

Senior Day

AT CROSSINGS (55+)



FRIDAY, MAY 10 // 8AM-4:45PM
CROSSINGS COMMUNITY CHURCH // COST: \$12
(14600 N Portland Ave, OKC 73134)

If you are over 55, or a caregiver for a senior adult, then *Senior Day at Crossings Community Church* (formerly known as *4th Quarter*) is the event for you! This event addresses the important issues senior adults face on a daily basis. *Senior Day* is designed for those living in the OKC area who are interested in diving deeper into specific issues—through five sessions and lunch (which is included with your \$12 registration). Select breakout sessions on reverse side.

This year's keynote speaker is Berry Tramel, Sports Editor for *The Oklahoman*—recently inducted into the *Oklahoma Journalism Hall of Fame*. Come hear the wit and wisdom of this award-winning writer.

Sign up today at table near Next Steps in the Atrium, or register online.

First & Last Name: _____

Address: _____

City: _____ Zip: _____

Email: _____ Phone: _____

Select option for each of the six breakout sessions on reverse side.

CROSSINGS.CHURCH/SENIOR-DAY

CHOOSE AN OPTION FOR EACH OF THE FOUR BREAKOUT SESSIONS:

OPENING SESSION: (9:00-10:30AM)

MILLION DOLLAR BUSINESS—FRAUD PREVENTION - Protecting yourself and your loved ones from fraud. *(Elaine Dodd, Oklahoma Banking Association-Fraud Division)*

SESSION 2: (10:45-11:45AM)

- **EASY TRANSITIONS** - Downsizing to a new home in simple steps. *(Nikki Higgins, Lifestyle Real Estate)*
- **TIPS AND TRICKS—LEARNING HOW TO USE YOUR I-PHONE** - Learn more about the options on your phone. *(Mia Munnerlyn, Media Director, Well Preserved Advisory Group)*
- **SOCIAL SECURITY** - Learn about Social Security updates. *(Jose Olivero, Public Affairs Specialist, OK Social Security)*
- **SAFE SHOPPING-** At the mall, grocery store, etc., learn how to not lose your wallet/purse. *(Corporal Kim Lopez, Director of TRIAD OKC Sheriff's Dept)*
- **SUPPORT IS AVAILABLE** - Learn about the resources available for caregivers and your loved one. *(Carla Scull, Oklahoma Alzheimers Association)*
- **RETIREMENT OPTIONS FOR RETIREMENT COMMUNITIES** - Discover how to choose senior living. *(Kathy Logsdon, Epworth Villa)*

LUNCH & KEYNOTE SPEAKER: (12:00-1:00PM) *Berry Tramel, Sports Editor for The Oklahoman*

SESSION 3: (1:15-2:15PM)

- **ONLINE ORDERING GROCERIES FOR DELIVERY** - Learn how to get groceries delivered to your door. *(Buy for Less Grocery)*
- **MEDICARE UPDATES** - Know your choices and protect your Medicare ID. *(Ray Walker, Director of Medicare Assistance Program, OK Department of Insurance)*
- **FIRE SAFETY** - The important things you should know to stay safe in your place of residence. *(Major Bryce Brent, Oklahoma City Fire Department)*
- **HOW TO CHOOSE A RETIREMENT COMMUNITY** - What to know when looking for a retirement community. *(Jill Huff, Spanish Cove)*
- **VOLUNTEER OPPORTUNITIES** - Learn about the many volunteer opportunities for seniors. *(RSVP Volunteer Network)*

SESSION 4: (2:30-3:30PM)

- **DO YOU KNOW HOW TO ACCESS VETERANS BENEFITS?** - Find out how to access and qualify for VA Benefits. *(Alfred Hollis, Veterans Corner)*
- **MEMORY CARE—WHAT IS IT? WHO NEEDS IT?** - Receive information about memory care. *(Keri Dennis, Stone Creek Assisted Living & Memory Care)*
- **SOCIAL SECURITY** - Learn about Social Security updates. *(Jose Olivero, Public Affairs Specialist, OK Social Security)*
- **CARE TRACK** - If you are caring for a loved one with Alzheimers or a child with disabilities, this device is amazing. *(Patrick O'Kane, Sunbeam Family Services)*
- **HOSPICE CARE** - What you should know about getting and receiving hospice care. *(Cathy Patterson, Integris)*

SESSION 5: (3:45-4:45PM)

- **WILLS AND TRUSTS** - Learn more about these important legal documents. *(Chris Griswold, Attorney at Law, publishing in The Oklahoman)*
- **HOW TO CHOOSE A RETIREMENT COMMUNITY** - What to know when looking for a retirement community. *(Jill Huff, Spanish Cove)*
- **WHAT IS ADULT DAY CARE?** - Information about what it is and what it isn't for you or your loved one. *(Brian Rush, President of Daily Living Center)*
- **AREA WIDE AGING** - Serves 25,000 seniors a year through Mobile Meals, and coordinates senior programs *(Blair Schoeb, Director)*
- **RETIREMENT OPTIONS FOR RETIREMENT COMMUNITIES** - Discover how to choose senior living. *(Kathy Logsdon, Epworth Villa)*
- **MEDICARE UPDATES** - Know your choices and protect your Medicare ID. *(Ray Walker, Director of Medicare Assistance Program, OK Department of Insurance)*