

NEWS from the North Dakota Department of Human Services

600 East Boulevard Avenue – Department 325, Bismarck ND 58505-0250

FOR IMMEDIATE RELEASE

Aug. 28, 2013

Contacts: LuWanna Lawrence, Public Information Officer, 701-328-1892, or Heather Steffl, Public Information Supervisor, 701-328-4933

Senior Health and Wellness Forum is Sept. 17 in Dickinson

Day of health-related presentations, exhibits, and screenings plus free secure document shredding

BISMARCK, N.D. – The Governor’s Committee on Aging is hosting an educational forum on health and wellness for older adults on Tues., Sept. 17, 2013, 8 a.m. to 3:30 p.m. (Mountain Time) at the Hillside Baptist Church, 1123 10th St. E. The forum is free and open to the public.

The first session features a presentation by the N.D. Attorney General Office’s Consumer Protection Division on preventing fraud, scams, and vulnerability from 9:15 to 10 a.m. Other mid-morning sessions include a presentation on a program that provides care consultation and training for caregivers on the various stages of dementia and a presentation on options counseling, which helps connect older adults and people with disabilities to services that support independent living.

The afternoon continues with various presentations on proper nutrition and positive and healthy aging from 1 to 3:30 p.m.

“Independence is important to older adults,” said Jan Engan, director of the N.D. Department of Human Services’ Aging Services Division. “This event aims to provide seniors with interesting and beneficial information on living a balanced and healthy life, which is crucial for people to live independently in their own homes and communities.”

The event will also feature health-related exhibits and free bone density, hearing, blood pressure, and hemoglobin screenings. Secure shredding bins will also be available for anyone interested in properly shredding any personal documents.

A senior meal will be served at noon. Pre-registration for the forum and meal is required and can be made by calling 701-227-7557 or 701-227-7582 by Mon., Sept. 9, 2013. The suggested donation for the meal cost is \$4 for people over the age of 60, and \$9 for other attendees.

For more information on the event, contact Mark Jesser at Badlands Human Service Center at 701-227-7557, toll free 888-227-7525, ND Relay TTY 800-366-6888 or mjesser@nd.gov.

###