



PLAN FOR TOMORROW, TODAY

St. Paul's Educational Series

As we age or experience our loved one's aging, we hear terms we don't understand, and we seek services that are confusing to navigate. St. Paul's is here to make life's aging journey less stressful through our Educational Series, **"Plan for Tomorrow, Today."**

For the third year, we will host several educational events throughout 2021 with experts from St. Paul's and the local senior care industry. Each event will address your most asked questions and include guidance from some of San Diego's most knowledgeable people in senior care to help you make this journey with confidence.



St. Paul's 2021 Educational Series



Virtual Workshops - Sign up today!

Planning Ahead - **June 17, 2021**

- ♦ Planning to Age Well
- ♦ The Five Essential Legal Documents Everyone Needs
- ♦ Financial Assessment and Planning for future care

Senior Living and Care Options - **August 19, 2021**

- ♦ Living and Care Options Explained
- ♦ Navigating the Medical System: Hospitals, Skilled Nursing, and Discharge Plan
- ♦ How to Maximize your Telehealth Visit

Physical and Mental Health - **October 21, 2021**

- ♦ Fall Prevention – Safe at Home
- ♦ Mental Health and Senior Isolation
- ♦ Palliative and Hospice Care: What's the Difference?



RSVP online at StPaulsSeniors.org
or with Linda Spence at
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