

Concord Commission on Aging and Senior Center
AGE STRONG LIVE LONG HEALTH EXPO - February 26, 2016
PRESENTATIONS, SCREENINGS & VENDOR LISTING

Information is updated weekly



Presentations by Dr. Leonard Chuck, MD, PhD
Co-Medical Director, Co-Medical Director, Internist
10am—11am "Better Stronger, Younger: Don't Get Old"
11:30am—12:15pm "Make Room For Sugar: What is Diabetes"

Dr. Chuck has been with Diablo Clinical Research since 2006 as a sub-investigator and in 2007 he became co-medical director of our facility and principal investigator for many of our studies. Prior to joining Diablo Clinical Research, Dr. Chuck was in community practice for twenty years as an internist. Prior to his community work, Dr. Chuck spent ten years as a clinical/laboratory researcher at several major academic institutions: UCLA, Cedars of Lebanon, The Cardiovascular Research Institute at UCSF, The University of Antwerp in Belgium and The University of Calgary. Dr. Chuck also taught in the Physiology Department at UCSF and the University of Calgary.

JUCING by Gurnick Academy of Medical Arts - Come for your health and stay for the taste of POWER JUICE. Don't like the taste of vegetables or peeling fruits we can change your mind. We'll show you how to get your daily intake of fruits and veggies to give you the energy for an active lifestyle. You will have the opportunity to sample two different recipes.

Mobile Vet Center will be at the Expo - *Located in front of the flag pole.*



Mobile Vet Centers (MVCs) of the Department of Veterans Affairs provide readjustment counseling and information resources to Veterans across the country. Like community-based Vet Centers, Mobile Vet Centers focus on services that help Veterans make the difficult transition between military and civilian life. Click on the link below for more information. Spread the word to friends and family who are Veterans to stop by the senior center's expo.

<http://www.va.gov/health/newsfeatures/20091116a.asp>

HEALTH SCREENING

Blood Pressure Checks by Gurnick Academy of Medical Arts

Cholesterol Screening – Diablo Clinical Research

Cholesterol screening is designed to be a fasting test. The results include a LDL, HDL, TRIG, and a fasting glucose. If people are not fasting it mostly effects the LDL, TRIG and of course the glucose. Only **60 screenings** will be available on the day of the expo so come early. Be sure to fast for 10 hours for accurate results.

Memory Screening – Computer Lab

Screenings are confidential and free. A 20-minute per screening provided by Senior Helpers at the expo. Make your appointment at the senior center reception desk the day of the expo or call the senior center at 671-3320 opt.1.

Meet the Pharmacists & Meds Check - Local Walgreens pharmacists will provide free meds check for expo attendees. Bring a list of medications with dosage and how often you are taking these medications.

Ultra Sound Heel Scan - The heel scan measures the heel to estimate bone density in the hip and spine. Provided by Diablo Clinical Research.

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Retirement Funding Solutions - Sponsor

Caring Matters - Sponsor

Carlton Senior Living - Sponsor

Gurnick Academy of Medical Arts - Sponsor

Concord Senior Center and Commission on Aging Sponsor

Learn about the wide range of activities, programs and services provided by the senior center and Commission on Aging. Interested in volunteering, going on a day trip, extended trips, fitness and dance classes, arts and crafts. Stop by and learn what the senior center has to offer.



ClearCaptions Phone - Free caption phone is available. Stop by and see Susan Hart and find out how to get one. Phone is for people with hearing loss and text of the conversation is displayed on the phone.



Sons in Retirement - We are retired men who enjoy our leisure time with new friends and new activities. Membership meetings are held monthly where SIRs get together for lunch and to socialize and renew acquaintances. There are always speakers who present a program of wide interest. Come by and visit them and learn more about their activities.

Alzheimer's Association

Born to Age - Senior Resource Publication

California Highway Patrol

California Telephone Access Program

Caring Matters

Carlton Senior Living - Chateau on Broadway

Catholic Funeral & Cemetery Services

CERT - Community Emergency Response Team and Pet CERT

ClearCaptions Phones

Concord Commission on Aging and Senior Center

Concord Senior Citizens Club

Concord Police Department VIPS (Volunteer in Police Service)

Connect Hearing

Diablo Clinical Research - Heel Scan and Cholesterol Screening

Edward Jones

Eldercare Services

Gurnick Academy of Medical Arts - Juicing and Blood Pressure Checks

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Hamilton Relay Telephones

HICAP - Health Insurance Counseling Advocacy Program

Hillendale Home Care

Meals on Wheels and Senior Outreach Services

Mobility Matters

Ombudsman Services of Contra Costa County

Real Time Pain relief

Rehabilitation Services of Northern California

Senior Helpers

Seniors Helping Seniors

Sons in Retirement

US Department of Labor-EEOICP

Vet Center (U.S. Department of Veterans Affairs)

Walgreens - Meet the Pharmacist and Meds Check

Women's Cancer Resource Center/Contra Costa Regional Medical Center