

WORKSHOP 1 9:30 - 10:10

LEGENDS770KAAM
Music you "love," Pros you trust

Room 2

Your Home... Your Choice

John Cowan, SFR, SRES, and Dan Bourland, e-Pro, SRES,
Realtors, Ultra Reality of Texas

Senior Real Estate Specialists who are regulars on Legends770 KAAM Radio with an hour talk show, John Cowan and Dan Bourland, will discuss the multiple options you have when it comes to the following:

- You want to stay in your home but may need financial options such as refinancing, reverse mortgage, or home equity loans as well as how to deal with physical changes to the home that may need to be done.
- Move by right-sizing your housing needs whether in town, across the country and considerations for senior housing, new construction, etc.
- Finance options to purchase a home including the new reverse mortgage as a purchase option in Texas.
- How to prepare your home for sale and how to deal with the options for getting rid of your 'stuff' including estate sales and more.

Room 3

The IRS & Your Social Security Benefits

Joni Balumet, Staff Attorney
Legal Aid of NW Texas

An overview of events that can make your Social Security benefits taxable and how to prevent an IRS levy.

WORKSHOP 2 10:30 - 11:10

Room 2

Elder Fraud—What is it? Who are the victims? Who are the suspects? What now?

Investigator Greg McNeese, Tarrant County Criminal
District Attorney White Collar/Public Integrity Unit

Participate in a brief presentation on how to recognize signs of financial exploitation, such as investment fraud, home repair fraud, sweetheart swindles, and more. Followed by a brief question and answer session.

Room 3

Medicare Tips

Karen Travit
Blue Cross Blue Shield of Texas

Do you understand Medicare? Original Medicare has many different parts. This is an overview of how Original Medicare works (Parts A & B), as well as how Medicare Advantage plans (Part C), Prescription Drug Plans (Part D), and Medicare Supplement Insurance Plans work. An excellent orientation for people becoming Medicare eligible and people who have been on Medicare for years, this presentation will cover every option available.

WORKSHOP 3 11:30 - 12:10

Room 2

Geriatric Medicine Overview



Hedieh Davanloo, M.D., DABSM, DABHPM, CMD, FACP
Board Certified in internal medicine by the American
Board of Internal Medicine, USMD Health System

Geriatric medicine of various types has become an increasingly important component of the geriatric health care delivery system in the United States. This presentation will provide an overview of the differences between geriatric medicine and internal/family medicine.

Room 3

Caring for the Caregiver - Stress Management

Jaime Cobb, Certified Senior Advisor and the Vice President of
Community & Caregiver Education at James L. West Alzheimer's Center.

The responsibilities of a caregiver can be overwhelming and stressful at times. Knowing how to best respond in stress situations takes skill and practice. This program covers the effects of stress on our well-being and techniques on how to best manage the stress of caregiving.

WORKSHOP 4 12:30 - 1:10

Room 2

“Assassination and Commemoration”



Stephen Fagin, Associate Curator at
The Sixth Floor Museum at Dealey Plaza.
Fagin is the author of *Assassination and Commemoration*
(University of Oklahoma Press, 2013) and an assistant
editor of *Legacies* Dallas History Journal.

This program explores Dallas in the aftermath of the Kennedy assassination and the long struggle to memorialize the site of that tragic event. Though a number of people called for the demolition of the controversial Texas School Book Depository building, it was preserved, restored, and eventually became the location of The Sixth Floor Museum at Dealey Plaza. This presentation features rare photographs, floor plans, and museum concept art.

Room 3

Medicare 2015 Tips & Updates

Jamie Harwell, Service Navigation Manager
Area Agency on Aging of Tarrant County

An educational presentation on recent and upcoming Medicare changes. Factual information from a neutral source on how healthcare reform will affect Medicare beneficiaries. What you need to know about Medicare basics, how you can sign up, and what trusted resources are available to learn more about Medicare.

ASK THE DOCTOR/PROVIDER PANELS

All NEW



**Ask The
Doctor/
Provider**

Room 1

[Ask the Doctor/Provider Panel](#)

3 Sessions at:

**9:30 a.m. to 10:30 a.m.
11:00 a.m. to 12:00 p.m.
12:30 p.m. to 1:30 p.m.**

A panel of physicians and providers address your questions covering specialties in:

**Oncology
Cardiology
Orthopedics
Family Medicine / Geriatrics
and many more...**

The “Ask the Doctor/Provider” workshop room is located off the Blue Expo Area in Workshop Room 1. Once you enter the room, take a question card to write any questions you may have. Please raise your hand and a staff member will pick up your question card for the session.

A special thank you to our doctors and providers from the hospitals below for providing this workshop for our caregivers, boomers and seniors. What a great service to the community!

