

Seminar Descriptions

Effective Communication:

Many who usually communicate well, struggle when it comes to dealing with conflict or disagreement. Come join an interactive presentation that will focus on tools and techniques to enhance effective communication. Building communication skills can enhance both your personal and work relationships while also decreasing stress and tension in your life.

Participants will:

- Gain insight into their own communication style
- Learn how to overcome roadblocks to communication
- Learn techniques that will create more positive outcomes even with difficult conversations

Eldercare Sessions:

- **Conversations in Elder Caregiving:** Join us for this session where we will discuss ways to talk with our elders about the touchy issues of driving, accepting care, living alone, moving, etc. Plan to share your own successes and challenges in having these important conversations.
- **Getting Organized for Elder Caregiving:** In this session we will review the important legal, financial, medical, communication and resource areas pertinent for most elder caregiving situations. Plan to attend if you think you will one day be concerned about elder caregiving or if you are presently in that role.
- **Long Distance Caregiving:** Many of our loved ones live outside the Charlottesville region and require our assistance as caregivers. In this session we will review a number of tips and resources pertinent to long distance caregiving.
- **Managing Dementia Behaviors:** In this session Drs. Manning and Fuchs will review some of the different dementia behaviors that caregivers often face and provide practical information on management strategies in an education and discussion format.
- **Partnering with Your Doctor:** Please join us for this informative session which will address:
 - How to prepare for doctor's appointments
 - How to talk so your physician can hear you
 - How to maximize the time you have with the physician for yourself and for the people you assist.
- **Planning Ahead for Long Term Care:** In this session on planning for the care of your elder loved ones, we will discuss the conversations that should be held prior to health care crises and review the various legal, financial and health considerations pertinent to planning ahead. We will also review the continuum of long term care options, their costs and resources and provide some practical suggestions to prepare for this stage of life.

- **Planning Your Future: Ways to Pay for Long Term Care:** In this one hour session, we will discuss long-term care insurance, reverse equity mortgages, life insurance settlements, and annuities as additional ways to finance long term care for ourselves and our elders. Our speakers for this session are from the Jefferson Area Board on Aging's Virginia Insurance Counseling and Assistance Program (VICAP.)

Financial Sessions:

- **Budgeting Basics:** This program will help you develop your financial goals from a dream into a plan. The session will focus on the elements of a sound yet livable budget. Attendees will learn how to evaluate their assets and financial liabilities, in order to begin to clarify how to move toward their short-term and long-term goals.
- **Managing and Protecting Your Credit:** This session will provide you with information to better understand how your credit score is calculated and what you can do to increase your score. Information on how to protect you from identity theft will also be provided.
- **Papers: What to Keep, What to Shred and What to Grab if You Only Have 3 Minutes:** This program will help you determine how long to keep bills, tax papers and documents before you shred them. It will include what should never go in a safety deposit box, as well as, which important papers to have accessible if you have to evacuate emergently. Organizational tools will be provided.
- **Survival Budgeting:** This program will help you learn simple approaches to manage your money instead of it managing you. It will include tools to help you start or update your budget. You will also learn how to determine who to pay first if you don't have enough cash and how to increase money in hand.
- **Understanding Your Social Security and Retirement:** This session will help you understand how you earn benefits under Social Security. It will also provide guidance on how to use Social Security information in your own retirement planning.

Managing Across Generations:

Currently there are four generations converging on the workplace with different values, perspectives, and management and work styles. The challenge we face is how to value the differences while using the strengths of each group to create the most effective and positive work environment.

This presentation will explore current theories about generational differences and effective leadership, and include a discussion of data on the values, strengths and challenges of each generation, coupled with strategies for managing and working effectively with intergenerational groups. The presenters for this interactive workshop come from two generations and have provided management consultation to diverse workplaces including: higher education, government, non-profit organizations and private industry.

Surviving and Thriving Emotionally in the Midlife Years:

Midlife is a normal developmental phase that all adults go through. Many stereotypes exist regarding midlife reactions for both women and men but the reality is that midlife happens to everyone and how we choose to respond to the challenge of midlife is what is important. In this session, participants will increase their knowledge and understanding of the psychological process of midlife, understand some possible precipitants for entering this stage of life and identify productive strategies to enhance the midlife years.