

POSITIVE AGING

Are you happy with how your senior stage of life is going?

Perhaps you are struggling with:

- **Anxiety about your health**
- **Grief and loss of a loved one**
- **Retirement**
- **Being a caregiver for a loved one**
- **The loss of the freedom of driving**
- **Planning for end of life care**
- **Isolation and Socialization**
- **Retrofitting your house for fall risk and safety**
- **Downsizing**
- **Depression and/or anxiety**
- **Brain fitness**
- **Family conflict**

We are here to help. We provide mental health counseling for you on any of the above issues. **We take Medicare** (for which the copay is only \$13) and several other insurance plans.

Rika Granger, LCSW-C, one of our therapists, specializes in helping seniors tackle emotional discomfort. She is welcoming, reassuring, and focused in her work with her clients.

Call to set up an appointment 301-978-9750.

Retirement is supposed to be relaxing and fun, not depressing and overwhelming.



*One of the best small
charities in the Greater
Washington Area*

*Best Family Therapist,
Readers Pick*



END OF LIFE CARE

Have you planned for how you want to live at the end of your life?

- Have you written it down and shared it with your loved ones?
- If your plan is not written down and shared, then your end of life care will be determined by someone else.
- Do you want to be at home, in assisted living, a hospice setting, or the hospital?
- Who do you want to be making your health care decisions when you are unable to do so? Do you want to provide that person with some guidance?

We are here to help. We provide counseling and guidance with decision making and documentation for your end of life care. Your **Medicare** coverage now provides payment for this service as part the **End of Life Care Act**, passed in 2016.

Rika Granger, LCSW-C, one of our therapists, specializes in helping seniors tackle emotional discomfort, as well as plan for end of life care. She is welcoming, reassuring, and focused in her work with her clients.

Don't wait any longer.

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