

# 2012 Retiree Seminars

All Seminars are held at ACERA\*

475 14th St., 11th Floor  
Oakland, CA 94612

All seminars are from 9:30 a.m. – Noon  
except Retiree Health Fair (10:00 a.m. – 2:00 p.m.)

**Call ACERA Today To Register**  
**1-800-838-1932**



Date	Seminar Topic
Jan. 19	Medicare Transition
Feb. 23	Depression
Mar. 22	Medicare Transition
Apr. 19	Hypertension
May 10	Medicare Transition
June 14	Rebuilding After a Financial Crisis
July 19	Medicare Transition
Aug. 23	Defeat Diabetes with a 1-2 Punch
Sept. 13	Medicare Transition
Nov. 02	Sessions at Retiree Health Fair
Nov. 15	Medicare Transition

Seminars are FREE! Space is limited.  
Spouses, partners, and caregivers are welcome.  
A raffle will be held at each seminar!



## Can't Attend a Seminar?

Out of the area? Scheduling conflict?  
If you have questions for the  
presenters, call us at 1-800-838-1932.  
You can also access information on  
our website [www.acera.org](http://www.acera.org)



## Medicare Transition

We will assist you with the transition from your ACERA pre-Medicare medical plan into one of our Medicare medical plans. Members who will be turning age 65 within 60 days prior to the seminar will receive an invitation to attend this informative session to learn more about ACERA's Medicare mandate and what plan choices are available. Specific Medicare enrollment materials will be provided.

## Get the Facts About Depression

Major depressive disorders affect almost 15 million Americans a year and at least 21% of ACERA retirees suffer from this illness. Depression threatens mental health and may increase the risk of heart attack, diabetes, and make the treatment of chronic pain more difficult. The good news is that methods are available to treat symptoms simultaneously (e.g., depression and chronic pain) if they are diagnosed properly. Attend this seminar to learn more and stay informed.

## What's all the hype about Hypertension?

Hypertension is a chronic condition (affecting 1 in 3 adults in the US) which may cause stroke, loss of vision, heart failure, kidney malfunction and other maladies. Also known as the "silent killer", hypertension presents no symptoms or warning signs. This seminar will define the condition, outline risk factors and discuss treatment options, including diet, exercise and medication.

## Important Notice

If there are less than 20 registrants, seminars may be cancelled and registrants will be notified.

## Rebuilding After a Financial Crisis

Long-lasting financial stress often results after the loss of a spouse's job, a serious illness or other personal crisis. The goal of this workshop is to help people who have experienced a hardship get their finances back on track. Topics discussed include budgeting, repaying debt, rebuilding credit, establishing emergency savings, and replenishing retirement savings.

## Defeat Diabetes With a 1-2 Punch

Most people can defeat diabetes. You can prevent Type 2 diabetes, and you can treat it if you have it. The key to defeating diabetes is to make strategic lifestyle changes to get your blood sugar levels back to a normal range. Change will feel great and Kaiser representatives will train you to use the 1-2 Punch to knock diabetes out of the ring.

## ACERA Retiree Health Fair & Wellness Center

The ACERA Health Fair is an interactive, informative environment to reconnect with friends, health carriers, and other vendors. In our Wellness Center, we offer FREE health screenings to "know your numbers" (Blood pressure, Cholesterol, Body Mass Index, & Glucose). The invitation is extended to retirees, the retiree's spouse / domestic partner, and one's caregiver. These presentations will be offered: Your Credit Score; Wills, Trusts, & Powers of Attorneys; and one to be determined.

\*Location TBD

# Granola Bar

Acera's ongoing commitment to its members' health and wellness is reflected in the complimentary "granola bar" featured at every seminar *except* the Medicare Transition ones listed on the reverse side. Come and learn while enjoying a healthy food choice!



**Granola** (grə nō' lə), n.,

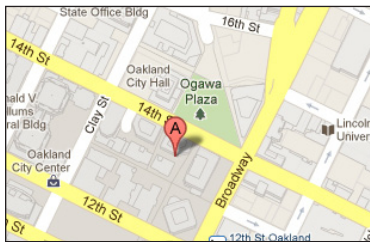
a breakfast cereal of rolled oats, nuts, dried fruit, brown sugar, etc.

**Bar** (bär), n.,

a counter or place where beverages or light food are served

## Directions

ACERA is located at: **475 14<sup>th</sup> Street, 11<sup>th</sup> floor Oakland, CA 94612**



### From Sacramento:

- I-80 West towards Oakland/San Francisco
- Connect to I-580 towards Hayward (east) until you
- Connect to I-980 West (Downtown Oakland)
- Exit 18<sup>th</sup>/14<sup>th</sup> street exit
- Left turn onto 14<sup>th</sup> street
- Public parking available nearby and street meters

### From San Francisco:

- I-80 Bay Bridge East towards Oakland
- Connect to I-580 towards Hayward (east) until you
- Connect to I-980 West (Downtown Oakland)
- Exit 18<sup>th</sup>/14<sup>th</sup> street exit
- Left turn onto 14<sup>th</sup> street
- Public parking available nearby and street meters

### From San Jose:

- I-880 North towards Oakland
- Exit Broadway (Downtown Oakland)
- Right turn onto Broadway
- Left turn onto 14<sup>th</sup> street
- Public parking available nearby and street meters

### From Pleasanton:

- I-580 West towards Oakland
- Connect to I-980 West (Downtown Oakland)
- Exit 18<sup>th</sup>/14<sup>th</sup> street exit
- Left turn onto 14<sup>th</sup> street
- Public parking available nearby and street meters

