

Aging in Place: Is Your Home Ready? Saturdays, 10-11:30am; April 7, 21, and 28

At the Wood Co. District Public Library, Bowling Green
Co-sponsors: League of Women Voters, BG and Wood Co. District Public Library

In this Saturday series, participants will learn about universal design, preventing falls, no-cost/low-cost ideas for modifications, safety checklist to evaluate your current home, zero-step entries, how to improve your lighting, bathroom/kitchen renovations, resale considerations, and more. Our moderator and chief presenter is Joy Potthoff, Ed.D, retired interior design educator and co-chair of the League of Women Voters BG Committee on Senior Concerns; she is assisted by Paula Davis, director of the BGSU Optimal Aging Institute.

Program #1:

Saturday, April 7, 10-11:30 am

In this first session, Dr. Potthoff will introduce universal design's chief features, and participants will receive a checklist to identify problems in their own homes. Guest speaker Lauri R. Oakes, RN, MBA, Joint Replacement Nurse Navigator at Mercy St. Vincent Medical Center, will discuss how to keep your body healthy and strong to avoid falls – and how to keep our pets from sending us to the hospital!

Program #2:

Saturday, April 21, 10-11:30 am (*NOTE—NO program on April 14th!*)

Dr. Potthoff is joined today by interior designer Sharon Gargasz; together they will discuss lighting, furniture, entries, and room modifications. Lisa Myers, LISW-S, Director of Social Services, Wood Co. Committee on Aging, will share options available for funding aging in place. Participants will also receive information from the National Council on Aging about reverse mortgages.

Program #3:

Saturday, April 28, 10-11:30 am

In this final segment, Dr. Potthoff will complete our discussion of home modifications. Joining her will be Bill Abbott from W H Abbott, Finish Carpenter/Home Remodeling, and Al Green, Broker, A.A. Green Realty, who will answer your questions about remodeling for aging in place, and how that might affect your home in the real estate market.

PRE-REGISTRATION IS REQUESTED by April 4, for planning purposes; however, all are welcome. **To register, go to bgsu.edu/oai.**

Questions? Call the BGSU Optimal Aging Institute at 419-372-8244.