

Active Aging

SPEAKER SERIES

...for our aging population & those who care for them.

Join us every month for a special guest speaker. Speakers begin at 11 a.m. Snacks and refreshments provided. No Charge!

RESERVATIONS ARE REQUIRED
Call 314-645-1476 to reserve your seat.



Monday, June 5th **Women's Health**

Join SSM Health St. Mary's Hospital for a panel discussion on women's health. Our experts include Dr. Mary Lowdermilk, a SLUCare radiologist; Dr. Becky Lynn, a SLUCare OB/GYN and sexual health expert; and Sue Kendig, a women's health nurse practitioner. They'll talk about mammograms, menopause and everything in between.

Monday, July 10th **Scam Alert**

In today's high tech world, there are many scammers who target consumers through telemarketing, internet and direct mail. The Better Business Bureau will be presenting to The Heights information on Scams Targeting Seniors: how to prevent becoming victimized by fraud and information about the many free BBB services available to consumers, including our new BBB Scam Tracker, an online tool that educates the public about scams trending in our area.

Monday, August 7th **Home Safety**

Perhaps the most common scheme to get inside someone's home to commit a burglary is to pose as a utility worker. Some criminals work in pairs to distract the resident so they can search for valuables. Richmond Heights Police Department will be presenting information on how to prevent becoming a victim to burglaries.

Monday, September 11th **Stroke Prevention**

Dr Niranjan Singh, a neurologist and medical director of SSM Health St. Mary's Hospital's stroke program, will talk about what you can do to prevent stroke from occurring, important warning signs to know, what to do when a stroke occurs, as well as advances in stroke care. A nurse from St. Mary's Hospital also will be on hand to offer blood pressure screenings.

Monday, October 2nd **Fire Safety**

Knowledge and awareness are the keys to preventing fires. The Richmond Heights Fire Department will review safety information as well as how to perform smoke alarm maintenance and other fire safety check-ups. We will focus on the following topics: having and practicing an escape plan; ensuring that you can hear your smoke alarms; determine the need for detectors with a strobe light; and safety around medical oxygen.

Monday, November 6th **St. Louis Co. Programs**

The County Older Resident Programs (CORP) supports Saint Louis County older adults (age 60+) through a full range of program activities that are designed to enhance their lives. Program Service Supervisor, Patty Gramke, will share all about the great things that the program has to offer.

Monday, December 4th **Arthritis & Osteoporosis**

Growing older does not have to mean living with pain. Bas-mah Jalil, MD, a rheumatologist at SSM Health St. Mary's Hospital, will talk about two common but different conditions: arthritis and osteoporosis. She'll explain what arthritis and osteoporosis are, how they develop, symptoms and treatment options to slow or stop the disease progression.

THE HEIGHTS:

The Richmond Heights Community Center & Memorial Library,
8001 Dale Ave., Richmond Heights, MO 63117