

ASK THE EXPERTS VIRTUAL SERIES: NAVIGATING THE GOLDEN YEARS

The Watermark at Continental Ranch invites you and your loved ones to join us for our exclusive live virtual series. Experience a bit of our extraordinary, carefree lifestyle from the comfort of your home, and gather valuable information and answers to all your questions so you can plan your best future.

Thursday, September 24 • 10:00am–11:00am

Let's Talk About Senior Living

Aging is an inevitable part of every individual's journey, but choosing when and how to have "the talk" with loved ones can be challenging. The Watermark's Karen Rorke will help you navigate a positive dialogue with loved ones and work together to evaluate all your options.

Thursday, October 1 • 10:00am–11:00am

Watermark University Presents Time Travel and Technology

Expand your horizons with Watermark University, our signature program offering meaningful learning experiences taught by residents, associates and professional partners. Join Karen Rorke for a lighthearted exploration of three modern-day applications – Pinterest, Wikipedia and YouTube – that'll take you on a journey to different places in time and a walk down memory lane.

Wednesday, October 7 • 10:00am–11:30am

Medicare Benefits 101

Join Medicare/SHIP/SMP/MIPPA Coordinator Tina M. Higdon from the Pima Council on Aging to discuss enrollment, finding the right supplemental plan, financial assistance programs that may help with Medicare Part B premiums, prescription drug coverage and more. PCOA doesn't sell Medicare plans, but they'll provide tools and tips to help you determine the right coverage for you and your loved ones.

Wednesday, October 14 • 10:00am–11:00am

Understanding Alzheimer's Disease

Memory loss can bring frustration, stress, guilt and grief to families and caregivers. Join Michelle Faddoul, LCSW, a social worker from Banner Alzheimer's Institute, to learn about Alzheimer's and other forms of dementia, signs, symptoms and treatments. She'll provide practical tips and strategies for communicating with a loved one, and you'll get answers to all your questions during our interactive Q&A session.

To attend any or all of these events, please RSVP to 520-789-6690 at least two days prior to your desired virtual event, and we'll send you the online event information. If you have questions about how to access the virtual seminars, email Karen Rorke at krorke@watermarkcommunities.com, and we'll walk you through the online setup process prior to the event.



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