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CC Young Senior Living to Host Nationally Known Eldercare Expert and Best-selling Author Joy Loverde on Nov. 8, 2023

Author of “The Complete Eldercare Planner” and “Who Will Take Care of Me When I’m Old?” to speak at two sessions

DALLAS (Oct. 26, 2023) – As baby boomers age, a crisis is brewing for senior living options to accommodate their future care and living needs. Many seniors and their families will be ill-equipped both financially and from an availability standpoint with many senior living facilities experiencing a two- and three-year wait list. On the heels of the recent launch of the fourth edition of “**The Complete Eldercare Planner**,” best-selling author and aging expert [Joy Loverde](#) will be in Dallas for two events at CC Young Senior Living to provide a candid perspective and realistic planning tools for seniors and adult children. The two sessions will be held in The Point Auditorium on the CC Young campus on Wednesday, Nov. 8, “**Aging Solo: Who Will Take Care of Me When I’m Old**” and “**Helping Older Parents When They Refuse Help**” at 11:30 a.m. and 6 p.m., respectively, are open to the public. Seating is limited.

“By the year 2034, the U.S. Census projects that the number of older adults will outnumber children for the first time in our history,” said CC Young Senior Living President and Chief Executive Officer Russell Crews. “Older adults and families need to make a care plan now and understand the different options while they have them. With the finite number of independent, assisted, and skilled nursing options available, we are reaching a critical juncture for the senior population.”

Learning the keys to successful aging is as important for older adults as it is for their adult children. During these sessions, Joy will share insights and strategies for planning for oneself if aging solo and how to talk with aging parents about their futures.

“I am often asked why planning for the future is seemingly so difficult. Having spent decades deep in the trenches with elders, solo agers, and adult children has provided me with many insights into why people do not actively plan ahead,” said Author Joy Loverde. “They often feel overwhelmed with the thought of planning and have an over-abundance of available information. People also grossly underestimate the expense and challenges of aging in place at home or make assumptions and bank on unrealistic expectations that their spouse, adult children or other loved ones will step up as caregivers not fully understanding what that could entail. I am happy to be in Dallas to help seniors, their family members and caregivers avoid key pitfalls.”

Loverde’s first workshop at 11:30 a.m. will target seniors, and attendees will learn seven things they need to know about aging solo.

The second workshop at 6 p.m. will be a closed session for adult children and caretakers of aging seniors, and attendees will learn how to help older parents when they refuse help. Adult children can’t do it all, but they can make a plan, let go of the guilt, and communicate with them.

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Guests of both sessions will receive signed copies of Loverde's books. To register for the events, visit ccyoung.org/events. Seating is limited.

To learn more about Joy Loverde, visit her website at www.elderindustry.com.

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About CC Young Senior Living

For more than 100 years, CC Young has been serving senior adults. The community is nestled in the heart of East Dallas on a lush 20-acre campus across from White Rock Lake. CC Young is a forward-thinking, nonprofit Continuing Care Retirement Community with a long history of excellence. Known for stellar services, CC Young holds a 5-Star overall Quality Rating from the Centers of Medicare Services in skilled nursing care, home health, and hospice. CC Young provides opportunities for Independent Living, Assisted Living, Memory Support, Long-Term Care, Respite Care, Short-Term Rehabilitation, Aquatics and Outpatient Therapy, and Hospice General Inpatient services. The Community Services Program offers Home Healthcare, Hospice and Palliative Care, and Private Duty Care on- and off-campus. Its services are licensed in 13 counties throughout North Texas. The Vista's opening in 2020 launched a new era of healthcare for residents and surrounding community members. Coming later, The Terraces will be the newest Independent Living residence featuring views of White Rock Lake. Additionally, The Point & Pavilion, located in the heart of the campus, offers creative, educational, recreational, fitness and spiritual opportunities for residents and the public. To schedule a tour or learn more, call 214-258-4000 or visit ccyoung.org.