

Date: Thursday, May 7, 2009

Time: 9:00 til noon

Active Aging - Put a little spring in your step!

A FREE workshop

at Gladstone Community Center, 6901 N Holmes

Seating is limited! **RSVP at 423-4091**

Schedule of events

8:30-9:00 Doors open, registration, visit resource tables

9:00 Welcome—Missouri Governor Jay Nixon (invited)

9:15-9:35 Fall Risks overview

Jodee Fredrick, Clay County Public Health Center

9:35-10:10 "Letting the Inner Child Play"

Steve Smith, Liberty Hospital Chaplain

10:10-10:35 Refreshments, visit tables

10:35-10:40 Introduction to guest panel presenters

Tina Uridge, Kathy Macken, Clay & Platte Co Sr Services

10:40-11:55 Panel presentations

- Aging in place: modifications to make your home safe
—Kristin Jolly, O.T.
- "Get fit while you sit"—Liz Soria, Gladstone Comm Ctr
- "What's medication got to do with it?"
Chuck Termini, RPh; Sally King, Tri-County Mental Health
- "Watch your step: vision & falls"—Angie Bowers &
Mary Pat Gilbert, Alphapointe Assoc for the Blind
- "A Matter of Balance"—Elizabeth Jackson,
Clay County Public Health Center

12:00 Wrap-up & invitation to visit resource tables

Why should you attend?

- ⇒ Take an active role in improving your quality of life.
- ⇒ Learn about choices you can make to maintain your independence.
- ⇒ Understand the common issues that put anyone at risk for falls.
- ⇒ Balance screenings & mental health screenings offered.
- ⇒ Enjoy healthy refreshments.
- ⇒ Have a chance to win prizes!

This free event is sponsored by the Senior Fall Prevention Coalition of Clay & Platte Counties

Planning committee includes:

- ◇ Clay County Senior Services
- ◇ Platte County Senior Fund
- ◇ Clay County Public Health Center
- ◇ Gladstone Community Center
- ◇ Response Link of Kansas City
- ◇ Tri-County Mental Health Center
- ◇ William Jewell College

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OLDER AMERICANS MONTH MAY 2009