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FREE CAREGIVING SEMINAR TO FOCUS ON PREPARATION - 11/4/2005

News Release

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FREE CAREGIVING SEMINAR TO FOCUS ON PREPARATION

COLUMBIA, Mo. – You're living your life, a 60-hour-a-week job and free time taken up with chores and shuttling kids to activities, when the unthinkable happens: one of your parents dies. Are you prepared to help mom or dad make the necessary decisions?

The free Caregiving Seminar, at 7 p.m. Tuesday, November 8, at Lenoir Woods Senior Living Community will help you find out. A panel of local experts will discuss various aspects of helping aging parents put their changing lives back in order, including such topics as understanding levels of care, legal documents, living wills, long-term care insurance and resources for seniors in the community.

Panelists include Lois Shelton, executive director of the Boone County Council on Aging; Sarah Tiedt, trust officer with the Commerce Trust Co.; Helen Cripps, attorney; and Terry Taylor, marketing director for Lenoir Woods.

"Nobody wants to face that life-changing event, but it is inevitable for all of us," Taylor said. "The only way to prepare is to plan ahead. We hope to help people do that."

One particularly helpful tool given out at the event is a free Caregiver's Guide workbook to help organize and plan for the future, Taylor said. Although the event is free, a reservation is required; please contact Terry or Elliott at 573-876-5800 to reserve a seat.

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