

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

LIFE Information for Elders

West Oaks Branch

Tuesday, September 8, 10:30 a.m.

Orlando Public Library, Albertson Room

Thursday, September 17, 12:10 p.m.

Let us lend you a helping hand in aging well. This series is presented by OCLS and Orange County's Commission on Aging. Registration required. Call 407.836.7446 to register or e-mail **officeonaging@ocfl.net**. Refreshments will be provided to the first 50 attendees.

Hearing Screening

West Oaks Branch

Wednesday, September 9, 2 p.m.

Hearing is an essential part of our everyday communication. Hearing loss is gradual but can be treated with amplification from hearing aids. Connect Hearing helps people stay connected by offering premium, complimentary testing, servicing and after-care rehabilitation. For more information visit, **ConnectHearing.com** or call 407.351.9679.

Lifestyle Choices for Healthy Aging

Southwest Branch

Monday, September 14, 11 a.m.

Learn about the latest scientific research on healthy aging. Discover lifestyle principles that promote maximum independence, health and wellness through moderation and variety. A drawing for books on healthy aging topics will follow the program. Facilitated by James Pasquinelli, president and owner of Home Care Assistance located in Dr. Phillips. Register online at ocls.info or call 407.835.7323.

Ask A Doctor About Your Memory

Edgewater Branch

Thursday, September 17, 11 a.m.

Join us for a seminar on Alzheimer's disease as we discuss the causes, risk factors and groundbreaking research. This is an open forum discussion so come with questions you may have about memory loss. Presented by Robert E. Cohen, PsyD, ABPP, Director of Neuropsychology, Compass Research, LLC.

Maximize Your Social Security

North Orange Branch

Thursday, September 17, 6:30 p.m.

Millions of Americans depend on Social Security as their primary source of retirement income, which can be taxed. This class will assist you in deciding when and how to take Social Security benefits, how to avoid being taxed and how to maximize your benefits. For more information, please visit **coffeusa.org**.

Gaining Financial Control of Your Divorce

Alafaya Branch

Thursday, September 17, 6:30 p.m.

In these tough economic times, it's crucial that you get the right information so that you can make

sound financial decisions. This informative workshop will show you how to avoid some of the most common financial mistakes people make during the divorce process and discuss the sources of money that may be available to you as a result of your divorce. Each attendee will receive a copy of the Institute for Divorce Financial Analyst Divorce Survival guide. For more information, visit **OrlandoAdvisors.com**.

Memory Testing

South Creek Branch

Friday, September 18, 10:30 a.m. – 1:30 p.m.

Early identification of memory issues is a key element in receiving the appropriate care. Compass Research representatives administer memory tests free of charge to people seeking information for themselves or someone they love. In addition to the test, information regarding current research and care options for dementia and Alzheimer's Disease will be provided. Testing is by appointment only. Please call Liz Gorman at 407.210.1160 to make an appointment.

My Social Security: Understanding the Benefits

Edgewater Branch

Tuesday, September 22, 6 p.m.

Join representatives from the Social Security Administration to learn how *my* Social Security works. Whether you're estimating future benefits or managing current ones, you can do it all today with the ease of online access at *my* Social Security.

Book Discussion: *Being Mortal: Medicine and What Matters in the End* by Atul Gawande

Southwest Branch

Tuesday, September 29, 6 p.m.

It's not easy talking with others about how you want to live the end of your life. Atul Gawande, a practicing surgeon, examines the medical profession's ultimate limitations and failures as life ends as well as insights on how it can do better. Presented in partnership with The Conversation Project in Central Florida.

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