

SENIOR OUTREACH SERVICES EDUCATION TALK SERIES

WANT TO ATTEND?

Education Talks are **free** and open to everyone; bring a friend!

Respond by **Friday, October 4** to Sina Ward at 784-7506 or email at sinaw@unr.edu

Come early, at **9:00 a.m.** and meet fellow volunteers and others over a light breakfast sponsored by **Morning Star Senior Living of Sparks**. The talk will start at 9:50 a.m.

Parking: Free parking is available in front of the OLLI building and across the street in the city lot.

SOS Ambassador Council Members:

Linda Anglin
Louise Bierce
Jonathan Blose
Raymond Collins
Betty Dodson
Ann Frohlich
Jane Gruner
Gerry Harris
Marsy Kupfersmith
Craig Warner
Barbara Westcott



AFFORDABLE HOUSING: COMMUNITY SERVICES TO SUPPORT YOU, WHERE YOU WANT TO LIVE!

Tuesday, October 8, 2019

Osher Lifelong Learning Institute (OLLI)

604 West Moana Lane, Reno

Breakfast/Networking at 9 a.m.; Presentation 9:50-11 a.m.

Panel of Community Experts: *Dr. Peter Reed, Director, Sanford Center for Aging, and Professor of Community Health Sciences, UNR (Moderator); James Cox, Executive Director, Cascades of the Sierra; Diane Ross, Owner, The Continuum; and Ky Sisson, Director, Lend-A-Hand - In home services.*

Ageing brings change. Knowing your options and creating a plan will assist you in aging in place, and maintaining the quality of life and independence you seek. The panel will discuss (1) senior care communities – the joys of supported community life, (2) home modification and adult day care – community-based programs that support mobility and safety, and (3) in-home care – serving people in the safety and comfort of their own home.

Be empowered and informed! Please join us for an informative talk to learn more about how seniors can live in the residence of their choice safely, independently and comfortably.



University of Nevada, Reno
School of Medicine
Sanford Center for Aging

med.unr.edu/aging
(775) 784-4774
sanford@unr.edu