EXPO Workshops

**Date:** Saturday, September 22  
**Time:** 8:30 AM - 2:00 PM  
**Location:** Morris Lawrence Building, WCC  
4800 E. Huron River Drive, Ann Arbor

### Downsizing Made Easy

**Time:** 9:00 AM - 10:30 AM  
Are you supporting a parent or loved one in downsizing? The process of downsizing can be overwhelming. Learn how to keep it simple and go through the process with more ease and less stress. Join Sharon McRill, owner of The Betty Brigade, a 15 year expert at organizing and moving for a live talk plus Q&A.

**Speaker:** Sharon McRill, Owner and President, The Betty Brigade  
**Workshop Sponsor:** United Healthcare Community Plan

### The Impact of Tax Reform on Your Retirement Income & What You Can Do

**Time:** 10:00 AM - 11:30 AM  
Planning for your retirement includes much more than just investments and taxes. The quality of your lifestyle depends a great deal on the decisions you make both before and after you retire. Some of these issues can be very complex and may require making decisions you haven’t even considered, such as:

- Sources of Retirement Income
- Retirement Taxes and the Impact(s) of Tax Reform
- Prepare for the Unexpected and More!

The rules are different! The recent tax-law changes impact everyone and we will put these changes in context for your situation.

**Speaker:** Scott Wiard, President, Horizons Planning Corporation  
**Workshop Sponsor:** Horizons Planning Corporation

FREE PARKING & ADMISSION!

For more event information, visit www.med.umich.edu/seniors.
EXPO Workshops

Aging in WHAT Place?

Panel 1 - Independent Living  Panel 2 - Assisted Living

Time:  11 AM - 12 PM    Time:  12:30 - 1:30 PM

As we embark on the final decades of our lives, the big question is WHERE? Should we “age in place” and bring in services when needed? Should we move closer to family? What are the advantages and limitations of retirement communities? How does money influence decisions - having enough, spending it wisely, and passing it along to our children? When is the right time to move?

These presentations are designed to help answer some of these questions, and help families think creatively about various choices. Question and answer session will follow each panel.

Independent Living Panel - Glacier Hills and Silver Maples of Chelsea Retirement Neighborhood residents

Assisted Living Panel - Cambrian Assisted Living and Memory Care and Hillside Terrace Retirement Community residents and residents’ family members

Workshop Sponsors: Glacier Hills, Silver Maples of Chelsea Retirement Neighborhood, Cambrian Assisted Living and Memory Care, and Hillside Terrace Retirement Community

AARP HomeFit Program

Time:  12:30 PM - 2:30 PM

The AARP HomeFit program was developed to educate older adults on how to navigate all living spaces independently to allow them to remain in their own homes as they age. Participants receive information on how to easily evaluate their own home for “livability” should they themselves or one of their family members become unable to use stairs, or must rely on assistive devices. It is designed to help individuals plan for independence, choice and dignity as they age.

At the event a HomeFit facilitator will help you understand how homes can be designed and modified to help you get around independently in all of your living areas and how to make your home as safe as possible. You will also receive a personal copy of the AARP Home Fit Guide.

Speaker:  Sandy Thom, Occupational Therapist, HomeFit Facilitator

Workshop Sponsor: United Healthcare Community Plan

Workshop Registration Encouraged!  FREE PARKING & ADMISSION!
NEW AT THE EXPO
Saturday, September 22

**MEDICATION TAKE-BACK**
Do you know what’s in your medicine cabinet?
Bring your opioid and other unneeded medications to the Medication Take-Back event at the Senior Living Week Expo. The Saline Pharmacy will provide a safe, convenient, and responsible means of disposing of prescription and over-the-counter medications.

Thank you Saline Pharmacy for hosting the Medication Take-Back!

**ASK THE LAWYER**
Time: 9:00 AM - 12:00 PM
Location: Glass Room
Your legal questions answered by an attorney or legal professional from the UM Law School, Low Income Taxpayer Clinic and Legal Services of South Central Michigan. First come, first served.

**RESPITE CARE**
Time: Open during the Senior Living Week Expo
Location: Morris Lawrence Building, WCC
The Area Agency on Aging 1-B will provide Adult Respite Care at no charge for adults needing care while their caregivers attend the Expo and the Workshops.
Registration is mandatory. Contact De Bora McIntosh at 734-996-9338 to register.

**FREE PARKING & ADMISSION!**

**Workshop Registration Encouraged!**

For more event information, visit www.med.umich.edu/seniors.
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<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>Wednesday, Sept 19</td>
<td>12 PM - 5 PM</td>
<td>Silver Maples of Chelsea</td>
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<td>Sunday, Sept 23</td>
<td>2 PM - 4 PM</td>
<td>Hillside Terrace Retirement Community</td>
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<td>Monday, Sept 24</td>
<td>1 PM - 5 PM</td>
<td>Independence Village of Brighton</td>
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<td>1 PM - 6 PM</td>
<td>Cambrian Senior Living South Lyon</td>
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<td>2 PM - 4 PM</td>
<td>Vibrant Life Senior Living, Superior Township</td>
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<tr>
<td>Tuesday, Sept 25</td>
<td>12 PM - 4 PM</td>
<td>Brookhaven Manor</td>
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<td>1 PM - 5 PM</td>
<td>StoryPoint</td>
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<td>3 PM - 6 PM</td>
<td>University Living ~ Senior Housing Community</td>
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<td>Wednesday, Sept 26</td>
<td>11 AM - 3:30 PM</td>
<td>Virtual Dementia Tour* By Appointment Only</td>
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<td>12 PM - 5 PM</td>
<td>Atria Park of Ann Arbor</td>
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<td>1 PM - 5 PM</td>
<td>Silver Maples of Chelsea</td>
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<td>1 PM - 6 PM</td>
<td>Independence Village of Plymouth</td>
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<td>1:30 - 3:30 PM</td>
<td>Brecon Village, EHM Senior Solutions</td>
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<td>2 PM - 6 PM</td>
<td>The Cedars of Dexter</td>
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<td>2 PM - 6 PM</td>
<td>Chelsea Retirement Community</td>
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<td>2 PM - 6 PM</td>
<td>The Pines Senior Apartments</td>
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<td>5 PM - 7 PM</td>
<td>Vibrant Life Senior Living, Superior Township</td>
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<td>Thursday, Sept 27</td>
<td>9 AM - 12 PM</td>
<td>Huron Woods</td>
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<td>9 AM - 12 PM</td>
<td>St. Joseph Village</td>
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<td>1 PM - 3 PM</td>
<td>Glacier Hills</td>
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<td>Friday, Sept 28</td>
<td>2 PM - 6 PM</td>
<td>Cambrian Senior Living Tecumseh</td>
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<td>2 PM - 6 PM</td>
<td>Linden Square Assisted Living Center</td>
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<td>Saturday, Sept 29</td>
<td>11 AM - 1 PM</td>
<td>Vibrant Life Senior Living, Superior Township</td>
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Workshop Schedule

**Saturday, September 22 - Senior Living Week Expo**

Morris Lawrence Building
Washtenaw Community College
4800 Huron River Drive, Ann Arbor

- 9 AM - 10:30 AM  Downsizing Made Easy
- 10 AM - 11:30 AM  The Impact of Tax Reform on Your Retirement Income & What You Can Do
- 11 AM - 12 PM  Aging in WHAT Place? Panel 1: Independent Living
- 12:30 PM-1:30 PM  Aging in WHAT Place? Panel 2: Assisted Living
- 12:30 PM-2:30 PM  AARP HomeFit Program

**Monday, September 24**

- 3:30 PM - 5 PM  Letting Go of Clutter

**Tuesday, September 25**

- 11 AM - 12 PM  Brains & Balance for Seniors
- 4:30 PM - 6 PM  Cultural Humility in Healthcare

**Wednesday, September 26**

- 4:30 PM - 6 PM  LGBT Older Adults: A Step Forward in Understanding

**Thursday, September 27**

- 1 PM - 2:30 PM  Strategies for Caring for a Loved One at Home

**Friday, September 28**

- 10 AM - 11:30 AM  In-Home Care and Senior Residences

Workshop registration is encouraged! Please call 734-998-9338 to register.

(734) 998-9338  •  housingbureauseniors@umich.edu  •  www.med.umich.edu/seniors