

Independence & Aging

**A Statewide
Resource Fair**
to support and celebrate
consumer independence
and self-sufficiency.



October 4, 2010
9:00 AM to 2:00 PM

Don't miss it!

Grappone Conference Center
Courtyard Marriott
70 Constitution Avenue, Concord

Featuring:

- Free admission
- Flu shot clinic
- Free health screenings
- Door prizes and giveaways
- Lunch and refreshments
- Entertainment by Paul Bordeleau

Discover the full range of businesses, resources, and services supporting the independence of older adults and people living with physical challenges.

PLUS... Informative breakout sessions

(Schedule will be in the information packet you receive at the door)

Aging Parents: Exploring Options in Elder Care

*Presented by Rebecca Hutchinson – Director, LSS In-Home Care
& Ann Schwartzwalder – Director, Crotched Mountain
Community Care*

Come Try Your Hand on a Nintendo Wii

Presented by: Maple Leaf Health Care Center

Caregiving & Estate Planning: Making life easier down the road.

Presented by Jennifer Holmes, Esq – Curtin Law Office


Understanding Depression in Older Adults

*Presented by Bernie Seifert, LICSW – National Alliance on
Mental Illness NH*

Health Care Reform: What It Means For You

Presenter to be announced.

Contact LSS In-Home Care
at 603-410-3010 or
800-244-8119 for details, or
see www.lssinhomecare.org.

Hosted by: **LSS In-Home Care**
 A Program of Lutheran Social Services