



1132 Bishop Street, Suite 1920  
Honolulu, HI 96813

**FREE MINI-CONFERENCE**

## **Your *Real Possibilities*™ for a Safe and Secure Future**

December 4, 2014 • 8:30 a.m. to Noon • Hawaii Okinawa Center

Register: <http://aarp.cvent.com/safeandsecure> or call 1-877-926-8300 (toll free)

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Hawaii Okinawa Center • 94-587 Ukee Street • Waipahu, Hawaii  
Thursday, December 4, 2014 from 8:30 a.m. to Noon

8:30 a.m.

**Session A: AARP In Action on Oahu** – AARP is working in communities across the state to ensure that Hawaii residents have choice, control and independence through every stage of their lives and to create communities where people can give back all they have to offer. Learn what we are doing on Oahu to help caregivers, fight fraud, and ensure that people can live life to the fullest.

*Breakfast Bento provided.*

9:45 a.m.

**Concurrent Sessions B** (Choose one session.)

**B1: Improve Your Balance To Prevent Falling** – Understand how physical activity, vision checks, medication management, and home modification can help you avoid falling. Participate in simple balance tests and exercises that can help you improve your balance. Presented by Catia Garrell and Damian Sempio, Occupational Therapists.

**B2: Senior Living Options** – Considering downsizing or leaving your current home? Learn about different types of senior living options, decluttering, and tips for selling your current home. Presented by Dan Ihara, Realtor and Certified Aging in Place Specialist.

11:00 a.m.

**Concurrent Sessions C** (Choose one session.)

**C1: Understanding Medicaid for Long-term Care** – Scott Gardner, Medicaid Financial Consultant. Medicaid is the number one payer of long-term care in the country but there are strict asset and income limitations. Learn how the program works.

**C2: Home Modification** - Learn about home modifications to meet your changing needs and make your home a home for life. Presented by Curt Kiriu, Certified Aging in Place Specialist and Laurie Kaneshiro, Interior Designer.

12:00 p.m.

**Pau**

**AARP**®  
Real Possibilities