

ACTIVE AGING EXPO

Presented by Asbury Methodist Village

Monday, May 8
9 a.m. – 2 p.m.

Activity Center at Bohrer Park
506 South Frederick Ave. Gaithersburg, MD

EXPO 2017

For more information call
301-258-6380

LECTURES AND DEMONSTRATIONS

10 a.m. Gym Chair Yoga – Did you know you can get the benefits of Yoga all from a chair? Join Melanie Psaltakis as she guides you through a seated chair Yoga class.

10 a.m. Room A “What is Happening in the World of Estate Planning and Elder Law in the First Three Months of the Trump Presidency” – In this interactive educational discussion, Mr. Stephen Elville, J.D., LL.M., will discuss changes in estate planning law and elder law that have occurred in the first three months of the Trump presidency, as well as what can be expected in the months to come. Questions will be welcomed during the discussion and Mr. Elville will be available afterwards to answer questions.

10 a.m. Room B You Can Paint! – Join Mike Mathis of Kentlands Manor as he guides you through a painting, much like Bob Ross did on PBS. All supplies are provided.

10 a.m. Room C Medication Safety – For many, aging in place and remaining independent depends on the ability to manage complicated medication regimens. Due to many factors, seniors are at an increased risk for serious medication use complications. Types of complications include falls, drug interactions, and unwanted side effects. However, these complications are entirely preventable. Join Dr. Jen Wolfe as she discusses the steps you can take to stay safe with medications and maintain your independence.

10:45 a.m. Gym Zumba Gold – Tony Edgehill is here to share his passion for Zumba. You will love his enthusiasm and fun low impact moves!

10:45 a.m. Room A “Head, Shoulders, Knees and Toes (And Everything in Between)” – Come ask the experts about your pain and find out what non-surgical treatment options you have. Hosted by Mohsin S. Sheikh, M.D. & Kristin A. Petronio, PA-C.

10:45 a.m. Room C Build Better Balance Class – Improving your balance can help prevent falls and enhance your mobility! Join Vitality Fitness and Wellness as they teach you static and dynamic balance exercises, functional mobility, strength training of your core and legs as well as stretching for common tight areas. Learn practical strategies and tips for preventing falls while enjoying some fun balance exercises. Exercises may be performed seated or standing. Wear comfortable clothing, supportive shoes, and bring a bottle of water.



FREE

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LECTURES AND DEMONSTRATIONS, continued

11:30 a.m. Room A ***“Benefits of Exercise”*** – Exercise and physical activity are good for just about everyone, including older adults. No matter your health and physical abilities, you can gain a lot by staying active. This presentation will describe the benefits of including structured exercise or increased physical activity as part of your everyday lifestyle—from cardiovascular health to weight loss to blood sugar control to bone health to mobility. Presented by Lyndon Joseph, Ph.D. of the National Institute on Aging.

11:30 a.m. Room C ***“Save Your Memory and Your Mind: 7 Steps to Better Brain Health”*** – How many times do you say “I don’t know” in the course of a day? Ever go to the store for a specific item, only to return with everything but? Do you go from one room in the house to another and forget what you went there for? Thoughts evaporate in mid-sentence? Difficulty finding the right word or recalling names? This presentation is based on the clinical protocol for treating short term memory issues and cognitive deficits related to stroke, traumatic brain injury, and dementia...but why wait? If it works clinically, it can work for you, too! This program explains what’s happening to your memory, why, and what you can do about it. Introducing 7 helpful strategies for better brain health, including a 60 second trick for recall. Presented by Susan I. Wranik.

12:15 p.m. Gym ***The Golden Phoenix Performers*** – Don’t miss the spectacular performance of the Chinese American Senior Services Association dancers.

12:30 p.m. Room A ***Radiation Therapy for the Treatment of Cancer*** – Join Dr. Anu Gupta of the Cancer Center at Gaithersburg as she reviews the most common cancers and the use of radiation to treat them. Topics to be covered include gastrointestinal malignancies, prostate cancer, breast cancer, lung cancer, and skin cancer.

12:30 p.m. Room B ***Age Friendly Montgomery: What it Means for You*** – Montgomery County has a demonstrated record of commitment to addressing the needs of both its active, vital senior residents as well as the more vulnerable. Building on that record the County had enrolled in the World Health Organization/AARP Network of Age-Friendly Communities. The County joins more than 140 Age-Friendly communities across the world. These communities are committed to ensuring that they are well designed, livable communities that meet the needs of residents of all ages. Montgomery County has also enrolled in the Dementia Friendly America initiative to address the needs of persons with cognitive impairments and their caregivers. These two programs complement, strengthen, and enhance one another and together will benefit the entire community. Marcia Pruzan will describe the Age-Friendly program and its promise for enhancing the lives of the County’s older residents.

12:30 p.m. Room C ***Social Media for the non-Tweeter*** – Have you been hearing about “Hashtags,” “Tweets,” and wondering what all the fuss is about? Take a guided tour of the most popular social media sites such as Twitter, Facebook, Instagram, and Pinterest with TechMoxie. Learn how these sites are being used to conduct business, promote the arts, connect with friends and promote political views. We will also discuss how social media is changing views on privacy.

1:00 p.m. Gym ***LaughingRx*** – Join world renowned laughter expert Nira Berry as she combines laughing exercises, fun, stress release, and laughter Yoga to give us LaughingRx. The deep breathing and laughing exercises combined with music and fun will give us an overall sense of well-being and joy. Whether you laugh for real or not, your body will get the benefits of laughing.