



## 2009 SEMINAR DESCRIPTIONS

### Howard County General Hospital Speaker Series - Room 141

10:00 – 10:45 am    **Reducing Joint Pain**  
Dr. Michael Wallace

According to the Centers for Disease Control, one in five adults in the United States has been diagnosed with arthritis. Arthritis pain can rob patients of their independence and zest for living. Dr. Michael Wallace, an orthopaedic surgeon at HCGH, will discuss non-surgical ways to manage arthritic pain including exercise, diet, therapy and medications.

11:00 – 11:45 am    **Colon Cancer: Prevention and Screening**  
Dr. Christopher Shih

Colorectal cancer, a common and potentially lethal disease, is the second leading cause of cancer death in the United States. However, with appropriate recommended screening tests such as a colonoscopy, it is preventable. Dr. Christopher Shih, a board-certified gastroenterologist at HCGH, will focus on risk factors for the development of colorectal cancer as well as strategies for prevention and early detection.

2:00 – 2:45 pm        **Back Pain: A Healthy Spine for the Older Adult**  
Dr. Raymond Haroun

As we get older, lumbar discs and joints in the back begin to wear out, putting pressure on surrounding nerve roots. Abnormal motion in the lower back can lead to low back pain, difficulty with walking and mobility. Dr. Raymond Haroun, a board-certified neurological spine surgeon, will discuss available treatment options for three of the most common lumbar spine conditions in older adults: lumbar stenosis, lumbar disc herniations, and lumbar spondylolisthesis.

3:00 – 3:45 pm        **Sharp Eyes: Vision Care for Aging Eyes**  
Dr. Jeffrey Wexler

Aging is the number one risk factor for poor vision. Whether seniors develop treatable diseases such as cataract and glaucoma or the more demanding challenges of macula degeneration, early detection is essential. Dr. Jeffrey Wexler, a board-certified ophthalmologist at HCGH, will discuss what you can do to prevent vision loss, risk factors, and how an ophthalmologist can help.

## **St. Agnes Hospital Speaker Series - Room 160**

9:30 – 10:15 am     **Being Good to Your Heart is Good for Your Brain**  
James P. Richardson, M.D., M.P.H., Geriatrician and Chief of  
Geriatric Medicine

Dr. Richardson will discuss new research that suggests heart-healthy habits may also prevent Alzheimer's disease and other dementias.

10:30 – 11:15 am   **Get Relief from Arthritis and Joint Pain**  
Sam Sydney, M.D., Chief of Orthopedics

This presentation will cover minimally invasive joint replacement surgery, rheumatoid arthritis, new medications, and alternate treatments.

12:30 – 1:15 pm     **Breast Cancer – New Science, New Directions**  
Diana Griffiths, M.D., Director of Breast Center

This presentation will discuss how far we have come in the treatment of breast cancer with particular emphasis on the more recent developments in basic research, including new treatments that are in use today and some of the exciting treatments that are on the horizon.

1:30 – 2:15 pm     **Spine Surgery in Older Patients: Case Studies**  
Charles L. Schnee, M.D., FACS

Dr. Schnee will help you to understand back pain, identify the root causes of back problems, and discuss the various treatment options.

## **Town Talk Series - Room 238**

10:00 – 10:30 am **Commission on Aging Community Forum**

*We're listening at the 50+EXPO!* The Commission on Aging (CoA) advises the Office on Aging, County Executive and County Council on issues impacting older adults. Its mission is to promote successful aging in Howard County. Your voice is important to us - join Commission on Aging members to share your thoughts on how Howard County can remain a community for all ages. (Session repeats at 1:30 p.m.)

10:45 – 11:45 am **Help Me Lord! I'm A Baby Boomer**  
Mike Easterling, Host - Columbia Matters

"Help Me Lord, I'm A Baby Boomer" is an interactive presentation written and delivered by Mike Easterling. It is a fond look back at a special generation that values peace over war and continues to lead active, meaningful lives. But, as Mike will make clear to you, it ain't that easy!

Mike Easterling is a Baby Boomer who is also a Columbia resident and businessman. He had an award-winning career in television with WJZ-TV and worked with the Mayor's Office of Cable and Communication in Baltimore. Currently he is the co-host of *Columbia Matters*, a monthly cable program produced by the Columbia Association. Mike is also a professional speaker and actor. He has been seen in *Homicide*, *The Wire* and *Something the Lord Made*.

1:30 – 2:00 pm **Commission on Aging Community Forum** (see above)

2:00 – 3:00 pm **Dating...A Whole New World**  
Sherry Clarke, M.A., L.C.M.F.T., Clarke Counseling Center  
Dr. Kirk James, Medical Officer, SAMHSA  
*Made possible through a grant from the Horizon Foundation  
and St. John Baptist Church*

An interactive panel discussion on the world of dating that covers the practical and emotional elements of dating; what sex offers us as we age; and pertinent information on STD's and HIV. Q & A included.

## **Recareering and Retooling - Room 236**

10:30 -11:15 am     **Social Networking for Dummies**  
Ken Godden, Computer Seniors of America Instructor

This is a lively presentation to introduce you to some of the more popular social networking sites such as Facebook, Twitter, Skype, You Tube, and blogs.

1:30 – 2:15 pm     **Returning to the Job Market in the Age of Technology**  
Office of Workforce Development

This presentation will include:

- How Technology is Used in Job Searching
- What Do you Know About Technology
- Professional Social Networking Tools

2:30 – 3:15 pm     **Resumes that Open Doors**  
Office of Workforce Development

This presentation will focus on:

- Developing Your Resume as A 'Brochure' About Yourself
  - Developing Accomplishment Statements to Sell Your Skills & Abilities
  - Targeting Your Resume to the Needs of the Employer
  - Targeting Your Skills to *Each* Employer
  - Developing Your Resume to Attract Interviews
- Bring your resume!***