



## Mission Statement

Care Connection provides opportunities to create positive aging experiences.

## Presentation List

Care Connection staff and volunteers are available to provide informative presentations on the following topics. To schedule a presentation for your group, please call 1-800-748-7826 and ask to speak to the contact person listed for the topic you are interested in.

Contact: Any Care Connection Staff Member

**Topic: Care Connection for Aging Services**

An overview of Care Connection for Aging Services.

Contact: Rona McNally

**Topic: How Much Did That Cost and How Much Do I Pay?**

We will explain how to review your insurance statements to help you understand the charges billed to Medicare, what you are expected to pay, and to detect mistakes or possible fraud.

**Topic: Are You Smarter Than a Scam Artist?**

This interactive game tests your ability to identify and outfox crooks and other scam artists.

**Topic: I Should Write That Down**

We will show you how to gather all your important health care information and record it in a personal Health Care Journal provided by the Missouri SMP.

**Topic: Medicare 101**

A 60-minute presentation for people who are becoming eligible for Medicare and are facing the big decisions about what insurance options will suit their needs and the services that are covered.

**Topic: SMP or Medicare Bingo**

An interactive way to learn information about Medicare benefits and how to protect them from fraud and abuse.

**Topic: Money Management: What Every Woman Should Know**

A 90-minute presentation providing information regarding women's retirement challenges, retirement income needs, sources of retirement income, savings and investments, credit card debt, long-term care insurance, financial planning professionals, and a financial to-do list.

**106 West Young, P.O. Box 1078, Warrensburg, MO 64093**

**660-747-3107 Fax: 660-747-3100**

**[www.goaging.org](http://www.goaging.org)**



## **Mission Statement**

Care Connection will provide resources and services that empower people to create healthy aging experiences.

Contact: Eric Messer

### **Topic: Making Healthy Food Choices**

How to choose healthy meals as you age. What is the right portion of food?

### **Topic: Healthy Snacking**

Better choices to munch on during the day to keep you fuller and more focused.

### **Topic: Eating Healthy on a Budget**

Easy tips and tricks to keep yourself on track to a healthy diet while living on a limited budget.

### **Topic: Reducing Sodium**

How much is too much, what foods to avoid, what to eat more of and how to reduce your sodium intake.

### **Topic: Nutrition and Falls**

An overview of how maintaining good nutrition helps to prevent falls in older adults.

### **Topic: Cooking for 1 or 2**

Simple ideas and recipes that make cooking for 1 or 2 fun and creative.

### **Topic: Making Comfort Foods Healthier**

Simple ways to make everyone's favorite foods healthier for you.

### **Topic: Seasonal Eating**

Tips on how to make the most of seasonal produce. Which fruits and vegetables are ok to be eaten daily, which should be eaten in moderation.

Contact: Marilyn Gunter

### **Topic: Care Management - What is this, and how could it help me?**

Learn what care management is and how you might benefit from a care manager's services. Care managers work with individuals and families to create a positive aging experience. This presentation will acquaint the listeners with the functions of the Care Manager, what care management is, and how we can help you remain in your home.

### **Topic: You Are Not Alone - Family Caregiver Program**

Many of us are caregivers before we realize that's what we are doing. Things happen, and before we know it, we are providing care to our loved ones who rely heavily upon us. This

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program will help caregivers better understand their positions, what services are available to help them, and how to take care of themselves during this time.

### Topic: Aging in Place

My home – why would I want to leave it? How can I stay here? Care Connection Care Managers can help you assess your situation – home and financial – and suggest options that help increase the reality of aging in place. They can help you think practically, suggest resources, and help whittle down the looming fear of moving.

### Topic: Feel Good Bingo

Everyone enjoys a good game of BINGO. Why not learn while playing? Feel Good Bingo is an interactive game of BINGO that focuses on depression and the signs and symptoms. Pictures are used in place of numbers to give visual cues and relevant information on depression to the players. Players will gain a better understanding of depression and how to recognize the signs.

### Topic: Benefits Bingo

Learn about many benefits that are available to help seniors stretch their monthly income while playing this interactive Bingo game.

### Topic: Why did I walk into this room? Where did I leave my keys?

Ever experience a “senior moment”? Most of the time we play those “senior moments” off as forgetfulness, but sometimes those moments can be leading up a serious problem. Memory Screening is a confidential memory screening to anyone concerned about memory loss or experiencing warning signs of dementia. Screenings are often the first step to finding out if someone may have a memory problem. A series of questions are asked in a private setting and are used as an indicator of whether a person might benefit from an extensive medical exam, but are not used to diagnose any illness. Education and encouragement are given to follow up with a medical provider.

### Topic: Help! I’ve fallen, and I can’t get up. Let BOB Help.

We have all heard that phrase, and some of us have actually said it. That’s where BOB comes in to help. Care Connection offers a variety of medical alert devices that can help in any type of situation – whether you have fallen, are locked out of the house, have forgotten to take medications, or even are experiencing loneliness. Learn what all BOB can do to help give you and your loved ones peace of mind while living independently at home.

### Topic: Five Wishes for the Future

Five Wishes is the first living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. Learn what the Five Wishes are and how you can personalize

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them to meet your wishes when you are no longer capable of making decisions but want to direct your care.

### **Topic: Wheel of Benefits**

There are a number of benefits available to seniors. To go along with a brief overview of these benefits, this interactive spinning wheel game provides a fun way for participants to reinforce what they already know or to learn new information about Care Connection and the benefits we can assist with.

**Contact: Kathy Ray-Smith**

### **Topic: Preventing Elder Abuse**

A 15- to 30-minute presentation and discussion of what Elder Abuse is, who are the most likely victims, and positive steps to take to prevent it.

### **Topic: Culture Change in the Long-Term Care Setting**

A 30- to 60-minute presentation of the new self-directed care blossoming in many nursing homes, assisted living, and residential care facilities. Differences between the old medical model and the new social model that are the essence of Culture Change will be discussed.

### **Topic: Residents' Rights in the Long Term Care Setting**

A 30-minute program explaining and exploring the rights provided in federal and state law for any resident living in the long-term care setting.

### **Topic: Residents' Rights Bingo**

This presentation is a fun way to help staff and residents of long term care homes to be reminded of the rights that all residents have in Federal and State law. (Prizes included!)

**Contact: Kristin Fisher**

### **Topic: Volunteer Your Way to a Happier and Healthier You**

Did you know that volunteering has been proven to increase your health and happiness? Well, it does! This is not just the "you'll feel better, because we did" kind of proof. Science itself has documented case after case of volunteering individuals whose mental and physical health increased through their volunteer service. Come join us in this fun, interactive presentation, where you will be shown the benefits of volunteering. Not only will you leave with a healthier outlook on volunteering, but you will also be given opportunities to volunteer in your own community.

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### **Topic: Volunteers and the Big Picture**

While working with volunteers, it may seem like you get less done, or the bows aren't tied just like you would have tied them, the boy scouts just tracked in mud all over your recently shampooed carpet, or the food is not delivered in the order you wrote down. While all of these things can and will happen, without these volunteers the big picture does not take place. We will share with you a few helpful ideas to help manage volunteers, appreciate them, gain new volunteers and retain the volunteers you have.

### **Topic: Expanding Horizons- Motivating Volunteers and Co-Workers**

Learn to recognize the strengths and weaknesses in those you work with on a daily basis, and use them to your organization's advantage. Let's face it folks, "Do unto others..." doesn't come easily with everyone. Some days, we all think it would be easier without that certain volunteer or co-worker. How do you stop that negative energy that causes creativity, resourcefulness and the "can do" spirit to dry up? In this animated presentation, you will learn about some of the ways to turn people and situations to fulfill your organization's mission. You will hear some tips for working with difficult people. Ideas for volunteer/co-worker recruitment and retention will be shared, as well as networking with your community for better results. The horizon is clear to see when a shift in our own thinking has been made about those we work with.

**Contact: Stacey Gilkeson**

### **Topic: Who Gets Grandma's Yellow Pie Plate?**

Want to learn how to pass on your valued personal possessions. This presentation provides effective tools for a variety of family dynamics, helping to make this process an easier experience.

### **Topic: Talking With Your Doctor**

Want to learn how to take an interactive role in your health care? This presentation provides communication tips for getting the most out of visits with your doctor.

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