



# PLAN FOR TOMORROW, TODAY

## St. Paul's Educational Series

As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us. St. Paul's is here to make life's aging journey less stressful through our new **St. Paul's Educational Series, "Plan for Tomorrow, Today."** We will host several educational events throughout 2019 with experts within the senior care industry. Each event will address your most asked questions and include guidance from some of San Diego's most knowledgeable people in senior care to help you make this journey with confidence. View our event schedule on the back of this card and RSVP today!

**Exclusive**

**All attendees receive a  
St. Paul's Planning Binder\***

\*One per family, while supplies last.



*See dates and educational presentations on back.*

## Workshops

### Planning Ahead - Saturday, February 23 .....

- ◆ Introduction and Levels of Care Options
- ◆ The Challenges of Aging
- ◆ The Five Essential Documents Everyone Should Have Handy
- ◆ Having a Conversation With Your Loved One About Planning Ahead

### Financial and Estate Planning - Saturday, April 27 .....

- ◆ Financial Assessment and Planning for Future Care
- ◆ Types of Insurance: What is Covered in Terms of Care?

### Living and Care Options - Saturday, June 29 .....

- ◆ Community Resources for Housing and Care Options
- ◆ Senior Care Services and Living Options Explained
- ◆ Medical Emergencies, Hospitalizations, and Skilled Nursing: Be Prepared
- ◆ Panel: Selling your Home, Downsizing, and Making the Transition

### Physical and Mental Health - Saturday, August 17 .....

- ◆ The Common Symptoms of Aging and How to Stay Safe at Home
- ◆ Memory Concerns: Signs, Symptoms, and What to do Next
- ◆ Addressing the Behavioral Challenges of Aging: When to Get Help
- ◆ Support for Caregivers in San Diego

### End of Life Planning - Saturday, November 2 .....

- ◆ Planning Your Final Wishes: Options and How to Communicate Them
- ◆ Hospice and Palliative Care: The Who, What, When, Why, and How
- ◆ The Grieving and Healing Process
- ◆ Education Series Wrap-Up and Review

## Location

### St. Paul's Manor

2635 Second Avenue  
San Diego, CA 92103

### St. Paul's PACE

1306 Broadway  
El Cajon, CA 92021

### St. Paul's Plaza

1420 E. Palomar Street  
Chula Vista, CA 91913

### St. Paul's Villa

2340 Fourth Avenue  
San Diego, CA 92101

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1420 E. Palomar Street  
Chula Vista, CA 91913

RSVP online at [StPaulsSeniors.org](http://StPaulsSeniors.org) or with Linda Spence at [lspace@stpaulseniors.org](mailto:lspace@stpaulseniors.org) or (619) 239-2097  
Workshop space is limited.