

Strategies and Resources for Staying in Your Own Home as You Age



HOME
Sweet
HOME

Saturday, November 8, 2008

Bellevue City Hall

450 110th Ave NE (NE 4th & 110th Ave NE)

9 a.m. to 1 p.m.

With a special session, 1 to 2:30 p.m., on "A Senior Living Community Without Walls."

Presentations (in Council Chambers):

- **9:30 to 10 a.m.** - Keynote address: "Planning Ahead to Age in Your Community" – Bill Schultheis, investment advisor with Sagemark Wealth Management.
- **10 to 10:30 a.m.** - "Staying Healthy" – Dr. Hank Williams, Medical Director Bellevue Senior Health Center.
- **11 to 11:45 a.m.** - "How to Stay in Your Home Safely as You Age" – Innovative Home Adaptations to make your home work for you while staying independent and injury free. With Bill Morrell of Adaptive Installations and physical therapist Lynne Robinson.
- **1 to 2:30 p.m.** - Special session on the Beacon Hill Village model – "A Senior Living Community Without Walls." Learn about a unique nonprofit organization founded by community residents. The Village provides services and programs that enable you to live a healthy and meaningful life in your own home and in the neighborhood you love. Models like this are springing up across the country—there are now over 100 "Communities Without Walls" in the U.S.

This special session, featuring guest speaker Carol Laibson of Beacon Hill Village, is underwritten by the Overlake Hospital Foundation.

Resource Fair – 9 a.m. to 1 p.m.

The fair will feature over 40 different local vendors including home care agencies, durable medical equipment companies and many more.

\$5 suggested donation at the door.

For questions, call Senior Care at 425-688-5800.

Presenting Sponsors

Overlake Hospital Medical Center • City of Bellevue Parks and Community Services Department
• Visiting Nurse Services of the Northwest • Providence Home Services • Bellevue Healthcare

Contributing Sponsors

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