

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
October 2024



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, October 2, 2024: *Medicare Open Enrollment*

Medicare plan costs and coverage can change from year to year. Join us as Michelle Thomas, Program Coordinator of Arlington's Virginia Insurance Counseling and Assistance Program, explains how to make the most of Medicare. VICAP, which is part of a national network, provides free, in-depth, one-on-one insurance counseling to Medicare Beneficiaries, their families, friends, and caregivers.

Wed, October 9, 2024: *Goodwin Living*

Goodwin Living offers holistic services to seniors that range from community living tailored to all levels of physical and mental ability, in-home care, hospice care, brain health programming, and more. Home Health Marketing Manager Rachel Gilbert will speak about the services Goodwin Living offers our community.

Wed, October 16, 2024: *Arlington's VA250 Effort*

2026 may seem a long way off but planning and events celebrating our country's 250th birthday are underway. Annette Benbow, a board member of the Arlington Historical Society (AHS), will talk about Arlington's planning effort and how you can get involved. Annette leads the Arlington VA250 effort. She is the Chair of the AHS Events Committee and the Director of the Ball-Sellers House museum, a colonial era farmhouse and Arlington's oldest standing building.

Wed, October 23, 2024: *MOCA Day of the Dead*

Primarily celebrated in Mexico and parts of the United States and Central America, The Day of the Dead / Dia de los Muertos, honors the spirits of dead ancestors and loved ones with a colorful celebration. With a focus on Mexican and Central American traditions, the Museum of Contemporary Art, Arlington, will present a The Day of the Dead / Dia de los Muertos program of music, art, children's workshops, and food. Rhe'a Roland-Singer, the Museum's Operations Manager, will explain the customs and art that inform this event.

Wed, October 30, 2024: *Diabetes and Aging Feet*

Diabetes significantly impacts podiatry due to its potential to cause complications such as neuropathy, poor circulation, and delayed wound healing in the feet. These issues increase the risk of infections, ulcers, and potentially severe conditions like amputations. Podiatric care focuses on preventing, diagnosing, and managing these complications to preserve foot health and overall quality of life for diabetic patients. This presentation by Dr. Simran Chhabra, Falls Church Foot & Ankle Center, will also include Medicare coverage, bunions, orthotics, the importance of regular nail cutting, and changes in nails related to aging.

More information and how to join via Zoom can be found
at ANVarlington.org/events



For more information or to learn about the benefits of becoming a member of Arlington Neighborhood Village, contact us at 703.509.8057 or visit ANVarlington.org