



PRESS RELEASE

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This news release can be found and downloaded from the "News Release" page of the Council for Older Adults web site at www.growingolder.org

FOR IMMEDIATE RELEASE

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COA HOSTS FREE SENIOR HEALTH & SAFETY DAY OCT. 27

The Council for Older Adults will host the first ever Senior Health & Safety Day on Oct. 27, offering free workshops and health screenings. The event will take place from 11:30 a.m.-3:30 p.m. at COA, located at 800 Cheshire Road in Delaware.

"As the cold weather approaches, this is a great opportunity for seniors to take advantage of free resources covering all aspects of their physical and mental health as well as safety in their own homes," said Donna Meyer, associate director of communications at the Council for Older Adults in Delaware County.

The event, presented by OhioHealth, will feature free workshops on topics such as pain management, home security, self defense, fraud prevention, tai chi, yoga and preparing for severe weather. Presenters include the Arthritis Foundation, the Delaware Police Department, the Office of the Ohio Consumers' Counsel and a dozen other community partners.

Free health screenings also will be available for those age 60 and older. Screenings will include cholesterol, balance and gait training, bone density, hearing and vision. In addition, the Delaware General Health District will provide a limited number of flu shots, and a small fee may apply.

Leading memory expert Dr. Douglas Scharre will give a free presentation titled "Everything You Need to Know about Memory Loss and Screening, but Forgot to Ask." Dr. Scharre is with the Memory Disorder Research Center at the Ohio State University Medical Center, and his talk will run from 2 p.m.-3:30 p.m.

Registration begins on Oct. 27 at 11 a.m. Workshops will begin at 11:30 a.m. and are available on a first-come, first-served basis. People who want to get a flu shot will be given an assigned time when they register. The event also will feature exhibits by non-profit organizations committed to the health and safety of older adults.

For more information, contact the Council for Older Adults at 740-363-6677 or visit the web site at www.growingolder.org. The Council provides a variety of services that help older adults to remain in their own homes. It is funded in part by a voter-approved levy.