appointing an agent is not to be taken lightly.

**9. NURSING HOME TRANSITION & DIVERSION WAIVER PROGRAM**

*Joy Leiden*—Southern Adirondack Independent Living (SAIL). Learn about this program, which offers an alternative to nursing home placement for senior adults by helping them transition from a nursing home residence or diverting them from nursing home placement with at-home services appropriate for their needs.

**10. STAYING SAFE FROM SCAMS, FRAUD, AND HEARTACHE**

*Maurice Padula* is a Senior Consumer Frauds Representative of the New York State Attorney General Andrew Cuomo. The Attorney General serves as the guardian of the legal rights of the citizens of New York. Maurice will inform you of your rights under state law and will lay out steps you should take to protect your health and your assets.

**11. RETIREMENT PLANNING AND INVESTMENTS**

*Nancy Flint-Budde* is a Certified Financial Planner specializing in broad-based planning, focusing on long-term goals and objectives. Her talk will center on “investing for a lifetime,” “Beware the Free Lunch,” and “Paying for Healthcare Costs Now and in the Future.” She will also suggest valuable websites to visit.

**12. STAYING IN TOUCH: FACEBOOK AND EMAIL [repeated from Class 6]**

*Sondra Erickson*, owner of Erickson Designs. She conducts computer training for many companies throughout the Capital District area. Facebook is not just for teenagers anymore! Staying in touch with family and friends through the Internet is easier than you think. Sondra will teach you how.

**▶ 11:15 A.M. – 12:00 NOON****13. STEPS TO HEALTHY AGING**

*Lynn R. Young, MS, PT* is currently the Director/Administrator of the Marjorie Doyle Rockwell Center in Cohoes, New York, an adult home specializing in dementia care. What can you do to age as well as possible? This class will cover maintaining cognitive vitality and ways to keep your mind sharp to take on the challenges of life.

**14. MEDICARE: WHAT IS IN PLACE NOW**

*Eileen Collins Dunn* is Geriatric Care Manager of Trinity ElderCare in Glens Falls. The importance of Medicare to seniors cannot be overestimated. Come and better understand this critical health care program.

**15. ALTERNATIVE MEDICINE**

*Dr. Deborah Pietrangelo* is a licensed psychologist and founder of “True North” in Glens Falls, an integrated health community. This class will explore alternative therapies such as acupuncture, herbal medicine, chiropractic medicine, meditation, yoga, massage, and homeopathy. What alternatives offer, when you should use them, and how they might complement traditional medicine will be discussed.

**16. STAYING CONNECTED: SOCIALIZATION, VOLUNTEERING, AND CONTINUING EDUCATION**

*Jeff Stewart, Patti Carte, and Harvey Noordsay* will team up to discuss the value of “Staying Connected.” Patti is the Director of Continuing Education at SUNY Adirondack. Rev. Harvey Noordsay, an ordained Presbyterian Minister and Certified Pastoral Counselor, is the President of Aging in Place in Glens Falls. This program is a cooperative service exchange where members provide mutual support for one another. Jeff Stewart is the Director of RSVP (Retired and Senior Volunteer Program). Come learn what your community has to offer to keep your brain active and your knowledge base growing.

**17. TRUSTS: REVOCABLE AND IRREVOCABLE**

*Kris Flower* is Managing Partner at the law firm of Caffry & Flower in Glens Falls. This class will explain what a Lifetime or Living Trust is, how it works, and its advantages and disadvantages, as well as briefly explore the differences between revocable and irrevocable trusts.

**18. STAYING IN TOUCH: FACEBOOK AND EMAIL [repeated from Class 6]**

*Sondra Erickson*, owner of Erickson Designs. She conducts computer training for many companies throughout the Capital District area. Facebook is not just for teenagers anymore! Staying in touch with family and friends through the Internet is easier than you think. Sondra will teach you how.