

For Release after April 1, 2011

Get the help you need. Find answers to your questions.

Siouxland Aging Services will be hosting Senior Care Expo on Saturday May 21, 2011. *Old or young*, Senior Care Expo will have valuable information for seniors, families and neighbors who want to know about resources available for their loved ones, and even for professionals in the healthcare industry. This is an event celebrating Older Americans Month that you will not want to miss! This event will be held at Stoney Creek Inn and Conference Center located at 300 3rd Street, Sioux City. Doors are open from 10:00am to 3:00pm.

There will be speakers and door prizes throughout the day plus over 40 vendors to share their expert knowledge. Resource agencies such as in-home health providers, hospice, retirement, financial and Medicare representatives will be available to answer your questions. Admission is free, with donations accepted to offset expenses.

In conjunction with the Senior Care Expo, a Wellness Walk is planned. Put on your walking shoes to join in the Wellness Walk beginning at 9:30am. Walkers may register between 9:00 and 9:20. There will be two routes available depending on your fitness level. An indoor alternative is available for inclement weather.

Shredtastic will take place in the parking lot of Stoney Creek Inn and Conference Center from 11:00 – 1:00. Siouxland Aging Services' Senior Medicare Patrol (SMP) and Senior Health Information Program, along with Absolute Mobile Shredding, invite seniors to dispose of outdated personal papers. Don Claeys will have one of his trucks on site to accept up to 2 boxes of personal information per senior. (Please, Shredtastic is intended for individual purposes, not businesses or corporations.) There is no charge for this service the day of the Expo only.

Knowing where to turn when something happens to you or a loved one is invaluable. Making tough decisions in moments of high stress and emotions can be illuminated by learning what your community offers in the way of programs and services. Siouxland Aging Services has information and referral specialists on staff to help. Senior Care Expo will give you the opportunity to talk directly with those agencies/organizations that you need or may need in the future.

For more information, contact Siouxland Aging Services at 800-798-6916 or 712-279-6900 ext 18, or go to our website at www.siouxlandaging.org. Vendors with services or products relating to seniors who are interested in table space need to reserve their spot by early April.