

An Essential Resource Event for Baby Boomers

BOOMERANG

www.babyboomerexpoonline.com/boomerang

May 16, 2009 9 a.m. – 4 p.m.
CCBC - Catonsville Campus

Employment • Caregiving • Foreclosure • Continuous Learning
• Wellness • Free Health Screening • Free Career Coaching

Win Great Prizes including:

- gym memberships
- tickets to local attractions
- hours of care for a loved one
- emergency monitoring system
- career coaching services



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The Beacon

BALTIMORE COUNTY
MARYLAND
County Executive Jim Smith
and the Baltimore County Council

Strengthening Our Lives
BCDA
Baltimore County Department of Aging
www.takingcareofmomanddad.net



CCBC
The Community College
of Baltimore County
The incredible value of education.
www.ccbcmd.edu

For more information, call 410-887-2594 or visit www.babyboomerexpoonline.com/boomerang.

Present this coupon for \$1 admission

BOOMERANG
Bringing Resources Back to You

May 16, 2009 • 9 a.m. - 4 p.m. • CCBC - Catonsville Campus

Taking Care of Mom and Dad Presentations

- 9 a.m. **Depression, Dementia and Resources**
Dr. C. Marano, Johns Hopkins Alzheimers & Memory Clinic
- 10 a.m. **The Assisted Living Journey**
Steve Gurney, Guide to Retirement Living
- 11 a.m. **Aging in Place: Modifications and Resources**
Panel discussion
National Aging In Place Council
- 12 p.m. **Long Term Care Insurance**
John Dipasquale, MetLife
- 1 p.m. **Transportation and Safe Driving**
Rosalie Coffman, BCDA CountyRide
- 2 p.m. **Stress Management for Burned-out Caregivers**
Beverly Parsons, CCBC Faculty
- 3 p.m. **Caregiver Resources & Recommendations**
Michelle Marseilles, BCDA

Wellness and Vital Aging Presentations

- 9 a.m. **Take Steps to Protect Yourself from Cancer**
Baltimore County Health Department
- 10 a.m. **FirstLine Therapy: The Ultimate Diet & Lifestyle Program**
Brian Sanderoff, P.D., Illness is Not an Option
- 11 a.m. **How to Navigate the Healthcare System With or Without Insurance**
Baltimore County Health Department
- 12 p.m. **Tai Chi Demonstration**
Tim Thompson, CCBC Faculty
- 1 p.m. **Body and Mind Fitness Discovered by Volunteerism**
Baltimore County Volunteers
- 2 p.m. **Knowledge is Power: Learn the Signs of Mental Illness**
Baltimore County Health Department
- 3 p.m. **Zumba Dance Demonstration**
Mary Krause, CCBC Catonsville Faculty

Continuous Learning Presentations - Lower Level

Provided by CCBC Adjunct Faculty

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| 9 a.m. Floral Designs for Weddings • Claudette Chambers | 1 p.m. Yoga • Pat Barnes |
| 10 a.m. Introduction to Spanish • Anne Badin | 2 p.m. Belly Dancing • Mary Krause |
| 11 a.m. Make a Wire Crochet Necklace • Evelyn Hatten | 3 p.m. Digital Photography • James Lewis |
| 12 p.m. Chinese Soaring Crane • Lolita Smith | 10 a.m. - 2 p.m. Rock Climbing • Wellness Area |

Consumer Resources Presentations

- 9 a.m. **Financial Benefit Programs for Adults**
Tom Saylor, Medical Assistance Policy Specialist
Baltimore County Department of Social Services
- 10 a.m. **Plan Ahead: Advance Directives and Powers of Attorney**
Attorney, Maryland Legal Aid Bureau
- 11 a.m. **Scams and Frauds: What You Need to Know to Protect Yourself**
Scott D. Shellenberger, Baltimore County State's Attorney
- 12 p.m. **Foreclosure Prevention**
Yvette Forman, Housing and Community Development
Coordinator, Baltimore County Office of Community
Conservation
- 1 p.m. **Social Security and Medicare: A Primer for Baby Boomers**
Erin Pressley, Director of the Creative Services Group,
Office of External Affairs, Centers for Medicare and
Medicaid Services, and Erica Easter, Public Affairs
Specialist, Social Security Administration
- 2 p.m. **Reverse Mortgages: Helping Seniors Achieve Their Financial Goals**
Jay Rosenthal, Reverse Mortgage
Consultant, Senior Products Specialist, Wells Fargo
Home Mortgage
- 3 p.m. **Rational Investing in Irrational Times**
Thomas E. Quirk, CFP®, CRPC, CCBC Faculty

Reirement Focus – Presentations

- 9 a.m. **Exploring Career Options**
Community College of Baltimore County
- 10 a.m. **Where the Jobs Are**
Office of Workforce Development
- 11 a.m. **Building Networks**
Community College of Baltimore County
- 12 p.m. **On-line Applications**
Community College of Baltimore County
- 1 p.m. **Interviewing**
Community College of Baltimore County
- 2 p.m. **Resume Writing**
Community College of Baltimore County
- 3 p.m. **Volunteer First/Paid Second**
Governor's Office of Service and Volunteerism

**Career Coaching will be offered throughout the day
from 9 a.m. – 4 p.m.*

**Several local colleges are available for your retooling questions.*



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