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Cheryl Chapman Henderson is the founder and principal of the law firm of Cheryl Chapman Henderson, LLC., which serves Maryland and Washington, D.C. Her practice is client and value-centered, focusing on Estate Planning, Elder Planning, and Probate and Trust Administration.

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Melanie Lamar, BSN, RN

President, Director of Home Care

Right at Home Washington DC

1818 New York Avenue NE, Suite 230

Washington, DC 20002

[202-269-0008](tel:202-269-0008) (office)

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www.RightAtHomeDC.net



Older Americans Month Celebration



UBW Senior Solutions Company Launch & Community Resource Fair

May 18-19, 2012

TAKOMA PARK COMMUNITY CENTER
7500 MAPLE AVENUE
TAKOMA PARK, MD 20912

Program Agenda

Friday, May 18, 2012
5:30 p.m. – 7:30 p.m.
Auditorium

Welcome

Urrikka Woods-Scott, UBW Senior Solutions

Age of Champions Film Screening



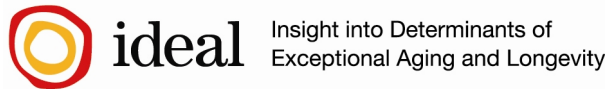
Age of Champions is the uplifting story of a group of athletes—a 100-year-old tennis champion, 86-year-old pole vaulter, octogenarian swimmers, and team of basketball grandmothers—all chasing gold at the National Senior Games. Win or lose, they're living proof it's never too late to become a champion.

Special Guest: Featured Senior Olympian, Mr. John Tatum

Film Discussion with Q&A

Urrikka Woods-Scott, UBW Senior Solutions
Kristen Stewart, Westat

Event Co-Sponsored by:



For information about the study, call 1-855-80IDEAL
or email IDEAL@westat.com



UBW Senior Solutions, LLC is a life and career coaching practice that specializes in retirement lifestyle transitions. We provide personalized consultations, group trainings on aging-in-place, and consulting services to organizations that serve older adults. Call us at 301-768-1847 or visit us on the web: www.ubwseniorsolutions.info

Saturday, May 19, 2012
10:00 a.m. – 2:00 p.m.
Auditorium

- 10:15 a.m. — Introduction to UBW Senior Solutions
Reading of Older Americans Month Proclamation
 - Urrikka Woods-Scott
- 10:25 a.m. — Are You Ready For Your 3rd Act?
 - Urrikka Woods-Scott
- 10:30 a.m. — 5 "Power Papers" Every Senior Should Have
 - Cheryl Chapman Henderson, Esq.
- 10:45 a.m. — Home Modification Techniques to "Age-in-Place"
 - Steve Hage
Strategies for Independent Living
- 11:00 a.m. — Relaxation Break
 - Dorothy Williams, Root & Sky Reiki
- 11:05 a.m. — Senior Mediation Techniques
 - Wolfgang Mergner, Conflict Resolution Center of Montgomery County
- 11:20 a.m. — A Long-Term Plan of Love
 - Pamela Johnson
Legacy Protection Planning
- 11:35 a.m. — Caregiver Coping Strategies
 - Kenneth & Karen Thompson,
Family Restoration & Healing Center
- 12:00 p.m. — Senior Solutions Exhibit Hall Presentations (*Azalea*)
Never Too Old to Play in Takoma Park
Pat Rumbaugh, TakomaPlays.org
- 1:00 p.m. — Intergenerational Strategy Games Club Demo
- 1:45 p.m. — Raffle Giveaways and Closing Presentation