

## List of Available Presentations That Are “Aging Related”

### Programs Presented by a Geriatrician

(these programs are presented by a physician who specializes in working with older adults).  
Contact Erin Vogt, Alexian Brothers Resource Center for Seniors, vogte@alexian.net or 847-981-5582 to schedule these presentations.

- Positive Aging-Having the Time of Your Life
- Ask the Geriatrician
- Normal Aging
- Preventive Health: What You Don't Know Can Hurt You

### Programs Sponsored by the Alexian Rehabilitation Hospital

Call Tina Plus, 847-437-5500, ext. 6640 to schedule these presentations.

- Watch Your Step ( Fall Prevention )
- Successful Living with Low Vision
- To Drive or Not to Drive

### Programs Sponsored by the Alexian Neuroscience Institute

Call Robbin Arnfelt, 847-437-5500 x6881 to schedule these presentations.

- Coping with Memory Loss
- Memory and Aging

### Programs Sponsored by the Center for Spiritual Care

Call 847-437-5500 x4744 to schedule these presentations

- Linking Spiritual Care – From Church to Hospital and Back Again
- Advanced Directives: Have a Say in Your Future

### Programs that Focus on Orthopedics

(These programs are presented by a physician who specializes in Orthopedics).  
Call Sara Odland at 847-385-7119 to schedule these presentations.

- Alleviating the Fear of Joint Replacement
- Osteoarthritis
- Arthritis of the Knee
- Innovations and Alternatives to Total Knee Replacement
- Foot and Ankle Options
- Oh My Aching Back
- Exercising Through Arthritis
- Fear of Surgery
- Reducing the Effects of Arthritis of the Hip and Knee
- Lower Back Pain and Minimally Invasive Surgery
- Preventing Golf Injuries
- Prevention and Treatment of the Hip and Knee Injuries



- Living with Arthritis
- Walking For Your Health

**Orthopedic Screenings:**

- Arthritis
- Podiatry
- Osteoporosis (there is a fee for this screening)

**Programs Sponsored by the Alexian Brothers Resource Center for Seniors**

Call Erin Vogt, Resource Center for Seniors, at vogte@alexian.net or 847-981-5582 to schedule these presentations.

- The Power of Positive Caregiving
- The Balancing Act: Employees as Family Caregivers
- Instant Aging (an aging sensitivity training program )

**Program Sponsored by the Wound Center**

Call Mary Pat Lyons, 847-952-7185, to schedule this presentation.

- Preventive Foot Care for People Who Have Diabetes

**Programs That Focus on the Eye**

(These programs are presented by a physician who specializes in Ophthalmology)

Call Erin Vogt, Resource Center for Seniors, vogte@alexian.net or 847-981-5582 to schedule these presentations.

- The Aging Eye
- Cataracts
- Glaucoma
- Diabetic Retinopathy
- Macular Degeneration
- Dry Eyes
- Comprehensive Low Vision Program

**Programs Sponsored by the Alexian Brothers Behavioral Health Hospital**

Call Colleen Caron, 847-755-8324, to schedule these presentations.

- Laughing Your Way to Wellness
- Care for the Family Caregiver
- From " OH NO" to " AH HA "
- Stress Management
- Meyer's Briggs Personality Profile (Individual and Team )
- Living with Grief and Loss
- Living with Change - Positively
- What I Forgot to Remember (Normal Aging of the Brain )
- To Thine Own Colors Be True (Based on Personality Temperament)

The Resource Center for Seniors Mission Statement: We see through disease, age, and/or disability to reach the person inside and assist them in leading the most interdependent life possible.



- The Animals in the Zoo: Temperament in The Workplace
- Team Building
- Caring for a Person with Dementia
- Unwrapping Holiday Stress
- Substance Abuse and the Older Adult
- When The Golden Years Turn Blue ( Depression )
- Tai Chi

**Programs Sponsored by the Alexian Brothers Center for Mental Health**

Call Maxine Goldstein, 847-952-7464, to schedule these presentations.

- Stress and Anxiety

**Programs Sponsored by the Alexian Brothers Cancer Institute**

Call Jordon Wolf, LCSW, 847-437-5500 Ext. 5904, to schedule these presentations.

**Programs That Focus on Lung Cancer**

Smoke Signals

The Ins and Outs of Lung Screenings

**Programs That Focus on Breast Cancer**

Breast Kept Secrets

Breast Cancer / Breast Health Update

Hereditary Breast Cancer

Bone Loss in Breast Cancer

**Programs that Focus on Palliative Care**

Let's Talk About Living

**Programs About General Cancer Topics**

What's Up With your Genes

Cancer and You

Radon Under the Radar

Nutrition for Cancer Prevention

All Cancer is Genetic, But Not All Cancer is Hereditary

**Programs That Focus on Skin Cancer**

Wear Your Skin Well

**Programs That Focus on Colon Cancer**

No Ifs, Ands, or Buts About It - Colon Cancer Screening Saves Lives

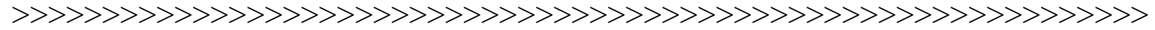
Hereditary Colon Cancer

**Programs That Focus on Prostate Cancer**

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Bone Loss in Prostate Cancer



**To schedule a presentation, please contact the person listed under the category to arrange for a program. Note: All presentations require a minimum of 15 attendees. Programs with less than 15 registered people will be canceled.**

(Rev. 9-21-09)