



NEWS RELEASE

For Immediate Release

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LARPD Senior Services offer variety of free programs

LIVERMORE — The Livermore Area Recreation and Park District Senior Services has a selection of programs on the way this spring. For more information on LARPD Senior Services special events, trips or regular programs, call 925-373-5760 or visit www.larpd.org. All programs are at the Robert Livermore Community Center, 4444 East Ave.

On Thursday, May 7, LARPD will host a free presentation on **Drug Safety for Seniors**. The medication safety program will be at 1:30 p.m. and feature Mary Ellen Taylor from the Office on Women's Health, U.S. Department of Health and Human Services.

Topics will include how over-the-counter drugs, vitamins and supplements can interact with each other and with prescription drugs. For reservations, call 925-373-5700 and ask for event #8326.

A free program on **Identity Theft and Real Estate Fraud** will be held from 6 to 7 p.m. Tuesday, May 15. Learn about the latest scams directed at seniors and how to prevent them from happening to you. This will be presented by Nancy O'Malley, Alameda County District Attorney. This special event is open to the public; please register by May 8 by calling 925-373-5700.

On Thursday, May 31, Senior Services will host two free informational presentations on the **California End of Life Options Act** at 1 p.m. and 6 p.m. Palliative Nurse Vicki Browning will speak about how this law respects end-of-life wishes, improves palliative care and hospice care.

The End of Life Option Act became California law on June 9, 2016, and is viewed as Death with Dignity legislation. It allows all qualified terminally ill patients to request medications to hasten their imminent death at a time and place of their choosing. The patient may cancel their participation in this program at any time and choose a different treatment plan. For reservations, call 925-373-5700 and ask for lecture #8051.

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