

Lynn Peel

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Senior Care Options Training

(Portland, ME)—Lynn Peel, director of Beach Glass Transitions, announces four free seminars on senior health care topics. Beach Glass Transitions specializes in assisting seniors and their families as they explore safe and respectful options in senior living.

Peel is offering four programs this spring.

- **What are My Senior Care Options?- Education on All Senior Care Products**
What living options are available to seniors? Learn about Home Care, Independent Living, Assisted Living, Residential Care, Nursing Care, Life Care, and Continuing Care Retirement Communities (CCRCs).
- **How to Prepare Yourself and Your Parents for Senior Care**
A step by step guide to help you and your aging parent think about and plan for various senior care options.
- **Begin Organizing Your Health Records Today**
Organizing and updating health and legal records for your aging parents (and yourself!) will save you hours of time and frustration. Tips, pointers and tools.
- **What to Look for in a Senior Care Community**
How to choose a senior care community that fits your financial, social and medical profile and why every assisted living community is different.

Presentations are 30-60 minutes, with time for questions following. For more information or to request a program for your group or organization, contact Beach Glass Transitions at 207-272-2797.