



# Own Your Future Workshop

Helping you plan for your long-term care needs

**Retirement.** You set goals and start planning for it early, in the hopes that when that day finally arrives, you'll be able to live comfortably and do the things you want to do. But many people leave out an important aspect of retirement planning – planning for long-term care.

**It's not fun to think about, but 70 percent of us will need long-term care during our lifetimes.**

Planning ahead can help you save money, give you greater control over your assets and resources, and improve the chances you'll be able to live your life the way you want to live it. **Plain and simple:** planning now will bring peace of mind for you and your loved ones.

### What You'll Learn

Council on Aging's Own Your Future Workshop will help you understand and plan for your long-term care needs and costs. The workshop is designed for people of any age who want to learn more about long-term care – for themselves or an aging family member. Each attendee will receive a toolkit for developing a long-term care plan of their own.

### Expert speakers will cover topics including:

estate planning, legal issues, financial planning, care options, and long-term care choices.

After the workshop, you'll be better prepared to answer important questions, such as:

- How do I pay for long-term care and protect my assets?
- What community resources are available?
- What happens to my spouse and our home if I end up on Medicaid in a nursing home?
- What about Medicare? What will it cover?

Registration required:  
[www.help4seniors.org](http://www.help4seniors.org)

### Who Should Attend

The Own Your Future Workshop series is for people of any age who are...

- thinking about retirement, or are already retired
- expecting to care for aging parents or spouse
- already caring for an older or disabled loved one
- expecting to live a long life

### Choose from two workshop locations and dates:

**Wednesdays, Sept. 26 & Oct. 3**

5:00 - 7:30 pm

**West Chester Activites Center**

7900 Cox Road

West Chester, OH 45069

*(Both nights complete full workshop)*



**OR**

**Saturday, September 29, 2018**

9:00 am - 2:30 pm

**Magnolia Springs of Loveland**

767 Loveland Miamiville Road

Loveland, OH 45140



### Cost

There is no fee, however a donation will help cover the cost of food and information binders. **Our suggested donation for the workshop is \$20 per person.**

**This is not a sales presentation.** You will not be pressured or presented with information related to the purchase of specific products, policies, or services, or to move into a specific facility.

# Own Your Future

## Workshop Agenda and Speakers

### Two Day Workshop

**Wednesdays, Sept. 26 and Oct. 3**  
**West Chester Activity Center**

#### **Wednesday, September 26\***

- 5:00 PM** Registration and Dinner (Box Meal)  
**5:15 PM** Importance of long-term care planning and estate planning

#### **Wednesday, October 3\***

- 5:00 PM** Registration and Dinner (Box Meal)  
**5:15 PM** Caregiving and care options  
**6:15 PM** Financial Planning for long-term care

### One Day Workshop

**Saturday, September 29**  
**Magnolia Springs of Loveland**

#### **Saturday, September 29**

- 9:00 AM** Registration (Coffee, rolls, and fruit)  
**9:15 AM** Importance of long-term care planning and estate planning  
**11:15 AM** Caregiving and care options  
**12:15 PM** Lunch (Box Lunch)  
**1:00 PM** Financial Planning for long-term care

*\*please note that the Wednesday evening workshops follows the same agenda as the Saturday workshop, but it is divided into two shorter evening sessions.*

### **Importance of Long-term Care Planning and Estate Planning**

**Speaker: Dennison Keller, Elder Law Attorney, The Law Practice of Dennison Keller, LLC**

This session will cover the importance of planning early for long-term care needs. Many people wait until a crisis occurs to make important decisions about care, and then they find that their options are limited. This discussion will also include advance directives, guardianships, wills, trusts, power of attorney, and Medicare/Medicaid.

### **Care Options**

**Speaker: Ann Sutton Burke, MPA, CMC, Director of Aging and Caregiver Services, Jewish Family Services of Cincinnati**

This session will address various options and settings for long-term care and community resources.

### **Financial Planning for Long-term Care**

**Speaker: Gregory L. Hoernschemeyer, CLU, Senior Vice President, HORAN**

This session will cover financial planning for long-term care, providing information on effective planning to ensure that individual needs and wishes are met, and on developing a personal strategy for paying for long-term care.

*"This was a well-organized and enjoyable program. Definitely worth the time commitment. Thank you."*

**Own Your Future participant**

### **Registration**

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**Our suggested donation for the workshop is \$20 per person.**

### **Questions?**

Call or e-mail Amy Leonhardt: (513) 345-3367 or [aleonhardt@help4seniors.org](mailto:aleonhardt@help4seniors.org).

### **Preserving Independence, Enhancing Quality of Life**

Council on Aging is designated by the state of Ohio to serve older adults and people with disabilities within a multi-county region. We are experts at helping people with complex medical and long-term care needs, offering a variety of services via publicly-funded programs. **Our mission:** *Enhance people's lives by assisting them to remain independent at home through a range of quality services.*

