



Forever Dublin 55+ Educational Series: Winter Schedule

Wednesday, January 25, 2023 at 10:00 AM

Integrated Smart Homes presents:

Safe & Convenient Technology as You Age in Place

Dublin Library – Meeting Room #1



Join the team from Integrated Smart Homes for an informational presentation on what is possible to make your home more convenient, safe and easy to navigate as you age in place! You will see “Smart” shades, lights and thermostat that can be controlled with a simple voice command. Door locks that can secure at your request or lock/unlock with an easy-to-use keypad! As well as cameras you can see from your smart phone or a screen within your home. Integrated Smart Homes will show you products that protect your personal data, but still allow you to enjoy the benefits of technologies that help you stay in your home safely as you age.

Please register by Monday, January 23, 2023 at <https://foreverdublin.com/events/> or call 614-940-3053

Wednesday, February 15, 2023 at 10:00 AM

Rolling with the Punches:

Developing Resiliency to Combat Adversity

Dublin Library- Meeting Room # 1



“Resilience” is the ability to adapt positively when faced with adversity. Studies show that resiliency plays a part in greater physical and emotional well-being as we age. Come and learn about what resiliency is, why it’s important to older adults, and how to use it to roll with life’s punches. Maggie Rusnak, MOT, a Community Support Specialist with Syntero’s Older Adult Program, will present on this important concept and how to develop it to face life’s challenges. Maggie has a Master’s in Occupational Therapy and extensive education and experience in gerontology and the practicalities of aging.

Please register by Monday, February 13, 2023 at <https://foreverdublin.com/events/> or call 614-940-3053

Tuesday, March 28, 2023 at 1:00 PM

Home Accessibility Solutions, LLC - Your Home Modified!

Dublin Library - Meeting Room #TBA



Join Kris Parrish, OT and owner of Home Accessibility Solutions, for this informative presentation on how to make your home more livable as you age in place! He will be discussing a variety of Home Modifications ranging from quick fixes as well as large scale changes to the home which can all help to decrease the risk for falling and facilitate a greater level of independence. Come learn how you can safely age!

Please register by Friday, March 24, 2023 at <https://foreverdublin.com/events/> or call 614-940-3053

All Forever Dublin presentations are free, but we do require registration. Please register online at www.foreverdublin.com/events, email us at foreverdublinhub@syntero.org or call Beth Baker, the Forever Dublin Navigator at 614.940.3053. Space may be limited for some presentations.