

Presents the Series:

Aging Successfully and Stressless-ly

Wills & Trusts

"You Can't Take it with You."

Attorney Michael Nedder, Managing Partner of Nedder and Associates, will present an overview of wills, trusts and estate planning.

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Living Well as We Age: To Downsize or To Stay in Place?

Home is where the heart is - which is why it's so important to know your options when it comes to living arrangements. The decision to stay in place or to move is a tricky one, and this program is designed to give you the information you need to make the best choice. Providing insight will be Gina Blum, Executive Director - *Staying Put in New Canaan*, Bethany Zaro, MPH, RN, GP-C - New Canaan Human Services, Anne-Lise Brown - President, New Canaan Board of Realtors, and Liz Rolle - Senior Concierge Services, LLC.

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Final Decisions: Taking Control of your Journey

Death is inevitable, but you can control the circumstances surrounding it by making set plans on issues such as memorial service versus funeral, where and how you'd like to be interred and obituaries. Julia Portale, Executive Director of Fairfield County House, and Danielle Smith, Hoyt Funeral Home will address these issues, as well as other related topics.

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Understanding Alzheimer's and Dementia

Alzheimer's is not normal aging. It is a specific disease of the brain that causes problems with memory, thinking, and behavior. Learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, Alzheimer's disease stages and risk factors and current research and treatments available to address some symptoms.

Presented by the Alzheimer's Association.

[Not Recorded](#)