

**FREE @  
Seminars**

**Seniors GO  
ON THE  
AGING & DISABILITIES EXPO**



4-3-2019

**10:00 – 10:45 AM**

## **How Can Palliative Care Help? I'm Not Ready for Hospice Now**

*Palliative comes from the Latin palliare, meaning to cloak or comfort. In this presentation, a nurse from Outpatient Palliative Care will explain the philosophy of Palliative Care, a medical specialty that aims to prevent suffering and relieve uncomfortable symptoms. Find out who is appropriate for Palliative Care and when it is best to get started—you might be surprised! This care is truly patient-centered as you are encouraged to voice your own goals for care, now and in the future. We will also discuss the difference between Palliative and Hospice Care.*

Presentation by: Monica Clark-McGrew, RN, CHPN, Outpatient Palliative Care RN and Patient Educator, Carroll Hospital Integrative Health

**11:00 – 11:45 AM**

## **Wellness in Mind**

*Our quality of life is closely tied to the health of our brains, yet mental health is easily overlooked as a core feature of wellness. This seminar focuses on strategies to strengthen mental and emotional wellness, risk factors for problems, and sources for support to maximize brain function and quality of life.*

Presentation by: Kim Burton, Director of Older Adult Programs, Mental Health Association of Maryland

**12:00 – 12:45 PM**

## **Scams & Social Media What Every Senior Needs to Know!**

*This presentation will cover the scams that are currently being reported in Carroll County and how to prevent becoming a victim by using a common sense approach. Information will be provided as to who and where to report the scam if you receive that unwanted email, phone call or something in the mail. Handouts will be provided to each attendee.*

Presentation by: Dean A. Brewer, Chief Investigator, Carroll County State's Attorney's Office