

Workshops 8:45 - 9:25

Advanced Directives

Room 1

Justin V. Bartos III, M.D.
North Hills Hospital



If you were ill or injured and unable to speak for yourself, who will determine which treatments you receive? Who will speak for you? Advanced Directives are legal documents that allow you to spell out your decisions ahead of time. They provide a way to communicate your wishes and avoid confusion and difficult decisions.

Empowering Seniors for Employment

Room 2

Leslie Thompson
Fort Worth Marketing Team



Leslie is the Employment/Education Director for Community Enrichment Center. In her position she assists seniors in obtaining their educational and career goals. Through humor, motivation, and inspiration, participants at the workshop will gain valuable knowledge in regards to applying and getting a job and moving forward in a career.

Accessing Services in Tarrant County

Room 3

Ashley Perry
Director of Intake & Access for
MHMR Tarrant IDD Authority



MHMR provides information and referral services to people with Intellectual and Developmental Disabilities (IDD) and their families and works closely with the Aging and Disability Resource Center to do the same for our older residents and their families. We explain options and benefits, determine if people meet criteria for services and provide direct services. MHMR and the ADRC are committed to providing support and information to people and their families. The service system is complex and sometimes confusing – and we are here to help.

Workshops 9:45 - 10:25

Senior Moments or Something More?

Room 1

Jaime Cobb, CDP
James L. West Alzheimer's Center



Every 68 seconds someone develops Alzheimer's disease. By 2050, someone will develop the disease every 33 seconds. With this staggering projection, James L. West Alzheimer's Center is raising awareness and answering questions that all generations are asking.

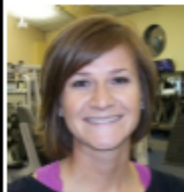
This workshop will cover:

- The importance of an early and proper diagnosis
- A better understanding of Alzheimer's disease and dementia
- The difference between normal and abnormal aging
- Ways that have been clinically shown to help reduce your risk

Better Balance - Stronger Seniors

Room 2

Sandra Angell, BS, CPFT
Group Exercise Coordinator
Texas Health HEB



Crystal Allan
Fitness Specialist

Come test your balance with proven exercises that are safe, effective, as well as fun! Fitness Specialists Sandy Angell and Crystal Allan from Texas Health Fitness Center HEB will discuss exercise principles and then lead you through a balance focused skill session all the way from Warm Up to Cool Down. You may be a participant or observe in this workshop.

Workshops 10:45 - 11:25

Health & Wellness for Seniors

Room 1

Saira Jamal, M.D.
Baylor Family Medical Center
at Grapevine

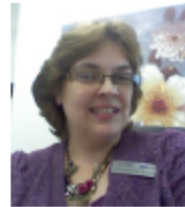


Discussion on various aspects of a healthy lifestyle for seniors. You will learn about important health screenings and how to translate your results as well as proper diet and exercise plans.

Medicare and You: Empowering Your Choice!

Room 2

Stephanie Perez
Benefits Counseling Program
Manager, Area Agency on Aging



Carol Ray
AAA Certified Benefits Counselor

An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral and unbiased source on how healthcare reform will affect Medicare beneficiaries.

What you need to know about Medicare basics, how you can sign up, and what trusted resources are available to learn more about Medicare.

Recognizing the Signs of Alzheimer's Disease

Room 3

Dr. Lesca Hadley M.D.
Director of Geriatric Fellowship
JPS Health Network

What is Alzheimer's?

- Disease of old age?
- Forgetting what you are about to say?
- Noticing how your loved one cannot complete simple tasks or dealing with a failing sense of direction?

Don't miss this workshop to recognize the signs of the disease, treatment trends, and the impact on caregivers.