

Family Caregiving Can be Tough— You Don't Always Know What You Need!

Tune in to Fairfax County's 2020 Webinar Series for Help!

Speakers include local experts in law, care management, medicine, safety, finances, Medicare and community resources. All webinars are scheduled on **Wednesdays from noon to 1 p.m.**

Register and find out more at www.fairfaxcounty.gov/OlderAdults and click on **Caregiver Webinars** or call **703-324-5484**, TTY 711.

<p>FEBRUARY 12</p> <p>Five Important Questions When Paying for Care</p> <p>Thomas West, AIF, Signature Estate & Investment Advisors</p>	<p>JULY 22</p> <p>Hospice and Palliative Care Overview</p> <p>Marcie Fairbanks, LCSW, Director of Social Services, Capital Caring</p>
<p>MARCH 11</p> <p>Nutrition for Healthy Aging—Considerations for Caregivers</p> <p>Maria Loh, RDN, LDN, Fairfax Area Agency on Aging</p>	<p>AUGUST 12</p> <p>Caregiver Stress and Healthy Living</p> <p>Kristin Martin, Geriatric Care Manager, ElderLink, Options for Caregiving</p>
<p>APRIL 29</p> <p>Legal Tools to Help You and Your Loved One</p> <p>Rory Clark, Founder, The Legacy Elder Law Center</p>	<p>SEPTEMBER 9</p> <p>Diagnosis: Dementia...Now What?</p> <p>Lindsey Vajpeyi, Education and Outreach, Insight Memory Care Center</p>
<p>MAY 20</p> <p>Preventing Falls in Older Adults</p> <p>Denise Mohess, Section Chief Geriatric Medicine, Inova</p>	<p>OCTOBER 28</p> <p>Medicare 102</p> <p>Bill Vaughan, VA Insurance Counseling and Assistance Program</p>
<p>JUNE 10</p> <p>Medications and Aging</p> <p>Whitney Zentgraf, Pharm D, Assistant Professor of Pharmacy Practice, Shenandoah University</p>	<p>NOVEMBER 18</p> <p>Resources for Caregivers</p> <p>Karen Hannigan, LCSW, Fairfax Area Agency on Aging</p>

If unable to join the live webinar, register anyway and a recording will be emailed to you if available.

The webinar series is brought to you by the Fairfax Caregiver Seminar Consortium, a partnership that includes Fairfax County, AARP Virginia, ElderLink; the Insight Memory Care Center, and Signature Estate and Investment Advisors, LLC.

