

"SOAR to Healthy Heights"
11th annual national award winning

SENIOR HEALTH FAIR

Thursday, May 17th, 2018

9 a.m. to 1 p.m.

Citrus Heights

Community Center

6300 Fountain Square Drive

FREE Admission & Parking

**Mayor Steve Miller
Honorary Chair**

**Special Prize for
Oldest Attendee**

★ **60+ exhibits dedicated to senior issues and concerns** *(lots of give-aways)*

WORKSHOPS *(see reverse side for more details)*

- | 9:30 ABCs of Balance by specialist Kelly Ward
- | 9:30 Tips: To Be a Good Witness & Senior Scams – Officer Dave Moranz
- | 9:30 Don't Just Sit There! Have fun! – Thomas Spencer
- | 10:30 DOUBLE FEATURE: Foot Care (Dr. Dana Cozzetto, podiatrist) &
| Aging, Activity and Arthritis (Dr. Michael Shea) – Mercy Medical Group
- | 10:30 Genealogy: Getting started – Root Cellar, Sacramento Genealogy Soc
- | 11:30 Healthy Living for Your Brain/Body: Latest Research: Alzheimer's Assn
- | 11:30 Money Smart for Older Adults- Dale Covey, El Dorado Savings Bank

★ **Consultations available:**

Pharmacist (Walgreens)
Dietician (Area 4 Agency
On Aging)

Sponsors & Partners

SOAR Neighborhood
City of Citrus Heights
County of Sacramento
Dignity Health
Mercy Medical Group
R.E.A.C.H.
Republic Services
SMUD
Sunrise Recreation & Park
Sacramento Regional
Transit

HEALTH WALK & ROLL
(see reverse side for details)
9:30 a.m.

★ **Health screening:**

Blood pressure - County
Blood sugar - County
Hearing Test – Miracle Ear



Information: Dr. Jayna Karpinski-Costa at (916) 599-3647 or vetlaw@drjayna.com

HEALTH WALK & ROLL

After a few warm-up stretches, Sunrise Park & Rec will lead you on a fun & leisurely walk (or roll) from the community center to Stock Ranch Nature Preserve – about 1.35 miles round trip (about 45 min). (meet 9:30 at the entrance of building)

Participants will receive a free “goodie bag” sponsored by Sunrise Recreation & Park District.



WORKSHOPS



9:30 ABCs of Balance

Learn how to improve your balance and reduce your risk of falling. **Free whistle.** Free individual balance assessment for workshop participants after the workshop.



9:30 Tips: Being a Good Witness & The Latest Senior Scams

Seniors are often the target of criminals and scam-artists. Learn from our police department ways to avoid being a victim and ways to be a good witness against wrongdoers.

Doughnuts will be served!



9:30 Don't Just Sit There! Have Fun

Why just sit when you can get your heart rate up and your blood moving with a few simple exercises and a few “hearty” laughs. Thomas Spencer is a dance instructor experienced with all age groups. He'll have you dancing in your chair!



10:30 Genealogy – Getting Started

Finding your roots can be your legacy. How do you get started? This workshop is designed for beginners but all genealogists are welcome. The workshop is offered by Root Cellar, a valuable local resource for your journey into your genealogical past.

10:30 DOUBLE FEATURE: CHALLENGES to MOBILITY



Oh My Aching Feet!

Dr. Dana Cozzetto, a podiatrist with Mercy Medical Group, will discuss foot care and the challenges for the senior population.



Oh My Aching Back (and Joints)!

Dr. Michael Shea is with Mercy Medical Group specializing in sports medicine. He will discuss aging, activity and arthritis.



11:30 Money Smart for Older Adults

This workshop is designed to provide you with information and tips to help prevent elder financial exploitation. Planning ahead for financial well-being and the possibility of diminished financial capacity is critical. Reporting and early intervention are vital to preventing loss and recovering loss when possible. Learn and/or review important steps to make sure you are prepared. Join Dale Covey, El Dorado Saving Bank Manager, banker for over 30 years.

Light snacks served during this workshop



11:30 Healthy Living For Your Brain and Body: Tips From The Latest Research

Learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging

Light snacks served during this workshop