

\*\* SAMPLE SPEAKER SCHEDULE \*\*  
The Fall 2022 course will have similar topics and speakers

**Holistic Guide to the Golden Years – Health and Wellness  
Spring 2022  
Wednesdays 2:15-3:30**

Elle Van Dahlgren: [elle@vandahlgrenlaw.com](mailto:elle@vandahlgrenlaw.com); 302-407-5009

**2/16/2022: Intros, Goals, and What to Expect from the Course**

**2/23/2022: How to Ensure You have the Legal Support You Need: Powers of Attorney, Health Care Directives, Wills, and Revocable Trusts  
Elle Van Dahlgren, Elle Van Dahlgren Law, LLC  
(302) 407-5009; [elle@vandahlgrenlaw.com](mailto:elle@vandahlgrenlaw.com)**

Elle advises clients on matters relating to estate planning, estate and trust administration, probate, and asset protection. In addition, Elle provides counsel on planning for long-term care needs and Medicaid qualification for residents of Delaware. Elle prides herself on working hand in hand with her clients to ensure that they meet the goals of their case while also minimizing stress and ensuring all of her clients understand what is happening in their case.

**3/2/2022: Dr. David Wilderman, Wilderman Physical Therapy  
(302) 691-9055; [drdave@wildermanpt.com](mailto:drdave@wildermanpt.com)**

Dr. David A. Wilderman, founder of Wilderman Physical Therapy in Wilmington, DE, has been practicing PT for over 35 years. His specialties include orthopedic rehabilitation with a particular emphasis on neck, spine, shoulder, and knee rehab, as well as sports medicine rehabilitation, neurological rehabilitation, chronic headache relief, TMJ rehabilitation, and wellness/preventative programs. He believes that education, individualized attention, and client input are key in helping his clients alleviate their pain and physical impairments.

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3/9/2022: **Medicare Made Clear: The Basics of Medicare and its Costs.**  
**Yolanda Mohammed, Independent Licensed Health Insurance**  
**Broker for Medicare Beneficiaries**  
**(302) 229-6376; ysm.insurance@gmail.com**

Yolanda has worked within the health insurance industry for over 10 years. She has contracts with various Medicare approved insurance carriers in the state of Delaware.

3/16/2022: **Care Managers: Roles, Services, and Why They are Invaluable Resources**  
**Faith Patterson & Ellen Platt, The Option Group**  
**(410) 667-0266; www.theoptiongroup.net**

The Option Group provides support to individuals and families as they navigate the maze of options for the elderly or persons with disabilities. They advocate for their clients as care managers to oversee all aspects of their health care, financial, and legal needs and ensure each of these is achieved in a reasonable, manageable way. They locate viable resources, create and manage comprehensive care plans, and assist with the endless legwork that comes with managing support services.

3/23/2022: **How Acupuncture Helps Aches and Pains and So Much More!**  
**Tricia Kramer, Point of View Acupuncture**  
**(410) 484-2020; www.pointofviewacupuncture.com**

Tricia is a licensed acupuncturist in Delaware, Maryland, and Pennsylvania. Tricia enjoys working with people of all ages and health challenges. She blends her Five Element and Traditional Chinese Medicine training to help acute and chronic imbalances of the body, mind, and spirit. She additionally has specialized training in two systems that originated in Denmark, that help people with eye disease. Treatment is in the hands and the feet – never in the eyes.

3/30/2022: NO CLASS – SPRING BREAK

4/6/2022: **TO BE DETERMINED**

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**4/13/2022: Long-Term Care Medicaid – What is It and How Do You Qualify?**

**Elle Van Dahlgren, Elle Van Dahlgren Law, LLC  
(302) 407-5009; elle@vandahlgrenlaw.com**

Elle advises clients on matters relating to estate planning, estate and trust administration, probate, and asset protection. In addition, Elle provides counsel on planning for long-term care needs and Medicaid qualification for residents of Delaware. Elle prides herself on working hand in hand with her clients to ensure that they meet the goals of their case while also minimizing stress and ensuring all of her clients understand what is happening in their case.

**4/20/2022: Pennsylvania Elder Law and Federal Social Security Benefits  
Kristin Matthews, Esquire, Kristen Matthews Law  
(484) 874-2987; kmatthews@kmatthewslaw.com**

Kristin is one of approximately 75 certified elder law attorneys in Pennsylvania and one of only 3 with primary offices in Chester County. Her law career has been exclusively devoted to helping clients with estate planning and elder law issues. She works closely with individuals and their families on all aspects of estate and trust planning and administration. Through strategic planning, Kristin helps individuals and families facing the high costs of long-term care to safeguard their lifetime savings.

**4/27/2022: How and Why to Have the Talk of a Lifetime: Funeral Pre-Planning**

**Claire Reynolds, Krienen Griffith Funeral Home  
(302) 994-9614; defuneral@verizon.net**

Claire has been a part of the funeral business her entire life and is a granddaughter of the founders of Krienen-Griffith Funeral Home. Krienen-Griffith is a 104-year-old, family owned and operated funeral home. They serve families who are planning for a loved one's funeral. They also guide families who are interested in preplanning their funeral or the funeral of a family member. Krienen-Griffith

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compassionately works with families to ensure that funeral arrangements are carried out with dignity and respect for the decedent and their family.

5/4/2022: **Senior Living Options**  
**Lynn Paxson, Oasis Senior Advisors**  
**(302) 668-0298; [Lpaxson@youroasisadvisor.com](mailto:Lpaxson@youroasisadvisor.com)**

Lynn is the owner of Oasis Senior Advisors Delaware and a certified senior advisor. As Oasis Senior Living Advisors, Lynn and her team help fulfill a need for assistance with senior living that is currently lacking in our community. They work closely with seniors and their families to help maintain their dignity and quality of life that seniors truly deserve. Her team is trained in all types of senior living such as memory care, assisted living or supportive independent living. She believes in giving back to the community. They are involved in many organizations that help the local community and/or our seniors.

**The Whys and Hows of Home Care – How to Make Your Life Easier!**

**Tina Curcio, Carpe Vita Home Care**  
**302-482-4305; [TCurcio@cvhomecare.com](mailto:TCurcio@cvhomecare.com)**

Tina has worked with CarpeVITA Home Care for the last six years. She is thrilled to represent an agency her friend started ten years ago. It is not a franchise and holds the highest level of licensing serving the state of Delaware and southeastern Pennsylvania. The agency prides itself in providing flexible and compassionate in home non-medical care to our clients with customized care plans designed and supervised by our registered nurses to improve health and quality of life.

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**5/11/2022: Identifying Early Signs of Dementia**  
**Dr. James Ellison, Swank Memory Center**  
**(302) 320-2620;**  
**<https://christianacare.org/services/seniors/swankmemorycare>**

Dr. Ellison is The Swank Foundation Endowed Chair in Memory Care and Geriatrics at the Swank Memory Care Center. He has published articles and books about psychiatry with a focus on geriatric psychiatry. His current research focuses on new medications for the treatment of Alzheimer's disease and lifestyle factors that affect the development of cognitive impairment in later life.

**5/18/2022: Tentative: Mental and Physical Health for Seniors**  
**Dr. Lynsey Brandt, Swank Memory Center**  
**(302) 320-2620;**  
**<https://christianacare.org/services/seniors/swankmemorycare>**