

WELCOME

8:30 a.m. **Registration opens**

Upstairs

8:30 a.m. **Light Morning Snack**

Meet and Greet" our EXPO Partners

Commons Downstairs

9:00 - 9:50 a.m.

Welcome and Introductions

*Cody Geddes, Puyallup Parks and Recreation Director and Co-Chair of Age-Friendly City Task Force Puyallup;
Jo Ann Baria, Vice President of Workforce, Economic and Professional Development, Pierce College Puyallup.*

Room A & B



Opening Keynote

*Victoria Starr Marshall,
Publisher/Editor,
3rdAct Magazine*

From Fear to Thrive: How to Age with Confidence

Join Victoria as she shares how her fear of retirement and aging motivated her to start 3rd Act Magazine. In the process, she's learned how to Age with Confidence through the many inspiring, curious and active older adults she's met along the way—role-models who remind us how we can all thrive as we age.

Room A & B

BREAKOUT SESSIONS A & B

10:05 - 10:50 a.m.

- **A.I. 101: Artificial Intelligence and Fraud**

Room A & B

Kay Tomlison, AARP

- **How to Recognize and Avoid Caregiver Burnout**

Room 178

*Jeni Jones-Dilka, Sales and Marketing Manager, Brookdale Puyallup South and
Lisa Doyle, RN, BSN, CMC, CayCare - Elder Care & Senior Living Advisors.*

BREAKOUT SESSIONS C & D

11:05 a.m. - 12:00 p.m.

- **Managing Your Medications as You Age**

Room 178

Stephen Holland, Clinical Pharmacist and District Manager - Safeway/Albertsons

- **How to Take Steps to Have a Perfect Care Plan in Place**

Room A & B

Jeni Jones-Dilka, Sales and Marketing Manager, Brookdale Puyallup South; Lisa Doyle, RN, BSN, CMC, CayCare - Elder Care & Senior Living Advisors

Lunch

At check in, each registered attendee will receive a \$10. coupon to use towards lunch!

VISIT our EXPO Hall and meet our Community Partners!

Commons and Upstairs

CLOSING PANEL SESSION

1:15 - 2:30 p.m.

Understanding Special Caregiving Issues - Panel

Room A & B

Topics include: Environment; Medication; Issues Regarding Living Spaces /Home Modifications and more!

- *Jenifer Nazarowski, LICSW, Geriatric Care Manager, Therapist & Life Coach;*
- *Stephen Holland, Clinical Pharmacist, District Manager - Safeway/Albertsons*
- *Angela Garcia, LPN, Geriatric Nurse*

2:30 p.m.

Prize Drawings - Must be Present to Win!

Adjourn



www.aginginpuyallup.org

**Thank you for attending
this year's Aging EXPO!**

We trust that you enjoyed
the day and found the
information provided useful
and encouraging.

Please complete our event
evaluation form and return to
the registration desk. At the
end of the day we will draw
for a \$50.00 Fred Meyers
Gift Card.

**See you at our
Aging EXPO 2025!**



**Aging EXPO 2024 was made possible with
the support of our generous Sponsors**



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**SATURDAY, MAY 4TH
Pierce College Campus, Puyallup**

**BROUGHT TO YOU BY:
The Aging in Puyallup Champions**