



Surviving Turbulent Financial Times

The Impact of the Market
on the Aging Population

21st Annual Gerontology Workshop

March 6, 2009

University Center Sunnen Lounge

176 Edgar Road

Webster Groves, MO 63119

Webster
UNIVERSITY

Surviving Turbulent Financial Times

21st Annual Gerontology Workshop

Friday, March 6, 2009

8:30 a.m. - 3:00 p.m.

(reception 3:30 - 5:00 p.m.)

University Center Sunnen Lounge

Fee: \$50 (\$25 for students and seniors)

*Fee includes coffee, continental breakfast,
lunch, and reception.*

Webster University's mission is to educate students to be lifelong, independent learners within a global community characterized by economic interdependence, uncertainty, and emerging values. The University is pleased to present its 21st Annual Gerontology Workshop as a part of its commitment to the community and as a way to provide lifelong learning educational opportunities.

If you are wondering how to meet and manage the myriad of financial challenges facing us during these turbulent times, you are not alone.

Americans are feeling the global financial gloom and are tightening their belts amid concerns about a federal deficit exceeding \$1 trillion, layoffs, mortgage foreclosures, and loss of health insurance and, understandably, are anxious about the future. As our leaders attempt to find solutions to the nation's problems, scam artists are wreaking more havoc, particularly on our most vulnerable population.

The 21st Annual Gerontology Workshop at Webster University is designed to address the anxieties and concerns that are being caused by the current economic downturn. Speakers will share their expertise and practical suggestions for coping with these conditions long term.

The workshop is recommended for:

- Any adult concerned about meeting and managing personal financial challenges
- Professionals working with senior clients
- Social Workers
- Community Service Agencies

Each attendee will receive a **Certificate of Completion**.

For more information

For more information about the Webster University Master of Arts in Gerontology program, the Master of Business Administration program with an emphasis in Gerontology, or this workshop, call (314) 968-6970, or e-mail aholtda@webster.edu. Visit our website at www.webster.edu.



Webster University is accredited by The Higher Learning Commission and is a member of the North Central Association. The University admits students without regard to race, sex, sexual orientation, color, creed, age, ethnic or national origin, or non-disqualifying handicap or national/ethnic origin.

Webster
UNIVERSITY

470 East Lockwood Ave.
St. Louis, MO 63119-3194

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21st Annual
Gerontology Workshop
March 6, 2009



Schedule



8:30 - 8:55 a.m.
Continental Breakfast/Registration

8:55 - 9:00 a.m.
Welcome and Introduction to Workshop
Karen Bono, MS Gerontology, Faculty Advisor
Webster University Gerontology Program

9:00 - 9:15 a.m.
Opening Address
Benjamin Ola. Akande, PhD
Akande is the dean of Webster University's School of Business and Technology. Dean Akande holds a PhD in economics from the University of Oklahoma and completed post-doctoral studies at Harvard University's John F. Kennedy School of Government. He is a regular economic commentator for the *Ladue News* and local affiliates of Fox, NBC, CBS, and CNN.

9:15 - 10:00 a.m.
"Navigating Your Finances in a Turbulent World"
Shariq Mansuri, CFA
Shariq is First Vice President, Investments at Merrill Lynch, where he has worked for over 20 years. He holds a BS in Systems Science Engineering as well as an MBA in Finance, both from Washington University. He earned his Chartered Financial Analyst (CFA) designation in 1996. Shariq has been teaching "Investments and Finance" at Webster University for over four years.

10:00 - 10:15 a.m.
Break

10:15 - 10:45 a.m.
"Exploring Housing Options"
Buz Zeman, MSW/LCSW

Buz received his MSW in 1976 from Washington University's George Warren Brown School of Social Work. Since 1993, he has been the Director of Housing Options Provided for the Elderly, helping older adults live with dignity and independence in the housing most appropriate for their circumstances. Buz has been teaching "Management of Programs for Older Adults" at Webster for more than 13 years.

10:45 - 11:15 a.m.
"Scams and Other Methods of Separating Seniors from Their Money"
Don Holt, PhD

Don received his BS, MS, and PhD in Chemical Engineering from Washington University and worked in engineering for 30-plus years before personal experiences with the long-term care industry prompted him to found DH Services, LLC. DH Services is a personal concierge service for individuals needing help managing daily monetary affairs.

11:15 a.m. - 12 Noon
"Avoiding Technology-Driven Identity Theft"
Janet Kourik, PhD

Janet Kourik is an associate professor in the Department of Mathematics and Computer Science at Webster University and teaches courses in computer science and information technology. Prior experience includes over 20 years in the information technology field.

12 Noon - 1:00 p.m.
Lunch and Networking

We invite you to visit a collection of informational tables sponsored by local businesses and organizations catering to older adults.

1:00 - 1:45 p.m.
"Accessing Health Care: Future Options and Costs"
Bill Comfort, CSA, CLTC
Bill Comfort is the owner of Comfort Assurance

Group, LLC, a long-term care specialty insurance agency based in St. Louis. He holds both the Certified Senior Advisor (CSA) and Certified in Long-term Care (CLTC) designations and is a national trainer for both programs.

1:45 - 2:30 p.m.
"Easy Does It in Dis-easy Times: Techniques and Management of Stress for the Individual in Stressful Times"

Nigel Darvell, ACSW/LCSW/CAC
Dr. Darvell is a Psychotherapist who has been in private practice for almost 20 years with Mid-County Physicians, Inc. He specializes in the treatment of stress-related conditions and emotional disorders. He has served on the faculty of several local area colleges and universities and currently is a senior adjunct faculty member in the psychology departments at Mckendree and Fontbonne universities.

2:30 - 3:00 p.m.
"Handling Stress: Maintaining Physical Wellbeing"
Kathleen Swanegan, RN, MEd

Kathleen Swanegan is a registered nurse with a bachelor's degree in social work and a master's degree in education. She has worked for over 30 years in the areas of healthcare, counseling, and community education.

3:00 - 3:05 p.m.
Closing Remarks
Karen Bono

Don't miss the reception—

3:30-5:00 p.m.

University Center Presentation Room

We invite you to join us for a reception (and refreshments) following the workshop. Please indicate on your registration form if you plan to attend.

Registration Form • 21st Annual Gerontology Workshop • March 6, 2009



The workshop fee is \$50 (\$25 for seniors and students). Please return this registration form with your check payable to Webster University to:

Deborah Aholt
Webster University
470 East Lockwood Ave.
St. Louis, MO 63119-3194

Name _____
Address _____
City State Zip _____
Phone _____
E-mail _____

I will attend the Alumni Reception.