

SKILLBUILDERS

for Widows, Widowers or anyone experiencing significant life changes.

FALL
2012



Senior Center

- Sept 6 Surviving and Thriving:** Linda Upstill: Rumsey-Yost Funeral Home
After a life loss, learning to live again.
- Sept 13 Self-Care: Maintaining Your Self in Stressful Times**
Laura Bennett: Lawrence Therapy Services
Learn about how to keep yourself physically and emotionally healthy in stressful times through activity, exercise, and social support.
- Sept 20 Legal Planning:** Cheryl Denton: Petefish, Immel, Heeb & Hird, LLP
Legalese interpreted: Power of Attorney, Living Will, Advance Directive, Trusts and Wills. What they are and do I need it?
- Sept 27 Talk to Your Doc Like a Pro:** Joleen Bechtel RN
Help with having an effective visit with your physician.
- Oct 4 Winterizing Your Home:** Neil Gaskin: Natural Breeze Remodeling
Getting ready for the cold wintry blast and talking care of your biggest investment.
- Oct 11 Basic Car Care:** Richard Haig: Westside 66
Maintaining a safe and serviceable automobile with an emphasis on cold weather preparation.
- Oct 18 Healthy Eating for One:** Beth Greer: Hy-Vee Nutritionist
Tips on how to cook for yourself and enjoy the results!
- Oct 25 Aging in Place:** Linda Crabb OTR,CLT: Visiting Nurses
Staying in your home and making it safer and more accessible.
- Nov 1 Personal Safety & Home Security:** Gary Squires: Sheriff's Office
Feeling safe and securing your home and property.
- Nov 8 Managing Your Money:** Barbara Braa: Trust Officer, CornerBank
Lessening financial worries and getting the most for your money.
- Nov 15 Handling the Holidays:** Paul Reed: Visiting Nurses-Hospice
Preparing for the holidays ahead. Celebration and remembrance.

For Questions contact

Pattie Johnston

Lawrence Public Library

785-843-3833 or

Paul Reed at Visiting Nurses

785-843-3738

For Transportation Contact

Douglas County

Senior Center

785-865-6925

**Thursdays
10:00-11:45am**

**Lawrence
Public Library
Gallery Room**

