

*Admission: An Item
for the Pantry*

No Registration

Refreshments

Door Prizes



**Thursday,
October 24,
2024**

10:30am - 3:00pm

**Xenia Community Center
1265 W. Second Street**

Bring a Friend!

Something for everyone!

There will be partners' information tables & demos in the gym and breakout sessions in the classrooms. More information on next page. Check the schedule for times and locations.

Savvy Senior Expo

Welcome to our second Savvy Senior Expo! Based on your feedback from last year, we are bringing some favorites back and adding new options.

The Expo will help you explore options for your best aging experience. Learn something, see friends, and have some fun, all at the same time.

There will be interactive sessions covering topics such as: **Online Classes through GCCOA; What's the Scoop on Pickleball; Brain Fitness, and more.**

Presentation topics will include: **Medicare Open Enrollment; Verifying the Integrity of Dietary Supplements; Downsizing for a More Carefree Life; the latest on Senior Scams; a Legal Chat with attorney Dave Cusack, and more.**

Here's What You Will Find at the Expo

There is no admission but we encourage you to bring a donation for the area food pantries, such as a box of cereal or crackers, a package of toilet paper, and/or some toothpaste.

Have some fun while you learn about successful aging. You decide what you want to see or participate in; a lot will be happening in various areas of the XCC.

Kick-start your morning with a **Zumba** session at 9:30 in room 408 with Jodi Anderson. Here is your chance to see what the excitement is all about, and maybe try it out.

The **Sheriff's Department** will have a drop box for unneeded prescription and over-the-counter medications. No liquids or injectables please.

The Expo officially opens at 10:30am in the XCC gym.

Sign up for door prizes, scope out the partner tables and review the presentation schedule. There will be tables & chairs to sit and chat or look at information, and light refreshments will be available.

Fitness Demos ~ In addition to the 9:30am Zumba class, fitness demonstrations will be offered throughout the day, including Pickleball, Chair Yoga, and Chair Volleyball.



Information Tables ~ Our partners & vendors will have information to share and people you can talk to.

- Social Security
- Ohio Senior Health Insurance Information Program (OSHIIP) Medicare/Open Enrollment
- Greene County Parks & Trails ~ Education & Wellness Opportunities
- Greene County Public Library Outreach Program
- OCC (Office of the Ohio Consumers' Counsel)
- ProSeniors—Legal Services, Medicare Fraud
- Resources for Veterans
- The World of Technology: Streaming Options, Security Settings & Capabilities of iPhones and Android Phones, Online Classes/Options
- Fitness & Wellness Resources
- Be Prepared



Breakout Sessions

See the separate Schedule Sheet for times and locations

Utility Aggregation Contracts in Greene County ~ Kathryn Metz from the Office of the Ohio Consumers' Counsel will explain, in terms we can follow, how the utility aggregation contracts work in our various communities and provide info to explore our options.

Verifying the Integrity of Dietary Supplements ~ Many of us take supplements in addition to our prescription drugs. Do you know that the FDA does not regulate dietary supplements as they do prescription drugs? How safe is what you take? Join Marty Eng, R.Ph. for a discussion.

Medicare 101 & Open Enrollment ~ Medicare is the primary health insurance for older adults, but are we as knowledgeable as we should be? Sarah Florimonte of OSHIIP will provide a review of Medicare, including the Open Enrollment process which runs from October 15 to Dec 7. Sarah, along with GCCOA team members, will also be providing one-on-one reviews of plan options for those with appointments (see information to the right).

Legal Chat ~ Attorney Dave Cusack will discuss *Do my legal documents come with me?* What happens when you travel, or move to a different location for the winter? What you need to know about your legal documents when you are not at home.

A New Mindset for Successful Aging ~ What do you think about aging? Expand your thinking to live a more vibrant and fulfilling future with Maureen McCarthy-Magill. *"I'm not giving up. The person I'll be a few years from now is counting on me."* ~ unknown

Downsizing for a More Carefree Life ~ Make sound decisions on what to keep and what can go with help from professional organizer Lori Firsdon from Forte Organizers. Spend your Golden Years enjoying what's really important; parting with clutter allows for more time with family, friends and life's little pleasures.

Senior Scams ~ Hear the latest information on scams targeting seniors and what to do from Katie Harper, Outreach Coordinator of Consumer Protection, OH Attorney General office.

This event is not sponsored by the Ohio Attorney General's Office. The Ohio Attorney General's office does not specifically endorse or recommend Greene County Council on Aging or any products or services affiliated with Greene County Council on Aging. All goods or services are offered or provided by Greene County Council on Aging.



One-on-one Medicare Review

There are a limited number of spots to review your Medicare options with Sarah Florimonte or the Council Benefits Expert at the Expo. Contact Beth at 937-376-5486 ext 128 to reserve your spot *before 10/24*.

Brain Fitness Exercises ~ We all need to work & stretch our brains as much as our bodies. Join us as we talk about benefits and cautions of brain fitness exercises, as well as give a few exercises a try.

Planning for Anything ~ You know the Boy Scout motto: Be prepared! But how? Stop by the *Be Prepared* table to pick up your "To-Do List Starter Kit" related to budgets, money saving tips, nutrition, housing options, end of life planning, and more.

Thanks to our Partners!



Ohio Senior Health Insurance Information Program



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Xenia, Ohio 45385
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