



# PLAN FOR TOMORROW, TODAY

## St. Paul's Educational Series

As we age or experience our parent's aging, we hear terms we don't understand, and we seek services that are confusing to us. St. Paul's is here to make life's aging journey less stressful through our **Educational Series, "Plan for Tomorrow, Today."** We will host several educational events throughout 2020 with experts within the 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. View our event schedule on the back of this card and RSVP today!



**Exclusive**

**All attendees receive a  
St. Paul's Planning Binder\***

*\*One per family, while supplies last.*

*See dates and educational presentations on back.*

## Workshops

### Planning Ahead - Saturday, February 22 .....

- ◆ Planning to Age Well
- ◆ The Five Essential Documents Everyone Needs
- ◆ How to Have Tough Conversations with Family
- ◆ Insurance and Covering Care Costs

### Senior Living and Care Options - Saturday, April 25 .....

- ◆ Living and Care Options Explained
- ◆ Navigating the Medical System: Hospitals, Skilled Nursing, and Discharge Plan
- ◆ VA Benefits for Senior Care
- ◆ Selling Your Home and Downsizing

### Physical and Mental Health - Saturday, June 27 .....

- ◆ Staying Safe at Home
- ◆ Fall Prevention
- ◆ Memory Concerns: Signs, Symptoms, and What to Do Next
- ◆ Mental Health and Senior Isolation

### End of Life Planning - Saturday, August 29 .....

- ◆ Pre-Planning Your Final Arrangements
- ◆ Palliative and Hospice Care: What's the Difference?
- ◆ Grief and The Healing Process

## Location

### St. Paul's Plaza

1420 E. Palomar Street  
Chula Vista, CA 91913

### St. Paul's PACE El Cajon

1306 Broadway  
El Cajon, CA 92021

### St. Paul's Villa

2340 Fourth Avenue  
San Diego, CA 92101

### St. Paul's PACE Chula Vista

630 L Street  
Chula Vista, CA 91911

**Plan for Tomorrow, Today EXPO 2020:** This year, we will be introducing a planning expo, bringing together all of the resources from this series into one special event. Stay tuned for more information!

RSVP online at [StPaulsSeniors.org](http://StPaulsSeniors.org) or with Linda Spence at [lspence@stpaulseniors.org](mailto:lspence@stpaulseniors.org) or (619) 239-2097  
Workshop space is limited.