



Summer Programs

SENIOR LUNCH AND LEARN SERIES

Misericordia University and Metz Culinary Management are pleased to offer a free summer Lunch and Learn series for area senior citizens. Each 90-minute program features a topic of interest to area seniors presented by experts in their field, along with a delicious and healthy lunch, courtesy of Metz Culinary Management.

SENIOR CITIZENS AND OVER-THE-COUNTER MEDICATIONS: THE GOOD, THE DANGEROUS, AND THE SIDE EFFECTS

This program covers the risks and benefits of many over-the-counter medications (OTCs) and herbs, including the side effects of OTCs and the effectiveness of these drugs. Abuse of OTCs will be addressed, along with dependency issues. Time permitting, a brief discussion will be held on medication advertised on TV.

Day/Date: Tuesday, June 25, 2019

Times: 11:30 am to 1 pm

Location: Catherine Evans McGowan Room (elevator-accessible), 3rd Floor, Mary Kintz Bevevino Library

Presenter: James Siberski, MS, CMC

Cost: Free

Advance registration required no later than June 21.

Call 570-674-1225 or email cace@misericordia.edu

Seating is limited.

8 THINGS OLDER ADULTS AND FAMILIES SHOULD PLAN FOR

Navigating the aging process can be challenging. This presentation will discuss developing a holistic, person-centered planning approach to aging well for older adults' health and other related needs. Planning ahead can help you maintain your autonomy for longer in your preferred environment. The 8 areas that will be discussed include housing, family concerns, local resources, advocacy needs, legal issues, and crisis support. Participants will also have the opportunity to participate in a Q&A session to address their particular concerns about these 8 areas to plan for. Geriatric care management and other community based supports will also be discussed as resources when additional assistance may be required beyond the comfort level or capability of the older adult and family.

Day/Date: Tuesday, July 30, 2019

Times: 11:30 am to 1 pm

Location: Catherine Evans McGowan Room (elevator-accessible), 3rd Floor, Mary Kintz Bevevino Library

Presenter: David Hage, MSW, LCSW, A-SWCM, ACSW

Cost: Free

Advance registration required no later than July 26.

Call 570-674-1225 or email cace@misericordia.edu

Seating is limited.



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Sponsored by The Center for Adult and Continuing Education and Metz Culinary Management