

Senior Health & Resource Fair

INFORMATION & ENTERTAINMENT

FOR SENIORS, THEIR FAMILIES
AND FRIENDS



**FREE
Parking**

**FREE
Admission**

Sept 13, 2025 10am to 3pm

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 & Resource 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 & Resource Fair would like to thank the following people and organizations for their work and support: Dru Isanda, for administrative

and organizational work; 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, and K-ZAP Radio for spots and social media. We thank our sponsors Get Care at Home, Oakmont of Carmichael, California Health Advocates, Kaiser Permanente, SMUD, Wellcare, and Agency on Aging for their sponsorships and promotional efforts.

Thank you all!

**GET CARE
AT HOME**

MPG
Messenger Publishing Group

STYLE
MAGAZINE

Assisted Living & Memory Care
Oakmont
of Carmichael

CALIFORNIA HEALTH ADVOCATES
Medicare: Policy, Advocacy and Education



Walgreens

SMP
Senior Medicare Patrol
Preventing Medicare Fraud

KAISER PERMANENTE®

SMUD®

CHECK US OUT ONLINE, TOO!

Senior Health & Resource Fair

www.SeniorHealthFair.org



**GET CARE
AT HOME**

HOME CARE SERVICE

Dedicated caregivers who understand your needs, culture, and routines. Our care feels like family.



Compassionate, in-home support for seniors, veterans, and individuals with disabilities.

- ✓ Personal Care
- ✓ Memory Care
- ✓ Companion Care
- ✓ Recovery Support
- ✓ Respite Care

Call today to schedule your free care consultation.

 **(279) 246-7090**



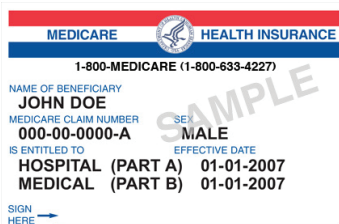
www.GetCareAtHome.org

SMPHelps Prevent
Medicare
Fraud

Senior Medicare Patrol BEWARE of SCAMS



- Do Not respond to offers for free equipment, hospice services, a new Medicare card or genetic testing kits
- Check your medical statements routinely for services not provided
- Only share your Medicare number with trusted providers
- Report Medicare fraud to the California Senior Medicare Patrol at 1-855-613-7080



Guard Your Card

Never give your
Medicare number
to strangers**Visit CaliforniaSMP.org**

This project was supported in part by grant number 90MPPG0019-03-00 from the U.S. Administration for Community Living, Department of Health & Human Services, Washington D. C. 20201

Call 855-613-7080 for a Free Fraud Prevention Presentation or to report suspected fraud.

The power of collective caring is an amazing thing.

At Kaiser Permanente, we make it our mission to help build healthy communities, and we couldn't do it alone. We'd like to extend our heartfelt appreciation to the Sacramento Senior Health & Resources Fair for their efforts to help older adults improve their overall well-being and enhance their quality of life.



ENTERTAINMENT

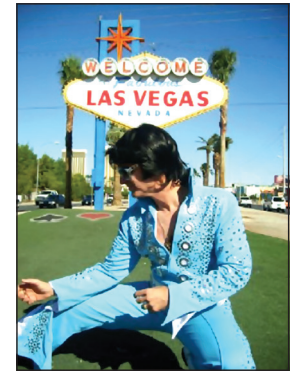
Classic Rock'N'Roll from the 50s, 60s and 70s. Car songs, surfer songs, old time rock, cruisin' songs! It's the music you grew up with. **Be sure to check out the Classic cars in the hotel parking lot!**

**10:00 a.m. to 11:00 a.m.
Rock 'n' Roll DJ spinning
top hits of the 60's and 70's!**

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**



Favorite Artists making Fresh music, and
Fresh Artists making New Favorites.

Music first. Always.

Catch the stream at k-zap.org, at
93.3 FM in Metro Sacramento, and
on the Apple and Android apps at:
"Sacramento's K-ZAP"



Download on the
App Store



GET IT ON
Google Play

2025 LIST OF EXHIBITORS

As of 08/13/25

Lobby:

2-1-1 Sacramento -
methridge@211sacramento.org;
www.211sacramento.org/211/

Agency on Aging Area 4 - jmesa@
agencyonaging4.org; https://
agencyonaging4.org

California Automobile Museum -
frontdesk@calautomuseum.org; www.
calautomuseum.org

California Council on Problem Gambling
(CALPG) - publications@calpg.org; www.
calpg.org

K-ZAP - prizzo@k-zap.org; www.k-zap.org

Messenger Publishing Group - publisher@
MPG8.com; www.mpg8.com

Saint Vincent de Paul - Listos California CalOES
- listas@sudp-sacramento.org; www.
sudp-sacramento.org/listos

Senior Health Fair - info@recoveryforall.net;
www.seniorhealthfair.org

Widowed Persons Association of California
- grammyc@surewest.net; www.
sacwidowed.org

Ballroom:

2 Oakmont of Carmichael - tzawaideh@
oakmontmg.com; www.
oakmontofcarmichael.com

3 Disabled American Veterans, Chapter 35, CA -
chap35davca@gmail.com

4 & 5 Get Care at Home - contact@
middletonstrategies.com; www.
getcareathome.com

6 TLC Vascular - beth.morris@tlcvascular.com;
www.tlcvascular.com

7 Trident Society Roseville - linda.mar-veiga@
sci-us.com; www.tridentsociety.com

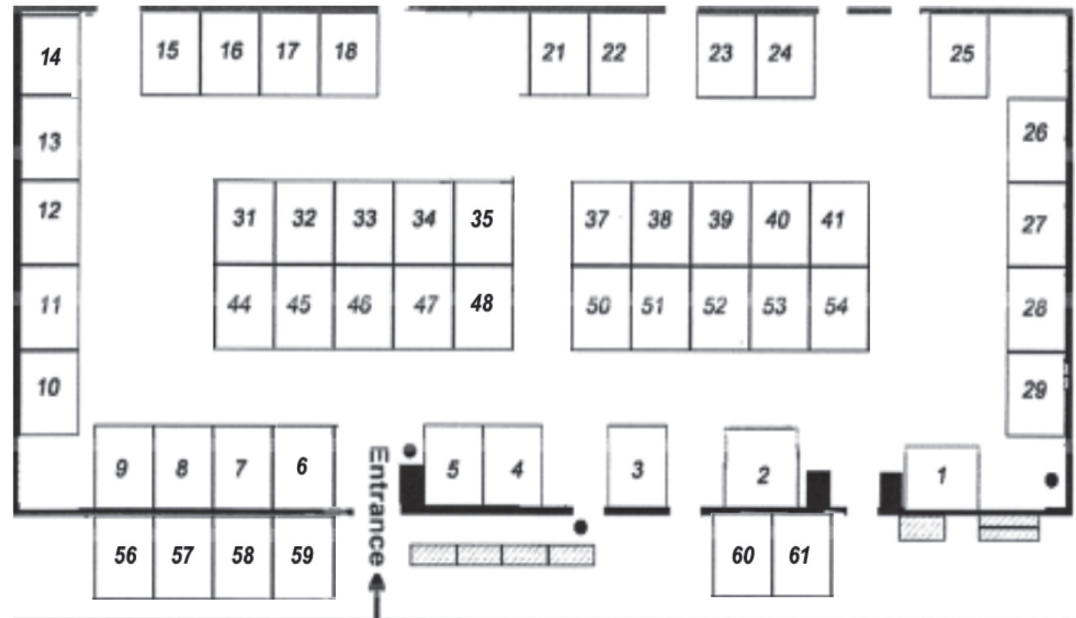
8 Healyan - lyushin@berkeley.edu; philip-
caspari@healyan.com; www.healyan.com

9 Creative Chakra Healing

10 Seniors Resource Group - lisaellis.sellre@
gmail.com; www.seniorsresourcegroup.
com

11 CapTel Outreach - kristie.perez@oeius.org;
www.oeius.org

12 Family Matters, LLC - sandee@
familymattershc.com; www.
familymattershc.com



Floor Plan Wyndham Sacramento Hotel Exhibit Hall

13 & 14 Moving Life - Stefan.cohrs@
movinglife.com; sharon.reznik@
movinglife.com; www.movinglife.com

15 Dr. Comfort - carmen.butschlick@enovis.
com; www.drcomfort.com

16 Raspberry Gold - raspberrygolldellagic@
gmail.com; www.raspberrygold.com

17 Reliable Home Improvement - shannon@
reliablehome.net; www.reliablehome.net

18 AGA (Applied General Agency) -
juliannaymo@gmail.com

21 ClearCaptions - chelane.martin@
clearcaptions.com; www.clearcaptions.com

22 County of Sacramento, Dept. of Child,
Family and Adult Services - parkerm@
saccounty.gov; https://dcfas.saccounty.net/
pages/home.aspx

23 A Therapeutic Alternative - ceo@
atherapeuticalternative.com; www.
atherapeuticalternative.com

24 AudioNova - Natasha.mellgren@audionova.
com; www.audionova.com/clinics/ca/
elk-grove

25 Summerfield of Roseville Memory Care
- janescaiparro@northstarsl.com; www.
summerfieldroseville.com/

26 California Physical Therapy Association
(CPTA) - ruthaleblanc@gmail.com; www.
ccapta.org

27 Oak Ridge HealthCare Center - jwinter@
cypresssh.com; www.oakridgehealthcare.
net/

28 SMUD - Shawn.Caesar@smud.org; Jamila.
Adams@smud.org; www.smud.org

29 Walgreens - nitorres_66@yahoo.com;
www.walgreens.com

32 Terry McBride, LifeWave Independent
Distributor - terrymcbride@hushmail.com;
www.lifewave.com/terrymcbride

33 CaptionCall by Sorenson - cbalaam@
sorenson.com; mbingham@sorenson.com;
sorenson.com/captioned-calls/captioncall

34 California Board of Accountancy (CBA) -
mick.murray@cba.ca.gov; www.cba.ca.gov

34 California Privacy Protection Agency -
https://cppa.ca.gov/

35 Tub Transformers - steven@
tubtransformers.com; www.
tubtransformers.com

38 Sapphire North Valley Home Health &
Centric Care Hospice - snv@sapphirenvh.
com; www.sapphirenvh.com

39 Physical Therapy Board of California - april.
beauchamps@dca.ca.gov; www.ptbc.
ca.gov

40 Aging Assistant, LLC - james@
agingassistant.com; www.agingassistant.
com

41 Social Security Administration - michael.
teixeira@ssa.gov; www.ssa.gov

44 WellCare by Health Net (Centene) - Romita.
Singh@wellcare.com; www.wellcare.com

45 Amari Hospice & Home Health Care -
ebronder@amarihc.com; www.amarihc.
com

46 Nivano Physicians - customerservice@
nivanophysicians.com; www.
nivanophysicians.com

47 LeafFilter Gutter Protection - events@
leafilter.com; www.leafilter.com

48 AARP - kritualo@aarp.org; www.aarp.org

50 California Health Advocates - cconsolacion@
cahealthadvocates.org; www.
cahealthadvocates.org

50 Senior Medicare Patrol - www.
CaliforniaSMP.org

51 Care Patrol - Ron Demske - rdemske@
carepatrol.com

52 A1 HealthCare - aileen.vigrass@a1hch.com;
www.a1hch.com

53 American Diabetes Association - lreeves@
diabetes.org; https://diabetes.org/

54 Kaiser Permanente - Brian.C.Heller-De-
Leon@kp.org; Taylor.A.Azevedo@kp.org;
www.kp.org/thrive

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

We pride ourselves in providing home health RN case managers with years of experience in home health services.

We provide the highest quality care for each patient to promote, maintain, and restore your health.

Our experienced home health providers will help you and your family manage the effects of illness and injury as independently as possible.

CONTACT US

Email:
snv@sapphirenvhh.com

Phone:
(916) 235-6994

Address:
2255 Watt Avenue
Suite 395
Sacramento, CA 95825



Common Symptoms of Peripheral Arterial Disease (PAD)

Intermittent pain/cramping in the legs • Weak pulse in legs
Leg and muscle weakness • Cold extremities
Numbness or tingling sensation • Non-healing wounds

PAD affects a shocking 12-20% of Americans age 65 or older.

1 in 3 Americans over the age of 50 with diabetes are likely to have PAD.

People with PAD have a 4-5x GREATER RISK of a heart attack or a stroke.

Untreated, PAD can lead to CLTI (Critical Limb Threatening Ischemia) and amputation.

Let Us Help! *TLC Vascular*

Comprehensive Specialized Vascular Care
at Sacramento & Carmichael Locations

CALL (916) 235-9100 TODAY



Inder M. Singh, M.D., M.S.

Shelby Adney, MSN, NP-C



**Edibles, Topicals, Capsules,
Tinctures to relieve your
symptoms naturally!**

3015 H Street, Sacramento

916-822-4717

www.ATherapeuticAlternative.com

PREMIER CANNABIS DISPENSARY - #C10-0000019-lic

A1 HEALTHCARE HOME HEALTH & HOSPICE EXCELLENT SERVICE. REMARKABLE CARE.



**Compassionate in-home care
and hospice, bringing comfort
and dignity to you or your loved
one.**



P: 916-706-3647

A1HCH.COM



wellcare

By



health net

Medicare Advantage & more.

MEDICARE

MEDICAID

Get Wellcare & get more benefits.

You may qualify for a Wellcare Dual Eligible Special Needs Plan (D-SNP). Come learn about Wellcare Medicare Advantage Plans you can count on.

- & \$0 or low monthly plan premium
- & Prescription drug coverage
- & Dental coverage
- & Vision coverage
- & Twill: A self-guided digital program to focus on overall well-being and provide access to social support resources.

If you have Medicare and Medi-Cal, limited income, recently lost employer coverage, are turning 65, or you've just moved, you may be eligible for benefits you don't have today.

The coverage you need & more

Enrollment rules for many Dual Eligible Special Needs Plans (D-SNPs) have changed for 2025. Call now to learn more and enroll today.

Call your local licensed representative to learn more.

Romita Singh

Licensed Representative

LIC#0H28855

(916) 385-4045

WWW.WELLCAREREP.COM/16116941

Follow us:  @WellcareMedicare

Luxury Assisted Living & Memory Care

THE BEST CARE. FOR THE BEST LIFE.

Oakmont of Carmichael offers assisted living and memory care services alongside a welcoming and safe environment with a multitude of options for leading a healthy and active lifestyle.



AMENITIES & SERVICES

Restaurant Style Dining • Personalized Activity Program
24-hour Personal Care Support • Wellness & Fitness Programs
Weekly Housekeeping and Laundry • Chauffeured Transportation

Call (916) 365-4556 Today To Schedule Your Tour!

Assisted Living & Memory Care
Oakmont
of Carmichael

4717 Engle Road,
Carmichael, CA 95608
OakmontofCarmichael.com