

Workshop Dates

October 23

November 6

November 20

January 15

January 29

Socializing and Refreshments

6:00 p.m. to 6:30 p.m.

Workshop

6:30 p.m. to 8:00 p.m.

**Workshops will be held at
Williamsburg Landing
Auditorium**

5700 Williamsburg Landing Drive
Williamsburg, VA 23185
(757) 565-6505

Workshops will be presented as a series and each builds on the previous ones. It is recommended that all five workshops are attended. Refreshments will be provided.

All workshops are FREE!



These workshops have been put together jointly between Virginia Cooperative Extension—James City County Unit and Williamsburg Landing, Inc.

Thank you to committee members who have worked diligently to put this series of workshops together.

Lois Polifka

Facilitator

Stephen H. Montgomery

President and CEO
Williamsburg Landing, Inc.

Kathleen M. Kammer

Director of Public Relations
Williamsburg Landing, Inc.

Doris Heath

Unit Coordinator and Extension Agent,
Family and Consumer Sciences
Virginia Cooperative Extension



**Virginia
Cooperative
Extension**

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Doris Heath, James City County at 757-564-2170 during business hours of 8 a.m. and 5 p.m. to discuss accommodations five days prior to the event.

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Adult Children and
Aging Parents -
When Is It Time For
The Conversation About:

Changing Relationships

Healthy Living

Housing and Safety

Financial & Legal Planning


Pulling It Together



Sponsored by:

Williamsburg Landing, Inc

**Virginia Cooperative Extension—
James City County Unit**



Did you know that nationally, it is estimated that one in every four persons is providing, or has provided, care for a relative or friend age 50 or older? Providing care can be a positive and rewarding experience. Join us for this five part series to learn more about topics which are issues that are important to adult children and aging parents.

For more information, please contact Doris Heath at Virginia Cooperative Extension
By phone: 564-2170
By email: dheath@vt.edu

To register, please contact Mary Grogan at Williamsburg Landing
By phone: 565-6500
By fax: 565-6500
By email: mgrogan@williamsburglanding.com
Please register by October 17, 2008

October 23 **Changing Relationships** *Roles, Communication, Behaviors*

This workshop takes a look at family relationships and how changes in later life affect both aging parents and adult children.

November 6 **Healthy Living** *Nutrition, Fitness, Socialization*

This workshop helps family members gain a better understanding of the importance of good nutrition, physical activity, and socialization for aging parents.

November 20 **Housing & Safety** *Downsizing, The Wise Consumer, Safety at Home*

This workshop provides an overview of housing options and terms for the aging parent. Safety issues at home and in a variety of living situations will also be reviewed.

January 15 **Financial & Legal Planning** *Estate Planning, Medical Planning*

This workshop assists family members in beginning to talk about financial long-term care needs and organizing important family documents and financial records.

January 29 **Pulling It Together** *The Conversations*

This final workshop in this series will focus on the importance of and ways that family members can take care of themselves. Tools to be discussed include developing an action plan, learning about local supports and controlling stress.

All workshops will be held from 6:30 p.m. to 8:00 p.m. on the date scheduled. There will also be a time of socializing and refreshments from 6:00 p.m. to 6:30 p.m. before each session.