

Embracing Aging Conversations

Grethe Cammermeyer and Stef Christensen

Tentative Schedule Feb - Jun 2026 1 pm (Second and Third Thursday)

Feb 12 Complaints of A Dutiful Daughter (video)

- Conversations, personal experiences

Feb 19 More Than I/We Could Handle – Panel Conversation

Lorraine Healy, Mary Willis, Leslie Woods

- Dealing with personalities
 - Different ‘realities’
 - When enough is enough
 - Support team on tilt
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Mar 12 Updates with Another Day, Another Scam

Doug Kolb

- Banking, internet, email and text message fraud

Mar 19 Telehealth, Remote Monitoring

- Health monitoring portal
 - Mobile applications, records, devices
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April Trash and Treasure Prep and Sale

May 14 Living Alone – Choice or Circumstance

Brian McKenna, Barbara Graham

- Choices or circumstances
- Practical Issues
- Creating support networks

May 21 Conversations with Reality

- Anticipating the future
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Jun 11– Decluttering Now Equals Less Stress Later

Jen Todd Judy Lynn

- Decluttering and Distributing
- Managing donations
- Emotional ties to past

Jun 18 Embracing Aging Potluck

July – August 2026 Break



**St Augustine's in-the-Woods Episcopal Church
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