



**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.

- Beginning Basic Bridge
- Family Legacy: Preserving Memories
- Memory, Dementia & Alzheimer's
- Have You Named a Health Care Agent?
- Elder Law & Estate Planning: What You Need to Know
- Can We Talk?
- Social Security Income Enhancing Strategies

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**

**FALL '18**

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

## Beginning Basic Bridge

LIFE 027 | 9 sessions | Mondays, Sept. 17–Nov. 26 | 7–9 p.m.

Discover the rich social, cognitive and health benefits in playing bridge – while having fun! Bridge is learned and enjoyed by all ages—from teen years into late retirement. 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 Dr. George Abbott. **\$104**

## Family Legacy: Preserving Memories

LIFE 036 | 1 session | Thursday, Sept. 27 | 9:30 a.m.–12:30p.m.

Facilitated by Theresa Chamberland, 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 in this workshop. Bring your ideas and learn about tools and resources to help you create your memoirs. Your stories matter. **Free**

## Memory, Dementia & Alzheimer's

LIFE 012 | 1 session | Monday, October 2 | 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**

## Have You Named a Health Care Agent?

LIFE 035 | 1 session | Wednesday, October 10 | 1–3:30 p.m.

If your answer is "No", consider taking this program. 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." **Free**



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

LEGL 004 | 3 sessions | Mondays, Oct. 15-29 | 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**

## Can We Talk?

LIFE 031 | 1 session | Wednesday, October 17 | 1–3:30 p.m.

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.meet-marthajohnson.com](http://www.meet-marthajohnson.com), is for those who are eager to take the long view of "remaining days" and engage "sooner than later" in the many conversa-

tions 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**

## Social Security Income Enhancing Strategies

MONY 062 | 1 session | Saturday, Nov. 17 | 9–11 a.m.

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**