

We welcome you to our 50+ Senior Resource Expo. The goal of our Expo is to help you improve your independence, health and quality of life. The Expo will target an awareness of local and regional services that may benefit or enhance your day-to-day life. A free barbeque lunch will be provided from 11:00am—1:00pm. When you arrive, please pick up your free Expo bag in the front lobby. We hope you enjoy this special day!

SCHEDULE OF EVENTS

10:00am—2:00pm Auditorium/Room 101	More than 40 vendors will exhibit displays in this year’s Expo. Please see the back page for participating vendors.
10:00am—12:00pm Health Clinic/Room 105	Renton Regional Fire Authority will be on-site for blood pressure and glucose testing.
10:00am—2:00pm Coffee Bar	Enjoy a fresh cup of coffee or tea in our Coffee Bar.
10:00am—2:00pm Special Services/Room 106	King County ORCA-TO-GO King County Metro will be selling ORCA cards and will provide information on Access and Taxi Script.
10:15am—2:00pm	There will be presentations on a variety of subjects related to health, finance, legal issues, housing and more. See the Presentation Schedule on pages 2 and 3 for topic, time and room location.
11:00am—1:00pm Craft Room/Room 111 Coffee Bar	Enjoy a free barbeque lunch. Lunch seating is available in the Craft Room, Coffee Bar or at outside picnic tables.

ASSEMBLY ROOM #204 (Large Meeting Room) SCHEDULE OF

10:15—10:55am

Estate Planning Essentials - Assembly Room #204

Presenter: Dan Kellogg, Attorney At Law

Need a Revocable Living Trust, Will, or Community Property Agreement? Would the new Beneficiary Deed strategy enable you to avoid probate even at the death of a surviving spouse? Questions about Health Care Directives and Powers of Attorney? This session will provide essential information on these important topics and an opportunity to get answers to questions about estate planning.

Nutrition Basics - Classroom #205

Presenters: Elaine Angeles & Alisha Kirby, Health Coaches from Iora Primary Care

Eating right is not always easy, and it can be hard to know what proper nutrition looks like. Attend this presentation to learn the fundamentals of good nutrition.

What to Look for in Senior Housing - Game Room #202

Presenter: Heidi Sheldon, Owner and Founder of Options For Seniors

Heidi will share the four areas that seniors and families should discuss before looking at providers and services. She will cover the top 10 questions to ask when visiting and interviewing senior housing providers, the most popular type of housing and trends.

11:00—11:45am

Medical Open Enrollment - Assembly Room #204

Presenter: SHIBA Volunteer

Our speaker will be from SHIBA (Statewide Health Insurance Benefit Advisor) talking about Medicare open enrollment period for prescription drug plans (Part D), Medicare Advantage plan and Medicare Supplemental plan. Open enrollment is from October 15-December 7, 2016.

Ask a Lawyer a Question - Classroom #205

Presenter: Dan Kellogg, Attorney At Law

If you have a burning question that you've wanted to pose to an attorney, this is your opportunity! This session will be a forum in which all questions can be asked and answered by an experienced attorney.

Self-Management - Game Room #202

Presenter: Zahra Nur, Health Coach, Iora Primary Care

Self-management of any health condition or emotion is important for maintaining optimal health and wellness. This presentation will focus on identifying and developing self-management skills to help you act as your own health advocate.

12:00—12:45pm

Fraud & Scams - Assembly Room #204

Presenter: AARP Trained Volunteer

AARP is arming senior citizens with tools needed to spot fraud and scams so they can protect themselves and their families. Attendees will learn about current scams, how to say no, the psychology of fraud, and how to protect personal information. This is a presentation you will not want to miss!

Introduction to Mindfulness - Classroom #205

Presenter: Anne Eichmeyer, MSW, Behavioral Health Specialist, Iora Primary Care

“Mindfulness” is a word thrown around a lot these days. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment. In this introductory presentation, we will discuss mindfulness: what it is, it’s benefits, and ways to incorporate it into our daily lives.

**Is Your Family in Crisis? 10 Warning Signs a Loved One Needs Home Care
Game Room #202**

Presenter: Linda Morris from Visiting Angels

Does someone in your world need assistance to continue living in their home? Our mission at Visiting Angels is to help seniors and adults maintain their independence in familiar surroundings. Learn the 10 warning signs that your loved one needs home care and what “activities of daily living” that can be provided to support your loved one.

1:00 - 1:45pm

Emergency Preparedness - Assembly Room #204

Presenter: Deborah Needam, Emergency Management Director, City of Renton

Are you prepared for a disaster or other emergency? This 45-minute presentation will cover some of the hazards you might encounter in Renton, and what you can do to be safer and better prepared for the unexpected.

Collette Travel - Classroom #205

Traveling is definitely a perk of retirement! John Shaw, District Sales Manager from Collette will be on hand presenting the joys of traveling, the benefits of group travel and share information on our upcoming extended travel opportunity through Collette and the Renton Senior Activity Center.

PARTICIPATING VENDORS

AARP Washington
Aging and Disability Services
American Legion
American Red Cross
The Budkis Fund
City of Renton Community Services
Clear Captions
Concerto Health Care
Law Offices of Dan Kellogg
Evergreen Place
Full Life Care
Greenwood Memorial Park
Hearing Loss Association of Washington
Iora Primary Care
King County 211 Information
King County Department of Assessments
King County Emergency Medical Services
King County Metro DOT
King County Transit Instruction Program
The Lakeshore Retirement Community
LGBTQ Support Group (Lesbian, Gay, Bi-
sexual, Transgender, Questioning)
Gencare—The Lodge at Eagle Ridge
Merrill Gardens
Neighborhood House
Options for Seniors
Renton Regional Fire Authority
Renton Senior Activity Center Advisory
Board
SHIBA (Statewide Health Insurance
Benefits Advisors)
Sight Connection
Sound Generations Hyde Shuttle
Sound Generations Meals On Wheels
Talbot Center for Rehabilitation and
Healthcare
Telecommunication Equipment
UW Valley Medical Center
Valley Cities Behavioral Health
Visiting Angels
Washington Talking Books & Braille Library
WICS (Widowed Information and
Consultation Service)
Windermere Real Estate