



QUALITY SENIOR SERVICES

EDUCATIONAL SEMINARS FOR SENIORS & CAREGIVERS

ENJOY THESE INFORMATIVE SEMINARS...

- Seniors Health And Mobility
- Secrets To Successfully Aging At Home
- Conversations With Older Adults
- Estate Planning
- Life After Diagnosis; Common Conditions
- The Art Of Living An Exciting Retirement
- Talking To Aging Parents About Finances
- Avoiding Elder Abuse
- Gifting To Your Children



All proceeds will be donated to the Quality Senior Services **Dolls for Dementia** initiative. Our association is proud to donate therapy dolls to older adults in Winnipeg, living with dementia. Therapy dolls can help bring back happy memories of early parenthood, provide a positive focus and reduce feelings of isolation or sadness. Thank you for your support!

Seniors Health And Mobility \$10.00

Tuesday, April 7th 6:00PM–8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

One evening, 4 experts. Join Quality Senior Services as they discuss frequently asked questions! Our Physiotherapist, Registered Nurse Specializing in Footcare, Mobile Dental Technician and Medical Equipment Supplier will be discussing must-know topics such as:

- Why are the bottom of my feet so important?
- Fall prevention, balance and exercise.
- Dental hygiene and all you need to know about dentures.
- What is the best equipment for me to move with ease? Canes, walkers and much more.

Secrets to Successfully Aging At Home \$10.00

Tuesday, April 14th 6:00PM–8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

Many of us want to grow old in our own home; in familiar surroundings and years of memories. But wishing it does not make it so. If you want to stay in your home for as long as possible, you need to plan and prepare.

Do you want to stay in your home safely and independently? If the answer is yes, then this seminar is right for you! Throughout the evening you will be presented with ideas and options such as:

- Products that will enhance quality of life and increase independence.
- Companion care.
- Interior design and home modifications.
- Fraud - what you need to know.

Conversations with Older Adults \$10.00

Tuesday, April 21st 6:00PM – 8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

Caring for an older adult requires discussing sensitive topics. You may feel uncomfortable or tempted to avoid addressing some of these sensitive subjects, but in this seminar you will learn how to start the conversation and bridge the gap between what is now and what will soon be. Our group of professionals will cover frequently asked questions regarding:

- Real estate: preparing to sell.
 - Finances: RDSP, RRSP, RRIF.
 - Sensitive communication tips – driving, power of attorney, end of life directives, will.
-

Estate Planning \$10.00

Tuesday, April 28th 6:00PM–8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

Unfortunately, too many of us pass away without leaving a Will or other instructions to our loved ones that can speak for us when we no longer can; this can cause hardship and stress for friends and family at an already difficult time. In this seminar we will be discussing the importance of making final plans, how to deal with complex family dynamics and tax implications of your RRSP, RRIF, cottage, TFSA and home.

Only two things are guaranteed in life; death and taxes. Join us and start planning to minimize the tax grab on your estate and giving the most thoughtful gift to your family – direction.

Life After Diagnosis; Common Conditions \$10.00

Tuesday, May 5th 6:00PM–8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

Join in an evening discussion about life-changing conditions such as stroke, Parkinson's disease and dementia. This seminar is intended for family members and companions of older adults experiencing these changes. The discussion will be guided by specialists who will speak to issues related to life after diagnosis including common topics such as:

- Speech and communication.
- What home care can do for your family.
- Tax credits and benefits available.
- How the new reality can affect your relationships.

Together we will create a vibrant evening with opportunities for questions and solutions.

The Art of Living An Exciting Retirement \$10.00

Tuesday May 12th 6:00PM – 8:30PM.....**Bronx Park Community Centre: 720 Henderson Hwy, Wpg, MB R2K 0Z5**

Do you have big plans for your retirement but aren't sure how to get them done? Join us for an evening discussing your home – should I stay until they drag me out, or look at renting or downsizing? How do I ensure my home is keeping up with my needs? Our real estate expert and interior designer will walk you through great options to make your home work for you!

You've heard about CPP, OAS, TFSA, life insurance and even home equity – learn how these could help you live an exciting retirement! Optimize your retirement income!

Talking To Aging Parents About Finances \$10.00

Tuesday May 19th 6:00PM–8:30PM.....**Bronx Park Community Centre:** 720 Henderson Hwy, Wpg, MB R2K 0Z5

There is a good chance that many adult children will have to get involved with their parents' financial lives as they age. Yet, the majority of adult children have not had detailed conversations with their parents about their finances. Quality Senior Services is hosting an evening focused on finances and how to ensure this essential conversation is had before a crisis. You will hear from our Financial Advisor, Licensed Insolvency Trustee, Lawyer, Real Estate Expert and Disability Tax Credit Advisor.

Did you Know:

- 40% of seniors have at least one disability and can apply for the Disability Tax Credit.
- The Manitoba Primary Caregiver Tax Credit can be claimed by your spouse, family member or even a friend.
- Selling your principle residence helps smooth the transition to a more carefree and organized retirement.
- It is possible for people of all ages to get into financial trouble, and retirees are no exception.
- It is essential to have a Power of Attorney, Will and Health Care Directive in place.

Avoiding Elder Abuse \$10.00

Tuesday May 26th 6:00PM–8:30PM.....**Bronx Park Community Centre:** 720 Henderson Hwy, Wpg, MB R2K 0Z5

With the aging population in Canada, the importance of protecting vulnerable persons continues to grow. This includes a strong focus on identifying and dealing with potential financial exploitation and diminished capacity among clients.

Elder abuse is a disturbing reality in today's society. Learn what elder abuse is, how to recognize the warning signs and how to be supportive and safe.

Getting older isn't for the faint of heart! CAN DO is an action plan to take steps which will maintain your emotional health while you're aging. Elder abuse doesn't have to happen to you!

Gifting to Your Children \$10.00

Tuesday June 2nd, 6:00PM–8:30PM.....**Bronx Park Community Centre:** 720 Henderson Hwy, Wpg, MB R2K 0Z5

Although gifting to your children may seem simple and straightforward, it can be difficult and overwhelming! (How do we gift our family cabin?!) Many families have complex dynamics and parents often struggle with determining what is 'fair' and if 'fair is equal'.

Parents of adult children are now evaluating the best way to gift and if holding on to their wealth until they are gone is the best option. 'Giving while living' without jeopardizing your retirement, can be fulfilling, helpful and financially beneficial.

In this seminar, scenarios and solutions will be debated and discussed by professionals to help you:

- Empower your children through strategic gifting.
- Avoid misunderstandings and disputes with proper documentation.
- Understand the tax and legal implications of taxable gifts and loans.

*Audience: recent retirees and older adults.



EDUCATIONAL SEMINARS FOR SENIORS & CAREGIVERS – REGISTRATION FORM

Bronx Park Community Centre

Registration also available at www.qualityseniorservices.com

Full Name of Participant: _____

Email Address: _____

Phone Number: Mobile Landline _____

I am Registering for: *(please check all that apply)*

- Seniors Health and Mobility
- Secrets to Successfully Aging at Home
- Conversations with Older Adults
- Estate Planning
- Life After Diagnosis; Common Conditions
- The Art of Living an Exciting Retirement
- Talking to Aging Parents About Finances
- Avoiding Elder Abuse
- Gifting to Your Children

Payment Due: _____

Cheque – Payable to **Quality Senior Services**

Mail to: Fax: 204-957-5611 Phone: 204-977-3501

LazerGrant
Attn: Collin LeGall
300–309 McDermot Ave
Winnipeg, Manitoba

- Credit Card
- MasterCard Visa

_____ credit card number _____ expiry date

_____ name on card

Registration also available at www.qualityseniorservices.com

All Proceeds will be donated to Quality Senior Services initiative 'Dolls for Dementia'.