

DSA 2026 Webinars

The 45% Hope: Brain-Health Levers That Help Keep the Lights On (Deaf-Friendly Version)

Date/Time: Thursday, February 26 , 2026 2:00 - 3:30PM Eastern

Presenter: Dr. Jaime Wilson

Webinar Description:

In *The 45% Hope*, Dr. Jaime A.B. Wilson reframes brain health through a powerful metaphor: your brain is not a switch... It's a city with lights, highways, and dimmers. Research now suggests that up to 45% of dementia risk is modifiable, meaning there are real, practical ways to keep the lights on longer, at any age.

In this engaging, Deaf-friendly webinar, Dr. Wilson- a Prescribing Medical Psychologist and Board-Certified Neuropsychologist- breaks down the six evidence-based brain-health levers that matter most. With clear visuals, real-world examples, and an empowering message of hope over fear, this session shows why small, consistent changes... not extreme solutions... create the biggest impact for brain-health.

Whether you're an older adult, caregiver, professional, or advocate, this webinar will help you see your brain, and your future, with new clarity.

What You Will Learn:

1. **Why "45%" changes everything**
Understand what it means for dementia risk to be *modifiable*, and why brain health works like a dimmer... not an on/off switch.
2. **The six brain-health levers that keep the lights on**
Learn how the six brain-health levers work together to protect cognition... especially for us Deaf and hard-of-hearing individuals.
3. **How *small, consistent* actions create **BIG** cognitive impact**
Discover why consistency beats intensity, and how simple, realistic daily choices can strengthen your "Brain City" at any stage of life.

Accessibility: Presented in ASL, voiced in English, and fully captioned

Presented in Partnership With: CSD Access & AARP

Registration - https://csdvirtual.zoom.us/webinar/register/WN_YzCkutfHTc6E1A49puT9_g

Chair Yoga for Strength, Balance & Relaxation

Date/Time: Wednesday, March 18, 2026 | 1:00 - 2:00PM Eastern

Presenter: Sherri Gjerdingen, Zunity Lifestyle

Chair Yoga for Strength, Balance & Relaxation is a gentle, accessible yoga session designed to support overall wellness for adults of all abilities. Using a chair for support, this class focuses on simple movements and stretches to improve strength, balance, flexibility, and relaxation—without the need to get down on the floor.

Led by experienced instructor, Sherri Gjerdingen of Zunity Lifestyle, this session is ideal for beginners, older adults, and anyone seeking a safe, low-impact way to stay active. Participants are encouraged to move at their own pace while building confidence, reducing stress, and reconnecting with their bodies in a supportive and welcoming environment.

What You Will Learn:

- Safe, seated strength and balance techniques to support everyday movement and stability
- Simple stretching and breathing exercises to reduce tension, improve circulation, and promote relaxation
- Practical stress-relief and mindfulness tools that can be easily incorporated into daily routines at home

Accessibility: Presented in ASL, voiced in English, and fully captioned

Presented in Partnership With: CSD Access & AARP

Registration: Click this link to register

https://csdvirtual.zoom.us/webinar/register/WN_PNteEI0YSU6P97s5VanRxA

Alcohol Use and Trauma in the Deaf Community

Date/Time: Tuesday, March 25, 2026 | 3:30–4:30 PM Eastern

Moderator: Sherri Collins, Executive Director, Deaf Seniors of America

Presenters: Dr. Melissa Anderson and the Deaf YES! Empowerment and Recovery Team

Alcohol Use and Trauma in the Deaf Community is an informative webinar designed to increase understanding of how trauma and alcohol use intersect within the Deaf community. This session centers Deaf experiences and highlights culturally responsive, accessible approaches to healing and recovery.

Participants will be introduced to the Signs of Safety project, a therapy approach developed specifically for Deaf individuals navigating trauma and alcohol use. The webinar emphasizes accessible support systems, community-based care, and practical insights for individuals, families, and service providers.

What You Will Learn:

- Connection between trauma and alcohol use within the Deaf community
- Overview of the Signs of Safety approach and how it supports recovery
- Accessible and culturally appropriate paths to support and healing

Accessibility: Presented in ASL, voiced in English, and fully captioned

Presented in Partnership With: DeafHealth & CSD Access

Registration: Click this link to register

https://csdvirtual.zoom.us/webinar/register/WN_RmBLI47ETge43wiqTwWudQ#/registration

Sleep, Memory, and the Aging Brain: Why Rest Matters with

Date/Time: Thursday, April 30, 2026 | 2:00 - 3:30PM Eastern

Presenter: Dr. Jaime Wilson

Accessibility: Presented in ASL, voiced in English, and fully captioned

Presented in Partnership With: CSD Access & AARP

Registration: https://csdvirtual.zoom.us/webinar/register/WN_05HQDAI1Q9iS7o3zjf6n6w

Understanding the RMD (Required Minimum Distribution from IRA's)

Date/Time: Wednesday, May 13, 2026 | 2:00- 3:00 PM Eastern

Presenter: James Rooney, Morgan Stanley

Don't Give Your Money to the IRS: Avoiding the 25% Penalty is an educational webinar designed to help older adults better understand required minimum distributions (RMDs) and other common retirement account rules that can trigger IRS penalties as high as 25%. This session focuses on common tax pitfalls and practical strategies to help you keep more of your money where it belongs.

Join James Rooney of Morgan Stanley for a practical, plain-language presentation that breaks down what the IRS expects, where people often go wrong, and how to avoid costly penalties. Whether you manage your finances independently or work with an advisor, this webinar will provide clarity, confidence, and actionable knowledge to support informed financial decisions.

This session is educational in nature and ideal for retirees, pre-retirees, and anyone helping manage finances for an older adult.

What You Will Learn:

- What triggers the IRS 25% penalty and how required minimum distributions (RMDs) work
- Common retirement account mistakes—and simple steps to avoid them
- Smart planning strategies to stay compliant and protect your retirement income

Accessibility: Presented in ASL, voiced in English, and fully captioned

Presented in Partnership With: CSD Access

Registration: https://csdvirtual.zoom.us/webinar/register/WN_4wmPGpXzTI-mMhS5P4Ox8Q