

2011 Senior Care Expo To Be Held May 21, 2011: FREE ADMISSION

Sioux City, IA – Siouxland Aging Services will host the first “Senior Care Expo”, on May 21st at Stoney Creek Inn & Conference Center, from 10:00 am – 3:00 pm. May is Older Americans Month—a tradition dating back to 1963 to honor the legacies and ongoing contributions of older Americans and support them as they enter the next stage in life.

In recognition of the diversity and vitality of today’s older Americans who span three generations who have lived through wars and hard times, as well as periods of unprecedented prosperity. They pioneered new technologies in medicine, communications, and industry while spearheading a cultural revolution that won equal rights for minorities, women, and disabled Americans. This community-based event is a celebration for older adults and caregivers, highlighting health, nutrition, wellness, education and in-home services.

“Since its inception, Siouxland Aging Services’ mission has been to help older Iowan's to live with maximum possible dignity, well-being, and independence,” stated Barb Dinelli, Caregiver Specialist at Siouxland Aging Services. She continued, “We aspire to educate and advocate for the needs of our aging community. It is with this goal in mind we elected to host the Senior Care Expo providing education, advocacy and collaboration within the community.”

Prior to the “Senior Care Expo” plan to join in the fun and participate in the Senior Wellness Walk sponsored by Tri-State Physicians & Physical Therapy. Registration is from 9:00 am – 9:30 am, the walk will start at 9:30 am and you will have the option of two different routes, depending on your level of fitness.

With over 45 exhibitors, this one-day event features many local and statewide services available to our aging parents and/or spouses and caregivers. The 2011 “Senior Care Expo” will take place between 10:00 am – 3:00 pm, with speakers, wellness screening, and vendors. Visitors will also have a chance to win door prizes, enjoy refreshments and entertainment!

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Personal Identity Theft can happen to anyone, it is important to protect and dispose of any personal information safely. A mobile shredding truck –Shredtastic will be in the parking lot of Stoney Creek Inn. Seniors may bring personal information to be shredded from 11:00 am – 1:00 pm. (*Limit 2 boxes*)

Through the collaboration of many organizations dedicated to serving aging individuals and caregivers, we've developed several educational opportunities for our community.

They include:

- Opportunities to visit our exhibitors from 10:00 am – 3:00 pm, with door prizes possible throughout the day.
- A full day of special activities in Salon A & B at Stoney Creek Inn including taste testings by the Meals on Wheels Nutrition Dept. at Siouxland Aging Services, wellness screenings, and interactive opportunities provided by our exhibitors.

- Educational Seminars are available for both individuals and senior/caregiver service providers to gain important service information for both loved ones and clients.

Siouxland Aging Services Director, Kim Keleher, is excited to announce that there will be **no charge** to attend the 2011 “Senior Care Expo”. The 2011 “Senior Care Expo” is designed to enrich the lives of older adults & caregivers in this area by presenting, in one convenient location, a wide range of programs and services that are available to older adults.

As the host of the 2011 “Senior Care Expo”, Siouxland Aging Services was originally formed in 1974 and remains committed to ongoing assessments of the needs of seniors and caregivers in the following counties: Woodbury, Ida, Plymouth, Cherokee and Monona.

Specific objectives of Siouxland Aging Services have included efficient coordination of existing services, identification and prioritization of service gaps and needs, increased collaborative service delivery, and community-wide, cross agency planning for future needs of the area’s elderly population.

For more information contact Siouxland Aging Services, Barb Dinelli at (712) 279-6900 ext 18.