May 1, 2014  Critical Conversations You Must Have with your Family  Bob Mauterstock
Bob will discuss all the critical decisions families must make as their members get older. He will make specific recommendations for legal protection, long term care, financial security, estate planning and communication with adult children.

Bob Mauterstock was a financial advisor to families in Connecticut for over 30 years. He wrote a book titled “Can We Talk? A Financial Guide for Baby Boomers Assisting Their Elderly Parents.” Since his retirement in 2010, Bob has traveled all over the U.S. speaking to groups about the importance of communication between generations regarding the issues of aging. www.parentcareplanning.wordpress.com

May 6, 2014  “Meaningful Work, Paid or Unpaid, through the Last Breath”  Jan Hively
Jan will engage the audience in thinking about: a) the meaning of "work" in all its variations; b) its proven value for healthy, positive aging; and c) tools and other resources for finding and supporting meaningful work, lifelong.


May 15, 2014  The Creative Art of Aging  Anne Boynton
Creative expression improves health, stimulates imagination, strengthens morale, and enriches relationships. When we ask questions of our intuitive self through the portal of creative expression, we receive answers that may guide our life course. Anne will engage participants in a creative exercise to encourage access to this inner wisdom and innate creativity.

Anne Boynton, MS in Art and Design, is a Certified Sage-ing® Leader for Sage-ing® International, http://sage-ing.org. She has been a practicing artist for the past twenty years. Anne weaves creativity into her sessions and uses creative exercises as a contemplative tool to explore aspects of aging.

May 22, 2014  The Joys and Surprises of Telling Your Life Story  Mary O’Brien Tyrrell
What are the joys and surprises of elders recording their life stories for posterity? The effects are myriad. It's like the old-fashioned Queen for a Day right in your own family! The presentation will feature a video that includes not only clients and family members, but also famous gerontology experts including Dr. Robert N. Butler.

Mary founded Memoirs, Inc. in 1994, www.MemoirsInc.com with the goal of designing a progressive model to honor elders. She has assisted hundreds of older individuals in publishing a life story in limited-edition hardcover books that are distributed at family book-signing parties. 1. Memoirs®

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And by the Brewster Ladies’ Library http://www.brewsterladieslibrary.org