

Alliance on Aging Presents Annual Speaker Series



Over the next year, once a month, Alliance on Aging will have guest speakers present on topics that are of interest and relevant to the aging population.

When: Second Wednesday of the month
10:00am – 12:00pm

Where: Alliance on Aging
247 Main St. - Salinas, CA 93901

Turn over for Calendar of Events

If you have any questions please call Jody @ 831.646.4931

FYI: Parking in Old Town Salinas can be challenging. If possible consider carpooling or making arrangements for someone to drop you off and pick you up.

Speaker Series Calendar



2017-2018 Schedule

Summer 2017

- **July 12:** “Orchid Care & Feeding” – Alice Giottonini
- **Aug. 9:** “Nutrition for the Immune System” – VNA & “Senior Centers Without Walls” - Episcopal Senior Resources

Fall 2017

- **Sept. 13:** “Scam and Fraud Prevention” – Travis Bye, Adult Protective Services
- **Oct. 11:** “Flu Information Session & Immunization Clinic” – half an hour info session with clinic to follow – VNA **9:00am – 12:00pm (NOTE TIME CHANGE)** & “Medicare Open Enrollment cost estimates and information” – Alliance on Aging HICAP program **9:30am – 12:00pm**
- **Nov. 8 & Nov. 10:** “Advance Care Planning” - Shary Farr (**NOTE: TWO DAYS**)

Winter 2017

- **Dec. 13:** “Depression and the Holiday Blues” - Nan Heflin, LCSW and Senior Peer Counselor
- **Jan. 10:** “Resolving to Get Rid of the Clutter and Excess Stuff in 2018” - Betty Sproule, author of *The Stuff Cure* & “Recycling Tips” – Republic Services
- **Feb. 14:** “What is Palliative Care? And when are you ready for it?” - Lennis Orozco, Director of Palliative Care VNA & Hospice

Spring 2018

- **Mar. 14:** “Home Rehabilitation Accessibility Options”: Buy a new home or upgrade to make more accessible, i.e. ramps, shower bars, etc. & contractor info. - Christee Cromeenes, Central Coast Builders Association
- **Apr. 11:** “Caregiver Options”: Long Term Care – Alliance on Aging Ombudsman
- **May 9:** “Medicare Basics, Medicare Related Issues, and Medicare Fraud” - Alliance on Aging HICAP program

* Speakers may be subject to change.