



# *Pflugerville* *Seniors Conference*

May 19, 2022

8:30 am - 2:00 pm

Pflugerville  
Community Church



Presented by:



Hosted by:



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Podiatry

Pulmonology

Surgery | Bariatric Surgery

Urology

Women's Health Center | Bone density screening | Digital mammography



**[BSWHealth.com/PflugervilleMC](https://www.bswhealth.com/PflugervilleMC)**

**512.654.6100**

# 2022 Pflugerville Seniors Conference

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*Presenting Sponsor: Baylor Scott & White Health*

9:00 – 10:00 a.m.:

Resource & Information Fair and  
Health Screenings by Baylor Scott & White Health

*Bag Sponsor: WellMed*

10:00 a.m. – Noon:

*Seminars held in the Main Church Auditorium:*

- 10:00 a.m. - **“Navigating the Aging Process”**  
with Virginia Sampson, Attorney at Law
- 11:00 a.m. - **“Paying for Long Term Care”**  
with Michael Gill, Texas Senior Living Locators

Noon to 12:30 p.m.:

Resource & Information Fair and  
Complimentary Lunch

*Lunch Sponsor: Texas Senior Living Locators*

12:30 p.m. – 1:30 p.m.:

“Overcoming Stress” - Dr. Eric Spencer, MD,  
Baylor Scott & White Health

1:30 p.m. – 2:00 p.m.:

Resource & Information Fair

Texas Senior Living Locators can help you find an assisted living or memory care community that is best for your loved one, and it's at no cost to you. We start by listening to you and learning about what your family member who is moving needs and does for diversion. Our senior living experts are educated on the paperwork process, medical forms needed, and the quality of care your loved one will receive.

We are local, we know the senior living landscape intimately, and can help match your family member with one of Central Texas' senior communities based on your specific needs.



# Texas Senior Living Locators

*Serving Travis, Hays & Williamson Counties*

Personalized Assisted Living & Memory Care Location Services

## **Free to You...**

- Senior Living Placement, Referral and Advisory Service
- Personalized Guided Tours
- Customized Transition Plan

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# Get the Family Caregiving Support You Need, When You Need it.

Your caregiving journey can be  
challenging in all kinds of ways.

At AARP Family Caregiving, we're here to help you get answers, connect with other family caregivers and find local resources close to home. So you can take care of what matters most.

To learn more, visit [aarp.org/caregiving](https://aarp.org/caregiving).

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## Featured Presenters

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### **Michael Gill**

#### **Texas Senior Living Locators**

Michael Gill is the President of Texas Senior Living Locators, which works with families to help them find the best senior housing options in Central Texas. Michael is widely considered one of the leading regional experts in senior living options with extensive knowledge in Veterans benefits, home health care, non-medical home care, geriatric care management, long term care insurance, senior real estate specialists, senior movers, and a myriad of other senior adult services.

Having earned the respected Certified Senior Advisor (CSA)<sup>®</sup> designation, Michael stays current on local and national elder care developments and resources. His corporate background includes banking and finance. As an investment professional, first in venture capital and later on Wall Street, he worked for prestigious firms such as JP Morgan and Austin Capital Management. Wanting to make a difference and help families, Mike moved from the esoteric world of high finance and founded Texas Senior Living Locators in 2012.

Mike first moved to Austin in 1980 to attend graduate school at The University of Texas, where he received his MBA. He graduated from Villanova University with a degree in economics and history, and also studied in Seville, Spain, where he became fluent in Spanish. During the academic phase of his career, Mike co-authored two books: *Financing and Managing Fast Growth Companies: The Venture Capital Process* and *The New Business Incubator: Linking Talent, Technology, Capital and Know-How*. In addition to holding the CSA certification, Mike is also a Certified Fraud Examiner (CFE), and has taken the Texas Assisted Living Manager Courses from the Texas Assisted Living Association.



### **Virginia Sampson**

#### **Attorney at Law**

Virginia Sampson has been an attorney for 35 years. She was a litigation attorney for most of her career, and spent a few years as a judge. She recently focused her practice on helping seniors, Veterans, and their families as a result of her experience helping her own aging parents. She currently practices Elder Law in Austin and the Central Texas area. Virginia is accredited with the Veteran's Administration to handle claims. She is admitted to practice law in Texas, Arizona, California, and Pennsylvania.

Virginia became involved in elder law and estate planning as a result of helping her parents and their friends navigate the aging process. She understands the challenges and emotional issues we face as we age. She also lost her husband to ALS and understands what it means to face a devastating, life changing illness. Virginia not only brings to her clients many years of legal expertise, but also a deep compassion for them as they navigate these difficult life events.



### **Dr. Eric Spencer, MD**

#### **Baylor Scott & White Health**

Dr. Eric Spencer, MD, practices Family Medicine at the Baylor Scott and White Health Clinic in Manor. Dr. Spencer attended medical school at the University of Michigan Medical School in Ann Arbor, MI. He completed his internship and residency at the JPS Health Network Family Residency Program in Fort Worth, TX. He is a professional member of the American Academy of Family Physicians and the Texas Academy of Family Physicians.

Dr. Spencer enjoys the many aspects of primary care, which is why family medicine is his ideal specialty. He finds it rewarding to form relationships with, and provide care for, patients in all stages of life. He has a special interest in care for the underserved and in social determinants of health. He spends his free time with his two dogs, practicing yoga, exploring new breweries, cycling, and reading historical fiction.



# Co-Hosting Organizations

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The **Pflugerville Community Church PCC** strives to create spiritual community as a congregation focused on Christ. We are a congregation that means to be involved in serving the local community. Here you will see evidence of a strong commitment to providing help & hope to people in need in our community.

There’s always something happening on our grounds. We consider it a picture of life - from our Preschool to Student Ministry, Senior Adult Ministry to Outside Events - we are an active community. We hope you’ll drop by and see something that sparks your interested!

1214 E. Pfennig Lane | Pflugerville Tx 78660  
(512) 251-0719  
<https://www.pc-church.org>

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**AGE of Central Texas** is a leading regional nonprofit organization delivering services, education, and assistance supporting the area’s rapidly growing population of older adults and their caregivers. The organization’s six core services include adult day health centers, caregiver education, early memory loss support, health equipment lending, a resource information center, and peer-based computer classes for older adults. Founded in 1986, AGE’s services are designed to cultivate strength, compassion, and community.



Caregiver Information & Resources.....	512-600-9286
Thrive Social & Wellness Centers:	
Austin.....	512-458-6305
Round Rock.....	512-255-4865
Free Health Equipment Lending.....	512-600-9288
Early Memory Loss Support.....	512-600-9275
CaregiverU Free Caregiver Classes.....	512-600-9279
Peer-Based Computer Classes for Seniors.....	512-524-8519

Visit [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org) or call (512) 451-4611

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Education and support programs  
are available in both English and  
Spanish. For topics, dates and  
registration links visit

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Map out a plan to  
approach Alzheimer's  
[alzheimersnavigator.org](https://alzheimersnavigator.org)



Educational and  
dementia care resources  
[alz.org/training](https://alz.org/training)



Online resources  
for caregivers  
[alz.org/care](https://alz.org/care)

# Do you have questions about Medicare?



- Do you need help preparing for when you turn 65?
- Would you like to look at UnitedHealthcare® plan options and eligibility?
- Are you losing group coverage?
- Did you recently move?
- Do you think you may qualify for low-income subsidy?

If you answered “yes” to any of the questions above, simply fill out the information below and we can set a time to further discuss your needs and help you find a UnitedHealthcare plan that’s a good fit for you.

**I’m happy to answer your questions or help you enroll in a plan.**



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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

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Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (optional) \_\_\_\_\_ Email (optional) \_\_\_\_\_

## Please contact me regarding:

- ☐ Medicare Advantage or Part D-related questions
- ☐ I would like to enroll
- ☐ Other reason



By returning this flyer, you agree that an authorized representative or licensed insurance agent from UnitedHealthcare Medicare Solutions may contact you by phone, email or mail to answer your questions or provide additional information about Medicare Advantage or Part D plans. Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a Medicare-approved Part D sponsor. Enrollment in the plan depends on the plan’s contract renewal with Medicare.

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# Seniorific News

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## **Free Health Nuts Exercise Classes**

### **Monday-Friday at 9:58 a.m.**

**Monday, Wednesday, & Friday:**

### ***Core Strength, Flexibility and Balance***

Each of the areas seniors need to improve for overall health and longevity – Our Motto is “Adding Life to Years & Years to Life”

**Tuesday & Thursday at 9:58 a.m.:**

### ***Chair Yoga & Stretching***

These classes are devoted to stretching, flexibility, and breathing

**Tuesday & Thursday at 11:00 a.m.:**

### ***Beginner Line Dancing***

These are FREE Activities and you do NOT have to be 50+ to participate - all are welcome!

Starting in June we will host ‘Monthly Health Afternoon’ with medical professionals presenting on different conditions, along with resources and support groups.

**To hear about all the Health Nut activities,  
send us an email at [50plus@pc-church.org](mailto:50plus@pc-church.org)**

Home is where your health is.™

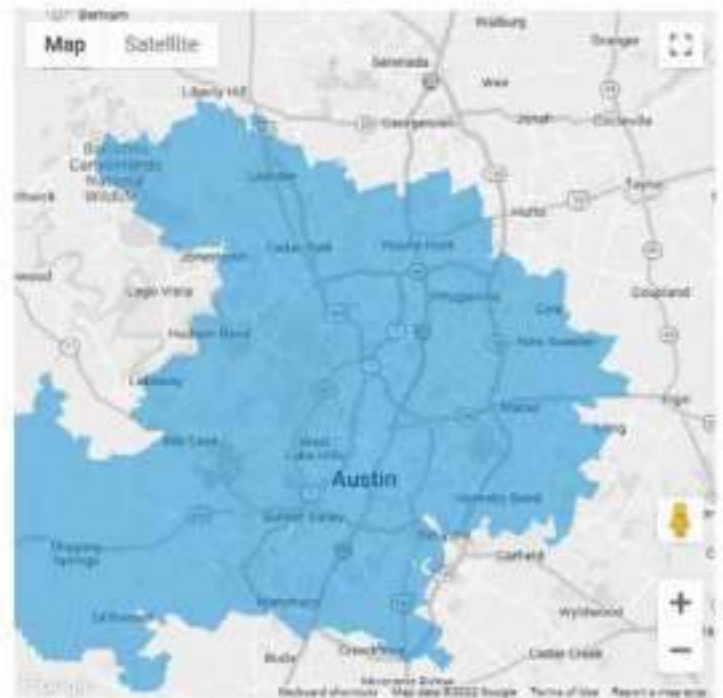
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For the same cost as an urgent care visit, the DispatchHealth house call team arrives at your door able to test and treat COVID-19 symptoms, flu, strep, mono... don't worry, we treat everything an urgent care can, and more.

- Open 7 days a week, including holidays
- 8 AM - 10 PM

Coverage: In-network with most insurance including Medicare and Medicare Advantage.



## How it works

When you're dealing with an injury or illness, we bring exceptional, same-day healthcare to your door. We accept most insurance, including Medicare and Medicare Advantage.

1

### Request a visit

We're available 365 days a year. When you call, we ask about your symptoms and give you a time frame for our arrival.

2

### Enjoy expert care at home

A professional medical team comes to you. All teams wear personal protective gear and use sterilized equipment.

3

### Relax and recover

We call in any prescriptions you need, update your doctor, and handle billing with your insurance company.

# 833-856-0177

# www.DispatchHealth.com

# AGE of Central Texas

A regional non-profit that helps older adults and family caregivers thrive

Give Us a Call!  
**(512) 451-4611**

## Thrive Social & Wellness Centers **Austin: (512) 458-6305 | Round Rock: (512) 255-4865**

- Providing vibrant daytime care for older adults with physical or cognitive needs in the longest-operating licensed, non-residential Day Activity and Health Service Centers in Central Texas, with specialized care in secure facilities for individuals with dementia or memory loss.
- Locations in Austin and Round Rock, open Monday through Friday from 7:00 am to 5:30 pm.
- Full-time nurse at each site to assist with medication management and health monitoring.
- All-inclusive: engaging activities, meals and snacks, and transportation options.
- Accepting Medicaid, Veteran's benefits, long-term care insurance, or private pay at \$70 per day.

*AGE of Central Texas Is an Equal Opportunity Provider*

## Resource & Information Center - (512) 600-9275

- Free personalized resource and information navigation.
- Free educational seminars, workshops, and conferences for family caregivers and older adults.
- Free monthly caregiver support groups throughout Central Texas.
- Email [ResourceCenter@AGEofCentralTX.org](mailto:ResourceCenter@AGEofCentralTX.org) for assistance.

## Health Equipment Lending Program

- Free loans of gently-used durable medical equipment and free incontinence products available.
- Call (512) 600-9288 or email [Equipment@AGEofCentralTX.org](mailto:Equipment@AGEofCentralTX.org) to request and reserve items.

## Memory Connections Online

- Innovative virtual services for older adults experiencing challenges with their memory or cognition.
- Monthly subscription program offering a variety of 60-90 minute virtual activities throughout the week. Each small group session is interactive and strengths-based.
- In collaboration with you, we create a personalized video meeting schedule to meet your goals, needs, and interests.
- Brain Exercise such as trivia, word, and logic games; Discussion & Reminiscence such as educational and travel presentations; Creative Activities such as live music, art, and creative writing; plus emotional support groups, physical exercise, and social time to connect with others.
- Email [MemoryInfo@AGEofCentralTX.org](mailto:MemoryInfo@AGEofCentralTX.org) to schedule a consultation or to request more information.

## CaregiverU

- Free evidence-based caregiving courses for non-professional, family caregivers.
- Classes offered year-round online and in-person at convenient locations in Travis, Williamson, Hays, and Bastrop counties. Visit [www.CaregiverUcentx.org](http://www.CaregiverUcentx.org) to find a free caregiver class near you.

## AGE Computer Lab

- Peer-to-peer technology instruction and personal coaching for older adults.
- Low-cost classes and seminars on topics ranging from basic computer skills and brain fitness to advanced software and photo editing. Visit [www.AGEcomputer.org](http://www.AGEcomputer.org) for class schedules and more information.



Proud grant partner of



**(512) 451-4611 | [www.AGEofCentralTX.org](http://www.AGEofCentralTX.org)**

Central Office and Austin Thrive Center:  
3710 Cedar Street, Box 2; Austin, TX 78705

Williamson County Thrive Social & Wellness Center:  
475 Round Rock West Drive, #120; Round Rock, TX 78681