

## Schedule:

### 1:30 Adapt your home to live there as long as possible

by Arrowhead Builder's Exchange Certified Aging in Place Specialists Bob Bell of Bell's Remodeling and Terry Hammack of Anderson & Hammack Construction Company.

### 2:30 Adapting your landscape and gardens so you can enjoy gardening in the second half of life

by Bob Olen, Horticulturist

### 3:30 Services you can receive in your home when you need them

by Rebecca Volkman, Interim HealthCare; and Cindy Conkins, Arrowhead Area Agency on Aging

### 4:30 How caregiver consultants can help seniors, their adult children, and caregivers make decisions when seniors need to make a change

by Harry Grinage, Caregiver Consultant with Range Respite

### 5:30 Senior housing options and how to choose one

by Pam Franklin, Parish Nurse Coordinator for the Arrowhead Region; and Dana Tchida, Benedictine Health Center

Caregiver consultants will be available all day to provide free information and answer questions for seniors, adult children, and caregivers.

Exhibits open from 1-7

First Photo and the Duluth-Superior Camera Club will have a digital photography answer table all day to answer questions about your digital cameras.

The Photo Contest Exhibit "What home looks like in the second half of life" will be on display all day.

Senior Housing Options sponsor:



**WESTWOOD**  
SENIOR APARTMENTS  
Benedictine Health Center

Senior Housing Options organized by:

The Senior  
**REPORTER**<sup>TM</sup>  
Celebrate the Second Half of Life

Photo Contest sponsor:

