

# Navigating Solo: Tools for Creating Your Plan for Aging Well



Join Ailene Gerhardt, Board Certified Patient Advocate at Beacon Patient Solutions LLC, as she explores the unique considerations and planning needs of solo agers. She will review specific needs related to healthcare, community and programs and resources available to support your journey.

## YOUR CHOICE OF PROGRAM EXPERIENCE

### VIRTUALLY OR IN PERSON

In collaboration with the North Andover Library all five sessions will be offered:

Virtually through

**Stevens Memorial Library**

Thurs, Feb. 1, 8, 15, 22, & 29 at 7:00pm

or

In person at the

**NA Senior Center**

Tues, April 2, 9, 16 & 30 at 1:00pm

and Sat. May 4 at 9:00am



### To Register for Virtual Programs:

Please visit the Stevens Memorial Library website at [stevensmemlib.org](http://stevensmemlib.org), click on the calendar link, find Solo Aging and register or call the NA Senior Center at 978-688-9560.

### To Register for In Person Programs:

Please call the NA Senior Center at 978-688-9560.

## 1 The Unique Needs of Solo Agers



Thursday, February 1 at 7:00pm

or



Tuesday, April 2 at 1:00pm

## 2

### Health Care Decision: Making and the Value of Advance Care Planning



Thursday, February 8 at 7:00pm

or



Tuesday, April 9 at 1:00pm

## 3

### Evaluating Your Current Support System



Thursday, February 15 at 7:00pm

or



Tuesday, April 16 at 1:00pm

## 4

### Assessing and Enhancing Your Support System



Thursday, February 22 at 7:00pm

or



Tuesday, April 30 at 1:00pm

## 5

### Bringing It All Together & Developing an Organized Solo Aging Plan



Thursday, February 29 at 7:00pm

or



Saturday, May 4 at 9:00am