

# SPOTLIGHT

the best of the  
BAY AREA

## Avenidas: Plan your future so you can seize every day

Paula Wolfson, LCSW, manager of Avenidas Care Partners, is excited to host a six-part workshop series on proactive planning for long-term care for those who want to optimize the use of legal, health and financial resources to secure lifestyle and treatment preferences. These seminars will help you develop knowledge of resources, patient rights, policies and protocols for navigating transitions to higher levels of care. Wolfson welcomes intergenerational and multicultural families, solo agers, caregivers, and those who are gender diverse. All voices are welcome.

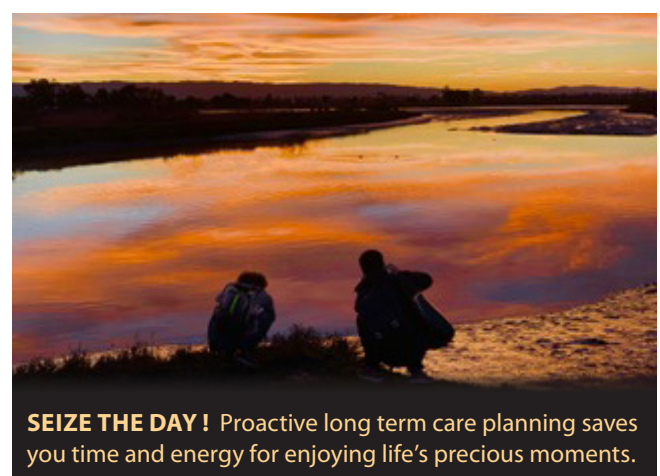


Presented by Paula Wolfson, LCSW, Manager, Avenidas Care Partners.  
**"This does not have to be a conversation based on fear," said Wolfson. "I would like this workshop to help reduce people's fear about aging. We have a compassionate elder care network and amazing resources in this area."**

Wolfson encourages participants to bring their curiosity, imagination, favorite inspirational quotes and humor. She asks that members respect one another's privacy with the understanding that at times the topics may involve sensitive matters regarding health, finances and family dynamics.

The series will be hosted on six Thursdays from 1:30 to 3 p.m. and includes:

- **March 30: Overview Roadmap for Long Term Care.** A review of long-term care, health, legal, and financial resources, skilled and non-skilled care costs, insurance coverage, review of check lists developed by AARP and the Family Caregiver Alliance.
- **April 6: Traditions and Transitions: Cultural Relevance for Long-term Care Planning.** Strategies for holding conversations with your personal and professional support teams, in honor of one's cultural, spiritual and gender inclusivity. We will address DEI matters in view of American legal, health and financial policies, protocols. All voices are welcome.
- **April 13: Hospital, Rehab, Community-Based Care.** Navigating transitions to higher levels of care. Focus on continuity of care, transitions to higher levels of care and managing crises, as well as lessons from the pandemic.
- **April 27: Guidelines for Dementia Care Management.** Topics include diagnosis, cognitive status and competency evaluations, managing challenging behaviors, validation care strategies and caregiver respite options.
- **May 4: Navigating Comfort Care: Palliative, Hospice, and Compassionate Choices (End of**



**SEIZE THE DAY!** Proactive long term care planning saves you time and energy for enjoying life's precious moments.

- **Life Care Options).** Focus on navigating quality of care, treatment options, proxy-decision making, medical aid in dying protocols, policies, check lists, logistical and practical matters.
- **May 11: Managing Stress and Trigger Points.** Why respite, resilience, play, purpose, and developing boundaries are crucial for enhancing life and seizing the day.

You can register for one session or all, and the fee is only \$15 per session. Each session is limited to 30 people, so sign up soon.

Wolfson is always available for individual elder care consultations. She can be reached at (650) 289-5438 or [pwolfson@avenidas.org](mailto:pwolfson@avenidas.org). **To register for Wolfson's aging seminars, go to [www.avenidas.org](http://www.avenidas.org).**

## AGING WISELY Your Roadmap to Long Term Care SIX-PART WORKSHOP SERIES

Avenidas Care Partners is excited to announce a six-part workshop series to explore questions and concerns about long-term care as well as to help gain a holistic perspective on how to approach long-term care planning.

### You don't have to travel alone.

Using personal values as the foundation, each session is designed to help you develop strategies to optimize wellness, thrive, and develop networks of personal and professional support to get the best care for yourself and your loved ones. Paula encourages humor, affirmations, and heart-centered conversations to make this a positive experience.

Presented by Paula Wolfson, LCSW, Manager, Avenidas Care Partners.



REGISTER TODAY



**Avenidas**  
Re-Inventing Aging  
Avenidas@450 Bryant St, Palo Alto

Fee: \$15 per session. Register for one session or for all.  
**Space is limited. Call (650) 289-5400.**

**NEXT Seminar REGISTER TODAY!**

<b>THURSDAY MARCH 30</b> 1:30pm to 3pm	<b>Overview Roadmap for Long Term Care</b> Review resources, costs, and coverage to develop action items, check lists, and priorities.
<b>THURSDAY APRIL 6</b> 1:30pm to 3pm	<b>Traditions and Transitions: Cultural Relevance for Long-term Care Planning</b> How to manage delicate conversations and how to help those resistant to care.
<b>THURSDAY APRIL 13</b> 1:30pm to 3pm	<b>Hospital, Rehab, Community Based Care: Navigating Transitions to Higher Levels of Care.</b> Learn about patient advocacy, transitions to higher levels of care, and managing crisis.
<b>THURSDAY APRIL 27</b> 1:30pm to 3pm	<b>Guidelines for Dementia Care Management</b> Tips for keeping loved ones feeling safe, affirmed, and comforted.
<b>THURSDAY MAY 4</b> 1:30pm to 3pm	<b>Navigating Comfort Care: Palliative, Hospice, and Compassionate Choices (End of Life Care Options)</b> How to get the care you want both during a serious illness and at the end of life.
<b>THURSDAY MAY 11</b> 1:30pm to 3pm	<b>Managing Stress and Trigger Points: Working, Caregiving, and Aging</b> Why respite, resilience, developing boundaries is crucial.