

Cedar Lane Apartments and St. Mary's Nursing Center

Presents:

“Speaking to Seniors”

A three-part speaking series designed for seniors and their families to better understand some of the issues facing today's aging population.

These events are **FREE** to the public



Thursday, September 16, 2010, 6:30 pm

Estate Planning 101: Wills, Advanced Directives, General Powers of Attorney

Presented by Joann M. Wood of Dugan, McKissick, Wood & Longmore, L.L.C. Ms. Wood practices Real Estate, Estate Planning and Probate Law. She will discuss the importance of legal planning for seniors and their families.

Thursday, September 23, 2010, 6:30 pm

43 Year Old in a Retirement Community?

Steve Gurney is the founder and publisher of the award-winning Guide to Retirement Living SourceBook and regarded as one of the leading authorities on senior housing options. Mr. Gurney will discuss his experience of immersing himself in a senior community as well as provide insightful information that all seniors should know before choosing a senior community.



Thursday, September 30, 2010, 6:30 pm

Recognizing and Addressing the Signs of Dementia

Presented by Sharon Nicholson, LPN from St. Mary's Nursing Center. Ms. Nicholson has 19 years of clinical nursing experience primarily in geriatrics, specifically Long Term Care. Sharon became a Certified Dementia Practitioner in 2008 through the National Council of Certified Dementia Practitioners.

*All events will be held at the College of Southern Maryland Leonardtown Campus
Bldg A, Room 206 (auditorium)*

*Seating is limited at these FREE events so please call or email to register:
Cedar Lane Apartments 301.475.8966 x 32 or jpruett@cedarlaneapts.com
Visit our websites at www.cedarlaneapts.com and www.stmarysnursingcenter.com*