

AGENDA
Region VII Health & Learning Day
Bismarck Senior Center ~ Tuesday, May 3, 2016
(Schedule Subject to Change)

8:30 am—12:15 pm EXHIBITS OPEN ~ Recreation Room & Dining Room

Visit exhibitors to learn about programs and services available to older adults in the community. Exhibitors as of 4/13/16 include:

Gateway Health Mart Pharmacy

Cholesterol Screenings: Total Lipid Panel (fast 8-10 hours) \$20 // Total Cholesterol & HGDL (non-fast) \$12

FREE SERVICES: Medication Review, Blood Sugar Screening, Bone Density Heel Screening

<p>AARP North Dakota Alzheimer's Association Bismarck Cancer Center Bismarck Parks & Recreation District Burleigh County Housing Authority Burleigh County Senior Adults Program CHI-St. Alexius Health CHI-St. Alexius Living Grand Program Community Options Dakota Center for Independent Living Dakota Travel Nurse Home Care</p>	<p>Eastgate & Parkway Funeral Services Edgewood Vista Good Samaritan Society Great Plains Rehabilitation Services Guardian & Protective Services Harlows Trailways HealthSource of Bismarck Legal Services of ND Lutheran Social Services of ND Senior Companions Marsy's Law for ND Meadowlands 55+ Community Missouri Valley Family YMCA</p>	<p>ND Division of Vocational Rehab- Vision Rehab Services ND Insurance Department ND Resource Center for the Deaf & Hard of Hearing ND Senior Medicare Patrol Northland PACE Professional Insurance Services Sanford Home Care ServeYES! St. Gabriel's Community Touchmark on West Century UND Center for Family Medicine West Central Aging Services</p>
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9:00 am—12:00 pm CLASSES

SOUTH CONFERENCE ROOM

- 9:00 am Retiring on a Fixed Income, Josh Askvig*
Many people are on fixed incomes relying on Social Security for the majority of their retirement income. How can you manage your money in retirement to maximize your savings, even if you're on a fixed income? This class will help you make informed decisions about Social Security and other potential sources of income.
- 10:00 am Senior Moments: A Look at What Research is Saying about Staying Social as We Age, Sally King*
Join Sally King, a licensed clinical social worker and nationally recognized speaker and trainer, as she discusses the importance of staying active, having strong social support and self-determination in effecting change as we age. (This web-based interactive class is part of the Senior Learning Network and is sponsored by AARP ND.)

LIBRARY

- 9:15 am *Protect Yourself from Scams & Financial Exploitation, Tonya Hetzler & Ali Wenger*
Financial exploitation and scams are a fast-growing form of abuse of older adults. Attend this class to learn about this growing problem and how to protect yourself.
- 10:30 am *5 Easy DON'Ts to Avoid Investment Scams, Lauren Strinden*
Every year investors just like you lose hundreds of millions of dollars to investment fraud. Con artists can prey on anyone! Attend this class to learn five easy DON'Ts to help prevent you from becoming a victim of investment fraud.

DAKOTA ROOM

- 9:30 am *Anyone Can Draw, Rod Barth*
Wish you could draw? Anyone can learn! Attend this class to learn some basics and with a little time and effort, you will be drawing!
- 10:45 am *Do Your Brain a Favor...Just Color! Rod Barth*
Adult coloring is a simple way to relax for a few minutes...or an hour! The process of creating art work will reduce anxiety and increase self-esteem as well as provide many other mental health benefits. Come in and relax!

MISSOURI ROOM:

- 10:00 am *The ND Dementia Care Services Program Presents: The Basics & Beyond, Nikki Wegner*
The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This class will discuss the common myths and review current facts and figures. (This project is supported by funding through the ND Department of Human Services, Aging Services Division.)
- 11:00 am *Navigating the Healthcare System, Rebecca LaFavor*
The healthcare system has become increasingly complex and difficult. Attend this class for helpful hints on how to communicate with your healthcare provider and how to navigate through it all!

11:45 am—12:30 pm BOX LUNCH ~ Dining Room

Pick up your box lunch and eat at your leisure any time from 11:45 am—12:30 pm. Lunch reservations are required (and can be made by calling 258-9276 no later than May 2, 2015). Cost of lunch is \$7.50 for those under 60. If you are 60+, the suggested donation for lunch is \$3.75.

12:00 pm

ENTERTAINMENT ~ Dining Room

Enjoy the music of Barton Sayler while eating lunch!

12:30 pm

WELCOME ~ Dining Room

Renee Kipp, Master of Ceremonies

KEYNOTE ADDRESS ~ “The Gift of Gratitude,” Ella Dorner

Entering the tenth grade, Ella suffered a traumatic brain injury and forgot her life. She had to re-learn everything from her ABC’s to how to recognize her own family. Every morning when she woke, she saw a note taped to her wall that said, “The blonde woman is your mother and she loves you very much.” Ella’s story of never taking the little things for granted is as heart-wrenching as it is inspiring...encouraging us to be more appreciate of life and the world around us each and every day.

WRAP-UP/DOOR PRIZES (Must be present to win!)

**THE DINING ROOM COFFEE BAR WILL BE OPEN FROM
8:00 AM TO 2:00 PM.**

COFFEE: FREE WILL DONATION

CARAMEL ROLLS: \$1.00 EACH

FRUIT CUPS: \$2.00 EACH

OTHER BEVERAGES & SNACKS ARE ALSO AVAILABLE!!!