

Sibley Senior Association presents

Aging on Your Terms Conference

Saturday, Sept. 30 • Noon to 5 p.m.
Free Zoom Webinar



Join us to learn more about important facets of aging, including:

- How to protect and improve your lung health • The correlation between social connections and health
- How to improve your well-being by downsizing and simplifying your living space • How to start thinking about your final plans



Breathe Better and Live Longer: How to Protect and Improve Your Lung Health as You Age — Air Quality and More with Dr. Panagis Galiatsatos

Panagis Galiatsatos, M.D., M.H.S., is an associate professor at the Johns Hopkins School of Medicine and a physician in the Division of Pulmonary and Critical Care Medicine. He is the co-director of Medicine for the Greater Good, an initiative to teach physicians the science of community engagement and train community health workers and lay health educators.



Our Epidemic of Social Isolation: How Social Connection Impacts Our Health with Mary Louise Pomeroy, Ph.D.

Mary Louise Pomeroy, Ph.D., is an NIH-funded research fellow at the Johns Hopkins School of Nursing. Her overarching research goal is to support aging in place for older adults with limited social connections. Currently, she is examining social isolation as a risk factor for avoidable health care use such as hospitalization and nursing home placement.



The Stuff About Your Stuff Is Not About Your Stuff with Lisa Geraci Rigoni

Lisa Geraci Rigoni is the owner and CDO - Chief Declutter Officer - of The Organizing Mentors (TOM) and has been helping people reclaim their space mentally and physically since 2008. She is a certified senior move manager with the National Association of Senior & Specialty Move Managers.

The Gift of Being Prepared Panel Discussion

Strategic estate and pre-funeral planning provides peace of mind and lightens the burden for your loved ones.



Lindsay Warnes is an estate planning attorney and co-owner of the Willow Legal Group. With over 10 years of legal experience in a variety of fields, she focuses on estate planning because she believes it is important to guide clients through this very important and ever-changing area of law.



Antonia Cummings is a licensed funeral director and preneed specialist for Dignity Memorial Funeral Homes, specifically for Joseph Gawler's Sons. It is her passion to serve families before a loss has occurred, easing the time of loss in the future.

To register, visit smh.memberclicks.net/agingonyourterms9302023, email pnunez3@jhmi.edu or call 202-364-7602 before Sept. 26.



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