

## **Advance Planning**

### *Topics and Speakers*

#### *Moderator*

Sandra M. Caffo, LCSW/MFT  
Director of Operations  
UPMC Employee Assistance Program

#### *Advance What?*

David A. Nace, MD  
Assistant Professor of Medicine  
Director, Long-Term Care  
Division of Geriatric Medicine, University of Pittsburgh Institute on Aging  
University of Pittsburgh Institute on Aging  
Medical Director, UPMC Senior Communities and Asbury Heights

#### *Beginning the Conversation*

Mary Ann Kascsak, LSW  
Geriatric Social Worker  
UPMC Senior Care – Shadyside

#### *Lifestyle Downsizing*

Kitty Collins  
Director of Marketing  
and Independent Living Operations  
UPMC Senior Communities

#### *How UPMC WorkLife Can Help*

Richard Citrin, PhD, MBA  
Vice-President  
UPMC WorkLife Program