

**NEWS from the North Dakota Department of Human Services
600 E. Boulevard Ave., Dept. 325, Bismarck, N.D. 58505**

**FOR IMMEDIATE RELEASE
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Area residents invited to learn about health services and resources supporting independent living

BISMARCK, N.D. – The Region III Council on Aging and the North Dakota Department of Human Services' Lake Region Human Service Center (LRHSC) invite area residents to an enrichment event on Tuesday, Nov. 7, featuring speakers on programs and services available to help North Dakotans maintain their independence and quality of life. Registration begins at 9:30 a.m., and sessions run from 10 a.m. to 2:30 p.m., at the Maddock Memorial Home, 301 Roosevelt Ave., in Maddock.

“This is an opportunity to join friends and neighbors to learn about health and human services we don't often think about until we need them, or a loved one needs them,” said Jon Jensen, an aging services administrator at the human service center in Devils Lake.

Jensen said Apryl Davenport and Mary Carlson with the North Dakota Senior Medicare Patrol at Minot State University will share information about new developments with Medicare. A colleague, Cathy Bryce who is a vision specialist with the vocational rehabilitation office at LRHSC, will discuss adaptive equipment and services that can help people with significant vision loss to remain living at home and in their communities.

Beth Olson, a regional care consultant with the Alzheimer's Association, will talk about services for people with dementia and their caregivers, and Benson County Public Health Nurse Shelley Aabrekke will discuss immunizations recommended for older adults and other available public health services.

Lunch will be served to attendees who sign up for the meal by contacting Joyce Rasmussen by Nov. 1, at the Maddock 55 and Older Club at 701-438-2319. Because Older Americans Act funding covers part of the meal costs, individuals age 60 and older will have the opportunity to contribute toward the cost of their meal, and younger participants will be charged.

People who may benefit from learning about programs and services are encouraged to attend, register for door prizes, enjoy lunch and pick up resource information.

For other details, contact Jensen at LRHSC at 701-665-2213, toll-free 1-888-607-8610 or jonjensen@nd.gov.

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