



**FOR IMMEDIATE RELEASE**

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**St. Paul's Senior Services Launches Educational Series,  
"Plan for Tomorrow, Today"  
*\*\*First free workshop of 2019 - Planning Ahead - Saturday, Feb. 23\*\****

SAN DIEGO, CALIF. (Feb. 5, 2019) – St. Paul's Senior Services will host a series of free workshops throughout 2019 – St. Paul's Educational Series, "Plan for Tomorrow, Today." The classes will take place every other month from 9:00 a.m. to noon, kicking off the series with their first theme, Planning Ahead, on Saturday, Feb. 23 at St. Paul's Manor, 2635 Second Avenue (92103).

This workshop will cover the various levels of care and options. Dr. Joaquin Anguera, P.h.D., a former Professor of Gerontology at San Diego State University, will discuss "The Challenges of Aging." Followed by, Attorney Richard Scott Stewart of California Estate and Elder Law, LLP, who will talk about "The Five Essential Documents Everyone Should Have Handy." Lastly, San Diego caregiver expert Veronica Mitchell will talk about "Having a Conversation with Your Loved One about Planning Ahead."

"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," said Amanda Gois, Corporate Marketing Director at St. Paul's Senior Services. "St. Paul's is here to make life's aging journey less stressful. We're bringing together several of San Diego's most knowledgeable senior care industry experts to offer resources and tips to help San Diegans navigate this time in their lives, or understand what is needed to help care for their parents."

**Workshop topics/dates/locations:**

**Saturday, Feb. 23 – 9 a.m. to noon**

St. Paul's Manor; 2635 Second Avenue (92103)

**Planning Ahead**

- Introduction & Levels of Care Options
- The Challenges of Aging
- The Five Essential Documents Everyone Should Have Handy
- Having a Conversation with Your Loved One about Planning Ahead

**Saturday, April 27 – 9 a.m. to noon**

St. Paul's PACE; 1306 Broadway in El Cajon (92021)

**Financial & Estate Planning**

- Financial Assessment & Planning for Future Care
- Types of Insurance: What is Covered in Terms of Care?

**Saturday, June 29 – 9 a.m. to noon**

St. Paul's Plaza; 1420 E. Palomar Street in Chula Vista (91913)

**Living & Care Options**

- Community Resources for Housing & Care Options
- Senior Care Services and Living Options Explained
- Medical Emergencies, Hospitalizations & Skilled Nursing: Be Prepared
- Panel: Selling your Home, Downsizing & Making the Transition

**Saturday, Aug. 17 – 9 a.m. to noon**

St. Paul's Villa; 2340 Fourth Avenue (92101)

Physical & Mental Health

- The Common Symptoms of Aging & How to Stay Safe at Home
- Memory Concerns: Signs, Symptoms, and What to do Next
- Addressing the Behavioral Challenges of Aging: When to Get Help
- Support for Caregivers in San Diego

**Saturday, Nov. 2 – 9 a.m. to noon**

St. Paul's Plaza; 1420 E. Palomar Street in Chula Vista (91913)

End of Life Planning

- Planning Your Final Wishes: Options & How to Communicate Them
- Hospice and Palliative Care: The Who, What, When, Why & How
- The Grieving & Healing Process
- Education Series Wrap-Up & Review

These events are geared toward seniors, family caregivers, adults with aging parents, and concerned baby boomers. This series also includes an exclusive St. Paul's Planning Binder to help organize and file essential documents.

The workshops are free, but reservations are requested. Space is limited; RSVP to Linda Spence at [lspence@stpaulseniors.org](mailto:lspence@stpaulseniors.org) or (619) 239-2097. A light breakfast will be provided.

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**BACKGROUND ON ST. PAUL'S SENIOR SERVICES**

St. Paul's Senior Services is a mission-driven San Diego non-profit and full-service senior care provider, offering Independent Living, Assisted Living, and Skilled Nursing, a Child Care and Senior Day Care Program, and a Program of All-inclusive Care for the Elderly (PACE). Since opening its doors in 1960, St. Paul's serves as an innovator in the San Diego community with a reputation for exceptional care. For more information on St. Paul's Senior Services, please visit [www.StPaulsSeniors.org](http://www.StPaulsSeniors.org) or call 1(619) 239-6900.