



Senior Star Education on aging well huge success

As part of a commitment to provide valuable community education on aging well, Senior Star at Weber Place's Director of Health Services, Anna Walters, is getting out and about in the greater Chicagoland community by sharing her professional knowledge and personal experience through free educational talks for senior adults, adult children and caregivers.

With more than 25 years specializing in the field of geriatrics, Walters continues to tap into her vast experience to educate and support senior adults and their families in aging well. Losing her father to Alzheimer's disease reignited Walters' passion for nursing and dementia care and inspired her to return to a more hands-on role in providing care

for seniors at Senior Star at Weber Place.

While at the senior living community, Walters has spearheaded numerous innovative programs including several caregiver support groups, which have proven successful in helping family members better understand Alzheimer's and dementia. She has an understanding of the disease from both a caregiver and family member role, allowing her a unique perspective in providing empathetic care.

"Anna represents the best of Senior Star's commitment to helping senior adults age well and live purposeful lives," said Tom Johnsrud, executive director at Senior Star at Weber Place. "We are happy to share this powerful knowledge and act as a viable

resource for those adult children and senior adults seeking valuable information on aging issues."

Popular topics have included: "Enhancing Your Memory," "Stress Management" and "What's in Your Toolbox." Additionally, Walters is currently receiving certifications for the topics, "Communicating with a Family in Crisis" and "Understanding Memory Loss." Health professionals who attend these classes will earn one CEU provided by Continuing Education Institute of Illinois in partnership with University of Illinois.

To learn more about Walters' programs, receive a complete list of topics and/or schedule a speaking engagement, contact 815-439-9955. For more information about Senior Star at Weber Place visit the website at www.seniorstar.com.