

# 50+ Senior Resource EXPO

Improve Your Independence, Health and Quality of Life

Saturday  
OCT 12  
10am-2pm

Senior Activity Center  
211 Burnett Ave N  
425-430-6633

Light lunch provided 11am-1pm

- » More than 40 vendor exhibit displays
- » Presentations on a variety of subjects, such as health, finance, transportation, housing, and more
- » No registration is required



Free transportation available for Renton residents.  
Please call Hyde Shuttle at 206-727-6262.

For more information, visit [rentonwa.gov/rsac](http://rentonwa.gov/rsac)

# SCHEDULE of PRESENTERS

## We welcome you to our 50+ Senior Resource Expo.

The goal of our Expo is to help you improve your independence, health and quality of life. The Expo will target an awareness of local and regional services that may benefit or enhance your day-to-day life.

When you arrive, please pick up your free Expo bag in the front lobby. We hope you enjoy this special day!

## SCHEDULE of EVENTS

### 10am–2pm 40+ Vendors Auditorium, Room 101

More than 40 vendors will exhibit displays in this year's Expo. Please see the back page for participating vendors.

### 10am–12pm Blood Pressure Check Health Clinic, Room 105

Renton Regional Fire Authority will be on-site for blood pressure and glucose testing.

### 10am–2pm Refreshments

Enjoy a fresh cup of coffee or tea in our Coffee Bar.

### 11am–1:30pm Presentations

There will be presentations on a variety of subjects related to health, finance, legal issues, housing and more.

### 11am–1pm Light lunch served

Served out front and seating available in the Craft Room and Coffee Bar.

## 11–11:30am

### Protecting Yourself Against Financial Scams

#### Assembly Room 204

*Presenter: Terry Wilder, Legal Assistant*

Our society is confronted with financial scams on a daily basis. Some are obviously a scam and others are cleverly disguised to conceal their harmful intent. Come learn how to better identify financial scams and how to deal with them.

### The Benefits of Yoga

#### Classroom 205

*Presenter: Bonnie Taschler, Yoga Instructor*

Join our yoga instructor Bonnie and learn the value of yoga. She will answer your questions and give an overview of the benefits of yoga: increase muscle tone, balance, strength; improve your mood through pranayama (breathing exercises); increase lung capacity and improve posture.

### KonMari

#### Game Room 202

*Presenter: Sue Bollinger*

Have you been collecting knick-knacks for years and not quite ready to get rid of them but don't know what to do with them; collected souvenirs from your travels and now they are just clutter; your "junk drawer" is now a "junk-room"; are you buried in STUFF? KonMari is a method of simplifying, organizing and maintaining that order! Join Sue Bollinger, the first certified KonMari Tidying Consultant in the Pacific Northwest and owner of Tidy Up with Sue, as she explains the process of tidying up, demonstrates the KonMari folding technique and shares tips that focus on keeping things that "spark joy".

**12-12:30 pm**

### **Estate Planning Essentials**

#### **Assembly Room 204**

*Presenter: Dan Kellogg, Attorney at Law*

Do you need a Revocable Living Trust, Will, or Community Property Agreement? Would the new Beneficiary Deed strategy enable you to avoid probate even at the death of a surviving spouse? Do you have questions about Health Care Directives and Power of Attorney? This session will provide essential information on these important topics and an opportunity to get answers to questions about estate planning.

### **Protect Yourself Against Financial Scams**

#### **Classroom 205**

*Presenter: Terry Wilder, Legal Assistant*

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### **Housing Repair Assistance Program**

#### **Game Room 202**

*Presenter: Mark Baldrige,  
Housing Repair Coordinator, City of Renton*

This City of Renton program provides free minor health and safety home repairs to eligible Renton residents. Housing Repair Assistance Program helps keep homes safe and affordable while maintaining the quality of our neighborhoods. Learn what is covered and how to apply.

**1-1:30 pm**

### **Tai Chi for Better Balance**

#### **Assembly Room 204**

*Presenter: Julie Gazzoli, Instructor*

Improve your balance and train yourself to prevent falls. Learn a series of movements adapted from traditional Tai Ji Quan, tailored specifically to improve balance. This program is endorsed by the National Coalition on Aging. You will be practicing movements learned so please wear comfortable clothing.

### **Emergency Preparedness**

#### **Classroom 205**

*Presenter: Jillian Edge, Emergency Management Coordinator, City of Renton*

This brief and energetic session will remind all of what precautions to take in case of a major disaster. It will emphasize preparations to take at home, how to set up effective communications with your family and friends, how to stock up on medicine, food, water and where to get the best information in case of a catastrophic event.

### **AARP - Pillars of Brain Health**

#### **Game Room 202**

*Presenter: Ashley Aitken,  
Senior Program Specialist*

It's never too late to take charge of your brain health! In this interactive session you will learn about the five pillars of brain health; how cognitive stimulation, social connections, physical activity, healthy eating and managing stress are our best bets for maintaining brain health.

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## **Blood Pressure Checks**

**10am - 12pm, Room 105**

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# THANK YOU VENDORS!

AARP of Washington	Memory Community
Alzheimer's Association	Molina Healthcare Inc.
American Legion Fred Hancock Post 19	Northwest Parkinson's Foundation
Brookdale-Renton	Options For Seniors
Chicken Soup Brigade	Paradise at Home
City of Renton	Puget Sound Honor Flight
Clear Captions	Providence Elderplace Pace Program
Cottages of Renton-Memory Care	Renton Regional Fire Authority
Crisis Connections/Community Living Connections	Seattle Humane Society
Doughty Insurance Group	Senior Citizens Advisory Board
Fountain Court Senior Living	Sound Generations
Gencare Lifestyle-The Lodge At Eagle Ridge	Telecommunications Equipment Distribution Program
Homewell Senior Care	Tenant Law Center
Humana, Inc.	The Lakeshore Retirement Community
Hyde Shuttle	United Healthcare
Kaiser Permanente	Valley Cities Behavioral Health
King County Library System	Valley Medical Center Health Coach Program
King County Transit Instruction Program	We Speak Medicare
Law Offices of Dan Kellogg	Widowed Information and Consultation Service (WICS)
Metro Access	
Merrill Gardens of Renton Centre	

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