

Senior Health & Fitness Fair

INFORMATION & ENTERTAINMENT

FOR SENIORS, THEIR FAMILIES
AND FRIENDS



FREE
Parking

FREE
ADMISSION

Sept 23, 2023 10am to 4pm

Wyndham Sacramento Hotel 5321 Date Avenue

Off of Highway 80 at Madison Sacramento, CA 95841

www.SeniorHealthFair.org

Information & Resources for a Safer, Healthier and Happier Life

Welcome to the Senior Health & Fitness Fair

As you enter the expo, you will be surrounded by dozens of exciting exhibits on a wide variety of subjects pertinent to your well-being and happiness. Many of the exhibitors have come from throughout the region to discuss their health therapies and plans with you. So please take the time to stop and talk with them...you might just find an ideal match for your needs!

The producers of the *Senior Health & Leisure Fair* would like to thank the following people and organizations for their work

and support: Dru Isanda, for administrative and organizational work; Jess Rodriguez for his marketing efforts; Daniel Tirapelli of Crux Design, for designing and maintaining our websites; Paul Scholl and the Messenger Publishing Group for all of their support as a print media sponsor. We thank our Sponsors: Aetna, Alignment Healthcare, Ansel Park Senior Living, SMUD, Ships and Trips Travel, the Agency on Aging Area 4, and the City of Citrus Height for their sponsorships and promotional efforts. **Thank you all!**



CHECK US OUT ONLINE, TOO!

Senior Health & Fitness Fair

www.SeniorHealthFair.org

Turning 65?



All the benefits of Original Medicare and more

Get the right coverage, local resources and the care you need to live the life you want.

\$0

PREMIUM PPO
PLANS INCLUDING
DENTAL

Addison Beverly
916-217-1778

8:00 AM - 8:00 PM PT, Mon. - Fri.

Beverly@Aetna.com

CA Ins. Licence #0B41470



Aetna Medicare is a HMO, PPO plan with a Medicare contract. Our SNPs also have contracts with State Medicaid programs. Enrollment in our plans depends on contract renewal. Plan features and availability may vary by service area.

©2021 Aetna Inc.
Y0001_26501a_2022_M
1A.12.431.1

♥ aetna™
medicare solutions



Redefining Retirement

Experience the Peace of Mind at Ansel Park. Our Continuum of Care offers a seamless transition from Independent Living to Assisted Living and Memory Care. Embrace every stage of life knowing that exceptional support is always here for you.



**Chef-Prepared
Meals**



**Pet
Friendly**



**Active
Lifestyle
Calendar**



**Housekeeping
Services**



**Outdoor
Pool**

JOIN US FOR A FREE MEAL AND TOUR OF OUR BEAUTIFUL COMMUNITY!



Independent Living

(916) 713-5434 | AnselPark.com

1250 Orchid Dr., Rocklin, CA 95765



Assisted Living & Memory Care

(916) 545-1537 | AnselPark.com

1200 Orchid Dr., Rocklin, CA 95765

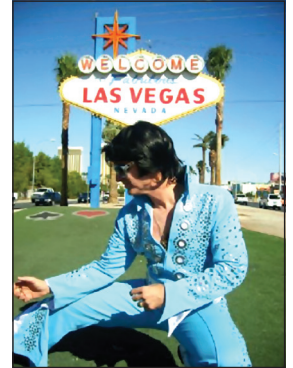
ENTERTAINMENT

Classic Rock 'N' Roll from the 50s, 60s and 70s. Car songs, surfer songs, old time rock, cruisin' songs! It's the music you grew up with. **Be sure to check out the Classic cars in the hotel parking lot!**

Bring your dancing shoes! 11:15 a.m. to 12:00 p.m.

Award-Winning Elvis tribute artist Johnny Reno!

Johnny is known as a top Elvis impersonator in California and Nevada. He's been on stage in Las Vegas, Reno, Lake Tahoe, throughout the USA and the world. Don't miss this great performance! He may be contacted at <http://www.johnnyrenoaselvis.com> for future gigs.



The Spare Parts Band

12:30 p.m. to 1:30 p.m. & 2:00 p.m. to 3:00 p.m.

Formed in 2014, with Ken Koenig on lead guitar, mandolin, and sometimes ukulele, Tony Rodriguez on bass guitar and vocals, and Steve Del Rio on drums. Spare Parts plays a large variety of music that spans from the early days of Rock N Roll to Classic Rock, Blues, Country, some Jazz standards, and more! **Spare Parts Band Contact Information: Ken Koenig (916) 807-7181**

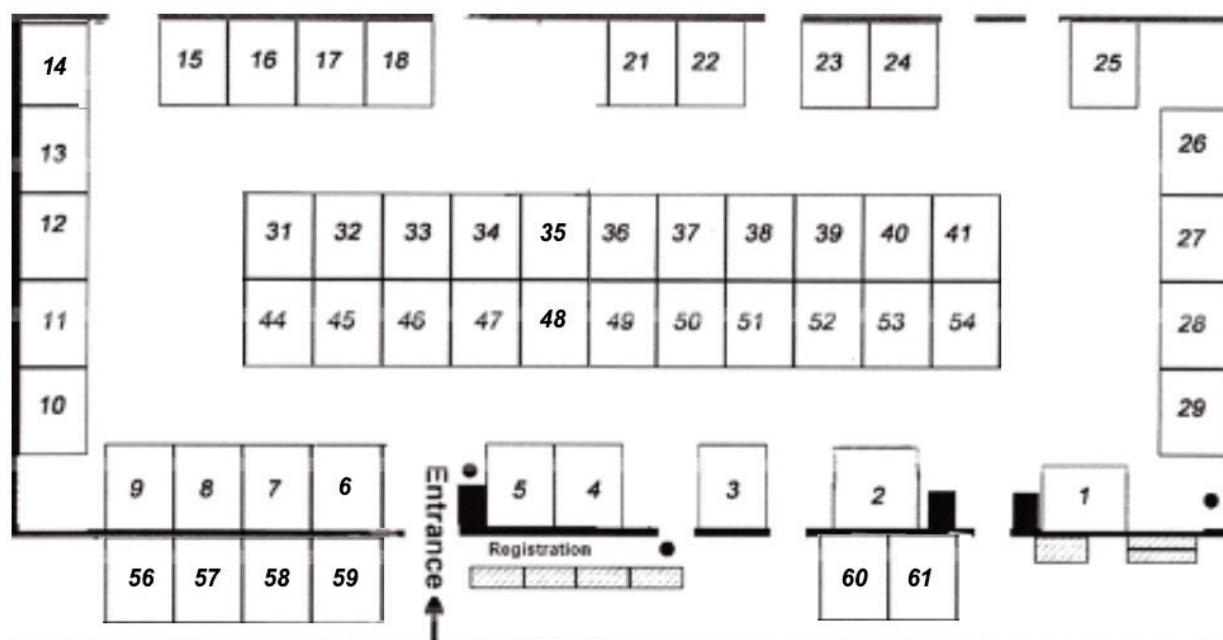
SHIPS AND TRIPS TRAVEL

Ships And Trips Travel is your local travel agency with over 20 years in business. We specialize in:

- River and Ocean Cruises Worldwide
- Tours and Packages
- Destination Weddings and Honeymoons
- Generational Family Trips
- African Safaris
- Luxury
- Adventure
- Group Tours

For more information, please contact
info@shipsandtripstravel.com or
916-564-8747. CST#2051435-40

Wyndham Sacramento Hotel



2023 LIST OF EXHIBITORS

Lobby:

Aetna Medicare Solutions - beverly@etna.com; www.aetna.com
 American Legion Post 84, Auburn, CA - loriedaisy@gmail.com; www.calegionpost84.org
 American Legion, Post 637, Citrus Heights, CA - aggieland74@comcast.net
 Messenger Publishing Group - publisher@MPG8.com; www.mpg8.com
 Senior Health Fair - info@recoveryforall.net; www.seniorhealthfair.org
 Volunteers of America - eavila-nunez@voa-ncnn.org; www.voa-ncnn.org/supportive-services-veteran-families

Ballroom:

1. SMUD - leslie.adornodechasing@smud.org; www.smud.org
 2. City of Citrus Height - criddle@citrusheights.net; www.citrusheights.net
 3. 211 Sacramento - info@211sacramento.org; www.211sacramento.org/211/
 3. Agency on Aging Area 4 - jmesa@agencyonaging4.org; <https://agencyonaging4.org/>
 4&5 Walgreens - nitorres_66@gmail.com; www.walgreens.com
 6. Social Security Administration - Michael Teixeira@ssa.gov; www.ssa.gov
 7. Contractors State License Board - stephanie.gutierrez-valdez@cslb.ca.gov; <https://cslb.ca.gov/>

8. California Department of Protection and Innovation - fernando.ponce@dfpi.ca.gov; www.dfpi.ca.gov
 11. Senior Helpers - jbender@seniorhelpers.com; www.seniorhelpers.com
 12. Dignity Memorial - theresa.green@sci-us.com; www.dignitymemorial.com
 15. Radiant Light Healing Center - admin@radiantlight.center; www.radiantlight.center
 16. Morgan Oaks Eternal Preserve - stephanie@morganoaksgreenburial.com; www.morganoaksgreenburial.com
 17. UR Worth It - johnsons.urworthit@gmail.com; urworthit.com/johnsons
 18. Assured Care, LLC - tonya@assuredcares.com; www.assuredcares.com
 21. Compassion & Choices - nbeltran@compassionandchoices.org; www.compassionandchoices.org
 22. A Therapeutic Alternative - ceo@atherapeuticalternative.com; www.atherapeuticalternative.com
 23. iN-Your Home Care LLC - nursemaggie@servicewithaheart.com; www.servicewithaheart.com
 24. Lifewave Randy Orloff, Brand Partner - randyorloff@yahoo.com; <https://www.lifewave.com/randyo>
 25. Alignment Healthcare - esandoval3@ahcusa.com; www.alignmenthealthplan.com

26. Byers Enterprises - jen.reagan@thatsbyers.com; www.thatsbyers.com
 27. Better Business Bureau, NE California - grose@sacramento.bbb.org; www.bbb.org/us/ca/sacramento
 28. Edward Jones - erin.harker@edwardjones.com; www.edwardjones.com/mackie-chaudhry
 29. Ships and Trips Travel - crisse123@gmail.com; www.shipsandtrips.com
 31. Tub Safe - robert@tubsafe.com; www.tubsafe.com
 32. Widowed Persons Association of California, Sacramento Chapter 1 - grammyc@surewest.net; www.sacwidowed.org
 33. Lawlen Insurance Solutions - kerri@lawlenins.com; www.lawlenins.com
 34. East Lawn Cemeteries and Funeral Homes - andreap@eastlawn.com; www.eastlawn.com
 36. California Mentor - Manisha.Jacques@sevitahhealth.com; www.sevitahhealth.com
 37. MBK Senior Living, Almond Heights & The Commons - brennagrindel@mbk.com; www.mbkseiorliving.com
 38. First Call Hospice and Palliative Care - john.alves@fchosp.com; www.firstcall-hospice.com
 39. Care Patrol - rdemske@carepatrol.com
 40. WE Alliance Wealth Advisors, Inc. - chris@weinstitutional.com; www.weinstitutional.com

41. Ansel Park Senior Living - mmiller@sagora.com; www.anselparklife.com
 44. Global Reach OT & PT (Occupational and Physical Therapy) - magdalena@globalreachotpt.com; www.global-reachotpt.com
 45. HearingLife - mhcn@hearinglife.com; www.hearinglife.com
 46. Anthem Blue Cross (Elevance Health) - amy.nguyen@anthem.com
 47. LeafFilter Gutter Protection - events@leafilter.com; www.leafilter.com
 49. Longbridge Financial - jlitzelfelner@longbridge-financial.com
 50. Cogir of Stock Ranch Senior Living - dmasters@cogirusa.com; www.cogirof-stockranchseniorliving.com
 51. Amari Healthcare - care@amarihc.com; www.amarihc.com
 52. Farm Fresh to You - eventsca@farmfresh-toyou.com; www.farmfresh-toyou.com
 53. Nivano Physicians - customerservice@nivanophysicians.com; www.nivanophysicians.com
 54. Aetna Medicare Solutions - beverly@etna.com; www.aetna.com
 61. California Automobile Museum - frontdesk@calautomuseum.org; www.calautomuseum.org

DISCLAIMER: We at the Senior Health & Fitness Fair have done our best to bring together products and services that have a "proven track record" and might best assist you in making your life healthier and more productive. However, because of the seriousness of health and financial matters, we must strongly urge you to apply your "due diligence" to investigate before you buy. The Senior Health & Fitness Fair and its producer, Recovery Enterprises, and any of the show's sponsors are not responsible for any claims made by exhibitors; they are not responsible for the effects of products or services offered and they do not endorse any offerings, products, or services.

The Senior Health & Fitness Fair is the property of Recovery Enterprises. All rights are reserved. Contact: (916) 910-9499 or email at info@recoveryforall.net



OKTO BER FEST

LogOff Brewing is a craft brewery in Rancho Cordova, CA. We are focused on Logging Off & bringing community together through craft beer! Join us for many great events including live music, trivia, bingo, paint & sip, board game days, cultural events and special beer releases! See logoffbrewing.com for more details!


Edward Jones
edwardjones.com | Member SIPC

Compare our CD Rates

Bank-issued, FDIC-insured

3-month	5.35	% APY*
6-month	5.35	% APY*
1-year	5.30	% APY*

Call or visit your local financial advisor today.



Mackie Chaudhry, CRPC™
Financial Advisor

2580 Fair Oaks Blvd Suite 16
Sacramento, CA 95825
916-973-1741

* Annual Percentage Yield (APY) effective 06/14/2023. CDs offered by Edward Jones are bank-issued and FDIC-insured up to \$250,000 (principal and interest accrued but not yet paid) per depositor, per insured depository institution, for each account ownership category. Please visit www.fdic.gov or contact your financial advisor for additional information. Subject to availability and price change, CD values are subject to interest rate risk such that when interest rates rise, the prices of CDs can decrease. If CDs are sold prior to maturity, the investor can lose principal value. FDIC insurance does not cover losses in market value. Early withdrawal may not be permitted. Yields quoted are net of all commissions. CDs require the distribution of interest and do not allow interest to compound. CDs offered through Edward Jones are issued by banks and thrifts nationwide. All CDs sold by Edward Jones are registered with the Depository Trust Corp. (DTC).



A prepaid funeral plan protects your family.

CREMATIONS | LIFE CELEBRATIONS | CEMETERIES

 FREE Planning Guide: DignityMemorial.com

11 LOCAL PROVIDERS TO SERVE YOU, INCLUDING:

Mount Vernon

MEMORIAL PARK & MORTUARY

916-969-1251
Every Detail Remembered®
Dignity
MEMORIAL

Fair Oaks | FD 1154 | COA 521



Alignment Health Plan®

A NEW ERA OF AGING

JOIN US FOR INFORMATION

Alignment Health Plan is at your service, 24/7



REAP THE BENEFITS OF OUR MEDICARE ADVANTAGE PLANS:

- ✓ **Premiums as Low as \$0**
Stay on budget with low premiums, deductibles and copays for primary or specialist doctor visits, labs and inpatient hospital visits.
- ✓ **Part D Prescription Drug Coverage**
Save on 30,000+ prescription drugs, with \$0 copay on 10,000+ medications—plus a Bonus Drug List, not typically covered under Part D plans.
- ✓ **Free Gym Membership**
Stay fit with a membership to a fitness club near you.
- ✓ **\$0 Transportation**
Get around more easily with rides to doctor appointments or the pharmacy (Benefits vary by plan).

LET'S GET TOGETHER

COFFEE & DONUTS TODAY! VISIT US

SATURDAY, SEPTEMBER 23rd, 2023 * TODAY*

SENIOR HEALTH FAIR

ASK US ABOUT HOW TO ENROLL?

ASK US WHAT MAKES ALIGNMENT SPECIAL?

ELIZABETH 916-840-6089 ** RAFFLE TODAY**

LET'S MAKE PLANS

CRAIG HILL

Ca.Lic #0e90548 Direct line: 916-890-4741

1-888-979-2247 (TTY: 711)

8 am–8 pm, 7 days a week

alignmenthealthplan.com

*Monthly premiums and benefit availability vary by plan and county. For plan availability in your county, please contact Alignment Health Plan.

Alignment Health Plan is an HMO, HMO POS, HMO C-SNP, HMO D-SNP and PPO plan with a Medicare contract and a contract with the California, Nevada and North Carolina Medicaid programs. Enrollment in Alignment Health Plan depends on contract renewal. Alignment Health Plan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. For accommodation of persons with special needs at sales meetings, call 888-979-2247 (TTY: 711).

Y0141_23497EN_M

SMUD is proud to sponsor the Senior Health Fair!

Senior Resources
smud.org/Seniors

Income- eligible assistance
smud.org/LowIncome

Medical Equipment Discount
smud.org/MED

FREE home energy evaluations
smud.org/EnergySaverBundles

Learn more at smud.org or
contact us at 1-888-742-7683.



CleanPowerCity.org

Powering forward. Together.

