

EXCELLENCE IN AGING



EDUCATE. EQUIP. EMPOWER.

This free conference is designed to educate, equip and empower older adults and people who care about them with resources available in the community and tools to make informed decisions.

BREAKOUT SESSIONS INCLUDE:

- Rise Up Against Falls
- It's a Matter of Wishes—A Conversation on Power of Attorney, Advanced Directives and Five Wishes Document
- Memory and Aging: Assessment and Management
- Seeing Around Corners and How to Prepare for the Unexpected
- Moving a Lifetime
- Scams Against Seniors—How to Protect Yourself and What You Need to Know About Adult Protective Services

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HealthSystem
North Shore Senior Center
North Shore Village
Village of Glenview
Senior Services*

SATURDAY, APRIL 6, 2019

8:30 am—Check-in

9 am–Noon—Break-out Sessions

Park Center, The East Wing

2400 Chestnut Avenue, Glenview, IL

REGISTRATION REQUIRED. RESERVE YOUR SPOT TODAY!

<https://conta.cc/2Cbz758>

Free

9–9:50 AM

CHOOSE ONE SESSION FROM THIS COLUMN

RISE UP AGAINST FALLS

Come join us for an interactive presentation and collaboration on real life situations and strategies to prevent falls, community resources available, and exercise recommendations to help you stay active and independent for life!

**Karen AwerKamp, and
Timothy Kosiba,**

*Physical Therapists,
NorthShore University HealthSystem*

—OR—

**IT'S A MATTER OF WISHES...
A CONVERSATION ON POWER
OF ATTORNEY, ADVANCED
DIRECTIVES AND FIVE WISHES
DOCUMENT**

One of the most valuable gifts that we can share with ourselves and our loved ones is clear communication of what is most important to us.

Jill Revivo, LCSW
*Geriatric Care Manager,
Your Eldercare Consultants*

10–10:50 AM

CHOOSE ONE SESSION FROM THIS COLUMN

**MEMORY AND AGING:
ASSESSMENT AND
MANAGEMENT**

Dr. Ramati will present on normal aging and memory and discuss the differentiation between mild cognitive impairment and dementia. This presentation will highlight early risk factors for memory decline, early detection and assessment of memory decline, as well as strategies for management including memory training and healthy lifestyle choices.

Alona Ramati, PhD,
*Neuropsychologist,
NorthShore University HealthSystem*

—OR—

**SEEING AROUND CORNERS—
AND HOW TO PREPARE FOR THE
UNEXPECTED**

You've probably seen the roadside mirrors set up on blind curves so you don't get flattened by oncoming trucks. As we and our family members age, it can sometimes feel like we keep getting hit by one unexpected event after another. Wouldn't it be helpful if you had a way to anticipate what's coming in order to have the right safety precautions in place? This workshop will be the start of creating strategies to foresee what's coming next.

Rev. Dale Susan Edmonds
Talk-Early-Talk-Often.com

11–11:50 AM

CHOOSE ONE SESSION FROM THIS COLUMN

MOVING A LIFETIME

Moving a home of 20, 30, or 40+ years is a large undertaking and a major life event. You may be thinking: "Where do I begin?" Gloria Bersani will discuss the importance of having a moving plan. Right-sizing with a plan can honor the past while embracing the future.

Gloria Bersani
*Director,
My Solutions*

—OR—

**SCAMS AGAINST SENIORS-
HOW TO PROTECT YOURSELF
AND WHAT YOU NEED
TO KNOW ABOUT ADULT
PROTECTIVE SERVICES**

Identify current patterns of crimes being committed against seniors and how to protect yourself from becoming a victim. Learn about what to do if you become a victim of a scam and what community resources are available to assist. Learn about the Adult Protective Services program and how you can get assistance or request assistance for those that you know.

Officer Joel Detloff
*Community Relations,
Glenview Police Department*
Holly Lichtman, LCSW
*Adult Protective Services
Department Supervisor,
North Shore Senior Center*