

## ***“Fall into Wellness”***

### ***Annual Health Fair to be held in October***

The Department of Aging & Human Services' annual Health Fair: The Way to Wellness will be on Friday, October 24, 2014 at the Southern Maryland Higher Education Center, 44219 Airport Road, Hollywood, MD 20636 from 8:30 a.m. – 3:30 p.m. We have an exciting day planned with activities, screenings & exhibits aimed at promoting health and wellness—for all ages. No pre-registration is required and admission is *FREE*.

You will have an opportunity to participate in more than seven health related screenings including leg & vein, skin cancer, blood pressure, hearing, vision, fall assessment and more! There will be information and resources addressing a variety of health-related topics including Alzheimer's disease, nutrition, medical equipment, diabetes information, physical therapy services, counseling, library cards, chiropractic services, fitness, and resources in the community for all populations, mental health, substance abuse, and treatment.

“Our Department works diligently to combine many of the county's public and private health care providers, businesses and organizations to make the Health Fair as comprehensive as possible. The Health Fair continues to grow each year, and we are proud to provide this one-day service that continues to benefit the community.” Said, Lori Jennings-Harris, Director, Department of Aging & Human Services.

The Health Fair hosts over seventy-five exhibitors. Having all of these services available in one place gives you and your family the support needed to maintain a healthy balance of the mind, body and spirit. You never know what services or assistance you may “fall” into.

Flu shots will be offered by Medstar St. Mary's Hospital Health Connections. Flu Shots will be available for only \$20; Medicare billed, bring your card; or \$20 payment by cash or check.

A commercial shredder truck will be available from 8:30 a.m. – 12:30 p.m. Bring all of your unwanted paperwork to the shredder truck. Uniformed personnel will safely transport your sensitive documents to their state of the art mobile shredding truck. You can witness the destruction and they will even provide a certificate of destruction for your records. No need to remove paper clips, binder clips or staples.

**The St. Mary's County Sheriff's Office will be collecting prescription medications. All non-prescription over the counter medications, prescription medications and pet medications in addition to pills, liquids, ointments and lotions will be accepted. Unfortunately they WILL NOT accept is syringes, inhalers of drugs in aerosol canisters or chemotherapy drugs either in IV liquid or oral form. Information will also be available relating to Prescription Medications and opiates.**

Jeff Karberg, Identity Theft Administrator for the Consumer Protection Division of the Maryland Office of the Attorney General will present on Identification Theft and Telemarketing Fraud. Mr. Karberg will give a presentation on how to avoid becoming a victim of identity theft and what to do if you think you have been victimized. He will also explain common ID theft scams and recent developments in Maryland's ID theft laws.

Seri Wilpone, Chief Attorney for the Legal Aid Bureau, Inc. will present on MOLST (Medical Orders for Life Sustaining Treatment). Doctors and nurse practitioners of health care facilities must involve patients, their health care agents, or their decision makers to create a medical order for life-sustaining procedures, use of medical tests, transfers from a hospital setting, and other treatment. This seminar will discuss which patients are subject to

MOLST, what treatment preferences are included, and how patients and their caregivers can use MOLST to better advocate for treatment consistent with the patients' values and wishes.

Representatives from Medstar St. Mary's Hospital will offer a seminar on prevention awareness, signs and symptoms and living with Diabetes.

As always, several door prizes and gift cards will be given throughout the day.

We look forward to seeing you at the Health Fair in October! For more information, contact Jennifer Stone at 301-475-4200, ext. 1073. For more information visit, [www.stmarysmd.com/aging](http://www.stmarysmd.com/aging) or like and share the Facebook page, keyword: Way to Wellness.