

Informed Senior Seminar

Friday, April 3 • 8:30 a.m. - 12 p.m.

Free education and resources for seniors and those that care for them.

Location

OSU/OKC Campus
900 N Portland Ave
Student Center – 3rd Fl

Free event

No registration needed

Registration for door prizes and the continental breakfast starts at 8 a.m.

Panel discussion:

Ask the Doctors

- Pain management
- Alzheimers
- Podiatry

Breakout sessions:

- Why the 2020 Census is important & how to avoid recent scams
- Understanding Alzheimers & dementia
- Fall & fire prevention /CarFit
- Supplements for chronic disease

TRIAD



Informed Senior Planning Committee

Oklahoma City's Action Center, EMBARK, Police and Fire Dept's Areawide Aging Agency Inc.
Oklahoma Attorney General's Office
Oklahoma Insurance Department
OKC-County Health Department
Oklahoma County Sheriff's Office
Thrifty Pharmacy
Oklahoma Senior Journal
Well Preserved Advisory Group

Informed Senior Seminar

Schedule

8-8:30 a.m.

Continental Breakfast

8:30-8:45 a.m.

Welcome and Introductions

8:45-9:45 a.m.

Panel Session:

Ask the Doctors

9:45-10 a.m.

Break

10-10:45 a.m.

Breakout Session I

10:45 - 11 a.m.

Break

11 a.m. - 11:45 a.m.

Breakout Session II

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

Door Prize Drawing & Closing

Breakout Sessions & Room Assignments

(All classes will be offered during both sessions, so pick two, in any order!)

Supplements for chronic disease Conference North

- Allyson Drain, MS, RD/LD
Dietitian for OKC-County Health Dept.

Why the 2020 Census is important & how to avoid recent scams

Conference South

- Sheryl Presley, Oklahoma City Police Department
- Auggie Augenstein, Census Bureau

Understanding Alzheimers & dementia Room 304

- Carla Scull, Alzheimers Association

Fire & fall prevention / CarFit Pruitt Room

- Majors Antonio Carbajal & Julian Gaona,
Oklahoma City Fire Department

TRIAD



Informed Senior Planning Committee

Oklahoma City's Action Center, EMBARK, Police and Fire Dept's
Areawide Aging Agency Inc.
Oklahoma Attorney General's Office
Oklahoma Insurance Department
OKC-County Health Department
Oklahoma County Sheriff's Office
Thrifty Pharmacy
Oklahoma Senior Journal
Well Preserved Advisory Group