Community Awareness and Resources to Empower Seniors

CIENA C·A·R·E·S

An Educational Division of Ciena Healthcare

CIENA HEALTHCARE

Tuesday
April 12, 2016
10am - 12pm

St Matthew's &
St. Joseph Episcopal
8850 Woodward Ave,
Detroit, MI 48202

Seniors and Safety: Keeping yourself and your future safe

As we age we are more vulnerable to safety concerns, both physically, environmentally and financially. Come find out from our experts how to maintain your safety and be better prepared for the journey ahead.

Detective Fountain, Detroit Police Department

LaToya Hall, MSW, WSU, Institute of Gerontology

Tuesday
May 24, 2016
10am - 12pm

Messiah Baptist Church
8100 W Seven Mile Rd
Detroit, MI 48221

Primary Care Physicians: One Stop Healthcare
The Dementia Umbrella: What's Under There??

Dr. Mary Pressler , MD will discuss the importance of having a Primary Care Physician and the role they play in your wellbeing. She also will be discsussing the different types of dementias and how they vary. Not all dementia is Alzheimer's, find out the differences.

Wednesday,
June 8, 2016
2pm - 3:00pm

Novi Senior Center
25075 Meadowbrook Rd,
Novi, MI 48375

How to Talk to Your Doctor and Get the Answers

As we age the need for our medications change, stay on top of your prescriptions, dosage and needs. Talking to our doctor and getting the answers we need, tips and tricks to be better prepared for our "10 minutes" with the physician.

Henrietta Makowski, RN, BSN, MS, Regional Clinical Coordinator, CIENA Healthcare

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Tuesday
June 21, 2016
11 am - 1:30pm

Farwell Recreation Center
2711 E Outer Dr.
Detroit, MI 48234

Brain Health and Memory: Connecting the Dots

As we Age our memory seems to age as well. Find out some tips and tricks to maintaining better memory function and the impact that daily life can have on our brain.

Cheryl Deep,. MA, Wayne State University

Donna MacDonald, MA, Wayne State University

To Register Leave Your Name and Phone Number at 313-664-2621

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