

2019 Member Information Series

No MCLE credits here, just some great information for you, our members.

Fee for each presentation:

- \$15 for CCCBA members
- \$20 for non-members

Register online at www.cccba.org/attorney/calendar or contact Anne K. Wolf at (925) 370-2540 or awolf@cccba.org.

2. Student Loan Debt Repayment Strategies

Thursday, July 11 | 6:00 pm - 7:30 pm | CCCBA Bldg. Conference Rm., 2300 Clayton Rd., First Floor, Concord | Dinner included

Student Debt Now: What do I do?
Student Debt Soon: How to make it a good idea!
Consolidation? Forgiveness? Refinance?

Come learn strategies around:

- What repayment program is right for me?
- Purchase a home or attack the debt?
- The impact of skipping retirement contributions
- What are the most efficient ways to save money for the future?

Presented by:

Jimmy Diehl, MBA, CFBS®, RICP®, AIF®
The Furstner Group
T 925.979.2308
www.furstnergroup.com



4. The A, B, C's and D of Turning 65

Wednesday, July 31 | Noon - 1:30 pm | CCCBA Bldg. Conference Rm., 2300 Clayton Rd., First Floor, Concord | Lunch included

Get familiar with the alphabet soup of turning 65 and how to plan for the transition to Medicare and a Medicare supplement. Key points include Medicare Part A and B, eligibility for a Medicare supplement, types of supplements, prescription drug plans, timelines, open-enrollment, travel limitations, options for spouses under age 65 and tips related to transitioning. Examples will show options for remaining on a company-provided insurance plan or moving to Medicare and a supplement.

Presented by:

Colleen Callahan CLU, CASL, LUTCF
Colleen Callahan Insurance Services
101 Gregory Lane, Suite 32
Pleasant Hill, CA 94523
T 925.363.5433
www.callahaninsurance.com



1. Maximizing Your Social Security Benefits

Wednesday, June 26 | Noon - 1:30 pm | CCCBA Bldg. Conference Rm., 2300 Clayton Rd., First Floor, Concord | Lunch included

Most of us are paying into Social Security but know little about how to utilize our benefits, which can be worth over \$1 million for a couple retiring today. The most commonly used strategy of starting benefits at age 62 may not be optimal. Yet, misperceptions about the program often lead people to make that choice.

Learn to avoid mistakes, to maximize your benefits and optimize your timing. Find out about the three streams of Social Security benefits.

Presented by:

Michelle Soto, CFP®, CDFIA™
T 415.781.8535
www.BOSINVEST.com



3. Navigating Life Transitions with a Care Manager

Tuesday, July 16 | Noon - 1:30 pm | CCCBA Bldg. Conference Rm., 2300 Clayton Rd., First Floor, Concord | Lunch included

Are you currently overwhelmed with or just looking ahead to life transitions? Working with a Care Manager might be right for you and your family. With a Care Manager, you remain the captain of the ship...and every good captain needs a skilled navigator or coach. Aging Life Care Managers act as family coaches and navigators to help older adults and their families get the best care. In this program you will come to understand how Care Managers can allow you to have the life you've envisioned as things change on your aging journey and how you can help your family members do the same.

Presented by:

Linda Fodrini-Johnson, MA, MFT, CMC
Eldercare Services
1808 Tice Valley Blvd.,
Walnut Creek, CA 94595
T 866.760.1808



5. Applied Mindfulness and Meditation for Legal Professionals

Tuesday, August 13 | 12:30 pm - 2:00 pm | CCCBA Bldg. Conference Rm., 2300 Clayton Rd., First Floor, Concord | Lunch included

Is your mind constantly going at 150 mph? Do you find yourself wasting precious time on thinking about the past or worrying about the future? Do you struggle to keep your attention on a task? Are you always multitasking, unable to focus? Is stress or anxiety keeping you from doing your best work? Mindfulness and meditation practice is the key to increasing focus and productivity! In this interactive workshop, you'll learn:

- Tools for stress and anxiety management
- Understanding the stress response
- Methods to decrease distraction and increase productivity
- Mindfulness practices you can use everyday
- Increasing awareness and noticing when you're distracted

Presented by:

Jeena Cho, Lawyer, Author,
Mindfulness Instructor

