



PWChamber.org

Exploring the Value of Chamber Membership

Many times I hear members of the Prince William Chamber say "If you don't go to events and get involved, you won't get anything out of your membership." While you will certainly get MORE from your membership by getting actively involved, there are many other reasons to join the Chamber.

■ **ADVOCACY** Most small to medium size businesses don't have the time to build relationships with their representatives and elected officials let alone watch for legislation or issues that may impact them. The Chamber has a full-time Director of Government Relations whose job is to do just that - make sure businesses' interests are being represented and their voices are being heard.

■ **REFERRALS** Consumers can link directly to our members' websites from our website. The Chamber is a trusted resource for information on local products and services.

■ **VISIBILITY** Members can post press releases and events on our website.

■ **COSTS SAVINGS** Significant savings on products and services offered only to Chamber members.

These are just a few benefits to membership when you schedule does not permit greater involvement. For more information, contact Kris Johnson by phone at 571-272-1881 or by email at kjohnson@pwchamber.org



Prince William Chamber of Commerce

www.pwchamber.org

Transitions

An Informational Expo On Aging Gracefully

Health Screenings • Exhibit Hall • Workshops

Free to Attend & Open to the Public

Continental Event Center

9705 Liberia Ave., Manassas

Tuesday, June 16, 2015

2:00 p.m. - 7:00 p.m.

Presented by the Prince William Chamber in cooperation with the Prince William Area on Aging



Community Partner:

Prince William Times
Gainesville Times



pwchamber.org/transitions

703.368.6600

Transitions: An Informational Expo on Aging Gracefully

In partnership with the Prince William Area Agency on Aging, the Prince William Chamber of Commerce will host **Transitions: An Informational Expo on Aging Gracefully**. Area adults 55 and over are invited to the free event which will include seminars on aging well, including Medicare, financial planning, and improving physical well-being. Exhibitors will represent resources from a variety of industries including but not limited to senior living options, elder companionship services, professional legal services, handyman repair, travel, banking and real estate. Vendors will provide free screenings, free give-aways, food and more! Further details and event registration can be found at pwchamber.org/transitions/, or call 703.368.6600. Exhibit space is still available: contact Christine DiModica at cdimodica@pwchamber.org, or call 571.765.7571.

EVENT AGENDA

2:00 p.m. Doors Open to Attendees/Exhibit Hall is open

2:30 -3:15 p.m. **Workshop 1: Medicare 101** - Presented by Rosemari Walker, Prince William Area Agency on Aging

Everyone has heard of Medicare but it remains a mystery to many. In this seminar, Rosemari Walker will provide you with information about Medicare and other programs that can help pay for medical expenses.

- When & how to sign up
- Differences between Part A, B & C
- How much it will cost? How do I pay for it?
- Subsidies for lower income adults
- How to protect, detect and report fraud and abuse

3:30-4:15 p.m. **Workshop 2: Alzheimer's Disease & Dementia** - Presented by Kay Bransford, MemoryBanc

Are you or your loved ones prepared for someone to step in and take over paying bills? Making legal decisions? Advocating for medical care? Managing the household? Learn how to organize for the future by at-

tending this seminar with Kay Bransford.

- Planning for the unexpected
- Differences: Forgetfulness, Dementia & Early Alzheimers
- A Personal Case Study

4:30-5:15 p.m. **Workshop 3: Financial Planning: Preparing for the Golden Years** - Presented by Rick Gow, Lara, May & Associates, LLC

The majority of people over 65 will need some sort of long-term care to meet their personal care requirements. Listen to Rick Gow explain what long-term care is and how to pay for it.

- Long-term care: What it is & What it s not
- Levels of Professional Care: Senior Centers, Adult Care, In-House Retirement, Independent Living, Assisted Living, Skilled Nursing Care and Hospice
- The Costs: What is covered, what s not & how to pay for it

5:30-6:15 p.m. **Workshop 4: Exercise for the Aging Adult** - Presented by Dr. David Ebbecke and Dr. Jessica Beech, Piedmont Physical Therapy

Many seniors mean to get more exercise, but perhaps they don't know what they need or where to find an appropriate program. Let Dr. David Ebbecke and Dr. Jessica Beech get you started down the right path for your improved physical well-being.

- This workshop kicks off with a demo! Engaging the powerful muscle groups critical for walking, standing, etc.
- Benefits of exercise (Increased strength, endurance, reduced hypertension, diabetes, etc.)
- Fall Prevention: Medication Management, Eye Care, Balance Exercises, Safer Home Environment
- It s Never Too Late! Options for getting started.

7:00 p.m. Expo closes