



AGING IN PLACE OR NOT ? WHAT YOU NEED TO KNOW

Join the Sherborn COA & Pilgrim Church for this informative series.

Thursday, May 2nd

First things First: What's entailed when deciding whether to stay and age in place or look for alternative housing options? What do you need to consider when weighing the options? You don't want to think about this when you are in a crisis situation.

Presenter: **Malka Young, Director, Allies in Aging, JFS Elder Care Solutions**

Thursday, May 9th

Should I Stay? Does your house need retrofitting? Is your house equipped to accommodate you if needed? What other in-home services are available and how does one access them?

Presenters: **Certified Aging-in-Place Specialist (CAPS) Brian Harvey, Harvey Home Modifications, Michelle Woodbrey, 2 Sisters Senior Living Advisors**

Thursday, May 16th

Should I Go? Explore housing options for Independent and Assisted Living, Continuing Care Retirement Communities and Memory Care.

Presenters: **Christina Broughton, Manager of Member Engagement and Business Development, Assisted Living Association, Laila Vehvilainen, MS, MPH, Allies in Aging**

Thursday, May 23rd

Alternative Housing Options: Accessory Dwelling Units and Zoning requirements, what is co-housing and how does it work? What is Home Sharing?

Presenters: **Marc Orman and Darryl Beardsley, Sherborn Board of Health, Lisa A. Ushkurnis, LICSW, City of Framingham**

Thursday, May 30th

Downsizing: Does looking at all your stuff overwhelm you? Is it too much to handle? How could you possibly move into small quarters? Learn how to organize and declutter so you can move forward with your plans. Do you need outside help from a move manager?

Presenters: **Team Impresa, Lynn Cohen and Annette Reynolds**

Workshops will be held in-person at Pilgrim Church, 25 S. Main Street, Sherborn, MA from 10 – 11 am and on Zoom. Coffee and pastries will be available.

We recommend that you RSVP to the COA at coadirector@sherbornma.org, or calling 508-651-7858 or contact Pilgrim Church: Pilgrimsherborn.org. Walk-ins are welcome, we just want to make sure we have enough materials on hand.