



WORKSHOP SESSION 1 9:30 - 10:10

Room 2

Fit Start: Exercise for ALL Levels

Gerald Campbell, Instructor
Hurst Senior Activities Center

Known as the Guru of Fitness, Gerald Campbell brings over 50 years of personal training and fitness experience in low-impact exercise drills that are fun. Today you're going to learn some simple exercises that can help you be healthier, stronger and feel better.

Room 3

Medicare 2016 Tips and Updates

Jamie Harwell, MSW, Community Living Program Manager
Area Agency on Aging of Tarrant County

An educational presentation on recent and upcoming Medicare changes. Learn how healthcare reform will affect Medicare beneficiaries. What you need to know about Medicare basics, how you can sign up, and what resources are available to learn more about Medicare.



WORKSHOP SESSION 2 10:30 - 11:10

Room 2

The Basics of Memory Loss, Dementia and Alzheimer's

Shelly Young, MS, Program Manager
Alzheimer's Association - North Central Texas Chapter

This session will address how to know when memory loss is simply benign forgetfulness or a symptom of something more serious. This session will provide an overview of the symptoms of Alzheimer's, related dementias, diagnosis and treatments.

Room 3

Elder Fraud - What is it? Who are the victims? Who are the suspects? What now?

Investigator Greg McNeese, Tarrant County Criminal
District Attorney White Collar/Public Integrity Unit

Participate in a brief presentation on how to recognize signs of financial exploitation, such as investment fraud, home repair fraud, sweetheart swindles, and more. Followed by a brief question and answer session.



WORKSHOP 3 11:30 - 12:10

Room 2

Your Home... Your Choice

LEGENDS770KAAM
Music you "love." Press you "hear."

John Cowan, SFR, SRES, and Dan Bourland, e-Pro, SRES,
Realtors, Ultra Realty of Texas

Senior Real Estate Specialists who are regulars on Legends770 KAAM Radio with an hour talk show, John Cowan and Dan Bourland, will discuss the multiple options you have when it comes to the following:

- You want to stay in your home but may need financial options such as refinancing, reverse mortgage, or home equity loans as well as how to deal with physical changes to the home that may need to be done.
- Move by right-sizing your housing needs whether in town, across the country and considerations for senior housing, new construction, etc.
- Finance options to purchase a home including the new reverse mortgage as a purchase option in Texas.
- How to prepare your home for sale and how to deal with the options for getting rid of your 'stuff' including estate sales and more.

Room 3

Understanding Medicare

care@care
Insurance Company, Inc.

Renee Shannon, Benefits Consultant
Care N' Care Insurance Company, Inc.

Whether you have been on Medicare for a while or just now coming into Medicare, it can be very confusing.

This presentation will help you understand what:

- Original Medicare (Part A & B)
- Traditional Medicare (Part A & B with a Medicare Supplement & Part D)
- Medicare Advantage Plans (Part C)
- Prescription Drug Coverage (Part D)

What all the parts are, how they work, what they cover and what they don't cover. When you become eligible and when you need to apply without getting penalized. How Medicare works if you are still working. We will break it down, so it is easier to understand and not so confusing!

WORKSHOP 4 12:30 - 1:10



Room 2

The IRS & Your Social Security Benefits

Joni Balumet, Staff Attorney
Legal Aid of NW Texas

An overview of events that can make your Social Security benefits taxable and how to prevent an IRS levy.

Room 3

Are We There Yet?

Leigh Lyons, Director of Communications
Grapevine Convention & Visitors Bureau

As the weather gets cooler, we're all looking for ideas on how to enjoy the season. This session will focus on tips and suggestions for discovering fun things to do throughout North Texas.



ASK THE DOCTOR / PROVIDER PANEL



Ask The Doctor/ Provider

Room 1

Ask the Doctor/Provider Panel

3 Sessions at: 9:30 a.m. to 10:30 a.m.
 11:00 a.m. to 12:00 p.m.
 12:30 p.m. to 1:30 p.m.

A panel of physicians and providers address your questions covering specialties in:

Oncology
Cardiology
Neurology
Family Medicine
and many more...

The "Ask the Doctor/Provider" workshop room is located in the Green Expo Area in Workshop Room 1. Once you enter the room, take a question card to write any questions you may have. Please raise your hand and a staff member will pick up your question card for the session.

A special thank you to our doctors and providers from the hospitals below for providing this workshop for our caregivers, boomers and seniors. We would also like to thank Vinny Taneja, Director of Public Health, for serving as moderator today. What a great service to the community!



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 Harris Methodist Hospital
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