

## Why Should I attend this Conference?

If you're over 50, recently retired or contemplating retirement, you are poised to enter a new stage of your life, one that promises to bring significant emotional, physical and financial changes.

The Successful Aging conference will give you the information and tools you need to navigate the road ahead.

Here are just a few questions this conference will help you answer:

- When should I start thinking about retiring?
- Is a retirement an opportunity for a career transition?
- What adjustments do I have to make to maintain my current lifestyle?
- How should I change my investment strategy post-retirement?
- What are my living options in retirement?
- What is a Retirement Community?
- What happens to my Social Security Payment and Medicare if I decide to go "home" to my birth country?
- What steps can I take to make sure I stay healthy?
- What do I need to know about hypertension and diabetes?
- Do I need a Long Term Care Insurance?
- Is there an alternative way of protecting my assets from future medical costs?

In addition, you will have the opportunity to seek advice from experts in health, finance and retirement and above all, network with other South Asians who are in the "same boat" as you.

## Tentative Program

July 22, 2006  
9 am - 4:30 pm

- ❖ Key Note Speaker and discussion on White House Priorities for seniors
- ❖ Government Programs (Social Security, Medicare, State Assistance Programs)

### Lunch

- ❖ Health Issues: Hypertension and Diabetes
- ❖ Long Term Care
- ❖ Networking

July 23, 2006  
9 am - 3:30 pm

- ❖ "Aging Successfully"- A presentation by Dr. Anita Chopra, Director, Center for Aging, UMDNJ
- ❖ Legal (Wills, Trust and Living Will) and Financial (Asset Allocations, Risk Vs Reward) Issues

- ❖ Adjusting to the Life Changes in retirement

### Lunch

- ❖ Housing Options
- ❖ Wrap Up

## How Can I Register?

1. Send a check payable to United Way of Central Jersey at:

United Way of Central Jersey  
Attn: Jagdish Vasudev  
32 Ford Avenue, Milltown, NJ 08850

2. If you want to use a credit card for payment, please call Cynthia Heulitt at 732 247-3727 Extension 16.

If you have any questions about the conference, please contact any of the following individuals:

Jagdish Vasudev at (732) 247 3727 Ext. 32 or  
Email: [jvasudev@uwcj.org](mailto:jvasudev@uwcj.org)

Meena Deshpande at (732) 940 8442 or  
Email: [meenadesh22@yahoo.com](mailto:meenadesh22@yahoo.com)

Vidya or Ashok Sapre at (562) 690-6355 or  
Email: [ashok.sapre@verizon.net](mailto:ashok.sapre@verizon.net)

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We thank you and look forward to seeing you at  
the conference



## *New Americans of New Jersey*

in collaboration with

*My Heritage (Los Angeles) and  
Club 55 (New Jersey)*

Proudly Presents

## **A two day Conference for South Asian American Seniors on “Successful Aging”**

**On July 22 and 23, 2006**

at

Middlesex County Fire Academy  
Sayreville, New Jersey

Fee: \$75 per person, \$125 per couple

**Sponsored by: United Way of Central Jersey  
Co-Sponsored by: Middlesex County Department  
of Aging**

For additional information, please send Email to  
[info@newamericansnj.org](mailto:info@newamericansnj.org) or call (732) 247-3727