

Take Care of Yourself and Others!

Throughout February, St. Francis Healthcare System simplifies the art of caring for yourself and those you love. All classes are just \$10 each and are held at the St. Francis Kūpuna Village in Liliha, Weinberg Building, Room 224.

Register today! Space is limited. Contact Maylynn Wong at (808) 547-8138 or mwong@stfrancishawaii.org

Understanding Trusts, Estates, Living Wills & Durable Power of Attorney

Saturday, February 10, 2018
9 am - 11 am

Explore important subjects that we often put off – durable power of attorney, advance care directives, living wills, estates & trusts. Led by **Kristin Lambert-Bryant**, a Honolulu estate planning attorney and lecturer on elder law at the University of Hawaii Elder Law program.

Understanding Government Insurance Programs

Monday, February 12, 2018
5 pm - 7 pm

Gain insights on Medicare supplemental Plans, Medicare choices and Medicaid benefits and coverage. Led by the **Volunteer Hawaii State Insurance Assistance Program**.

Understanding Alzheimer's & Other Dementias

Saturday, February 17, 2018
9 am - 11 am

Learn about the warning signs and symptoms of Alzheimer's and other dementias. Learn tips and techniques to use with your loved ones. Led by **Lyn Moku**, Oahu Program Specialist, Alzheimer's Association.

Your Encore Career: Finding Your Second Act

Tuesday, February 20, 2018
5 pm - 7 pm

Living long and living well require us to begin thinking about our life work, paid or unpaid. What can we do to assess our skills or learn what is available in Hawaii's changing labor market? Can we find our purpose or our calling using our skills, network, experience and time? Led by **Carleen Mackay**, Author and Emergent Workforce and Alternative Career Planning Expert.



Protecting Seniors from Abuse

Saturday, February 24, 2018
9 am - 11 am

Find out about the role of the Adult Protective Services, how to recognize abuse and neglect, and who is legally responsible to report incidents of abuse. Led by **Michael Keaney**, Administrator of Adult Protective Service with the Hawaii Department of Human Services.

Understanding the Benefits of Social Security



Monday, February 26, 2018
5 pm - 7 pm

Learn about what you need to know about Social Security benefits, Supplemental Security Income (SSI) program and Medicare. Led by **Jane Yamamoto-Burigsay**, Public Affairs Specialist – Honolulu-Kapolei Districts Social Security Office.

Understanding Long Term Care Options

Wednesday, February 28, 2018
5 pm - 7 pm

Learn about the various long term care options available for Hawaii's families. Led by **John McDermott**, LSW, ACSW, M.Div. State Long Term Care Ombudsman.



St. Francis

HEALTHCARE SYSTEM OF HAWAII
A Legacy of Caring for Hawaii's People

Live Every Moment

(808) 547-8138

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