PLANNING FOR THE FINAL CHAPTERS: What You Need to Know
Co-Sponsored by Binghamton University Retiree Services and the Binghamton University Employee Assistance Program

Register at uctd@binghamton.edu or Corinna Kruman, Retiree Services 777-5959 / ckruman@binghamton.edu

ADVANCE PLANNING FOR END OF LIFE and THE FIVE WISHES
Presenter: Action for Older Persons
Monday, October 19 10 am – 11:30 am UUW 324

Health care proxies, living wills, and advance directives will be discussed by the AOP staff using the “Five Wishes” format to assist in articulating end of life needs, wants and wishes. This program will include an overview of the services offered by AOP along with a brief introduction to the “The Big Book of Everything” organizer.

FUNERAL INFORMATION
Presenter: KURT ESCHBACH, Hopler and Eschbach Funeral Home
FRIDAY, OCTOBER 23 10 am – 11:30 am UUW 324

Funerals fill an important role for those mourning the loss of a loved one and a first step in the healing process. When it comes to final arrangements, shouldn’t you make the decisions? In a supportive atmosphere, learn about the services a Funeral Director will assist with as well as about burial or cremation, cremation options and funeral expenses and assistance.

GRIEFWAYS 101
Presenter: Yvonne Lucia, RN, M Div
Thursday, October 29 10 am – 11:30 am UUW 324

As we age, life losses accumulate. Even “looked-forward-to” or positive changes such as retirement usher in a new way of being in the world. Grief is the highly personal response to change that we experience during times of loss and transition. Often, we are not provided with an in-depth understanding of the grief response, its meanings and what it encompasses. In this session we will explore current understandings of grief and will look at fresh approaches to navigating life after any type of loss.

University Benefits Fair
Nov 12 10 a.m. - 2 p.m.
Mandela Room: health insurance providers, retirement & financial planner, campus departments and retailers. Refreshments provided.

Finances in Retirement
Nov 19 10 a.m. – 11 a.m.
Brendan Dunuwila, Financial Advisor for VOYA, will present in UUW 324 on Social Security, Taxation of Retirement Income, and Investment Strategies in Retirement and Estate Planning Basics. Snacks/Refreshments provided. Registration necessary due to limited space and planning purposes.