

Empowering Fair Oaks to Age Well

A New Community Event Brings Local Resources Together for Older Adults and Their Families

Planning for aging often begins with a single question—but finding the answer can feel overwhelming.

Whether it's understanding Medicare, exploring in-home care, improving home safety, planning finances, supporting a loved one with memory loss, or simply knowing what community programs are available, families are often left wondering where to begin.

That's why the Fair Oaks Chamber of Commerce is launching its inaugural **Empowered Aging in Fair Oaks – A Senior Resource Fair** on **Thursday, September 10**, from **10 a.m. to 1 p.m.** at **New Life Community Church**. The free event is designed to connect older adults, caregivers, and families with trusted local professionals and organizations—all under one roof.

Unlike a traditional vendor fair, Empowered Aging is intended to be an educational community experience.

"One of the Chamber's goals is to strengthen our community by bringing people and local businesses together in meaningful ways," said Kimberley Pitillo, President/CEO of the Fair Oaks Chamber of Commerce. "As Fair Oaks continues to grow, so does the need to support our older adults and the families who care for them. This event is about making trusted local resources easy to find while encouraging residents to connect, ask questions, and plan ahead."

Attendees will have the opportunity to meet experts representing a wide range of aging-related services, including senior living options, in-home care, home health, hospice, Medicare guidance, financial planning, estate and funeral planning, caregiver support, home safety, wellness services, placement assistance, and community-based programs such as PACE (Programs of All-Inclusive Care for the Elderly).

In addition to visiting resource booths, attendees can participate in informative presentations designed to help older adults prepare for the future. Organizers are working to bring together representatives from local fire agencies, Area 4 Agency on Aging, AlphaONE Ambulance Medical Services, Sacramento County Sheriff's

Office, senior safety specialists, and other community organizations to share practical information on emergency preparedness, fraud prevention, home safety, disaster planning, and local support services.

"Too often, families don't start looking for resources until they're in the middle of a crisis," said Anupama Shojaei, CSA®, CPRS™, CDP, Certified Senior Advisor and owner of CarePatrol. "Our goal is to help families become informed before they need to make difficult decisions. By bringing trusted professionals together in one place, we're making it easier for people to ask questions, understand their options, and build relationships that can make all the difference later."

The event was inspired by a shared vision of helping Fair Oaks become an even more age-friendly community where older adults can continue living safely, independently, and confidently.

"Safety is one of the biggest factors in maintaining independence as we age," said Dot Boyd, Senior Safety Specialist and owner of Dot for Senior Safety. "Whether it's preparing for an emergency, preventing falls, or making simple home modifications, we want people to leave with practical ideas they can put into action immediately. Small changes today can make a tremendous difference tomorrow."

Visitors can ask questions directly, compare available services, collect educational materials, and build relationships with professionals they may need in the future. Whether someone is an active older adult planning ahead, an adult child helping aging parents, or a caregiver navigating day-to-day challenges, there will be valuable information for every stage of the aging journey.

Admission is free, and the first 100 registered families will receive a complimentary goodie bag courtesy of the event sponsors.

The organizers hope this inaugural event becomes an annual Fair Oaks tradition that celebrates healthy aging while connecting residents with the people, programs, and services that make our community stronger. Because aging well isn't about knowing all the answers—it's about knowing where to turn when you need them.

EMPOWERED AGING IN FAIR OAKS – A SENIOR RESOURCE FAIR

Connecting older adults, caregivers, and families with valuable local resources, services, and businesses that support aging well in our community.

Thursday, September 10, 2026
10 AM - 1 PM

New Life Community Church
8101 Sunset Ave,
Fair Oaks, CA 95628

Presented by Fair Oaks Chamber of Commerce
Contact: empoweredaging.fairoaks@gmail.com

Event Sponsors



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First 100
Registrations get
FREE Goodie Bag
*Limit 1 per family



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