



PROGRAMS

Stage

12pm

Keynote Speaker – Betsy Abramson, Executive Director, Wisconsin Institute for Healthy Aging, Madison
“AGEISM is Bad for Everyone’s Health”

9:30-9:45am &
11:30-11:45am

Oshkosh Area YMCA
Silver Sneakers demonstration

Various Times

Winnebago County Health Dept.
Strong Bones & Tai Chi demonstrations

Hutchinson Meeting Room

- 9:00am** **Planning for Long-term Care and Medicaid**, Attorney Joe McCleer, McCleer Law Office
 Discussion will be about long-term care options and how seniors can prepare for the growing costs. Topics include long-term care insurance, Medicaid eligibility, special benefits for veterans, and why putting your house in your child’s name is a *terrible* idea.
- 10:00am** **We are Hear for You!** Alyson Windle, COTA, Options for Independent Living
 Alyson will highlight their Assistive Technology services, including TEPP (Telecommunication Equipment Purchase Program) and how to find the right amplified phone for you. She will also have a “show & tell” of equipment for home safety and share information about their Lend Closet.
- 11:00am** **What can I do with my Stuff!?!** Katie Buchnis, Katherine’s Auction & Appraisal Services
 Everyone has *stuff* that you’ve acquired over the years. It can be difficult and daunting to sort through it in an affordable and timely manner. Advice from a pro is here!
- 12:00pm** **Social Security - With You Through Life’s Journey**, Annette Galligan, Social Security Administration, Oshkosh. Learn the basics of Social Security retirement, disability, and survivor benefits along with Medicare. Please bring your questions - no lines, no waiting!

Henrietta Meeting Room

- 9:00am** **Lumbar Stenosis: Almost Inevitable but not Untreatable**, John Hartenberger, PT, CMTPT, Orthopedic & Spine Therapy
 John will explain what it is, how to recognize the symptoms, options for treatment, and expected results with physical therapy care.
- 10:00am** **Pre-Planning for Peace of Mind**, Virginia Radtke, Lake View Memorial Park
 Educational information about the importance of pre-planning your final arrangements.
- 11:00am** **Advance Care Planning: It’s always too Soon until it’s too Late**
 Ellen Koski, MPH, CPH, Executive Director, Fox Valley Advance Care Planning Partnership
 Advance care planning, including POA for Health Care and Advance Directives, are vitally important for all adults age 18 and older. You and your loved ones can prepare for difficult conversations surrounding health care decisions, especially in the event you could not communicate or speak for yourself. Identify your wishes AND make sure they are honored. Even if you have your documents completed, you will likely learn something new and important to your life!



HEALTH SCREENINGS

Oshkosh Corp. Board Room



Hearing screenings
Avada Hearing Center

Thistle Room



Walgreens Flu Shot Clinic
Free flu shots, bring insurance card

Booth #602



Blood Pressures and Pulses
Valley VNA Senior Care

Booth #404



Vision Screening
OptiVision

Booth #606

Chair Massages
Medically Sound Mobile Massage

Booth #710

Plus Other Screenings and Demonstrations at Exhibitor Booths