

FOR IMMEDIATE RELEASE:

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Next Chapter

ocls.info/nextchapter

Senior Abuse Awareness

North Orange Branch

Thursday, June 4, 11 a.m.

Few elder abuse cases get reported. Join us to learn more about what you can do and the most common abuse indicators. Presented by the Orange County Sheriff's Office Senior Crime Prevention Unit. If you suspect abuse, call 1.800.96.ABUSE.

Counsel for Caregivers

West Oaks Branch

Tuesday, June 9, 10:30 a.m.

Orlando Public Library, Albertson Room

Thursday, June 18, 12:10 p.m.

Let us lend you a helping hand of healing with your caregiving responsibilities at the Counsel for Caregivers Seminar. This series is presented by OCLS and Orange County's Commission on Aging. Registration required. Call 407.836.7446 to register or e-mail officeonaging@ocfl.net. Refreshments will be provided to the first 50 attendees.

Social Security Disability Seminar

Southeast Branch

Tuesday, June 9, 2 p.m.

This informative seminar will provide you with details on eligibility requirements, how to have a successful medical examination and how employment affects your status. This seminar will also cover the hearing process for adults and children, commonly asked questions and providing documentation pertaining to your case.

Hearing Screening

Hiawassee Branch

Thursday, June 11, 2 p.m.

Hearing is an essential part of our everyday communication and connects us to our families, friends and the world. Hearing loss is gradual but can be treated with amplification from hearing aids. Connect Hearing helps people stay connected by offering premium, complimentary testing, servicing and after-care rehabilitation. Join us to celebrate better hearing. For more information, please visit connecthearing.com or call 407.351.9679.

Shape Up 4 Seniors University

South Creek Branch

Tuesdays, June 16 and 30, 10:15 a.m.

Shape Up 4 Seniors, LLC will host an ongoing series on cognitive training. You will learn how to exercise your brain to retain memory. Each lecture will conclude with 30 minutes of "Shape Up Gold," a lower intensity fitness session. Register online at ocls.info or call 407.835.7323.

Digestive Wellness 101

West Oaks Branch

Tuesday, June 16, 11 a.m.

North Orange Branch

Tuesday, June 30, 2 p.m.

Healthy digestion is essential for good health. Learn the basics of digestion, explore why good digestion is important for physical and mental health and discover simple strategies to improve your digestion. For more information, visit crabtreehealthyliving.com.

Memory Testing

West Oaks Branch

Thursday, June 18, 10:30 a.m. – 1:30 p.m.

Lisa Eade from Compass Research is a master's-level clinician trained in the initial assessments related to memory and recall. She will administer memory tests free of charge. In addition to the test, information regarding current research and care options for dementia and Alzheimer's Disease will be provided. Testing is by appointment only. Please call 315.263.3997 to make an appointment.

Gaining Financial Control of Your Divorce

Herndon Branch

Thursday, June 18, 6:30 p.m.

Avoid some common financial mistakes made during the divorce process. Learn about the sources of money that may be available to you as a result of your divorce. Each attendee will receive a copy of the Institute for Divorce Financial Analyst's *Divorce Survival Guide*. For more information, visit OrlandoAdvisors.com.

Route 65: Cruising the Road to Medicare

Orlando Public Library, Cypress Room Thursday, June 25, 4:30 p.m.

If you are a baby boomer with an eye for retirement, representatives from SHINE may have directions for a smooth ride! Get answers to your questions and an overview of the options and benefits available to the soon-to-be-retired. Please call 407.835.7323 to register.

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