



CLEVELAND BREAKFAST SERIES

9 – 10:30 a.m. / Cost: \$15, includes hot breakfast

Eastern Campus: Café 4250 – 180F EEC Building / Parking Lot H1, H2, or H3
Western Campus: G 04A / Parking Lot C

Advance Care Directives

Thursday, Feb. 22, 2018 | CRN 32227

Eastern Campus, Lynn Hermensky

Thursday, March 22, 2018 | CRN 32231

Western Campus, Amanda Pinney

How well do your loved ones know and understand your medical wishes? Proper understanding and execution of advance care directives is vital to providing details and specific instructions about your health care wishes in the event that you are unable to communicate this information yourself. Join us as we walk through what Ohio's laws allow and discuss both health care powers of attorney and living wills.

Nuts and Bolts of Estate Planning: Wills, Trusts and Estates

Thursday, Feb. 22, 2018 | CRN 32228

Western Campus, Amanda Pinney

Thursday, March 22, 2018 | CRN 32230

Eastern Campus, Speaker TBD

If you don't yet have a will in place, you're not alone. Most people don't adequately prepare their asset plans until it's too late. This class will teach you what you need to know about starting your own will and provide you with simple tools to make the process easy. Join us for this special program discussing wills, living trusts and other estate planning considerations.

Tax Planning for Savvy Living in Retirement

Thursday, April 12, 2018 | CRN 32234

Western Campus, Speaker TBD

Recently retired? Living on a stable income stream? Learn about RMDs as well as taxable, tax-deferred and tax-exempt accounts and discover how special tax deductions and proper planning can help you in retirement.

Can I Have Some Clarity?

Thursday, April 12, 2018 | CRN 32233

Eastern Campus, Lynn Hermensky

Baby Boomers, older adults and their caregivers are eager to learn the facts and clear up any misconceptions about senior care services. Bring your questions and gain some clarity from the industry professionals. Panelists will include experts in the fields of:

- Home Care Services
- Hospice Services
- Home Health Services

Healthy Living Part I: Diet

Thursday, May 3, 2018 | CRN 32235

Eastern Campus, Speaker TBD

Thursday, May 3, 2018 | CRN 32236

Western Campus, Speaker TBD

Tired of the same old menu items? Having trouble coping with high blood pressure, heart problems or high cholesterol? Learn how eating a variety of healthy foods can help you maintain a healthy weight and boost your energy!

Healthy Living Part II: Exercise

Thursday, May 17, 2018 | CRN 32237

Eastern Campus, Speaker TBD

Thursday, May 17, 2018 | CRN 32238

Western Campus, Speaker TBD

Staying healthy and active in retirement should be as simple as 1-2-3. Join us to learn what activities can stimulate your body and your mind as we talk about the importance of fitness.

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