

AGENDA

7:15 – 8:00 am	<i>Event Registration, Ask-a-Lawyer Registration & Continental Breakfast</i>
8:00 – 8:15 am	Welcome Address Cynthia Fraser Taylor <i>Co-Chair</i>
8:15 – 8:45 am	Keynote Speaker Kim Mooney <i>Director of Community Education TRU Community Care</i>
9:00 – 9:45 am	<i>Workshop 1</i>
10:00 – 10:45 am	<i>Workshop 2</i>
11:15 – 12:00 pm	<i>Workshop 3</i>

ASK-A-LAWYER

15-minute personal conferences run from 9 am – 1 pm in the Apache Room. Sign-up is required, at the table in our event registration area.

Between sessions and until our event ends at 1 pm, enjoy visiting our Exhibitors' tables where you'll find additional useful information. Help yourself to complimentary beverages and snacks throughout the day.

Thank you for completing our Event Survey so that we may continue to create the most beneficial Senior Law Day in the years to come.

PLENARY SESSION

Time: 8:00 am

Location: Summit Grand Ballroom

Conversations — Kim Mooney

Director of Community Education, TRU Community Care

The conversations we have — or don't have — with our families play a significant role in the decisions we make. Keynote Speaker Kim Mooney will open our day talking about a variety of important conversations and the impact they have on our ability to guide our own futures. Many decisions hinge on when, where and how we get our input. With that in mind, Senior Law Day has been consciously structured to offer valuable information to help seniors be aware, to make important decisions, and to take charge. With the information you'll learn today — from understanding Medicare benefits to recognizing end-of-life choices, and plenty in between — many subjects will become easier to address with your family and friends. Kim will offer ways to break the ice and to begin warm, meaningful conversations with your loved ones, so that they may honor your preferences.

9:00 - 9:45 WORKSHOP 1

Ask-a-Lawyer

Workshop time: 9:00 am – 1:00 pm

Location: Apache

Attorneys are available to discuss your elder law issue, including elder issues among diverse populations. Sign up for a 15-minute time slot to get feedback about your legal question.

Estate Planning to Avoid Pitfalls and Problems

Workshop time: 9:00 – 9:45

Location: Front Range Auditorium

Presenter: Brandon Fields, *Elder Law Attorney*

A review of some of the common pitfalls and problems that families run into with Colorado estates, and how to use legal and practical tools to avoid them. Discussion will include the use of powers of attorneys, wills and trusts, naming of fiduciaries, physical and online storage of original estate financial and medical documents, putting names on safe deposit boxes, and the use or avoidance of probate.

Latino Age Wave

Workshop time: 9:00 – 9:45

Location: Navajo

Presenters: Mary Dolores Young, Dalia Dorta

In Boulder County, the Latino Age Wave initiative of the Colorado Rose Foundation is being implemented by the Latino Task Force of Boulder County through ¡Adultos Mayores Unidos!/Seniors United!, a Promotores project that will train community members to help educate and access important services for Latino elders and their families. This presentation will introduce the Latino Age Wave's mission, as well as discuss the strengths-based model upon which Boulder County's plan is being developed.

Life Testaments — Sharing Our Values

Workshop time: 9:00 – 9:45

Location: Shoshoni-Ute

Presenters: Dan Kapsak, *Elder Law Attorney*

This workshop will focus on the "intangibles" of our lives that we wish to pass on to our loved ones — our hopes and values, lessons learned and lost. Life Testaments are writings intended to provide loved ones with more formal and tangible expressions of those values, guiding principles, and wishes than conversations that may be planned but never held.

Lifelong Learning and the Aging Brain

Workshop times: 9:00 – 9:45 and 10:00 – 10:45

Location: North Summit Ballroom

Presenter: Zane Robertson, *Active Minds*

Learn about the latest scientific understanding of how the brain ages and what we can do about it. In particular, we will examine how the traditional model of the brain has changed to one that includes far more flexibility and capacity for growth than previously believed. The link between "exercising your mind" and lower risk of dementia/Alzheimer's disease will be covered as well as what types of activities provide the most benefit.

Medicaid: Myths and Mysteries

Workshop time: 9:00 – 9:45

Location: Arapahoe

Presenter: Rick Romeo, *Elder Law Attorney*

Do I have to sell my house to qualify for Medicaid? Can I just give everything to my kids? Do I have to “go broke” before I apply? Nearly half of all Americans living in long-term care facilities use the Medicaid program to pay for their care. Yet the program is poorly understood and there are many misconceptions. This program will present, in simple and clear terms, the basics of qualifying for this important program. A description of the rights of older LGBT couples and the effects of the new civil unions law will be considered. Ample time will be reserved for your questions.

“Normal” vs. Healthy Aging — The Truth about Foods and Nutrients for Optimal Health

Workshop time: 9:00 – 9:45 and 10:00 – 10:45

Location: South Summit Ballroom

Presenter: Lani Jacobs-Banner, *Natural Grocers*

Some aching joints, forgetfulness, and diminishing health are considered by many to be a “normal” part of the aging process. But they don’t have to be. There are ways to support aging with health! Learn how to easily put together a healthy diet and targeted nutrients to support your health as you age.

Posture and Poles

Workshop time: 9:00 – 9:45 and 10:00 – 10:45

Location: Silverthorne

Presenters: *Frasier Wellness Center Professionals*

Two innovative ways to improve older adult well-being. Frasier will present on the Egoscue Method of Postural Alignment which helps decrease the pain that comes from imbalances in the load bearing joints. They will also talk about the many health benefits of Nordic Walking.

Real Estate Considerations for Seniors

Workshop time: 9:00 – 9:45

Location: Pawnee

Presenter: Gene Hayden, *RE/MAX*

This session will address many common questions and concerns seniors have about their real estate. How long will my house work for me? What could I do to it so I could stay longer? What if I need a different floor plan, updates, a home with less maintenance, or one closer to my kids? How would I buy another home without a job? Where do I find the answers? Who can help?

10:00 - 10:45 WORKSHOP 2

Ask-a-Lawyer

Workshop time: 9:00 am – 1:00 pm

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Protect Yourself When Buying Long-Term Care Insurance

Workshop time: 10:00 – 10:45

Location: Navajo

Presenter: Linda Whittington, *Colorado Division of Insurance*

Long-term care refers to an array of services an individual may need to meet his or her health or personal care needs over a long period of time. Although long-term care (LTC) insurance is not for everyone, LTC insurance may be a valuable investment for some individuals. Not all LTC insurance policies are equal and the LTC insurance market has undergone changes that have significantly impacted consumer options. This session will explore ways consumers may protect themselves from fraud when buying LTC insurance.

Reverse Mortgages

Workshop times: 10:00 – 10:45 and 11:15 – 12:00

Location: Pawnee

Presenter: Megan Buffington, *Boulder County Housing Counselor*

Everyone seems to have an opinion about reverse mortgages. How do you know whose opinion to believe? Come learn the facts about how reverse mortgages really work and how much they cost. We'll discuss the pros and cons of this financial product so you can form your own opinion about whether it's right for you.

Small is the New Big — Steps to Right-Sizing Life

Workshop time: 10:00 – 10:45, 11:15 – 12:00

Location: Shoshoni-Ute

Presenter: Kathleen Roberts, *Professional Organizer*

A program to help you collect and preserve the good stuff: possessions, documents, media, interviews, stories, etc. Learn how your history can provide connection and continuity in the family and the community. Your legacy has value — now and for generations to come.

Taking Charge of the Money: Potential Pitfalls

Workshop time: 10:00 – 10:45

Location: Arapahoe

Presenter: Jane Walsh, *Boulder County Deputy District Attorney*

Your older loved one may be at risk of financial exploitation, and it's important to know how to help ensure their financial safety and security. It's also important to understand how to manage or assist with your loved one's finances in a way that is clear, responsible, and above reproach in order to protect your loved one and yourself.

What Is It Worth? Where Do I Sell It?

Workshop time: 10:00 – 10:45, 11:15 – 12:00

Location: Front Range Auditorium

Presenter: Richard Burmood

Find out from a professional personal property appraiser where to get the best information and valuation for your antiques, art and other valuables. Learn the best way to sell those special or valuable items.

11:15 - 12:00 WORKSHOP 3

Ask-a-Lawyer

Workshop time: 9:00 am – 1:00 pm

Location: Apache

Attorneys are available to discuss your elder law issue, including elder issues among diverse populations. Sign up for a 15-minute time slot to get feedback about your legal question.

Conversation Project

Workshop time: 11:15 – 12:00

Location: North Summit Ballroom

Presenter: Kim Mooney

Started by journalist Ellen Goodman and a group of concerned colleagues in 2010, *The Conversation Project* is dedicated to helping people talk about their wishes for end-of-life care. Learn ways to communicate what matters most to you to the people who matter most to you, using *The Conversation Project's* simple, thoughtful process for deciding what you want and how to best express that.

Establishing a “Capacimeter”

Workshop times: 11:15 – 12:00

Location: South Summit Ballroom

Presenter: Dr. Michelle Winston, *Psy.D.*

Dr. Winston's presentation will address the delicate issue of balancing autonomy with identifying risks and protecting the vulnerable adult. The “who,” “what,” “why” and “when's” of decisional capacity: managing your own affairs; independently managing home and daily responsibilities; managing medications; managing decisions regarding medical care and treatment; and managing issues related to the continuance or discontinuance of driving.

Medicare 101

Workshop time: 11:15 – 12:00

Location: Arapahoe

Presenter: Joni Reents, *Reents Insurance Agency*

Learn how the Parts of Medicare work, how they interact with each other, how Medicare supplements work, the enrollment periods, and under what circumstances you can delay enrollment and avoid penalties.

Medical Powers of Attorney

Workshop time: 11:15 – 12:00

Location: Silverthorne

Presenter: *Elder Law Attorneys* Sharon Svendsen, Brandon Fields, Dan Kapsak; and Martha Meshak, *Fiduciary*

A discussion and workshop on the use of Colorado medical powers of attorney. Discussion will include how medical powers of attorney fit in as one of the crucial advance directives that become effective when a person cannot make their own medical decisions, and some of the common issues that arise in the use of medical powers of attorney. Participants will also have the opportunity to prepare and execute their own medical power of attorney in this workshop.

Project Visibility

Workshop time: 11:15 – 12:00

Location: Navajo

Presenters: Emily Lewis, Nancy Grimes

This workshop seeks to create an aging services community that is sensitive to and supportive of Lesbian, Gay, Bisexual, and Transgender elders and their families. This presentation will consist of a short documentary showcasing the lives of area LGBT elders, followed by a discussion with an emphasis on the existing rights and laws in Colorado that support the LGBT elder community.

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Please enjoy time with our sponsors and exhibitors and find today's speakers in the North and South Ballroom to answer any remaining questions.