



Triad -November 2009 Calendar of Events & Presentations

DATE	DAY	TIME	LOCATION	PRESENTATION TOPIC	CONTACT INFO.
11/07/2009	Saturday	10:00 AM until 12:00 PM	Life's Adult Day Services Training Center 3106 S Juniper Broken Arrow	Planning Ahead for When Your Parent's Health is Failing: You'll learn the key topics to discuss, how to recognize when help is needed & about important services available.	Call 664-9000 ext 241 To register NO COST
11/10/2009	Tuesday	1:30 PM until 3:00 PM	Life Senior Services Central Training Center 5950 E 31 Street Tulsa	Understanding Medicare: This seminar will answer many of your questions about Medicare & you will have the opportunity to meet with a SHIP counselor.	Call 664-9000 ext 245 To register
11/10/2009	Tuesday	9:30 AM until 4:00 PM	111 S Greenwood Ave. Tulsa	Become an Ombudsman Volunteer: Advocate for people living in nursing homes, assisted living, or residential care facilities.	Ombudsman Supervisors Loretta 596-7657 Sarah 596-7210 Lesley 596-7685
11/11/2009	Wednesday	10:00 AM until 11:30 AM	Life Senior Services Central Training Center 5950 E 31 Street Tulsa	Healthy Cooking & Eating for the Holidays: Registered dietitians & diabetes educators with St.Johns Diabetes Center will help with recipes To enjoy the food of the holidays.	Call 664-9000 ext 241 To register NO COST
11/12/2009	Thursday	10:00 AM until 11:30 AM	Life Senior Services Central Training Center 5950 E 31 Street Tulsa	Tips to Survive Caregiver Stress During the Holidays: While there is no magic wand we can wave to rid ourselves of holiday stress, there are steps we can take to make the holiday more enjoyable.	Call 664-9000 ext 241 To register NO COST
11/12/2009	Thursday	9:30 AM	3040 N Hemlock Circle Broken Arrow	Training with Oxford Home Health	Adult Protective Services
11/14/2009	Saturday	6:00 PM	Greenwood Cultural Center	RSVP Tropical Trivia	To register a team contact: Jan@rsvptulsa.org

Non-Profit Organizations can submit calendar information to amaurer@ci.tulsa.ok.us

DATE	DAY	TIME	LOCATION	PRESENTATION TOPIC	CONTACT INFO.
11/14/2009	Saturday	9:00 AM	3040 N Hemlock Circle Broken Arrow	Training with Oxford Home Health	Adult Protective Services
11/14/2009	Saturday	10:00 AM until 12:00 PM	Life's Adult Day Services Training Center 3106 S Juniper Broken Arrow	Tips to Survive Caregiver Stress During the Holidays: While there is no magic wand we can wave to rid ourselves of holiday stress, there are steps we can take to make the holiday more enjoyable.	Call 664-9000 ext 241 To register NO COST
11/17/2009	Tuesday	9:30 AM until 4:00 PM	111 S Greenwood Ave. Tulsa	Become an Ombudsman Volunteer: Advocate for people living in nursing homes, assisted living, or residential care facilities.	Ombudsman Supervisors Loretta 596-7657 Sarah 596-7210 Lesley 596-7685
11/19/2009	Thursday	6:30 PM	51 st Street between Sheridan Rd & Memorial Drive Tulsa	Training with BancFirst	Adult Protective Services
11/20/2009	Friday	8:15 AM	51 st Street between Sheridan Rd & Memorial Drive Tulsa	Training with BancFirst	Adult Protective Services

DEADLINE for December's Calendar of Events is November 15, 2009



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