

lunch and learn

Tuesdays • 12:00 - 1:30 pm
Co-presented with **PacificSource**

local experts share their knowledge
about topics important to you

*Bring a brown bag lunch; dessert
and coffee are on us. This series
is free and open to the public.*

FREE

MAY 2025

May 6: SPECIAL EVENT—12-4 p.m.

Mini-McGinty Conference on Alzheimer's, Aging & Brain Health

Alzheimer's Association, Oregon/SW Washington Chapter

This free educational event features the latest in Alzheimer's research, practices for maintaining brain health at all ages, and a community resource panel discussion. Seating is limited. Lunch provided.

To register, call 800-272-3900 or visit www.alz.org/orswwa/events/mini-mcginty-conferences.



May 13: A Town Called Bend

Vanessa Ivey, Deschutes Historical Museum

Come discover how a small hamlet, settled among the sage and pine, grew into an industrial town, a metropolis of the Deschutes Valley. Vanessa will share stories of an ever-changing community and the people who lived here before us.

play for life



**Larkspur Community Center
Home of the Bend Senior Center
bendparksandrec.org**

Questions? Call (541) 706-6235

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MAY 2025 (continued)

May 20: Celebrating and Understanding the Dogs in Our Lives

Martina Muller, Kindred Spirit Pet Care and Lisa
Smiley, VSA-CDT, Smiley's Dogs

In honor of National Pet Month and in celebration of one of our favorite companions here in Central Oregon, our presentation will explore the special bond between humans and dogs. We will delve into how dogs communicate through body language, examine their cognitive abilities, and introduce some fun interactive games you can play with dogs to enrich both their lives and yours. We invite you to bring a photo and favorite story to share about your canine companion!



May 27: Happy Legs, Happy Life

Andrew Jones, MD, Inovia Vein Specialty Centers

Join vein specialist Dr. Andrew Jones for an informative session on the importance of recognizing and preventing Deep Venous Thrombosis (DVT), commonly known as blood clots. Dr. Jones will review the common signs and symptoms of DVT, how to reduce your risk, and treatment options to maintain optimal vascular health. He'll also address venous insufficiency, including symptoms like leg pain, foot and ankle swelling and bulging veins, and how proper fitting compression socks can improve circulation and support overall leg health.



This concludes our 2024-25 Lunch & Learn series. Enjoy your summer!

The 2025-26 season will kick off in September.

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