



American Behavioral 2017 Webinar Series

January

Quality of Life

Presented by Jeff Sellers, Financial Consultant

The MIT AgeLab has identified three simple questions you should ask yourself to assess how prepared you are to live well in retirement: Who will change my light bulbs? How will I get an ice cream cone? Who will I have lunch with? What do these questions have to do with retirement planning? A lot more than you may think. They actually uncover important factors that will determine your future quality of life and serve as a starting point for planning a satisfying retirement. When it comes to retirement planning, we're inclined to focus on accumulating assets and making sure we spend our money wisely. But while our biggest fear may be outliving our wealth, there's an even greater risk of: Losing our independence due to ailing health, being unable to access the big and small things that make us happy, and facing a decline in the number of friends in our social network.

Join us on Tuesday, January 17th [Register for the 12pm \(Eastern\) session here](#)

February

What Are My Kids Doing Online?

Presented by Barbara Melton, M.Ed., Licensed Professional Counselor

This webinar will go over Internet safety: The benefits and pitfalls of Internet use and developmental guidelines for Internet use and oversight. We will also examine the emotional and social tolls of Internet use by children and how to address and prevent cyber bullying.

Join us on Tuesday, February 21st [Register for the 3pm \(Eastern\) session here](#)

March

Change Management

Presented by Mary-Ellen Rogers, Principal of Excellere

Organizational change often makes way for progress and, ultimately, success, but can be painful and anxiety producing in the process. In this workshop, we will examine the concept of organizational change, typical expectations and realities, and strategies for successfully managing change, both personally and as part of the organization.

Join us on Tuesday, March 21st [Register for the 12pm \(Eastern\) session here](#)

April

Coping with Grief and Loss

Presented by Barbara Melton, M.Ed., Licensed Professional Counselor

In this webinar, we will discuss the process of grief and loss from the perspective of losing a loved one, whether it was expected or sudden. The stages of grief will be covered, and tips on how to move through the process will be provided. Ways to honor the loved one will be shared (through a process called 'ritual construction') and various potentially healing techniques will also be covered.

Join us on Tuesday, April 18th [Register for the 3pm \(Eastern\) session here](#)

May

The Science of Happiness: Learn how to bring more happiness to your personal and professional life.

Presented by Dr. Delvina Miremadi-Baldino, Ph.D.

Research supports that happy people feel better, do better, and live better. While this is great news, it still begs the question: Why? And, more importantly, how? During this session, we will explore the history and research behind this concept of happiness, how it relates to the various facets of your life, and what intentional activities you can do to increase your life satisfaction and fulfillment. There are many pathways to happiness, so let's get your journey started!

Join us on Tuesday, May 16th [Register for the 12pm \(Eastern\) session here](#)

June

Special Needs and Disability Planning

Presented by Jay Kearns, Esq.

Estate planning for a disabled or special needs family member is difficult and requires specialized tools to ensure life-long care, including retention of any assets that a disabled family member may have or receive, and retention of any government entitlements. We will focus on life and long-term care planning for special needs families. Topics to be discussed are life planning options for a disabled individual (powers of attorney, healthcare directives, conservatorships and guardianships), Medicaid and Social Security programs, ways to preserve the assets of a disabled person and options for families who would like to provide for their disabled loved one in their estate plans. Join us and take an active role in planning your loved one's future.

Join us on Tuesday, June 20th [Register for the 3pm \(Eastern\) session here](#)

July

Maximizing Your Social Security Benefits

Presented by Jeff Sellers, Financial Consultant

The goal of this presentation is to give you a better understanding of how Social Security retirement benefits work, so you can make an informed decision when you become eligible to receive benefits. Deciding when to collect Social Security benefits will be one of the most important financial decisions you make. Your choice will have lifelong consequences for you and your spouse, so it's essential to understand all of your options and make a prudent decision.

Join us on Tuesday, July 18th [Register for the 12pm \(Eastern\) session here](#)

August

Communication Skills - Beyond Words!

Presented by Mary-Ellen Rogers, Principal of Excellere

There is so much more to communications than the spoken word, in fact, over 60 percent of your message is communicated without words. Participants in this session will learn about non-verbal communication, communication channels through social media, and perceptions of communication through one's appearance.

Join us on Tuesday, August 15th [Register for the 3pm \(Eastern\) session here](#)

September **Involvement and Engagement: Learn how small acts of kindness and a state of flow can change your life.**

Presented by Dr. Delvina Miremadi-Baldino, Ph.D.

Do you ever ask yourself, "What can I DO today to change my life for the better?" Thankfully, research supports that there is something we can do about it, and it's actually quite easy. In this session, we will explore two actionable concepts that you will enjoy adding to your daily/weekly routine and that will help you live a happier, positive, purposeful life!

Join us on Tuesday, September 19th [Register for the 12pm \(Eastern\) session here](#)

October **Surviving and Enjoying the Six Stages of Parenthood**

Presented by Mary-Ellen Rogers, Principal of Excellere

In this session we will examine, not child, but parental development from the prenatal phase through the empty nest, or departure phase, combining the human development theories of Freud and Erikson with concrete, contemporary insights from the book, "The Six Stages of Parenting".

Join us on Tuesday, October 17th [Register for the 3pm \(Eastern\) session here](#)

November **Elder Law Basics**

Presented by Jay Kearns, Esq.

Estate and long-term care planning are imperative to ensure a smooth transition into the later part of your life. We will discuss what Elder Law encompasses and how an Elder Law attorney can help you as you age. The discussion will focus on estate documents such as powers of attorney, healthcare directives, living wills, wills and trusts and we will discuss long-term care planning including the different programs and planning available to help with the costs of long-term care and protecting your assets for your loved ones. Join us and take an active role in planning your future.

Join us on Tuesday, November 21st [Register for the 12pm \(Eastern\) session here](#)

December **Emotional Composure - Remaining Unruffled & Dynamic Under Stress**

Presented by Mary-Ellen Rogers, Principal of Excellere

Emotions are a healthy part of the human experience. Acknowledging emotions and understanding your personal stress style is the first step in beginning to control them. In this session, we will discuss a selection of customary stressors as well as techniques for exercising control over them.

Join us on Tuesday, December 19th [Register for the 3pm \(Eastern\) session here](#)