

AGING SOLO

AN INTERACTIVE WORKSHOP SERIES TO HELP YOU PLAN AND TAKE ACTION

FACILITATED BY DEB RUBENSTEIN, MSW, LICSW

Helping you to age successfully when your support group is limited

Are you aging without a family member or close friend who could take on the role of your caregiver or health care decision-maker? Do you need to build – or rebuild – a social network? Concerned about housing and finances?

This Take Charge/Age Well Academy workshop series is designed for older adults who want tools, strategies, and support to age successfully.

The series

Participants will learn from Iona's staff and other trusted experts on how to navigate the opportunities and challenges of aging solo through presentations that offer advice, coaching, and guidance on critical decision-making and planning for the future. Each session will include conversation, personalized check-ins, and assignments.

Topics include

- Elements of a successful aging solo plan
- Growing your social network
- Developing your support system
- Strategies for aging in place
- Planning a move to another living situation (to your next home)
- The finances of aging solo



How to register for this four-session class and other important details

Join us

Tuesdays: May 9, 16, 23, and 30, 2017 from 3:00 - 5:00 PM

Where:

Iona Senior Services: 4125 Albemarle Street NW, Washington, DC 20016.

Space is limited! Registration:

Save \$15 by registering now! Pay just \$60 when you pre-register and pay online. At-the-door fee is \$75, if space in the class remains available. Scholarships are available. To register now, visit: www.iona.org/event/aging-solo-series/.

Your facilitator

On staff at Iona for more than 20 years, Deb Rubenstein, MSW, LICSW has worked as a care manager, psychotherapist, and support group facilitator.

In her current role as Director of Iona's Consultation, Care Management, and Counseling Services, Deb works with a team of social workers and nurses who are committed to helping older adults and those who care for them find the resources in their communities, their families, and themselves to navigate the aging process.

Learn more

Questions? Contact: community@iona.org. For more information about Iona's Take Charge/Age Well Academy, visit our website at www.iona.org/tcaw.