

Common Ground



Facing Aging Together

A Workshop Facilitating Intergenerational Conversations

SATURDAY, MARCH 2 | 9 AM - 12:30 PM | \$15 INCL. LUNCH

Register by February 25 online at: www.transfiguration.net/event/common-ground

We don't like to talk about aging, our own or our parents'. And yet, as parents age and children become parents to their parents, every family reaches the point at which decisions about independence and care must be made. When families arrive at this point without ever having talked together about one another's wishes and concerns, these decisions become difficult. This half-day workshop is designed to bring together those in the second half of life with those facing their parents' aging and future care needs.

Are you a member of the "sandwich generation"? If so, you may have wondered –

- What resources are available for my aging parents?
- How do I have a conversation about giving up the car keys or the house?
- What if I can't face the idea that my parents will die?
- (If you have children of your own) how do I balance my parents' needs with my children's and still have time for myself?
- How do I help my parents understand what it's like to be caught in the middle?

Are you an older adult? If so, you may have wondered – What resources are available for me as I age and my needs change?

- Do I need a living will?
- When do I need power of attorney and who should I appoint?
- How do I have a conversation with my children about my end of life wishes?
- How do I help my children understand what it's like to get old?

This workshop is open to adults of any generation: those who are themselves aging and beginning to think about their final decades and those who have aging family members for whom they may be called upon to act and advocate. The program will equip participants of all ages with the courage, compassion, and awareness to generate meaningful and caring conversations about how and when important decisions will be made and implemented.



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Transfiguration

**14115 HILLCREST ROAD,
DALLAS, TX 75254**

Keynote Speaker



Suzanne Asaff Blankenship has two decades of experience managing her mother's care as well as sharing the care for her in-laws. After years of sharing stories and receiving requests for advice, Suzanne found she wasn't alone in her eldercare journey, or in her search for solutions. With her unique approach of organized preparation sprinkled with her tongue-in-cheek humor, Suzanne guides others skillfully through the challenging experience of eldercare. Suzanne has spent her 20-year corporate career in marketing and customer service, leading and training teams at The Coca-Cola Company, Bueno Foods, and Ogilvy & Mather as well as her own consulting firm, Parkin & Blankenship. Determined to improve the experience for her elderly parent and in-laws, Suzanne developed tools, identified resources, and put together organized plans as each different eldercare scenario developed. The author of *How to Take Care of Old People Without Losing Your Marbles*, she shares those tools with her audience to help guide them more easily in their own journey. From Texas originally, Suzanne now calls Colorado home. She believes in advocacy, the importance of family, and the need for balance in life. Humor is her favorite resource.

Agenda

The day will feature keynote speaker, Suzanne Asaff Blankenship followed by several break-out sessions.

- 8:30 AM Registration Opens/Light Refreshments
- 9:00 AM Opening Prayer & Remarks
The Revs. Rebecca Tankersley & Nancy DeStefano
- 9:05 AM Setting the Tone
Stephen Kahl
- 9:15 AM Keynote Address
Suzanne Asaff Blankenship
- 10:00 AM Short break
move to breakout sessions
- 10:15 AM Breakout I
- 11:15 AM Pick up box lunch
- 11:30 AM Breakout II (options repeat)

Breakout Sessions

Caregiver Bootcamp Jina Lewallen, PhD, LCSW, Clinical Director Texas Family Support

Legal & Financial Planning

Merry Bailey, LSW with the Hale Law Firm (Elder Law specialists)

Challenging Conversations:

How to Discuss and Plan for End of Life

The Rev. Nancy DeStefano, Episcopal Church of the Transfiguration

Medicine Matters:

Caring for the Aging Body

Dr. Steven Bray

Co-sponsored by:

