



Celebrating 20 Years!



Healthy Aging and Fall Prevention Summit

Friday, October 13, 2023

8:00 a.m. - 1:00 p.m. | Modesto Centre Plaza

A FREE EVENT FOR OLDER ADULTS AND THEIR CAREGIVERS

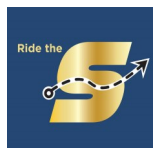


Health Screenings & Services

Diabetes & Cholesterol Screenings (need to fast prior) | Blood Pressure Checks
Bone Density | Depression Screenings | Oral Cancer Screening
Foot Care Screening | Skin Health Assessments
Senior Fitness Tests | Drop the Drugs | Medicare Card Lamination
Flu Shots (*quantity limited*) | Home Modification Display | and more!

First 500 Attendees* Can Receive a Bag of Fruits and Vegetables

**One bag per household, must fill out evaluation form*



KAISER PERMANENTE thrive



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Health Plan of San Joaquin



Area Agency on Aging



SIERRA HEALTH FOUNDATION



Save the date for the 2024 Summit - October 11

2023 Healthy Aging Summit Sponsors

Hosted by: Healthy Aging Association &
Stanislaus County Area Agency on Aging

PRESENTING PARTNER



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Sierra Health Foundation

Second Harvest of the Greater Valley
CCA—Commonwealth Care Alliance

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Grace Home Health & Hospice | Modesto Irrigation District (MID) |
Infinity Home Health & Hospice | LGBTQ+ Collaborative | Sutter Health of the Valley Area
Noble Hospice & Palliative Care | The Gardens of Modesto Memory Care | Sbh Insurance
Turlock Nursing Rehabilitation & Vintage Faire | Valley Skilled Nursing |
VG Capital Financial Services LLC

SCREENINGS

Senior Fitness Testing & Blood Pressure Checks - Stanislaus State University, Kinesiology Department
Depression Screenings - Area Agency on Aging - Project Hope
Diabetes Screening and Education - Stanislaus State University, Department of Nursing
Cholesterol & Bone Density Screening - Onsite Wellness
Skin Health Assessments - Modesto Junior College, Department of Nursing
Senior Foot Care - Advanced Foot Care Technology
Flu Shots - Stanislaus County Health Services Agency—Public Health
Oral Cancer Screening—Care 2 U Oral Care Administrative Services

Summit Exhibitors

- ADDUS Homecare
- Advanced Foot Care Technology
- Alignment Health
- Alzheimer's Dementia Support Center
- Astoria Senior Living and Memory Care
- Beltone of Central California
- Bethel Retirement Community
- Bridge Hospice
- Bristol Hospice
- CaptionCall by Sorenson
- Care 2 U Oral Care Administrative Services
- CCA - Commonwealth Care Alliance
- Central Valley Hearing Health
- Central Valley Medical Group
- Central Valley PACE
- City of Turlock - Turlock Transit
- ComForCare Home Care
- Commission on Aging
- Community Hospice
- Covenant Care at Home & Hospice
- Donor Network West
- DRAIL - Disability Resource Agency for the Independent Living
- Drop the Drugs
- El Rio Memory Care & The Park at Modesto
- Encompass Health Acute Rehab
- English Oaks—Generations Healthcare
- Franklin & Downs Funeral Homes
- Golden Age
- Golden Modesto Care Center
- Grace Home Health & Hospice Inc.
- Health Plan of San Joaquin
- Healthy Aging Association
- Health Insurance Counseling Advocacy Program
- Home Safety Services
- Hospice of San Joaquin
- Humana
- Imperial Health Plan
- Infinity Home Health & Hospice
- JAR Insurance
- Kaiser Permanente
- LGBTQ+ Collaborative
- Mobility Plus of CA
- Modesto Irrigation District (MID)
- Modesto Parkinson's Support Group
- Modesto Senior Center
- MOVE Stanislaus Transportation
- Noble Healthcare at Home
- Noble Hospice & Palliative Care
- Ombudsman Catholic Charities
- Orangeburg Memory Care
- Salvation Army
- Sbhis Insurance
- Second Harvest of the Greater Valley
- Senior Advocacy Network/ Senior Law Project
- Senior Coalition of Stanislaus County
- Seva Hospice
- Stanislaus County—Family Caregiver Support Program & Senior Meals
- Stanislaus County - IHSS Public Authority & Adult Programs
- Stanislaus County Library
- Stanislaus County - MSSP/PEARLS
- Stanislaus County - Project Hope
- Stanislaus County - Veterans Service Office
- Stanislaus Regional Transit (StanRTA)
- Sutter Health Valley Area
- The Gardens of Modesto Memory Care
- Truewood by Merrill in Modesto
- Turlock Nursing and Rehabilitation & Vintage Faire
- Valley Skilled Nursing
- Valley Wound Healing Center
- Vel Primus Rx
- VG Capital Financial Services, LLC
- Welbe Health
- Wellcare by HealthNet

A Big THANK YOU to the following who helped make this event possible:

Shuttle provided by El Rio Memory Care & The Park at Modesto

Salvation Army for providing Coffee

Second Harvest of the Greater Valley for bags of Fruits & Vegetables

Healthy Aging Association Board of Directors

Summit Volunteers

EL RIO
MEMORY CARE COMMUNITY
Koelsch Communities

The Park
AT MODESTO



Christy Valencia

Marketing & Outreach Specialist, Central Valley

CValencia@Commonwealthcare.org

t: (209) 751-6034

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Hablo español



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- **Advantage (HMO, PPO)**
- **Prescriptions (Part D)**

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Let's talk about healthy aging.



Check in.
Check it off!

Are you up to date on your wellness exams? HPSJ encourages exams to help adult men and women stay healthy and live longer.

- Colon screenings
- Diabetes A1c
- Health exams
- Cholesterol tests
- Blood pressure checks



Schedule a
wellness visit.

Prevent illness and keep doing the things you love. For more information on wellness exams and routine care, call HPSJ at **888.936.7526 TTY 711** or visit **www.hpsj.com**.



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Humana



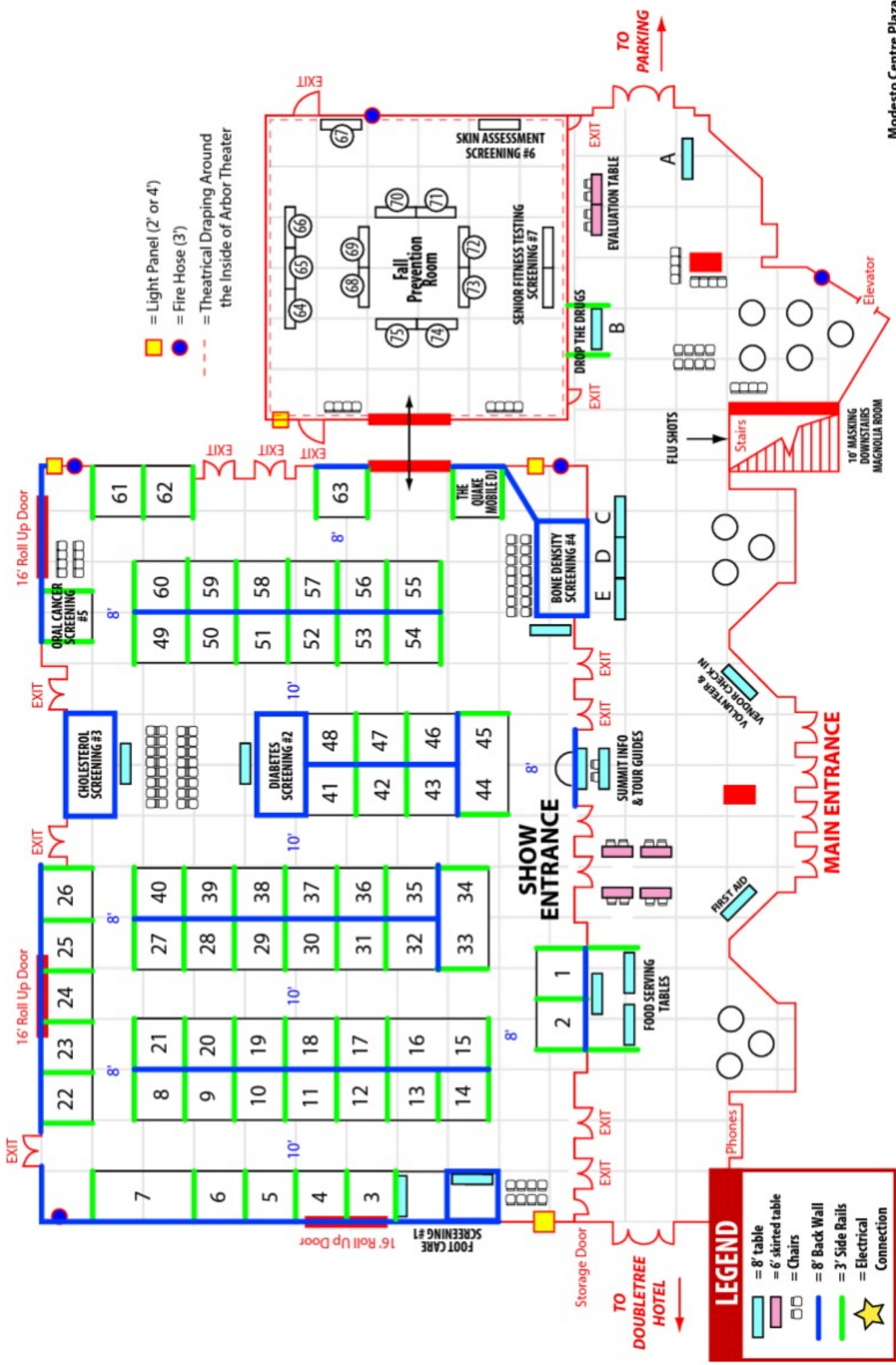
209-521-7260

**1101 Sylvan Ave,
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www.drail.org

Healthy Aging & Fall Prevention Summit

October 13, 2023
8:00 AM - 1:00 PM



SUMMIT EXHIBITORS 2023

#	initials	Exhibitor Name
1		Stanislaus County Veterans Service Office
2		HICAP - Health Insurance Counseling & Advocacy
3		Community Hospice
4		Astoria Senior Living & Memory Care
5		Infinity Home Health & Hospice
6		Imperial Health Plan
7		MSSP/PEARLS & Project Hope
8		Modesto Senior Center
9		Stanislaus County Library
10		Beltone of Central California
11		LGBTQ+ COLLABORATIVE
12		Family Caregiver Support & Senior Meals
13		Valley Wound Healing Center
14		Sutter Health Valley Area
15		Transportation - StanRTA
16		Transportation - MOVE
17		Transportation - Turlock Transit
18		JAR Insurance
19		Hospice of San Joaquin
20		Stanislaus County IHSS & Adult Programs
21		SEVA Hospice
22		Central Valley Hearing Health
23		Noble Healthcare at Home
24		Bristol Hospice
25		Humana
26		

#	initials	Exhibitor Name
27		Ombudsman Catholic Charities
28		ComForCare Home Care
29		Donor Network West
30		Orangeburg Memory Care
31		Bridge Hospice
32		Modesto Irrigation District
33		Vision Essentials - Kaiser Permanente
34		Cancer Care - Kaiser Permanente
35		ADDUS Homecare
36		Central Valley PACE
37		Truewood by Merrill
38		Wellcare by Health Net
39		El Rio & The Park
40		Encompass Health Acute Rehab
41		CaptionCall by Sorenson
42		Covenant Care Home Health & Hospice
43		VG Capital Financial Services
44		Quality - Kaiser Permanente
45		Stroke & Heart Health - Kaiser
46		KPSA - Kaiser Permanente
47		Welbe Health
48		Bethel Retirement Community
49		Alignment Health
50		Noble Hospice and Palliative Care
51		The Gardens at Modesto Memory Care
52		English Oaks - Generations Healthcare
53		Sbhis Insurance

#	initials	Exhibitor Name
54		Central Valley Medical Group
55		Health Plan of San Joaquin
56		Golden Modesto Care Center
57		Grace Home Health & Hospice
58		Turlock Nursing & Rehab & Vintage Faire
59		CCA - Commonwealth Care Alliance
60		Franklin and Downs Funeral Homes
61		Golden Age
62		Senior Advocacy Network/Senior Law Project
63		Home Safety Services
64		Mobility Plus of CA
65		Ask the Doctor
66		DRAIL - Disability Resource Agency
67		Valley Skilled Nursing
68		Modesto Parkinson's Support Group
69		Vel Primus Rx
70		Nutrition Education & Green Bag Program
71		Fall Prevention Fitness Classes - Young at Heart
72		Fall Prevention Resources
73		Senior Coalition of Stanislaus County
74		Second Harvest of the Greater Valley
75		Drop the Drugs
A		Commission on Aging
B		Salvation Army
C		Alzheimer's Dementia Support Center
D		
E		

SCREENINGS

Blood Pressure Checks - Screening #8
 Bone Density Screening - Screening #4
 Cholesterol Screening - Screening #3
 Depression Screening - Booth 7
 Diabetes Screening - Screening #2
 Fitness Testing - Screening #7 (Fall Risk Assessment)
 Foot Care Screening - Screening #1
 Oral Cancer Screening - Screening #5
 Skin Health Assessment - Screening #6

ACTIVITIES

Ask the Doctor - Booth 67
 Drop the Drugs - Booth B (Lobby)
 Flu Shots provided by Stanislaus County
 Public Health - Downstairs

TIPS TO HELP PREVENT FALLS

1



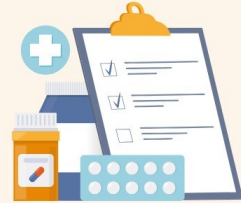
Talk to Your Doctor

2



Talk to Your Family

3



Review Your Medications

4



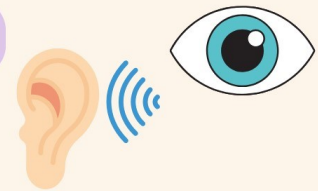
Make Your Home Safe

5



Find a Good Exercise Program

6



Care for Your Vision & Hearing

For more information and ways to prevent falls visit www.ncoa.org and www.cdc.gov/steady

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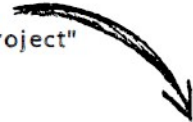
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- Host a funds drive or...
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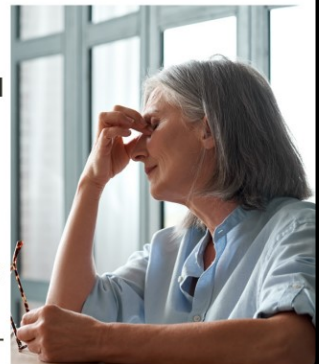


Insights | Mental Health Program

*Do you feel anxious, nervous,
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SIERRA HEALTH FOUNDATION



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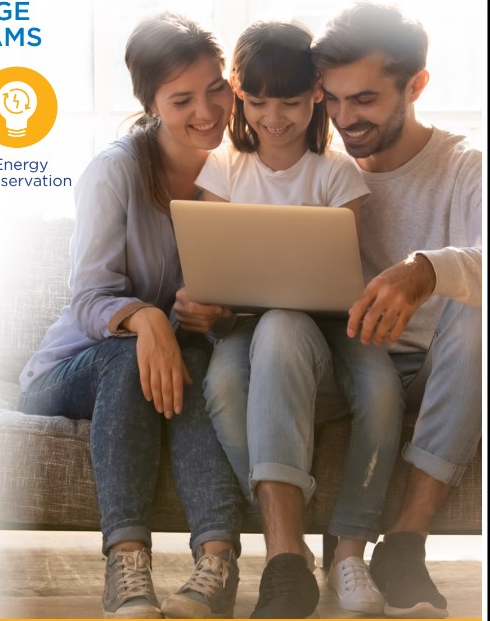
Rebates



Financial Assistance Programs



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- Making a difference in our community



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Healthy Aging & Fall Prevention Summit.

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