

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
September 2025



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, September 3, 2025: *Medicare's Open Enrollment Period is Less Than 3 Months Away!*

Concerned about your medication and prescription costs? Have your health needs changed? Do you have new prescriptions, or some not covered by your current Medicare Part D plan? Join us September 3rd to hear from Michelle Thomas, VICAP's Program Coordinator who will share insight into the different types of Medicare plans (Original Medicare, Medicare Advantage, Medicare Part D and Medigap), Medicare's Open Enrollment Period (October 15th - December 7th), Changes beneficiaries can make during Open Enrollment, and Medicare and Medicaid changes in 2026.

Wed, September 10, 2025: *Challenges of Aging Facing LGBT+ Adults*

Lack of family support, financial concerns, isolation, access to health care, and declining health are all things seniors worry about as they age. But for LGBT+ adults these fears are compounded by discrimination and social stigma, unequal laws, and limited access to appropriate healthcare services. SC Nealy, LPC, NCC, CCMHC, Clinical Director, and Roland Scheppske, LPC, NCC, Counselor with LGBT+ Counseling Collaborative, Inc. will talk to us about the challenges queer and trans-identifying people face. They will also provide guidance on how to better understand and support our LGBT+ family and friends.

Wed, September 17, 2025: *Navigating Senior Living - Understanding Your Options*

Did you know that in the DC-metro area alone, there are more than 100 independent living, assisted living, and memory care facilities? This makes choosing the right community for you or a loved one a daunting and overwhelming task. Ginger Noce and Kristy Kennedy, co-founders of Silver Bridges Consulting, will help us understand the pros and cons of these options, their rate and fee structure, payment options, as well as how regulation and oversight are provided to ensure your safety or the safety of a loved one.

Wed, September 24, 2025: *Falls Prevention Awareness Week*

Staying Independent and Strong: Tips from a Physical Therapist. Staying active becomes more important as we age. Regular exercise and physical activity can help to improve muscle strength and endurance, bone density, cardiovascular fitness, everyday functional capacity, and help to prevent falls. Tiffani Hastings, a local physical therapist, will discuss how to reduce the risk of falls, fall recovery, exercises to improve function and mobility, and how to stay active and engaged in the community.



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