



ST. MARY'S COUNTY GOVERNMENT
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NEWS RELEASE *for Immediate Release*

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Registration Opens for the 2026 Keys to Senior Independence Series

LEONARDTOWN, MD – St. Mary's County Government's Department of Aging & Human Services (DAHS) is pleased to announce this year's *Keys to Senior Independence* series.

Planning for the future can feel daunting, but with helpful information and expert guidance, you can feel more confident about the choices ahead. Have questions about managing your finances as you age? Looking for strategies to stay resilient and adapt to life's changes? Are you concerned about protecting your assets and ensuring your wishes are respected? Whether you are planning for yourself, supporting aging parents, or approaching retirement, this educational series will cover ways to protect autonomy and quality of life.

The *Keys to Senior Independence* series will be held on **Thursdays, March 26, April 9, and April 16, 2026, from 6 – 8 p.m.**, at the College of Southern Maryland in Leonardtown (Building C, Room 206). This year's presentation topics are:

Financial Planning *(Thursday, March 26)*

Financial advisor, Jeff Linger, of Edward Jones, will help you learn how to make the most of your money as you age.

Mindset for Healthy Aging *(Thursday, April 9)*

Dr. Trish Davis, a gerontologist at St. Mary's College of Maryland, will share practical strategies to support your mental well-being, manage stress, and stay resilient through life's transitions.

Legal Preparedness *(Thursday, April 16)*

Representatives from the St. Mary's County Bar Association will cover key legal tools – wills, trusts, advance healthcare directives, and more- to safeguard your independence.

Sign up for one session or all three! Certificates of completion will be awarded to those who complete all three sessions. For more information, or to register, please contact Nicoletta Pollice, DAHS Community Programs & Outreach Manager, at (301) 475-4200, ext. 1074, or via email to Nicoletta.Pollice@stmaryscountymd.gov.

For more information on DAHS, please visit: www.stmaryscountymd.gov/Aging or follow DAHS on social media at: www.Facebook.com/SMCDAHS

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