

Welcome

We're glad you're here today!

Senior 50+ Resource FAIR

9:00am – 1:00pm

35+ Vendors

Main Auditorium

More than 35 vendors bring valuable information to improve your independence, health and quality of life.

Wellness

Health Services Room

Renton Regional Fire Authority is on-site for glucose and blood pressure monitoring.

Flu Shot Clinic

Creative Arts Room

Costco is administering flu shots. Insurance card required.

Refreshments

Coffee Bar

Provided by Top Pot Doughnuts, Renton Landing

10:00 – 11:00am

Coffee with a Cop

Stop by the Coffee Bar and get to know some of Renton Police Department's officers and other personnel.

10:00am – 1:00pm

Presentations

2nd floor

Presentations on a variety of subjects pertaining to health, aging and planning for your future.



10:00am

Renton Municipal Airport

10:00am, Hemlock Room

Presented by: Manuel Cruz, Airport Director, Renton Municipal Airport, City of Renton

Located at the south shore of Lake Washington, the Renton Municipal Airport has a land-based and waterside-based airstrip. The Boeing 737 series are built at the Renton Boeing Plant across the Cedar River and leave Renton on their first flight. Come learn about the airport's role in commerce and emergency response today as well as its functions during significant times in history.

Downsize, Declutter & Decision Making

10:00am, Madrone Room

Presented by: April Sage from Senior Housing Advisory Services, Rebecca Ricards of RR Move Co, and Jennifer Thompson, Certified Real Estate Planner.

Join this engaging and informative session designed to help you plan your next chapter with confidence. Consider essential decisions for your future while receiving expert advice on decluttering and preparing for a potential downsize. Gain valuable insights and practical tips to make your transition smoother and more manageable.

Advance Directive—What You Need to Know!

10:00am, Willow Room

Presented by: Mary Pope RN, BSN, Hospice Clinical Liaison-Gentiva Hospice

An Advance Directive is a legal document that allows you to express your healthcare choices in the event that you are unable to speak for yourself. It outlines treatments and designates a trusted person to make decisions on your behalf. This helps ensure your medical care aligns with your values and eases the burden on loved ones during a medical crisis. In Washington State, the Directive becomes official once the appropriate form is completed and signed. Participants will receive a blank copy and detailed instructions for completing the WA State Medical Association's Advance Directive document.

11:00am

Social Security and Medicare: The Pillars of Retirement

11:00am, Hemlock Room

Presented by: Nick Woog, Licensed Insurance Agent and Registered Social Security Analyst, Loreen and Lane Retirement Answer Team

Learn how Social Security and Medicare work together to provide stability during retirement, how these programs are changing, and the challenges ahead for the programs and beneficiaries. Gain a working knowledge to help you navigate what can feel like the Quinault Rainforest. Attendees will receive one complimentary use of the RSSA Roadmap (to use or give away) and the opportunity to ask questions about these programs.

Keep Moving: Chair Yoga and Meditation

11:00am, Madrone Room

Presented by: Harmony Dawn, 500 Hour Purna Yoga Instructor

Keep Moving! Connect your body and mind by exploring the benefits of movement and calming of your mind. The instructor will take you through a few yoga movements both seated and standing to move your body. Then you will finish up with meditation to calm your mind.

Advanced Planning: Honor, Celebrate, Remember

11:00am, Willow Room

Presented by: Carlos Zamora, Advance Planning Specialist, Bonney Watson Funeral Home-SeaTac

Preplanning allows you to make thoughtful decisions about your end-of-life arrangements, ensuring your wishes are honored and reducing stress for your loved ones.

12-Noon

Do you know what we offer at the Senior Center?

12:00pm, Hemlock Room

Presented by: Sonja Mejlaender, Community Events Coordinator, City of Renton Recreation Div.

Welcome first-timers to the Senior Activity Center! Learn highlights about programs, classes, activities and events offered at the Don Persson Renton Senior Activity Center. Daily community lunch, coffee bar, health and wellness, fitness gym, support groups, field trips, speaker series, drop-in activities (billiards, ping pong, bingo, bridge, bunko, pinochle, mahjong etc.), dance, art and technology classes, plus much more.

Legacy Planning for Seniors

12:00pm, Madrone Room

Presented by: Christian Pearson, Iddins Law Group

Experienced estate planning attorney from Iddins Law Group will present the basics of estate planning: what you need to know, what options are available to you, and how you can create your estate plan. We will discuss estate and gift tax planning, wills, trusts, powers of attorney, healthcare directives, transfer on death deeds, beneficiary designations, and more. Learn how to protect yourself and your assets and bring peace of mind to you and your loved ones.

Elder Abuse: Recognizing Forms of Abuse

12:00pm, Willow Room

Presented by: Tina M. Harris, Victim Advocate/Peer, Renton Police Dept.

Elder abuse is often underreported or overlooked in our community. It can happen in the privacy of one's home by family, friends, or neighbors, or in a facility such as a home health care, assisted living, hospice, or hospitals. There are seven different forms of elder abuse, physical, sexual, emotional, financial, neglect, self-neglect, and abandonment. We will discuss what to look for in elder abuse and how or when to report it to law enforcement

