



DUPAGE COUNTY

SENIOR SERVICES

Join us **Saturday, May 16, 2015** from **10 a.m. to 2 p.m.**

Age Well DuPage™ Renew, Recharge, Reinvent



This free event, for active adults age 50 and older, will provide tips on how to maximize independence through wellness, financial security, safe driving, volunteer opportunities and more!

New Location

DuPage County
Government Center

**Jack T. Knuepfer
Administrative Building**

421 N. County Farm Road, Wheaton
First Floor Auditorium

Featured Sessions:

- Financial Wellness
- Safe Driving
- Frauds & Scams
- Mental Health Fitness
- Social Security and Medicare
- Volunteer Opportunities

Keynote Speaker: Dr. Thomas Sattler

Former Training Coordinator for the Chicago Blackhawks and Chicago Cubs.
Served on the Board of the American College of Sports Medicine.

For more information, contact **DuPage County Senior Services**
at **(630) 407-6500** or www.agewelldupage.org.



10:00 a.m.

OPENING: ROBERT LARSEN

DuPage County Board Member District #6

Location: Auditorium

KEYNOTE: ENGAGING IN AGING, ANYTHING IS POSSIBLE

Dr. Thomas Sattler, Alliance Rehab

Location: Auditorium

10:45 a.m. to 1:30 p.m.

ONE-ON-ONE FINANCIAL CONSULTATIONS

Financial Planning Association of Illinois

Location: Cafeteria

Certified financial planner professionals will answer your questions about investing and financial planning in complimentary one-on-one consultations.

10:45 a.m. to 11:30 a.m.

FINANCIAL WELLNESS

Christine Benz, Morningstar

Location: Auditorium

Five Keys to a successful financial plan for retirement: Prepare financially for the life you envision.

KEEPING THE KEYS

Charlene Sligting, AAA Chicago

Location: County Board Room

Plan for continued driving mobility. Explore facts and myths about older drivers. Learn how aging affects driving and find ways to adjust for safety.

FRAUDS & SCAMS

Irving Capitol, Atty.,

Better Business Bureau (BBB)

Location: 3-500 A

Learn how to stay safe from scammers, avoid identity theft and financial exploitation in this computer age.

EMOTIONAL WELLNESS

Angela Bentsen, Metropolitan Family Service

Location: 1-500 B

Survive the storm that can come with aging by exploring the key elements of emotional wellness.

SLIPS, TRIPS & FALLS

Karen Cerny, DuPage Convalescent Center

Location: 3-500 B

Understand reasons for increased falls as we age. Learn some prevention methods to optimize your balance.

TAI CHI

Grand Master John Tsai

Location: Cafeteria

Experience the benefit of this low-impact, weight-bearing and aerobic exercise that will also help reduce stress and improve sleep.

11:45 a.m. to 12:30 p.m.

MAKING THE MOST OF SOCIAL SECURITY

Randy Bruns, Financial Planning Assoc. of IL

Location: Auditorium

Decide when and how to access Social Security benefits after learning the basic rules and valuable strategies for optimization.

PLANNING FOR THE FUTURE, POWERS OF ATTORNEY, LIVING WILLS & ESTATE PLANNING

Laura Myers, Prairie State Legal Services

Location: County Board Room

Make decisions now to protect you and your family in the future.

CAREGIVER STORIES, TALES OF RESILIENCE

Kathleen Drouin & Kelly Reid Metropolitan

Family Services

Location: 3-500 A

Hear the stories from a panel of caregivers and their journey to find support, resources, coping skills and acceptance.

THE BENEFITS OF MINDFULNESS IN EVERYDAY LIFE

Jeff Santee, Ph.D.

Location: 1-500 B

Appreciate this moment; learn to pay attention on purpose.

VOLUNTEER

Cynthia Gonzalez, Giving DuPage

Location: 3-500 B

Find options to stay engaged, utilize your skills, serving your community.

MARTIAL ARTS FOR FITNESS

Katie Morgan & Holly Ruge, Greenfields of Geneva Alliance Rehab

Location: Cafeteria

Enhance body awareness and improve balance and coordination through strength, flexibility and endurance training. Be safe! Be present! Be ready!

12:45 p.m. to 1:30 p.m.

THE A,B,Cs OF MEDICARE

Sue Davison, SHIP, Glen Ellyn Senior Center

Location: Auditorium

Learn the basics of Medicare coverage and your responsibility for enrollment.

CAREER SEARCH

Jim Fergle, workNet DuPage

Location: County Board Room

Receive job search advice and learn digital methods that work in today's market.

RUSE ALERTS

Mike Urso, DuPage County Sheriff's Department

Location: 3-500 A

Be prepared for the knock at the door. How to know who to let in!

SOCIAL MEDIA

Kari Christensen, TrilliumLink

Location: 1-500 B

Learn to safely connect with family & friends using social media; set up your account, share photos & video's securely.

SENIOR SERVICES

Amy Anderson, DuPage County Senior Services

Location: 3-500 B

What's available? Accessing support for those ages 60 and over.

VENDORS

- AAA Chicago
- Best In-Home Services, Inc.
- CapTel Outreach
- Care for Soul, Inc.
- Coldwell Banker
- Crossroads Orthotics
- DuPage County Circuit Court Clerk
- DuPage County Convalescent Center
- DuPage County Office of Emergency Mgt.
- DuPage County Energy Asst./Weatherization
- DuPage County Senior Services
- DuPage County Sheriff's Department
- DuPage Homeownership Center, Inc.
- DuPage Senior Citizen Council
- EHLS
- European Service at Home, Inc.
- Glendale Heights Park District
- Hamdard Center for Health & Human Svcs.
- Hearing Specialist of DuPage
- Humana
- Lexington Square
- Metropolitan Family Service
- Medulla, LLC
- Senior Home Sharing
- Senior Services Arts
- Tabor Hills Town Home
- Ten Thousand Villages
- Veterans Asst. Comm. of DuPage County
- Walgreens



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