

Speakers share information and answer questions on topics such as health and medical, memory and brain function, Medicare, financial and retirement planning, travel, aging strategies, home improvement and much more!

SPEAKER SCHEDULE

TIME	CALIFORNIA ROOM	GOLDEN WEST ROOM	SAN DIEGO ROOM	TERRACE SALON I ROOM
10:00 A.M.	 <p>INTRODUCTION TO PROTON THERAPY IN THE TREATMENT OF BREAST AND PROSTATE CANCER</p> <p>ANDREW CHANG, MD, Radiation Oncologist California Protons Cancer Therapy Center</p>	 <p>LIVING TRUST OR LIVING NIGHTMARE?</p> <p>JOHN M. PRESTON Preston Estate Planning, A Professional Law Corporation</p>	 <p>HOW STRESS CAN REDUCE YOUR LIFE TIME AND WHAT TO DO ABOUT IT</p> <p>MARIE-LAURE WAGNER-HUNSAKER, Peak Performance Expert & Vice President InnerOptimal, Inc</p>	 <p>THE JOY OF NAMES</p> <p>RICHARD LEDERER, Contributor, The San Diego Union-Tribune Language Columnist & Author</p>
11:00 A.M.	 <p>MEDICARE MADE EASY</p> <p>JEFFREY WETZEL, President Bridlewood Insurance Services, Inc.</p>	 <p>DAYTRIPPING: FINDING THE FOUNTAIN OF YOUTH IN YOUR OWN BACKYARD</p> <p>PAT BROWN, Tour Manager and Former San Diego Channel 10 News Weather Anchor DayTripper Tours</p>	 <p>THE SURPRISING BENEFITS OF CHOLESTEROL AND THE HARM CAUSED BY LOW FAT DIETS</p> <p>DAVID GETOFF, Naturopath/ Clinical Nutritionist/Educator</p>	 <p>HOMEFIT: SMART SOLUTIONS TO MAKE YOUR HOME MORE COMFORTABLE, SAFE, ENERGY SMART AND A GREAT FIT Presented by AARP</p> <p>LAURENCE WEINSTEIN, President Shared Solutions of Americ</p>
12:00 P.M.	  <p>SELLING YOUR HOME CAN BE SIMPLE: A SPECIAL PROGRAM FOR SENIORS</p> <p>CORINNE ROSS, Managing Partner VAN CUPPLES, Director of Sales and Business Development Senior Home Purchase Program</p>	 <p>HOW YOU AND YOUR FAMILY CAN QUALIFY FOR MEDI-CAL: GET THE FACTS, NOT THE MYTH</p> <p>PHILIP LINDSLEY, Certified Elder Law Attorney San Diego Elder Law Center</p>	 <p>CANNABIS: NEW TREATMENT OPTIONS FOR PAIN AND OTHER MEDICAL CONDITIONS</p> <p>MEGHAN MUCKENFUSS, Educational Coordinator Torrey Holistics</p>	 <p>PSYCHOLOGY OF DOWNSIZING</p> <p>HALEY DIDONATO, Seniors Real Estate Specialist HomeSmart Realty West</p>
1:00 P.M.	 <p>SAFEGUARDING YOU FROM RETIREMENT MISTAKES</p> <p>JONATHAN DOERING, Financial Consultant, FIC Thrivent Financial</p>	 <p>INCREASE YOUR BRAIN HEALTH</p> <p>DR. DIANE DARBY BEACH, Gerontologist, MPH, Ed.D. Geriatric Care Management, Placement, and Training Help Me with My Parent</p>	 <p>FAKE NEWS. REAL PROBLEMS. Presented by The San Diego Union-Tribune Staff</p> <p>STEVE BREEN, Award-winning Editorial Cartoonist LORA CICALO, Managing Editor MATTHEW HALL, Editorial and Opinion Director</p>	 <p>LIVING WITH AN ENLARGED PROSTATE: SYMPTOMS, DIAGNOSIS, AND TREATMENT Sponsored by Urolift</p> <p>PHILIP BUTLER, MD Genesis Urology</p>
2:00 P.M.	  <p>GETTING THAT "PEACEFUL, EASY FEELING"</p> <p>Featuring JACK TEMPCHIN, Famed Songwriter, and GEORGE VARGA, Music Critic The San Diego Union-Tribune</p>	 <p>TRAVEL CAN IMPROVE YOUR MENTAL, EMOTIONAL, AND PHYSICAL HEALTH</p> <p>ROBERT SANTOS, Spectrum LA Journalist/Meteorologist, Independent Tour Manager DayTripper Tours</p>	 <p>AMERICA'S FINEST SETTING: FICTIONAL SAN DIEGO</p> <p>Moderator: PETER ROWE, Sr. News Reporter The San Diego Union-Tribune Authors: KATHY KREVAT, LISA BRACKMANN, MATT COYLE</p>	 <p>AGING IN PLACE-WHAT IS IT AND HOW DO I MAKE THE MOST OF IT? USING YOUR HOME TO STAY AT HOME</p> <p>CHRISTINA HARMES, CRMP C2 Reverse Mortgage</p>

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RETURNING TO MISSION VALLEY

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