



National Church Residences
UNIVERSITY

Speakers, Programs and Events

Speakers

- Pharmacists
- Ophthalmologists
- Podiatrists
- Fire fighters
- Home-health care agencies
- Local Artists
- Local Government Officials
- Chiropractors
- Nutritionists
- Police
- Ambulance Drivers
- Hearing Testing Personnel
- Local radio/TV celebrities
- Heart, Cancer, Alzheimer's, Lung, etc associations

Topics

- Services provided by the local Area Office on Aging
- Arthritis
- Dealing with Pain
- Cataracts
- Diabetes
- Cooking for one
- Wills, probate, legal rights
- Osteoporosis
- Stress and relaxation
- Recognizing con games and scams





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Programs

- Develop inter-generational programs for residents and their adult children and grandchildren
- Provide community tours to legislators to listen to the views of the residents
- Pharmacist to talk about the side effects of medicines and analyze the residents' medications
- Learn to make something decorative to wear or use at home
- Arthritis Self-Help course
- Musical groups
- Tour for local college/nursing students interested in gerontology field
- Preventing colds and flu
- Evaluating over the counter medicines
- Simple exercises for specific ailments/strengthening
- Safety in the home

Events

- Health fair; blood pressure, eight measurements, blood testing for cholesterol, CBC Glucose, Triglycerides, Glaucoma screening, foot care, pulmonary function testing.
- Host a regular meeting of local groups: chiropractors; ophthalmologists, church secretaries, AARP, pharmacists. Dieticians, hospital social workers, support groups for care givers, widows, people with arthritis or another chronic disease, garden clubs, chamber of commerce
- Offer site for local orchestra/choral/theater groups to practice

