

“Successful Aging 101”

Health Series

Expert health and wellness education for today’s active senior.

“Top 5 Questions to Ask Your Doctor”

Wednesday, May 25th – 7:00 p.m.

Every day, in thousands of doctor office visits, information people should know about their medical condition is not being discussed. Often, people forget key questions or don’t know the right questions to ask. Jim Sutton, a Physician Assistant with the Rochester General Health System and author of *Top 5 Questions to Ask Your Doctor*, addresses this situation in a lively discussion that will help you make the most of your office visits.



“Aging Well with Good Balance”

Wednesday, June 29th – 7:00 p.m.

The physical, emotional, and financial consequences of falling can be devastating but falling is not a normal part of aging. Seniors can take measures to significantly decrease the likelihood of falling. This interactive presentation (by Judy Daniel, PT and Jennifer Naetzker, PTA, HCR Home Care) will provide attendees with helpful tips for maintaining good balance and demonstrate exercises which measure your level of balance wellness.



“The ABC’s of Health Care”

Wednesday, July 27th – 7:00 p.m.

In today’s ever-changing health care field, it is a challenge to understand the many benefits and services that support healthy aging. This session (presented by Trisha Fast, MSW and Geriatric Care Manager, HCR Home Care) will address these services including the health care benefits you have but may not understand and how to utilize the services available to seniors through their insurance.



“Caregiver Solutions”

Wednesday, August 31st – 7:00 p.m.

There is great responsibility in caring for the health and welfare of an aging spouse, parent, neighbor, or friend. Many questions develop which require decisions that you may feel unprepared to address. This informational session will discuss how you can effectively navigate the health care, social services, and legal systems in order to provide the best solutions possible. Presented by HCR Home Care and Elder Law Attorney.

Registration appreciated for these free events. Please call 585-388-2347

Fairport Baptist Homes and HCR Home Care are proud to host the “Successful Aging 101” series.

Events will be held at:
Fairport Baptist Homes
4646 Nine Mile Point Road, Fairport, NY 14450

