

## SPEAKER'S BUREAU

TOPIC	PRESENTER
10 Keys to Successful Aging	Bonnie Gauthier, President & CEO
A Place to Call Home: Choosing Long Term Care Across the Continuum – It's More than a Nursing Home	Bonnie Gauthier, President & CEO
Be a Healthy Care Giver	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Beating the Holiday Blues	Marcia Hickey, Vice President, Network Development
Breaking News on Osteoporosis: 5 Tips to Prevent Brittle Bone Fractures	Marcia Hickey, Vice President, Network Development
Care Options: "What do I need and how can I get it?"	Bonnie Gauthier, President & CEO
Communication Strategies that Work (Dementia Care Focus)	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Coping with Loss	Marcia Hickey, Vice President, Network Development
Crash Course in Alzheimer's	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Don't Wait...Recreate: 5 Tips to Put the Fun of Recreation Back into Your Life	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Don't Weight: Nutritional Needs in Later Life	
Emotional Fitness in Later Life	Marcia Hickey, Vice President, Network Development
Fall Prevention in the Home	Tom Atwood, PT
Good Night and Good Snooze: 5 Tips to Improve Sleep	Marcia Hickey, Vice President, Network Development
Holiday Survival Tips (Dementia Care Focus)	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Home Sweet Home: 5 tips for Staying Safe at Home	Vincent DeSanti, Director, Facilities Management
Humor as a Coping Strategy	Pamela Atwood, , Director, Life Enrichment & Dementia Care Services
Let's Talk About It: Older Adults and Addictions (Gambling, Alcohol, and Drugs)	Marcia Hickey, Vice President, Network Development
Love Your Feet: The Importance of Good Foot Care	Tom Atwood, PT
Managing Crisis	Marcia Hickey, Vice President, Network Development
Preparing to Move to Assisted Living	Bonnie Gauthier, Present & CEO
Recreating Relationships with Your Aging Parents	Bonnie Gauthier, President & CEO
Relax...Meditation is Not What You Think: 5 Tips to Manage Stress	Marcia Hickey, Vice President, Network Development
Safety First: 5 Tips to Prevent Injuries	Tom Atwood, PT
Seasonal Sadness	Marcia Hickey, Vice President, Network Development
Senior Moments: Use it or Lose it: 5 Simple Memory Techniques	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services

Sexuality and Aging	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Spirituality and Aging	Marcia Hickey, Vice President, Network Development
Stages of Memory Disorders	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Strategic vs. Reaction Planning	Bonnie Gauthier, President & CEO
Strategies for Maintaining a Healthy Memory	Pamela Atwood, MA, Director, Life Enrichment & Dementia Care Services
Turn Retirement into Refirement! 5 Tips for Volunteering	Ruthan Wein, Director, Volunteer Services
Understanding Macular Degeneration	Marcia Hickey, Vice President, Network Development
Use It Or Lose It: Exercise and Aging	Tom Atwood, PT
What's Up Doc? 5 Tips to Improve Doctor-Patient Communication	Marcia Hickey, Vice President, Network Development