



# Navigating Aging, Illness, and the End of Life

Are you worried about being ready for whatever lies ahead in your life? Are you faced with caring for older family members? These can be anxiety producing topics, but there are ways to plan ahead and resources available to help. This monthly series will address options for care, and legal, financial, emotional and spiritual issues associated with approaching the end of life. Knowledge and support will help you to navigate whatever the future brings.

**Seminars will be held monthly on Saturdays at 11 a.m.**

**January – May, 2011**

**January 29: Options for Care**

Everything from living at home with support, to residential skilled nursing care.  
Beth Lever, Marketing Director, Wesley Woods

**February 26: Legal and Financial Issues**

Power of Attorney, Wills & Estate Planning, and more.  
Sam Madaris, Financial Advisor, Edward Jones Investments

**March 26: Emotional and Spiritual Issues**

Resources for care-receivers and care-givers.  
Melanie Stanley-Soulen, Counselor  
Meg Jackson Clark, Library Associate & Pastor

**April 23: End-of-Life Resources**

Hospice care and other resources for support  
Staff, Countryside Hospice

**May 7: Your Turn – Just Ask**

Our presenters return to respond to your questions.

For more information, contact Central Library  
Adult Services at 770-683-2052, ext. 3

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