



Sea Country Senior & Community Center presents



Aging Resource Rendezvous

Join us

In honor of National Senior Center Month, join us for the Aging Resource Rendezvous!

This four-part series will feature important topics from leading experts who explain and explore resources pertaining to our senior population. All lectures will take place at Sea Country Senior & Community Center.

Visit or call the front desk at (949) 425-5151 to reserve your spot. Or email scscc@cityoflagunaniguel.org. Light refreshments will be served.

See reserve side for additional details on the presenters.



September 6 at 12:30pm

Overview of Dementia & Recent Research Developments

Presented by:
Dr. Edward Zamrini



September 13 at 6pm

Understanding the Continuum of Care

Presented by:
Patty Barnett Mouton, MSGc



September 20 at 12:30pm

Sharpen Your Mind

Presented by:
Ben Allen



September 27 at 6pm

Aging Safely at Home

Presented by:
Patty Barnett Mouton, MSGc



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24602 Aliso Creek Road, Laguna Niguel



September 6 at 12:30pm

Overview of Dementia & Recent Research Developments

Join Dr. Edward Zamrini, Director of Neurology at Irvine Clinical Research, as he shares a general overview of dementia and fascinating research developments. Dr. Zamrini holds neurologic subspecialties in Geriatric Neurology as well as Behavioral Neurology and Neuropsychiatry. Irvine Clinical Research will also conduct free, on-site memory screenings.



September 13 at 6pm

Understanding the Continuum of Care

Nursing home? Skilled Facility? Assisted Living? Board & Care? Home Health Care? Hospice? Join us for a discussion that will help decode the mysteries of levels of care, how they are paid for, and when they are necessary. Patty Barnett Mouton, MSGc, has been Vice President at Alzheimer's Orange County since 2005 as well as the Program Director for Community Education with the Hoag Palliative Care Program. She serves on the Laguna Niguel Senior Citizens Committee, CalOptima Health Provider Advisory Committee, Senior Citizens Advisory Council to the OC Board of Supervisors, and is the Co-Chair of the OC POLST Coalition.



September 20 at 12:30pm

Sharpen Your Mind

Join us for a mini brain bootcamp as we explore practical strategies to sharpen your memory and strengthen your brain. Ben Allen has been an educator and a leading community speaker for Alzheimer's Orange County for the past 10 years, following an illustrious 30-year career, specializing in corporate training. Irvine Clinical Research will also conduct free, on-site memory screenings.



September 27 at 6pm

Ageing Safely at Home

Small changes make a big difference! This program will discuss the important considerations for "aging in place" in the comfort of your own home, as well as what to look for when concerned about a friend or family member's ability to live independently. Patty Barnett Mouton, MSGc, has been Vice President at Alzheimer's Orange County since 2005 as well as the Program Director for Community Education with the Hoag Palliative Care Program. She serves on the Laguna Niguel Senior Citizens Committee, CalOptima Health Provider Advisory Committee, Senior Citizens Advisory Council to the OC Board of Supervisors, and is the Co-Chair of the OC POLST Coalition.



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