

Elderwerks Aging Better Expo Schedule of Activities

Day	Start Time	End Time	Topic	Description
August 9th	8:45 AM	9:00 AM	Keynote Speaker	The Director of the Illinois Department on Aging, Paula Basta, discusses Illinois updates in regard to the Illinois aging population.
August 9th	9:00 AM	10:00 AM	Surrogacy, the Decision Makers, and the Lack of Planning	Kerry Peck, Managing Partner at Peck Ritchey, LLC, discusses what happens when someone doesn't put all the necessary legal documents in order to protect their healthcare decisions and the finances. Families need to know their legal options before a crisis occurs, and if no legal documents are in place what the next steps would be.
August 9th	10:15 AM	11:15 AM	Planning for Healthcare Costs in Retirement	Carrie Espinosa, Advisor - Broker - Advocate at Horizon Benefit Services - Health care planning is a key component to a solid financial plan. As you are nearing retirement there are steps you can take to position yourself for success in your next chapter. Carrie Espinosa has decades of experience helping her clients navigate their health insurance and health care. Pre-retirees increasingly cite the cost of health care as their top financial concern and appropriately so. During this interactive session Carrie will share cost information and helpful strategies to plan for your healthcare costs in retirement.
August 9th	11:30 AM	12:30 PM	Fall Prevention: I'm Still Standing!	Sue Grossinger, Senior Services & SHIP Counselor at Advocate Aurora Good Shepherd Hospital - Concerns about falling is a wide spread concern in healthcare and for all of us in the community. People over the age of 55 represent over 50% of trauma fall related visits to the ER. Learn the many ways you can lower your fall risk through understanding what risky behaviors, biological and environmental factors are putting you at risk and how easy it can be to change them so you can continue to live an independent, high-quality of life!
August 9th	12:40 PM	1:10 PM	Instant Pot Demo Cooking Class	Robin will give a brief overview about how to use a Instant Pot for those who may not be familiar with the appliance and would like to learn more about how it works. Then she will be demonstrating how to make Turkey Chili using the Instant Pot.

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August 9th	1:15 PM	2:15 PM	Paying for Long-Term Care: Debunking the Medicare Myths	Kathryn Casey JD, CELA, Elder Law Attorney and Partner at Dutton, Casey and Mesoloras P.C. - When you are diagnosed with a chronic medical condition, not only do you need to prepare medically, you need to prepare legally and financially. Besides having the proper estate planning documents, you need to know what legal options are available in planning and paying for long-term care. That Medicare will pay for everything is a myth. This session, presented by a certified elder law attorney, will focus on the limitations of Medicare and how Medicaid, long-term care insurance, and personal care contracts can be used to maximize you and your loved one's quality of life. Bring your questions.
August 9th	2:30 PM	3:30 PM	Name that Tune	Mary Ellen Heelan, Neurologic Music Therapist at Heelan Music and Music Therapist at Transitions Hospice - Do you want to have some fun? Just like the hit TV Show <i>Name That Tune</i> , we will be hosting this fun, interactive game of music from the decades. Prizes will be awarded to top performers
August 10th	9:00 AM	10:00 AM	Long Term Care Planning for All Ages	Alan Press & Caren Naidoff, Elder Law Attorneys at Shire Law Group explore the importance of planning early for long term care, including a discussion on the difference between Medicare and Medicaid.
August 10th	10:15 AM	11:15 AM	How to Keep Your Memory Sharp at Any Age	Dr. Shane Creado, Amen Clinics Chicago talks about "How to Keep Your Memory Sharp at Any Age." This presentation will give you some simple, practical techniques to keep your brain healthy and your memory intact.
August 10th	11:30 AM	12:30 PM	LGBTQ+ - Inclusion and Effective Communication	Jacqueline Boyd, BA, BS, CGCM, Owner of The Care Plan - As more seniors are aging out and proud, they are accessing health and senior services at increasing numbers. How do we welcome and create safe environments for LGBTQ+ seniors? What are best practices for affirming language and effective communication? In this workshop we'll focus on the latest strategies for communicating with and caring for LGBTQ+ patients and clients. Join to learn and gain ideas to incorporate at your organization or in your clinical practice.

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August 10th	12:40 PM	1:10 PM	Sit and Be Fit	John Abramowics, Certified Senior Exercise Specialist at Destination Fitness In Home Training, LLC - Grab a chair and join John for a fun half hour seated and standing exercise routine that can be done in your home! As your grow older, leading an active lifestyle is more important than ever. Regular exercise helps seniors maintain health, boost energy, and improve confidence. John's class will teach you exercises to help with balance, agility, and core strength! Join John and his client Bette as they show you how easily it is to exercise from the comfort of your home.
August 10th	1:15 PM	2:15 PM	Aging in Place Safely using Current Technology	Jim Whittington, Business Development at Lifeway Mobility Chicago - Age in place safely using today's technology to keep you safe in your home for years to come.
August 10th	2:30 PM	3:30 PM	Music Trivia	Katie Monahan Brooks, Business Development Manager at Transitions Palliative & Hospice - Do you know which song gave Elvis Presley his first US No.1 of the 60's? Or how many weeks Simon & Garfunkel's Bridge over Troubled Water stayed on the US album chart? If you do, then Join Katie Monahan Brooks from Transitions Hospice as we Groove through the Tunes of yesteryear in Music Trivia: the best of the 50s, 60s, 70s and 80s. Put on your thinking caps and your dancing shoes and get ready to boogie down for some far-out trivia questions!
August 11th	9:00 AM	10:00 AM	Medicare Made Clear	Vicki Madigan, Insurance Broker, Madigan Insurance Group teaches the basics of Medicare Parts A, B, C (Medicare Advantage) and Part D (drug plans). Information will be provided on how to apply for Medicare, Medicare+ working past 65 and enrolling on-time to prevent late enrollment penalties. General information on Medicare supplements will also be covered. No specific information on insurance products or pricing will be discussed.
August 11th	10:15 AM	11:15 AM	Demystifying Senior Living: Choosing the Right Path	Gail Niksic, Vice President, Elderwerks Educational Services helps attendees understand aging options and levels of care throughout the continuum, the costs involved, and how to pay for it.
August 11th	11:30 AM	12:30 PM	Maintaining Positivity for Your Mind, Body, and Spirit	Cori Moschberger, Therapist and Clinical Coordinator of Senior Services at Barrington Behavioral Health and Wellness - Aging can be stressful and the people around you can influence your outlook on life. This session will talk about how to stay positive in an otherwise negative world, stay connected with positive influences, and learn how to step away from people who aren't supportive.

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August 11th	12:40 PM	1:10 PM	Stretches to Keep the Body Moving - This Class is for You!	Julia Tarnorutskaya, Therapeutic Massage Therapist at J2 Massage - During the first half of this session, Julia will focus on self care for people who are mobile and can perform stretches while standing as well as using bands to stretch the legs. These stretches will benefit issues with sciatica as well as improve mobility. During the second half of this session, Julia will focus on seated stretches. She will show you how to stretch the neck, shoulders, hands, arms, and legs to improve circulation.
August 11th	1:15 PM	2:15 PM	Veterans Benefits for Home and Senior Living Settings	Mike Iwanicki, Superintendent at the Veterans Assistance Commission McHenry County discusses benefits available to veterans to help pay for costs at home or in a senior living community. Mike will touch on programs and benefits including the Caregiver Respite Program, VA Caregivers Program, Veterans Pension & Survivors Pension, Agent Orange Disability Pension, and more.
August 11th	2:30 PM	3:30 PM	Brain Games (Health)	Chris Petrik, RN BS, Training Specialist at Elderwerks Educational Services will provide participants with a game to exercise the brain and help strengthen the brain's memory center.
August 12th	9:00 AM	10:00 AM	Public Benefits & Medicare Fraud	Jesus Enriquez, Information and Outreach Specialist, Illinois Medicare Patrol & Joy Aaronson, Benefits Access & Information Specialist at Age Options - What are Public Benefits? Are you eligible for Public Benefits? We will discuss programs that assist older adults on a fixed income like SNAP (Food Stamps/ Link), programs available to assist older adults with Medicare costs, BAA License Plate Discount/ Ride Free & other programs available to assist older adults. The Illinois Senior Medicare Patrol empowers Medicare beneficiaries to protect, detect and report Medicare fraud. Please come and learn effective ways to prevent brace, home health, genetic testing, COVID-19 vaccine scams and more through our presentation.
August 12th	10:15 AM	11:15 AM	Let's Talk About Dementia: Knowledge is Power	Dr. Jennifer Wilson Binotti Neuropsychologist at Compassionate Neuropsychology LLC - Dementia is now Americans' <i>Number One</i> fear. With the Baby Boomers aging into their 70s, we can no longer avoid its encroachment into our lives, whether it's our parents, siblings, friends, or ourselves. Dr. Wilson-Binotti is a clinical neuropsychologist and owner of Compassionate Neuropsychology LLC, whose primary focus is neuropsychological evaluation of the older adult population. She discusses why it is better to know about dementia than to avoid it, signs to watch for, and preparations to make. Dr. Wilson-Binotti presents the topic of Dementia with a humor that helps to defuse its power over us.

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August 12th	11:30 AM	12:30 PM	Palliative Care, It's All About Living	Lisa Wieland, Nurse Practitioner at Advocate Aurora Health will offer a discussion of home-based palliative care and outline the benefits of enrollment for appropriate patients.
August 12th	12:40 PM	1:10 PM	Chair Aerobics	Jenifer Anderson, Group Exercise Coordinator at Advocate Aurora Good Shepherd Fitness Center - Let's move together! A seated, fun workout to help get your heart pumping and your muscles working. Supported movement that is gentle on the joints but just enough to get you moving and smiling. Cardio for your heart and strength for your muscles is the right mix for the day! Join in the fun, don't miss it.
August 12th	1:15 PM	2:15 PM	The Aging Braing	"The Aging Brain" Monica E. Gavran, MD will discuss cognitive decline along with what is normal compared to what is pathologic. She will also share strategies to slow down brain aging.
August 12th	2:30 PM	3:30 PM	The Brain and You	This brain game will make you think hard to win prizes.
August 13th	9:00 AM	10:00 AM	Say WHAT! Hearing Loss Communication Strategies	Lisa Gumina, Board Certified in Audiology, Dementia Certified at Finer Hearing - Say WHAT! Find out more about hearing loss and learn about treatments and communication strategies. Come Hear What Hearing Loss Sounds Like....
August 13th	10:15 AM	11:15 AM	Loving Someone with Alzheimer's - A Retrospective: What I Learned Along the Way	John McNeeley, Retiree was the primary caregiver for over five years for his spouse, begins by reviewing the different care giving options he selected during each phase of the disease. He highlights the common mistakes he made during this time and the things he finally did right. He then gives specific recommendations for people faced with caring for a relative or friend with dementia. He highlights financial issues that must be faced, along with ideas to benefit the patient as well as the caregiver. He concludes with an overview of Memory Café and how it can benefit those with Alzheimer's and other forms of dementia. He uses experiences he had in the formation and day-to-day support of the Fox Valley Memory Café to emphasize success factors to providing meaningful assistance to those with dementia.

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August 13th	11:30 AM	12:30 PM	Safe Travel in the World of COVID-19	Kris Hoff, President & CEO Happy Times Tours & Experience - Covid-19 has changed the way we travel. This presentation will focus on what the future of travel will look like. From hand sanitizers in hotel lobbies and attractions to motorcoach and airline practices, Covid-19 has transformed the world of travel. During the peak of the pandemic, travel came to a virtual standstill. We will be looking at what will be the new normal. It's time to start dreaming of travel again, but doing it safely is what will be required. The World Travel and Tourism Council and the CDC have developed an extensive range of protocols to cover the new normal. Cleaning, sanitization, wearing masks, reduced touch points will all shape the travel experience for some time to come.
August 13th	12:40 PM	1:10 PM	Choose Your Veggies & Pumpkin Pudding Demonstration	Maria Guzman, Community Educator at the University of IL Extension Office Cook County - Maria Guzman will present a nutrition lesson that focuses on including the recommended vegetables in your daily meals and snacks. Participants will be able to visualize what 2 1/2 cups of vegetables looks like and identify new ways to include a variety of different colored vegetables in their meals. Maria will feature a food demonstration of Pumpkin Pudding.
August 13th	1:15 PM	2:15 PM	Empowering Caregivers through Support Groups	Rosemary Monahan, President at Improve-ization - Taking care of a loved one with dementia or other long-term illness is difficult. Caregivers often feel alone, and struggle with their roles and responsibilities, afraid to ask for help. They continue to provide care, often to the point of resentment and exhaustion, never recognizing they need support themselves. Many don't even know support is available. Caregiver support groups provide education, offer emotional support and help build caregiver confidence This presentation will describe what to look for in a support group, offer stories from actual caregivers, and is presented by an experienced support group leader and caregiver who took care of her own Mom with dementia for 10+ years.
August 13th	2:30 PM	3:30 PM	Bingo Based on the Week's Events	Did you attend the educational sessions? Walk around our virtual world? If so, this Bingo is for you. GREAT prizes go to winners and if you think the week was fun, the last event of the week will be even better!"

Questions? Call 855-462-0100 or Help@Elderwerks.org