



# Aging Well!

## *A Six Week Course, A Smorgasbord\*, of Seminars & Discussion*

*Thursday Afternoons Sep 20 - Oct 25, 2018 from 3:15 p.m. to 5:15 p.m.  
Host & Sponsor - Sunnybrook United Church, 12 Stanton Street, Red Deer AB*

- Sep 20 ***Wills & Estate Planning, Powers of Attorney & Personal Directives***  
- Speakers: Red Deer Family & Estate lawyers Trista Carey, Partner at Schnell Hardy Jones LLP; & Brian MacNairn.
- Sep 27 ***Financial Planning for the Future, including Retirement***  
- Speakers: Allison Clarke, Senior Financial Advisor; & Reagan Deering, Financial Advisor & Investment Specialist.
- Oct 4 ***Medical Assistance in Dying, Dying with Dignity & Hospice Care***  
- Speakers: Dr. James L. Silvius, Alberta Health Services; Bradley Peter, Director, Dying With Dignity Canada, Edmonton; & Evelyn Storm, Executive Director, Red Deer Hospice.
- Oct 11 ***Capacity & Assessment & Transitions***  
- Speakers: Therese Thompson, Designated Capacity Assessor, O.T, Red Deer; Melanie Blackwell, Capacity Assessor & Policy Analyst, Office of the Public Guardian, Edmonton; & Blair Wilson, Assistant Public Guardian, Red Deer.
- Oct 18 ***Wonderin' Where I'm Bound: Perspectives On After Life***  
- Speakers: A Panel Discussion. Moderator Daniel Haas, Ph.D. Philosophy, Red Deer College; Rev Ross Smillie, Sunnybrook United Church; panellists of Indigenous, Buddhist, Jewish, Muslim, Humanist & Atheist perspectives [panellists TBA].
- Oct 25 ***Healthy Brain Aging***  
- Speakers: Dr. Duncan Robertson, FRCP FRCPC, Specialist in Geriatric Medicine, Victoria, B.C.; Karen Horsley, R.N., M.Sc. Dementia Studies, Director, Alzheimer's Society of Alberta & NWT, Red Deer; & Monica Morrison, Executive Director, The Golden Circle, Red Deer.

If you are interested in "aging well" and wish information and open discussion on these themes, please attend. **To register, contact Linda Bryant at Sunnybrook United tel 403-347-6073 or email [office@sunnybrookunited.org](mailto:office@sunnybrookunited.org).** Cost of the series is \$20 to help offset expenses. If you have any questions, you may also contact Brian at [macnairn@telus.net](mailto:macnairn@telus.net). When registering, also **please RSVP to the invitation below.**

*\* On the menu for the six week course is an invitation to a lite meal following each seminar, as part of the "Feeding the Spirit" program at Sunnybrook, a time for feeding the spirit, friendly conversation, and digesting the food for thought offered by the afternoon speakers!*