



BABY BOOMER BOOTCAMP II

SUNDAY, JUNE 9, 1:00-5:00 PM

Hosted at Issaquah Senior Center

75 NE Creek Way, Issaquah, WA 98027

Are you thinking about retiring soon? Have you recently left the workforce? Join us for the 2nd of 4 complimentary Baby Boomer Bootcamps! The Issaquah Senior Center in partnership with King County Library System and Era Living invites you to come learn from retirement experts who will share best practices and guidelines to help you make the most of your next chapter.

Refreshments will be served courtesy of University House Issaquah.

Opening Keynote by **Dori Gillam**, *Speaker, Writer, Storyteller*

DEVELOPING RESILIENCE: Do you have it? Can you get it?

Resilience is an emotional muscle and can be strengthened. Participants share ways they have survived challenges in their lives and we present a model for living through setbacks as we age.

Please RSVP at (425) 392-2381 by June 6. Space is limited.



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2:00–2:45 PM

Medicare 101 – *Karen Nelson, The Assurance Group*

What are the different parts that comprise Medicare? What do they cover? When can I, and should I, enroll or make changes to my Medicare plan? Karen will help answer these questions and more.

The ABCs of an Effective Doctor Visit – *Beth Droppert, RN, WASHAA*

Have you ever left your doctor's office wishing you could have more time? In today's primary care visit time is short and there are many issues to cover. How can you be effective and respectful of your doctor's time and get answers you want? This session explores how to the make the most of your doctor visit.

3:00–3:45 PM

Estate Planning Basics – *Katie Peterson, Attorney, Northwest Elder Law Group*

Estate planning can be confusing and intimidating. In this session, Katie will start with helping you understand what you have and what options are available to you. She will review terms and will discuss how you can make educated decisions so you can feel confident in your plan.

Keeping Physically Fit in Retirement – *Mary Lynn Hafner, PT, DPT, CEEAA, CHC*

What's on your bucket list now that you are retired? For most people, exercise is not on the list. The good news? The Blue Zone studies suggest that people with the greatest longevity are not those who do the most exercise, but the ones who move the most. The secret... have a movement practice. In this session, you will have the opportunity to self-assess your personal physical capacity with a few easy measures. Then, you'll be guided on how to level up your current habits from where you are now and where you want to be.

4:00 PM CLOSING KEYNOTE

Memory Loss and Aging: What is Normal and What is Not? – *Dr. Carolyn Parsey, PhD, UW Med Memory and Brain Wellness Center*

We all forget things, but how do you know when it's normal or something to worry about? Please join us to learn what is considered age related memory loss versus signs of dementia.