

Lutheran SeniorLife

Health & Wellness Ministry

Expert Speakers Share Timely Information

Lutheran SeniorLife has formed a speakers bureau of employees who are experts in their field and willing to speak with your congregation or small group about wellness topics, family matters, or aging-based concerns!

Here is just a sampling of the topics we offer:

- **Navigating the Continuum of Care:** What are housing options for older adults?
- **Osteoarthritis:** What is it and how to manage it every day
- **Practicing Self Care:** Why and how to follow the Biblical imperative to take care of ourselves while caring for others
- **Life after Loss:** How to survive the first year
- **Home Safety and Preventing Falls**
- **Tough Talks:** Death, dying, and bereavement
- **Low Vision:** How aging eyes can be helped, and how to compensate in your home
- **Downsizing** tips and options
- **Why am I dizzy?** A review of common causes of dizziness as we age
- **Forever Families:** Resources for parents or future parents of **adopted** or **foster children**
- SilverSmart™: **Technologies and devices** to help older adults stay safe, healthy, and active
- **Dementia:** The stages and how to respond
- Navigating the world of **Medicare and Medicaid**
- Myths and facts regarding **buying into a retirement community**
- Tools to Make Life Easier: **Occupational therapy** equipment explained



Lutheran SeniorLife Employee and Professional Organizer Ann Soroka with Pastor Fred Schenker at St. Paul's, North Park, after Ann gave a presentation on Downsizing during a congregational luncheon.

In addition to these and other wellness topics, our speakers bureau welcomes the opportunity to present any aspect of Lutheran SeniorLife, including the LIFE Program, hospice and palliative care services, adult day services, residences for older adults, home safety services, senior centers, Beaver County Meals on Wheels, low-income senior housing, home care services, and more!

***Please contact Patty Davidson today to schedule a speaker for your next program!
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