

# Work/Life Seminars for the LMA Community

Fall 2009

## EVERYTHING YOU EVER WANTED TO KNOW ABOUT FINDING AND HIRING A NANNY

**Thursday, October 1 @ 12-1:30PM**

Shapiro Breakout Room, Shapiro Conference Center, BWH  
70 Francis Street, Boston

*Marsha Epstein, President and Founder  
American Nanny Company*

This workshop will provide strategies for finding the right nanny for your family. You will receive valuable tips for successfully negotiating the complicated and emotional process of hiring a nanny, and receive handouts on everything from interviewing, reference checking and performance evaluation. The *American Nanny Company* is Harvard's preferred vendor, and if you are a Harvard employee or affiliate, you can receive a discount on placement fees.

*Co-sponsored with the Office for Women's Careers, BWH*

### Register for this seminar:

<http://www.brighamandwomens.org/view/EventDetails.aspx?eventID=42607>

## FINANCIAL AND LEGAL ASPECTS OF ELDERCARE

**Wednesday, October 14 @ 12-1:30 PM**

Minot Room, 5th Floor, Countway Library  
10 Shattuck Street, Boston

*Jody Gastfriend, Director  
Eldercare Services, Parents in a Pinch*

Financial and legal issues are at the core of many aspects of helping an aging family member. One of the first things families must do to proactively plan for the care of an elder is to determine how to pay for the care. To more effectively address the often thorny issues of money, long term care options, and end of life preferences, adult children should understand how the various payer sources and insurance programs work. Learn about the cost of different levels of care and the distinctions between Medicaid, Medicare, long term care insurance, and other funding sources. Planning ahead for the legal and financial needs of your aging family members can avert a crisis and allow for more options when care is needed.

## MANAGING YOUR DEBT

**Monday, November 16 @ 12-1:30 PM**

Minot Room, 5th Floor  
Countway Library  
10 Shattuck Street, Boston

*Matthew Paradise, Community Outreach  
Coordinator, American Consumer Credit Counseling*

At this seminar you will learn how to better manage your debt and understand the credit process to become more focused and in control of your finances. Topics to be discussed include: Basic Budgeting; Credit Reports: the importance of a positive credit file, understanding your credit report and how to dispute credit reporting errors; Credit: pre-approved applications, how to improve your FICO score, the danger signals of pending financial problems, rebuilding your credit history, and debt management programs.

## BUYING YOUR FIRST HOME TIPS TO ASSIST YOU WITH THIS PROCESS

**Thursday, November 5 @ 12-1:30PM**

Room 227, Tosteson Medical Education Center (TMEC)  
260 Longwood Avenue, Boston  
or

**Thursday, December 3 @ 12-1:30 PM**

Waterhouse Faculty Room, 1st Floor  
Gordon Hall  
25 Shattuck Street, Boston

Do you want to buy a house or condo but aren't sure where to begin? Come to this free seminar for first-time home buyers and see how easy it can be. The seminar will explain the home buying process and teach you how to navigate the rough and tumble world of local real estate markets.

- Learn how to research communities, assess your price range, and shop for a mortgage
- Understand the differences between buyer and seller agents
- Discover the tax advantages of home ownership
- Find out how to make an offer and learn what you need to know before you close on your first home or condominium

The home-buying seminars are led by Susan Keller, Harvard's Assistant Director of Faculty Real Estate Services and Special Projects, and representatives from Coldwell Banker Residential Brokerage Relocation Services and Harvard's Preferred Mortgage Companies.

These seminars are sponsored by the  
Harvard Medical Center Office of Work and Family

FEEL FREE TO BRING YOUR LUNCH

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