

COFFEE AND CONVERSATION

Every Wednesday
from 10-11 am
July 2026



Join Our Weekly Speaker Series!

Attend via Zoom



Wed, July 1, 2026: *How to Get the Most from Your Phone's Camera*

We all use our phone's camera to take pictures of our families, friends, and vacations, but what else can it do? With a little know-how, your phone can help increase your productivity, enhance your personal safety, and even keep track of where you parked your car! Linda Scholl with the Alliance for Arlington Senior Programs will explore the myriad of ways our smart phones can assist us in our everyday lives.

Wed, July 8, 2026: *Social Security Reform*

The future of Social Security is one of the most pressing policy challenges facing Americans today. With projections showing the program's trust fund reserves could be depleted within the next decade absent legislative action, the stakes are high for current retirees, future beneficiaries, and taxpayers alike. Join John Turner, Director of the Pension Policy Center and coauthor of Social Security for Generations, for a timely discussion of the forces shaping the future of Social Security. Drawing on decades of research and international experience, Turner will explore the difficult choices policymakers face and explain why lasting reform must do more than balance the books—it must also protect retirement security, reduce poverty, and preserve broad access to benefits for generations to come.

Wed, July 15, 2026: *Caregiver Support Services*

At some point in life, most of us will find ourselves caring for someone we love. While caregiving can be one of the most rewarding roles we take on, it often comes with significant emotional, physical, and financial challenges. Gelareh Bassiry from Arlington's Aging and Disability Services Department will discuss the many resources and support services available to help caregivers stay informed, connected, and supported, ensuring they can care for themselves while caring for others.

Wed, July 22, 2026: *Cherry Blossom Pace*

From their facility in Alexandria, VA, Cherry Blossom Pace provides a wide range of medical, emotional and support services to meet the needs of seniors with complex health needs. Cynthia Shannon, Director of Business Development, will introduce us to their care model; and provide an overview of the services they provide including primary and specialty physician services, adult day care, and family caregiver support.

Wed, July 29, 2026: *Living Well: Aligning Health Care with What Matters Most to You*

Kizzy Hernandez-Bigos, Research Associate & Associate Coordinator, Yale University School of Medicine, Internal Medicine/Geriatrics introduces My Health Priorities, a free online tool that helps people identify what matters most to them and use those priorities to guide health care decisions. You'll learn how to clarify your values, set meaningful health goals, identify symptoms or challenges that interfere with those goals, and communicate effectively with your health care team. The webinar also demonstrates how to create and share a personalized Health Priorities Summary to support conversations with doctors, caregivers, and other health professionals, helping ensure that your care aligns with what is most important to you.



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