



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN  
YMCA**  
2705 Techny Road  
Northbrook, IL 60062  
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FOR IMMEDIATE RELEASE

**North Suburban YMCA Hosts 3<sup>rd</sup> Annual Seniorpalooza on May 29**  
***Free Health and Fun Fair Focuses on Seniors***

Northbrook, IL – The North Suburban YMCA invites the public to its third annual Seniorpalooza, a health and fun fair for older adults, on Wednesday, May 29th from 11:00 a.m. – 2:00 p.m. This free event brings together a wide variety of local organizations offering presentations, health screenings, food, giveaways, entertainment and demonstration classes. The Y is located at 2705 Techny Road in Northbrook.

“This year’s Seniorpalooza will include even more free demonstrations and health screenings than in previous years,” notes Karen Brownlee, Adult Services Coordinator for the North Suburban YMCA. “The event is a wonderful opportunity for people to learn about resources and programs that enrich the lives of seniors in our community.”

On the schedule for Seniorpalooza’s Presentations/Demonstrations:

11:00 – 11:25 a.m. “Meditation” with Dr. Paul Nevin, clinical psychologist and co-owner of Heartlight Psychological Services in Bannockburn, IL

11:30 – 11:55 a.m. “The 10 Warning Signs of Alzheimer’s Disease” with Brittany Mabry, Education and Outreach Manager for the Alzheimer’s Association, Illinois Chapter

12:00 – 12:25 p.m. “Advocacy in the Hospital” with Gayle Byck, PhD, BCPA, certified Senior Advisor (CSA), Board Certified Patient Advocate and founder of InTune Health Advocates

12:30 – 12:55 p.m. “Nutrition for Longevity” with Anna Harris, Precision Nutrition Certified Coach and YMCA Personal Trainer

1:00 – 1:25 p.m. “Diabetes Prevention Program” and “Enhance Fitness” with the Y’s Senior Director of Wellness Megan Vazquez

1:30 – 1:55 p.m. “Self Defense for Seniors” with Empower Self Defense

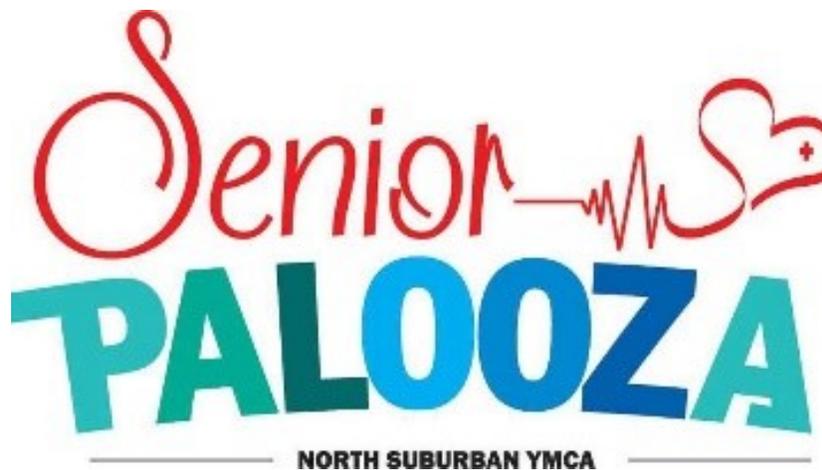
Free health screenings at the event include: Memory Screenings by Arden Courts Northbrook; Hearing Screenings by ConnectHearing of Libertyville; and InBody Scans (includes lean body weight, body fat percentage, water weight and more) by the North Suburban YMCA staff.

Throughout the event, seniors and their families will enjoy entertainment provided by the Hummers and Strummers from 11:30 a.m. – 12:20 p.m., and from 12:45 – 1:45 p.m. Dorothy Olson Pauletti, a 102-year-old former professional pianist who was recently featured on WTTW’s Chicago Tonight, will play songs for all generations. Her 102<sup>nd</sup> birthday will be celebrated with cake following her performance.

Sponsors for the event include: Northwestern Medicine, Whitehall of Deerfield, Waterway Carwash, NY Life, and NorthShore University Health System. To participate as a vendor or sponsor at Seniorpalooza, contact Kim Nyren at [knyren@nsymca.org](mailto:knyren@nsymca.org).

#### **About the [North Suburban YMCA](#)**

Celebrating its 50th Anniversary in 2018/19, the North Suburban YMCA provides individuals in Northbrook and 15 surrounding communities with programs and tools that help them become healthier, more connected, and confident, ensuring that everyone, regardless of age, income, or background, has the opportunity to learn, grow, and thrive. The NSYMCA focuses on Youth Development, Healthy Living, and Social Responsibility and is a charitable organization, inclusive and welcoming to all in our community. Learn more at [www.NSYMCA.org](http://www.NSYMCA.org).





*Caption: 102-year old entertainer Dorothy Olson Pauletti is scheduled to perform at the 3<sup>rd</sup> Annual Seniorpalooza on May 29 at the North Suburban YMCA.*