



BABY BOOMER BOOTCAMP

SUNDAY, OCTOBER 9, 1:00-5:00 PM

Hosted at Issaquah Senior Center
75 NE Creek Way, Issaquah, WA 98027

Are you thinking about retiring soon? Have you recently left the workforce? Join us for a complimentary Baby Boomer Bootcamp, hosted by the Issaquah Senior Center, in partnership with King County Library System and Era Living! You will learn about various topics from experts who will share their knowledge and wisdom, and offer best practices and guidelines to help you make the most of your next chapter.

Opening Keynote by Dr. Jim Demaine, MD

"Our Lives, Our Choices"

Jim Demaine, MD shares his thoughts about the difficult choices we often face about care at the end of our lives. Dr. Demaine speaks and blogs about end of life issues. What is the meaning of a "Good Death"? How can we make our wishes known and respected? How can we talk to our loved ones and doctors? What is available with hospice and palliative care? How can we understand all the available options for life support. Dr. Demaine will share his personal stories having been with many patients and families at the end.

Refreshments will be served courtesy of University House Issaquah.
Please RSVP at (425) 392-2381 by October 7 as space is limited.



CITY OF
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WASHINGTON



WORKSHOPS

2:00-2:45 PM

Helping your Parents Plan Ahead for Senior Living and Care

Mark Ibsen, Silver Age Care

In this talk, Mark will share tips for positive conversations with your parents about their options. He'll go over how to identify the right time to hire help or move to a community, and how to create a plan that will support your parent's independence and well-being.

Healthy Eating: Strategies to Reduce Barriers for Long-Term Success

Courtney Riffe, RD, CD, RSG, Era Living

Join Dietitian Courtney to review key factors for improved nutrition, along with ideas to implement and sustain healthy changes! We will review strategies to stay on track while grocery shopping, cooking at home and eating out. Healthy recipes and a grocery shopping guide will also be provided!

3:00- 3:45 PM

Avoiding Scams & Schemes

Leeta Scott, AARP

Whether it is over the phone, through the mail, online, or at your doorstep, con artists are frequently coming up with new ways to scam people. In this presentation, Leeta will share information about the most common scams we have been seeing in our region recently—scams designed to steal your savings or your identity! Learn how to recognize these often sophisticated scams so you and your loved ones can avoid being taken advantage of.

Sound Healing & Chair Yoga

Cheryl Yamamoto, Pineapple Life Yoga

Sound therapy can do wonders to help lower stress levels, increase relaxation, and stimulate brain activity. Deep sounds are wonderful for invoking feelings of calm and happiness that benefit the physical body. In this presentation you will learn about sound therapy and then have an opportunity to relax and enjoy the beautiful sounds of crystal and alchemy bowls and to experience chair yoga.

4:00 PM CLOSING KEYNOTE

Strategies for Increasing Natural Sleep

Dr. Diane Gillespie, University of Washington Emeritus Professor

Over the last few years, abundant sleep has risen to the top of the wellbeing hierarchy. Business woman Ariana Huffington and neuroscientist Matthew Walker have sounded the alarm: many people are sleep deprived, a condition which has dire consequences—for the individual, the workplace and the society. Recent studies show that sleep medications are dangerous as well. So what's a poor sleeper to do? As someone who has struggled with sleep herself, Diane will lead us in a lively discussion of different strategies and then share her use of stories, especially as a way to get back to sleep in the middle of the night.