

We Need to Talk: Navigating Later Life on Your Terms



The Jacksonville Community Center is sponsoring a series of classes about issues that older adults face as they age. Topics include making your home age-friendly, simple home repairs, caregiver support, and options for other living arrangements. Expert presenters will include time for questions. Every other Monday beginning September 9, from 10:30 – 12:00 at the Jacksonville Community Center, 160 East Main Street in Jacksonville.

- **Monday, Sept 9:** Making your home more age-friendly/home modification – Sharon and Howard Johnson
- **Monday, Sept 23:** Simple home repairs – Rick Patsche
- **Monday, Oct 7:** Issues for Caregivers: getting support and knowing local resources – Heidi Gehman and Sandy Divine
- **Monday, Oct 21:** Enhancing an independent lifestyle with technology – Jim and Maureen Jarrard
- **Monday, Nov 4:** Dealing with Dementia – Sean Connolly
- **Monday, Nov 18:** Other living arrangements when your home is no longer working – Laura O'Bryon and Monique Clark



See the JCC website for more details about topics and speakers.
Registration is encouraged but not required. To register, visit JCC's website at: <https://jacksonvillecommunitycenter.org/>. Or email Rick Patsche, JCC Director, at jacksonvillecenterdirector@gmail.com, phone 541-702-2585, or stop by the Center. A \$5 donation is suggested for the sessions; assistance is available to those for whom the donation would be a hardship.