2nd Annual Community Conversations Series

The second annual Community Conversations series has concluded with more than 300 audience members, 15+ expert speakers and 50+ local community resource tables participating over the past three months at the Senior Center. The series was co-sponsored by the City of Culver City, Parks, Recreation & Community Services Department, Senior & Social Services Division, and Culver City Senior Citizens Association, Inc. Our thanks to local community partners and speakers who participated in the series and ensured the attendees received local resources and information that helped educate them and their families.

Tuesday, January 24, 9 a.m. - noon : ***Elder Abuse Senior Action Fair: Protect Yourself Against Fraud & Abuse***

Welcome & Opening Remarks by Micheál O' Leary, Culver City Mayor

Featured: Culver City Police Department, the Federal Bureau of Investigation (FBI), Social Security Administration, CA Department of Consumer Affairs, U.S. Postal Service Inspection, Center for Health Care Rights and the State Department of Insurance, Benefits Enrollment Center. This event was co-sponsored by WISE and Healthy Aging.

Saturday, February 4, 10-11:30 a.m. : ***Total Body Fitness: Staying Healthy as You Age***

Featured experts that will help you stay fit from your head to your toes!

Guest speakers included: Healthy Eating & Superfoods! - Joya Melissa, Registered Dietician and Chef, "Put Your Feet First" - Dr. Albert A. Nejat, Doctor of Podiatry Medicine and Let's Get Physical! - Greg Cox, Medical Director, The Balance Disorder Institute of Los Angeles

Information booth participants included The Hearing Doctor, Dr. Blake Crawford & Dr. Betsy Blechman, Ophthalmologists, Express RX Pharmacy, UCLA Center for Longevity and the Venice Acupuncture Clinic.

Saturday, March 3, 10-11:30 a.m. : **Mental Fitness:** ***Aging & Keys to Optimum Cognitive Health***

Guest Speakers included: Susan B. Geffen, Gerontologist and author of *The Seven Triggers of Mental Health Decline in Seniors...and how to disarm them forever!*, Makeda Cowan and Lynne Azanow-Saturno from the L.A. County Dept. of Mental Health Older Adult Programs and Tee Barr, Brain Fitness Program Director at Senior Concerns.

Information booth participants included The Alzheimer's Association of Los Angeles, Antioch University Counseling Center, Olympia Medical Center / Reflections Behavioral Health, Leeza's Place @ Olympia Medical Center and WISE & Healthy Aging.

Culver CITY
Parks, Recreation & Community Services Department

"thank you for this wonderful series—is has been so informative!"

-Culver City senior