

**LESS**  
**MORE**

*Life Enrichment Senior Series*

is

*Making Our Retirement Exceptional!*

*Intellectual ■ Social ■ Emotional ■ Physical ■ Spiritual ■ Vocational*

Today, older adults are looking forward to retirement that may last 30 years or more. The increase in retirement years has created a need for wellness programs designed to improve quality of life by helping older adults stay active and vital. This is the very reason that several area partners have joined forces to bring you the **L**ife **E**nrichment **S**enior **S**eries.

**Intellectual  
Wellness**

**Wednesday, October 10, 2007, 9:30am-12pm: *Helping the Caregiver Understand the Dementia Disease Process.*** Presented by Dr. Geri Hall, PhD, ARNP, CNS, FAAN. Dr. Hall has been working in the dementia field for 30 years at the state and federal level. She will be here to help us better understand the goals of dementia care, for both the person with dementia and their family.

**Social  
Wellness**

**Wednesday, November 28, 2007 2pm: *Looking Back with Walt & Daryl.*** A fun and informative look back at Fort Dodge by Walt Stevens, Messenger Editor Emeritus, and State Senator Daryl Beall.

**Wednesday, December 5, 2007, 2pm: *Sharing the Holiday Spirit.*** Come join us and the St. Edmond Chamber Choir for an afternoon of celebrating and socializing.

**Emotional  
Wellness**

**Wednesday, January 23, 2008, 2pm: *Understanding the Person Behind the Personality.*** Come join Cheryl Clark, Family Life Field Specialist with the ISU extension to have fun discovering your personality and learn how to understand and accept others.

**Wednesday, January 30, 2008, 2pm: *Sleep Disorders.*** Presented by Dawn Byrne, R.EEG T, and supervisor of the Neurodiagnostic/Sleep Disorder Department at TRMC.

**Physical  
Wellness**

**Wednesday, February 27, 2008, 2pm: *Are Those Aches and Pains Actually Arthritis?*** Presented by Dr. Ed DeHaan, Fort Dodge Community Health Center Medical Director.

**Wednesday, March 5, 2008, 2pm: *More Ways To Stay Naturally Healthy!*** Presented by Dr. Kathy Fritchen, Naturopath, RYT.

**Spiritual  
Wellness**

**Wednesday, April 23, 2008, 2pm: *The Power of Prayer.*** Presented by Joan Olson, Coordinator of Fort Dodge Community Bible Study.

**Wednesday, April 30, 2008, 2pm: *Exploring Spirituality.*** Presented by Phil Somsen, Chaplain, Trinity Regional Medical Center.

**Vocational  
Wellness**

**Wednesday, June 4, 2008: *Time & Talents Hobby Fair.*** Finding ways to spend your time in fun and meaningful ways is an important aspect of Vocational Wellness. Come and see how local hobby enthusiasts are doing!

All programs will be held in the Celebration Center on the Friendship Haven Campus. If you have any questions or need directions to our campus, please call 573-6000 or go to [www.friendshiphaven.org](http://www.friendshiphaven.org).



IOWA STATE UNIVERSITY  
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