

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
July 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, July 2, 2025: *Northern Virginia Long-Term Care Ombudsman Program*

Nearly seventy-five percent of adults 65 or older will need some sort of long-term care as they age. But finding the right care situation can be challenging. Ms. Camden Doran, a Supervisor with the Northern Virginia Long-Term Care Ombudsman program will discuss the services they provide to facilitate the process of finding long-term care and ensuring that seniors thrive in their new environment.

Wed, July 9, 2025: *Co-Housing*

Finding safe and supportive communities as we age is something that many seniors struggle with. Our existing homes may be too big, too expensive, or we no longer feel connected to our neighborhood, yet we're not ready for assisted living. Co-housing may provide an opportunity that many may not have considered. Ann Zabaldo, Executive Director of Mid-Atlantic Cohousing will talk to us about co-housing and why we should consider it when thinking about our future housing needs.

Wed, July 16, 2025: *Stay Home, Shop Smart: Online Grocery Shopping 101 with Instacart*

Discover the convenience of online grocery shopping, learn how to get started with Instacart, and explore tips to make your shopping experience seamless and secure. Whether you're new to online shopping or looking to enhance your skills, this session is for you! Jenny Elrod, MSN, RN, CPD, Executive Director of Home Care and Goodwin Living at Home, Goodwin House Home Care will cover the benefits and pitfalls of online shopping, getting started with Instacart, and choosing your favorite grocery store. She will also teach us how to keep our personal information secure, and various payment options.

Wed, July 23, 2025: *Home Care*

As we age, routine tasks like bathing, doing laundry, or preparing meals can become overwhelming. It may not be realistic or even feasible to rely on family to help. Home care services may provide the answer. Brett Sanders, owner of Assisting Hands, will talk about the types of services offered by home care agencies, including personal care, homemaking, companionship, and respite care that can keep you safe and comfortable in your home.

Wed, July 30, 2025: *Rest Easy - Getting a Good Night's Sleep*

Cornelia Lesh, Manager of Community and Employee Wellness at VHC will be our speaker. Still tired when you wake up in the morning? When did you last get a good 8 hours sleep? Learn practical strategies for developing better sleep habits. Participants are taught how to identify behaviors that may signal a problem, the most common sleep problems, common self-care skills for insomnia, and professional resources when self-care isn't enough.



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



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