

JULY 2017

Issue 3 Vol. 7

AGING SMART Newsletter

www.AgingSmartEducationalWorkshops.org

FREE WORKSHOP

Aging Smart
Educational Workshop
Schedule:

TOPIC: HEALTH

Come learn from
Gig Harbor Professionals
about options on:

- AUDIOLOGY
- PHARMACY
- ALZHEIMER'S DISEASE
- OCCUPATIONAL THERAPY
- GERIATRIC CARE MNGMNT

TUE 7/11/17

6:30-7:30 PM

Gig Harbor Library
4424 Pt. Fosdick Dr. NW
Gig Harbor, WA 98335

THUR 7/27/17

10:30-11:30 AM

Canterwood Golf & Country Club
12606 54th Ave NW
Gig Harbor, WA 98332
At Gate: Say "Aging Smart Wrkshp"

RSVP 253-509-2340

Ask for: Rebecca

And in AUGUST...

TOPIC: INSURANCE

- Medicare & Medicaid
- VA Benefits
- Health Insurance

TUE 8/8/17

6:30-7:30 PM

Gig Harbor Library

THUR 8/24/17

10:30-11:30 AM

Canterwood Golf & Countryclub

Non-Profit Organization

501c3 # 47-3065199

Gig Harbor Chamber of
Commerce Member

Aging Smart started in 2012

Call 253-509-2340 with ?s

AGING SMART is a group of Gig Harbor professionals with a common goal: Educating people to make smart decisions as they age. Believing the best results come from pro-active planning. Members of our group cover: Health, Legal, Community Living, Insurance, Finance, Stay at Home Retirement and Internet Safety.

Family arguing over the best care for parents? Finances? Although every conflict and every mediation process will be slightly different, there are a number of steps which you will need to consider in every case, and points to take into account. **STEP 1)** Preparation: You will need to lay out the 'ground rules' for the mediation process. **STEP 2)** Reconstructing and Understanding the Conflict.

The Mediation Process

STEP 3) Defining Points of Agreement and Dispute. **STEP 4)** Creating Options for Agreement. **STEP 5)** Developing an Agreement.

Are you needing to speak to a local certified Mediation professional? Please call: Michelle Graham, CSA, CIRS-A/D, CLP 1-888-217-1655 x101 MichelleG@G-Gec.com

Animal Therapy

Two trained Animal Therapists have taught me a few surprises. Did you know those suffering from Alzheimer's often re-member and love trained therapy animals after they have met them (in their retirement communities)? Two animals that are rather famous in Pierce County are Toby, a large and sweet St. Bernard (his handler is Stan) and an adorable large pig named Amy Trotter (her handler is Lori). These animals visit numerous senior communities many times a year. They've had over 700 visits! These two get paid with smiles.



Therapy dogs are not easily distracted, but loud heavy sounds sometimes shock the pig, Amy Trotter, because

she is a prey animal. Pigs show affection by standing next to you (not snuggling up, like dogs.) It's fun to



envision training a pig some manners. Lori said it is just like training a dog! The beautiful Toby is very docile and easy-going. He actually helped a woman who had a terrible dog maul her years ago, get over her fear of dogs. He also takes commands in English, Spanish and German and has over 1600 Facebook followers! There's two main organizations to get a certified therapy dog: *Therapy Dogs International* and *Pet Partners*. Therapy dogs are required to have training. Stan, Toby's handler, is active in cancer research for dogs. Surprisingly, dogs get similar cancer diseases as humans! (NOTE: photos are not of Toby and Amy Trotter, but they look very similar.)

Our workshops may be just what you need to learn about lifestyle options and help you make smart decisions. Children who are caring for their parents or people who are on their own retirement paths, will learn from local professionals on various topics through the year. Aging Smart topics focus on what can make a difference in your retirement lifestyles, (or your parent's.) We are a non-profit organization. There are no sales or comparisons in our workshops.



Rebecca Rainsberger
Editor/Aging Smart President

"Every accomplishment starts with a decision to try". JFK