



**FOR IMMEDIATE RELEASE**

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**St. Paul's Senior Services Hosts Free Educational Workshop Series,  
"Plan for Tomorrow, Today"**

**\*\*Third workshop of 2019;**

***Living and Care Options, a Panel discussion, Saturday, June 29\*\****

SAN DIEGO, CALIF. (June 4, 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 workshops will take place every other month from 9:00 a.m. to noon. The third workshop, coming up on Saturday, June 29, will focus on Living and Care Options, and will be located at St. Paul's Plaza, 1420 E. Palomar St., Chula Vista (91913).

This workshop will be in a panel format and will cover community resources for housing and care options, senior care services and living options explained, medical emergencies, hospitalizations, and skilled nursing. The workshop will also cover how to sell your home, downsizing, and making the transition.

"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."

Future workshop topics/dates/locations:

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

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

Living & Care Options Panel

- Community Resources for Housing & Care Options
- Senior Care Services and Living Options Explained
- Medical Emergencies, Hospitalizations & Skilled Nursing: Be Prepared
- 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.