

# Beacon Hill Village Presents:

## *Living Well/Ending Well*

Topic	Date/Time/Location	Presenter
<b>Hearing and Sight Loss</b> <i>Wellness Clinic</i>	<b>Thursday, October 27 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Keeping Healthy: Part I</b> Diet, Nutrition & Exercise <i>Information Session and Lunch</i>	<b>Monday, November 7 - 10:00am</b> Boston Public Market <b>OPEN TO THE PUBLIC</b>	<b>Cindy Sullivan; Kate Sciacca, RN; Catherine Frederico, MS RDN</b>
<b>Keeping Healthy: Part II</b> Mind & Body Medicine <i>Information Session</i>	<b>Wednesday, November 16 - 2:00pm</b> Kings Chapel Parish House - 64 Beacon Street <b>OPEN TO THE PUBLIC</b>	<b>Ann Webster, PhD</b>
<b>Keeping Healthy: Part III</b> Dealing with the Unexpected <i>Wellness Clinic</i>	<b>Wednesday, November 30 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Preparing for Winter</b> <i>Wellness Clinic</i>	<b>Thursday, December 8 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Wills and Key Documents</b> Changes to your Will & Gifts of Information <i>Information Session and Discussion</i>	<b>Wednesday, December 14 - 2:00pm</b> AARP, 23rd Floor – One Beacon Street	<b>Steve Roop and Betsy Peterson</b>
<b>Housing and Beyond: Part I</b> Home Modification and Reorganizing <i>Presentation and Discussion</i>	<b>Wednesday, January 11, 2017 - 2:00pm</b> AARP, 23rd Floor – One Beacon Street	<b>Deborah Pierce, Pierce Lamb Architects Diane LeWand, LeWand Organizing</b>
<b>Bone Health &amp; Bone Disease</b> <i>Wellness Clinic</i>	<b>Wednesday, January 18 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Safety at Home</b> <i>Wellness Clinic</i>	<b>Wednesday, January 25 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Housing and Beyond: Part II</b> Independent Living <i>Presentation and Discussion</i>	<b>Wednesday, February 8 - 2:00pm</b> Old South Church – 645 Boylston Street <b>BHV and OLD SOUTH MEMBERS ONLY</b>	<b>Emily Saltz, Lifecare Advocates</b>
<b>Cancer: The Basic Science</b> <i>Wellness Clinic</i>	<b>Wednesday, February 15 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Getting Out: Part I</b> Driving <i>Presentation and Discussion</i>	<b>Wednesday, February 22 - 2:00pm</b> TBD <b>OPEN TO PUBLIC</b>	<b>TBD</b>
<b>Getting Out: Part II</b> Mobility and Safety on Streets <i>Roundtable Discussion</i>	<b>Wednesday, March 8 - 2:00pm</b> TBD <b>OPEN TO PUBLIC</b>	<b>City of Boston Community Services Officer</b>
<b>More Safety - Medical Alert Systems</b> <i>Wellness Clinic</i>	<b>Wednesday, March 15 - 2:00pm</b> 74 Joy Street	<b>Kate Sciacca, RN</b>
<b>Living and Planning for the End</b> <b>Part I: End of Life Choices</b> <i>Presentation</i>  <b>Part II: End of Life Choices, cont'd –</b> Funeral Options <i>Presentation</i>  <b>Part III: Honoring the Dead</b> <i>Roundtable Discussion</i>	<b>Part I: Wednesday, March 29 - 2:00pm</b> <b>OPEN TO THE PUBLIC</b>  <b>Part II: Wednesday, April 19 - 2:00pm</b> <i>BHV and KINGS CHAPEL MEMBERS ONLY</i>  <b>Part III: Wednesday, May 3 - 2:00pm</b> <i>BHV and KINGS CHAPEL MEMBERS ONLY</i> <b>Kings Chapel Parish House - 64 Beacon St.</b>	<b>Joyce Gallagher, Good Shepherd Community Care</b>  <b>Funeral Consumers Alliance and Reverend Joy Fallon</b>  <b>"Conversations with Each Other"</b>

Committee Members: Joan Bragen, Elizabeth Cook, Murray Frank, Mary Fruen, Karen Garvin, Betsy Peterson, Steve Roop