



19th ANNUAL CALIFORNIA SENIOR INJURY PREVENTION EDUCATIONAL FORUM

Alameda County Health Care Services Agency



Emergency Medical Services
Senior Injury Prevention Program

Greek Orthodox Cathedral of the Ascension
4700 Lincoln Ave. Oakland, CA 94602

THE ART OF HEALTHY AGING

Where Art, Health, and Aging Come Together

Forum Goals

- To expand the network older adult advocates and senior healthcare/service providers working together to reduce older adult injuries.
- To provide attendees with valuable information and health updates to share with older adults to assist them in having healthy, engaged, and fulfilling lives.
- To develop the leadership capacity for advocacy of older adults, their health and well-being.

Agenda

8:00-8:30 am Registration/Continental Breakfast/Visit Exhibitors

8:30-8:35 am **Moderator's Welcome:** Barb Alberson, Senior Deputy Director of Policy and Planning, San Joaquin County Public Health Services.

8:35-8:45 am **Opening Remarks:** Colleen Chawla, Director, Alameda County Health Care Services Agency.

- 8:45-8:50am** **Key Note Video: Lata 65**, Carol Powers, SIPP Forum Coordinator & Alameda County Emergency Medical Services.
- 8:50-9:50 am** ***The Art of Healthy Eating***, Mary Louise Zernicke, MS, MPH, RD, CSG, Senior Nutritionist Alameda County, Department Chair and Program Director in the Nutrition and Dietetics Department at Merritt College.
- 9:50-10:00 am** Break
- 10:00-11:00am** ***Your Imagination: The Key to Vital Aging***. Keynote Speaker: Linda Spector Hatofsky, MA.Ed., Ms. Hatofsky served for many years as co-director and playwright for STAGEBRIDGE, a senior theater company.
- 11:00-12:00pm** ***Parkinson's Disease: Clinical Implications for Fall Prevention***, Adam G. Riner, MSN, RN, AGCNS-BC, CHPN, Director of Care Management, Eldercare Services, Walnut Creek.
- 12:00-1:00 pm** Lunch/ Networking
- 1:00-1:15 pm** **Stretch Break:** Lauren Carley, MA Interdisciplinary Arts, Instructor of Choral Singing, University of California Berkeley's Osher Life Long Learning Institute, and international singing retreat leader.
- 1:15-2:15 pm** ***Creative Aging Panel: Moderator***, Michael Kessler, LPCC, CRC, RMT, Clinical Program Specialist for the Older Adult System of Care, Behavioral Health Care Services.

Panelists:

Lauren Carley, Leader of the afternoon stretch break (see above).

Liz Nichols, MA, *The Power of Fun*, The Hummingbird Project, Laughter Yoga Leader, and TimeSlips Creative Storytelling.

Rachel Main, Family Support Coordinator, Alzheimer's Assoc., liaison, Ray Dolby Brain Health Center, and board certified music therapist.

2:15-2:30 pm Break/Visit Exhibitors/Afternoon Snack

2:30-3:30 pm ***Joyful Moments: Creating Meaningful Activities to Engage Older Adults***, Kari Rogenski, RDT, MA, LMFT, Director of The Hummingbird Project and Co-Creator of Joyful Moments: Meaningful Activities to Engage Older Adults.

3:30- 4:00 pm **Closing Remarks:** Alameda County Supervisor Nate Miley.

Evaluations / Certificates of Attendance

Raffle (*must be present to win*)

Special Thanks to Our Contributors



