

# Senior and Caregiver Expo

**SATURDAY, SEPTEMBER 16, 2023**

**9:00 AM - 2:00 PM**

**Free Parking & Admission!**



**Information and resources, a day of help and support for seniors and caregivers!**

- Attend expert presentations (see back for presentation schedule)
- On-the-spot referrals to local programs and services
- Mobile health unit onsite
- Free morning refreshments
- Food trucks onsite for lunch

This free event will be held at the Redford Township Community Center.  
No registration required.



(313) 387-2700



[www.redfordtwp.com](http://www.redfordtwp.com)



Community Center  
12121 Hemingway St.  
Redford, MI 48239

Redford Township  
**RIDI**  
District Library



INSTITUTE OF  
GERONTOLOGY  
WAYNE STATE UNIVERSITY



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*In His Presence*  
MINISTRIES WORLDWIDE  
THERE IS NO BETTER PLACE TO BE THAN IN HIS PRESENCE

FAMILY ALLIANCE NETWORK  
COMPASSION + STRENGTH = CONNECTIONS



Dedicated Senior  
Medical Center  
A CHENMED COMPANY



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# 2023 Senior and Caregiver Expo Presentation Schedule

## 9:30 AM to 10:30 AM

### Overcoming Social Isolation

*Courtney Walsh from The Senior Alliance*

Learn about Hearken, which is a unique initiative to address social isolation, loneliness, and mental health in older adults. You'll hear how Hearken supports socially isolated older adults to set achievable goals to combat social isolation and improve mental health.

### Healthy Living for Your Brain & Body

*Kayla Jakel from Alzheimer's Association*

Learn what research has shown about lifestyle choices that may help keep your brain and body healthy as you age. Hear practical ways you can incorporate changes into a plan for healthy aging.

### Financial Decision Making & Avoiding Exploitation

*Peter Lichtenberg from the Institute of Gerontology at Wayne State University*

Dr. Peter Lichtenberg, an expert in financial decision making and financial exploitation, will present new research and discuss the SAFE program. The SAFE program is designed to help older victims of scams or identity theft by providing 1:1 assistance with things such as credit disputes, reporting to proper agencies etc. Dr. Lichtenberg will share the latest statistics and provide strategies to prevent financial exploitation.

## 11:00 to 12:00 PM

### Planning Ahead - Will, Power of Attorney, and Lady Bird Deed

*Attorney Tracey Rowens from Elder Law & Advocacy Center-The Neighborhood Legal Services*

Learn the importance of having legal documents in place, the power of the documents, the importance of choosing the right agent, and how it may save you from a court intervention.

### 10 Warning Signs of Alzheimer's

*Kayla Jakel from Alzheimer's Association*

Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn 10 common warning signs and what to watch for in yourself and others.

### Medicare / Medicaid Information and Scams to Avoid

*Carol Warzecha from The Senior Alliance*

The Senior Medicare Patrol helps prevent, detect and report health care fraud. In doing so, we not only protect local residents, we also help preserve the integrity of the Medicare and Medicaid programs. Our Medicare and Medicaid Assistance Program (MMAP) Counselors are available throughout the year to inform, counsel and empower local Medicare beneficiaries on a variety of Medicare topics.

## 12:30 to 1:30 PM

### Better Healthcare for Seniors

*Dr. Chris Popp from The Dedicated Senior Health*

Preventative and proactive health care for seniors. Tips on living a healthy lifestyle to prevent and treat chronic conditions.

### Understanding Alzheimer's and Dementia

*Kayla Jakel from Alzheimer's Association*

Learn the difference between Alzheimer's and dementia, Alzheimer's stages and risk factors, current research and available treatments and ways the Alzheimer's Association can help.

### How to Spot and Avoid Fraud & Scams

*Captain Jennifer Mansfield, Redford Township Police Department*

Identity theft and scams are one of the biggest threats to our seniors today. The bad guys are coming up with new ones every day, but there are some tips and tricks to help spot and avoid them. Let's talk about some of the popular scams and how to protect yourself!

**Vendors! Are you interested in having a table at the Senior and Caregiver Expo on Saturday, September 16th from 9:00-2:00 PM? Please visit [tinyurl.com/seniorvendorform](https://tinyurl.com/seniorvendorform) to apply! Thank you!**