

EDUCATIONAL SEMINARS

PRESENTED BY SERVICE PROVIDERS FOR OLDER ADULTS

LOCATION HUGO'S FAMILY MARKETPLACE COFFEE & CONVERSATIONS CAFÉ

TIME	TITLE AND DESCRIPTION
11:00-11:30AM	UNDERSTANDING YOUR MEDICARE CHOICES <i>An unbiased overview of Original Medicare, Medicare Advantage, Medicare supplements, prescription drug coverage, and private insurance. Our expo is during Medicare Open Enrollment, this session could also help attendees understand the questions they should ask when reviewing their coverage.</i>
11:30AM-NOON	SPOT THE SCAM: PROTECTING YOURSELF AND YOUR MONEY <i>A discussion of common phone, email, online, financial, and Medicare scams targeting older adults. This could include warning signs, ways to protect personal information, and where to report suspected fraud.</i>
NOON-12:30PM	ASK A GERIATRICIAN: YOUR QUESTIONS ABOUT HEALTHY AGING <i>An open conversation with a geriatrician about sleep, falls, preventive care, memory changes, chronic conditions, and preparing for medical appointments.</i>
12:30-1:00PM	PLANNING AHEAD: IMPORTANT CONVERSATIONS AND DOCUMENTS <i>An overview of health care directives, powers of attorney, emergency information, financial and estate-planning basics, and communicating personal wishes before a crisis occurs.</i>

GRAND FORKS
CELEBRATE AGING
EXPO