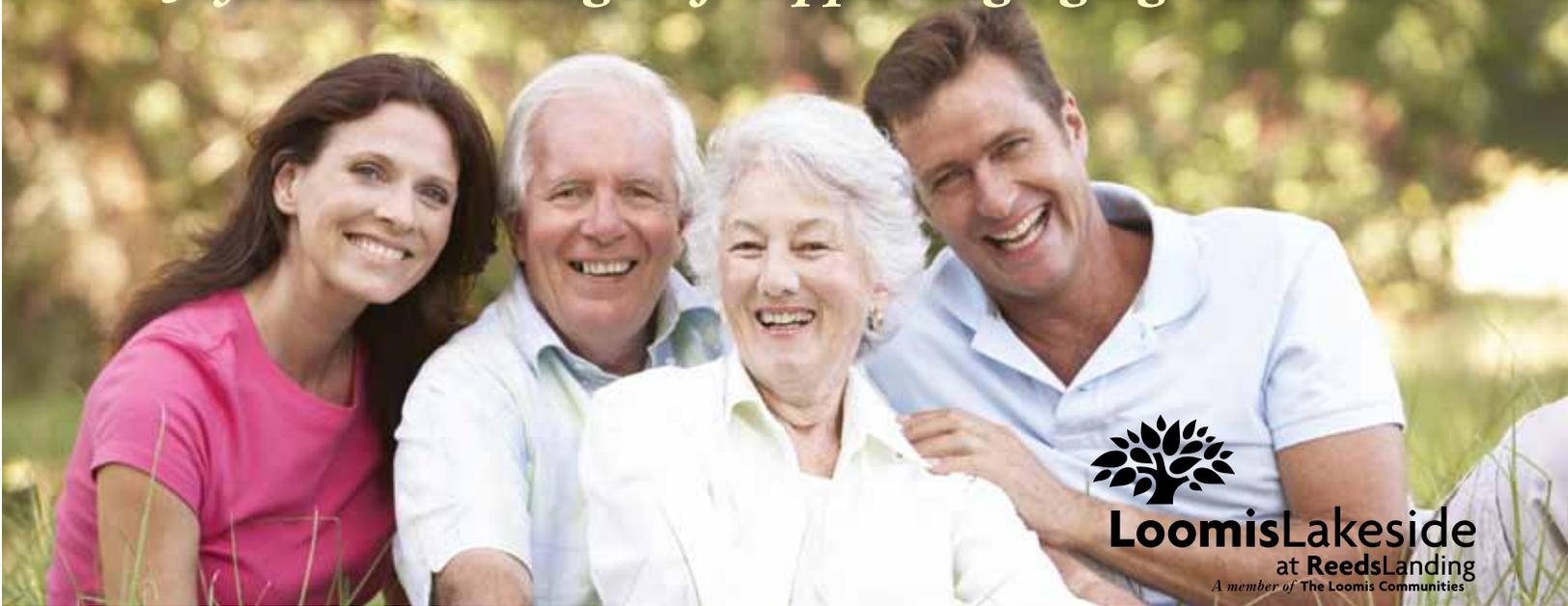


As Parents Age: *Joys and Challenges of Supporting Aging Parents*



LoomisLakeside
at ReedsLanding
A member of The Loomis Communities

Monday, September 11, 6:30 pm: Life is Changing

Providing care for a family member is an act of kindness, love, and loyalty. It can also be overwhelming. Discussion will focus on things you can do to make the caregiving process more pleasurable for both you and your loved one. Cynthia Jacelon, PhD, RN

Monday, September 18, 6:30 pm: Navigating Shifting Roles

“Compassion is not a relationship between a healer and the wounded. It’s a relationship between equals,” Pema Chodron. Discussion will focus on navigating shifting family roles with compassion and dignity. Cynthia Jacelon, PhD, RN

Monday, September 25, 6:30 pm: Family Celebrations and Communication

Discussion will focus on adjusting family gatherings to the realities of life changes and communication tips that can be a helpful tool for everyone in preparation for events. Rachel Tierney, PhD, RN

Monday, October 16, 6:30 pm: Designing Your Own Later Adult Years

Aging will happen to all of us naturally, but aging well takes careful planning. Now is the time to begin to plan an enjoyable, wise, active, and fruitful later life. Such planning will also add richness to your life now. Barbara Perman, PhD

Monday, October 23, 6:30 pm: What Matters at the End

Families are neither comfortable with nor used to discussing serious illness or dying. Discussion will help family members better understand importance of advanced care planning and prepare for conversations about the later stages of life. RaeAnn LeBlanc, DNP, RN

Free and open to the public, all are welcome to attend one or the entire series.

**Loomis Lakeside at Reeds Landing
807 Wilbraham Road, Springfield, MA
Light refreshments will be served.
Limited Seating. Please RSVP to
JoAnne O’Neil, JO’Neil@loomiscommunities.org
or 413-355-5880.**

About the presenters:

Cynthia Jacelon, PhD, RN is an Associate Professor in the School of Nursing at the University of Massachusetts Amherst. She is an advocate for promoting dignity, function, self-management of chronic health problems, and independence in older adults.

Raeann LeBlanc, DNP, RN is a Clinical Assistant Professor in the School of Nursing at the University of Massachusetts Amherst. She is a trainer through the AACN End of Life Nursing Education Consortium.

Barbara Perman, Ph.D. is President and Founder of Moving Mentor, Inc. She is a pioneer in the growing field of senior move management and co-author of the book “No Ordinary Move, Relocating Your Aging Parents, A Guide for Boomers.”

Rachel Tierney, PhD, RN is a Loomis Village resident and retired psychiatric clinical nurse specialist, advocate for the Alzheimer’s Association and a member of Dementia Friendly Western Massachusetts.