



Porter County
AGING & COMMUNITY SERVICES

Programs for senior, Disabled &
Low-Income Residents



The Outlook

Fall 2009

Porter County Aging & Community Services in collaboration with Pines Village Retirement Communities is hosting several FREE Fall Community Workshops supported and funded by *Northwest Indiana Community Action*:

CAMPBELL STREET CAFÉ (4245 Meridian Woods Drive, Valparaiso):

Monday, October 5 at 1 p.m.

HEALTHCARE BENEFITS RIGHTS: What You Need to Know

Representatives from *Healthcare Advocacy Group* will educate participants on the factors they need to consider in selecting a health care provider and evaluating healthcare plans. They will also simplify the appeal/complaint process for denied claims.

Monday, November 2 at 1 p.m.

GRIEF AND LOSS DURING THE HOLIDAYS: How to Cope

Grief and loss are especially difficult during the holidays. Kyle Otten, Director of Experiential Therapy at *Porter-Starke Services*, will explain helpful ways to cope, maneuver, and even embrace this time of year.

IVY TECH COMMUNITY COLLEGE IN VALPARAISO (Room D218):

Thursday, October 15 at 7 p.m.

DISCIPLINE WITHOUT FEAR

Laura Smith-Wynn, founder and president of the *Indiana Parenting Institute (IPI)*, will explain how to effectively discipline children of different ages without using fear and intimidation.

BONNER SENIOR CENTER (5800 Lexington Avenue, Portage):

Tuesday, October 20 at 10 a.m.

LONG TERM CARE: What You Need to Know

Jocelyn Hibshman, Long Term Care Expert with *Lakeside Wealth Management*, will be discussing the importance of long term care planning. She will explain what long term care insurance is, how much it costs, and the benefits.

If you are interested in coming, please RSVP to Melissa Benefiel at PCACS (219) 263-8300.



United Way of Porter County

We are proud to be a member agency of the *United Way of Porter County*.