



lcius.com

[About Us](#)

[Lifecare Management](#)

[Guardianship](#)

[Property Solutions](#)

[Life Care Plans](#)

[Litigation Support](#)

[Education](#)

[Contact Us](#)

[LinkedIn](#)

[Facebook](#)

[Twitter](#)

Mark Your Calendars

Date: 2/7/18

Topic: The Secrets They Keep: The Innermost Fears, Facts and Feelings Seniors Don't Share and How to Address Them

Sponsor: [Belmont Village Buffalo Grove](#)

Location/Time: Belmont Village Buffalo Grove, 500 McHenry Road., Buffalo Grove, IL / 8:30-10:00 AM

Contact/Registration: email contactus@lcius.com
[Flyer](#)

Date: 2/8/18

Topic: Informal Caregiving: The Real Costs, Risks and Considerations

Sponsor: [Brookdale Burr Ridge](#)

Location/Time: Brookdale Burr Ridge, 6801 High Grove Blvd., Burr Ridge, IL / 5:30-7:00 PM

Contact/Registration: email contactus@lcius.com

Date: 3/7/18

Topic: The Dysfunctional Family: Providing Care in the Midst of Drama

Sponsor: [Senior Living Experts](#)

Location/Time: Atria, 95 Carleton Ave., Glen Ellyn, IL / 5:30-6:30 PM

Contact/Registration: email contactus@lcius.com

Date: 3/13/18

Topic: The Senior Experience: What We Think it is, What it Really is, and How We Can Make it Better

Sponsor: [Villa St. Benedict](#)

Location/Time: Villa St. Benedict, 5450 Subiaco Dr., Lisle, IL / 5:00-6:30 PM

Contact/Registration: email contactus@lcius.com

©Lifecare Innovations, Inc

Very Old and Very Healthy: The Characteristics and Habits that Seem to Drive Longevity

People are living quite a bit longer than they used to, and





both scientists and laypeople have taken an interest in identifying the key factors driving this trend. Above and beyond improvements in medical treatment, it is widely believed that certain life habits, personal characteristics and genetic traits may combine to increase one's chances of living a long and healthy life.



As we encourage our aging clients to take an active role in maintaining their health and functionality, it may be helpful to equip them (and ourselves) with specific ideas and actions that just might pave the way to a longer - and, importantly, *healthier* - final chapter.

Drawing on the research and collected insights of several resources, here is a partial list of ingredients that could conspire to create a 100+ year life:

[Continue Reading](#)

©Lifecare Innovations, Inc

Games People Play: When Virtual Reality Crosses Paths With Mental Illness

Shay Jacobson, RN, MA, NMG, LNCC, CNLCP
Martha Kern



Katrina was living in an alternate world.

There, in an online fantasy game environment, she was powerful. She had control over her own life and those of others. Success in this world was fully achievable for her, and it felt so good to win.

In this alternate world, Katrina was not mentally ill or depressed, and there was a legitimate use for her aggressive tendencies. Where the real world failed her and offered so much disappointment, this world presented the illusion of friendship and the delicious thrill of self-determination.

The fantasy world became Katrina's everything. But it was expensive, and she was threatening her real-world parents if they didn't give her the money to play, all day and all night. Like the virtual enemies in the game, Katrina's parents were the objects of her wrath, and it was a dangerous proposition for them.



In the real world, Katrina's obsession with the game was not a game at all. [Continue Reading](#)

©Lifecare Innovations, Inc

IICLE Elder Law Short Course Announcement

The IICLE Elder Law Short Course will be held in October this year rather than the more customary late November/early December time period. Because the national NAELA Conference will be held in Chicago in November, 2018, IICLE scheduled the Elder Law Short Course on **Monday, October 8 and Tuesday, October 9, 2018.**



The conference will be held at the Hilton Lisle/Naperville at 3003 Corporate West Drive, Lisle, Illinois.

Sincerely,

Martha Kern, Chief Marketing Officer

Corporate Office
8330 S. Madison St.
Suite 90
Burr Ridge, IL 60527

North Shore Office
100 S. Saunders Rd.
Suite 150
Lake Forest, IL 60045



www.lcius.com
contactus@lcius.com