

It's natural to want to stay at home as you grow older.

Health - Genetics only account for 30% of one's ability to achieve longevity; the remainder is lifestyle (70%). The secret to living longer and better are found in everyday things like: the food we eat, company we keep, perspective on life, daily routines and being physically active.

Money – Kathleen Rehl, Ph.D., CFP A widow herself, Kathleen helps widows and those who anticipate widowhood to feel more secure about their money matters, create financial stability and enjoy peace of mind.

TRIAD will be offering **FREE ONSITE SHREDDING** of sensitive financial record, bank records, checks, and medical records that are no longer needed.

Aging Projects, Inc, Hope Rx and area law enforcements will be offering a **FREE PILL DROP OFF** to safely destroy expired, unused and no longer needed medicines. This keeps them out of our drinking water, prevents potential drug abuse and fraud, and taking expired medicines that can lose their effectiveness.

Park Ridge Health Wellness Van will be offering **FREE EKG and FREE Blood Pressure Screenings** during the conference from 10:00 am - 2:00 pm.

Engaging & Enjoyable Activities
Stay active and connected by volunteering, traveling, studying, working part-time or pursuing personal projects. Local options: BRCC Continued Education Courses and Center for Lifelong Learning programs.

Major Sponsors



2014 Aging in Place – It's In Your Future Conference

Learn Tips for Happy, Healthy Retirement Living

September 25, 2014

Blue Ridge Community College Conference Hall, Flat Rock, NC

Morning Session 8:00-11:45am

8:00 – 8:45am Meet & Greet with our Aging Projects, Inc. providers.

8:45 - 9:00am Welcome-Aging Projects, Inc.

9:00 -10:30am “Working Effectively with Widows. Practical Tips to Serve These Women” (Presented by Kathleen M. Rehl, Ph.D., CFP)

10:30 - 11:00am Kathleen M. Rehl, Ph.D., CFP book signing & meet our Aging Projects, Inc. providers (Visit the provider tables located throughout the conference)

11:00 - 11:45am “Thoughts from a Geriatricians Point of View. An Aging and Medical Minute” (Presented by Dr. Joanne Helppie, MD Geriatric Medicine, Internal)

12:00-1:00pm Lunch & Learn Aging Projects, Inc. 2014 National Conference Awards Presentation.
(Relax and enjoy lunch and meet with our Aging Projects, Inc. providers)

Afternoon Session 1:00-3:00pm

Afternoon Sessions: 1:00 – 1:45pm

Workshop 1: “Frauds, Scams, ID Theft & Exploitation. Recognize it & Avoid Becoming a Victim (Presented by Caroline Farmer, Victims and Citizens Section, N.C. Attorney General’s Office, N.C. Department of Justice)

Workshop 2: “Simple Home Modifications to Make it Safer, Falls Prevention and How to Get Up From a Fall” (Presented by Lori Hart, MSPT (physical therapy) and Courtney Maloney, OTR (occupational therapy)

Afternoon Sessions: 2:00 – 2:45pm

Workshop 1: “Thoughts from a Certified Elder Law Attorney. What You Need to Know” (Presented by Caroline T. Knox, CELA Attorney Certified Elder Law Attorney)

Workshop 2: “Frauds, Scams, ID Theft & Exploitation. Recognize it & Avoid Becoming a Victim” (Presented by Caroline Farmer, Victims and Citizens Section, N.C. Attorney General’s Office, N.C. Department of Justice)

2:45 – 3:30pm Raffle Drawing & Closing Comments & Meet Aging Projects, Inc. providers

There is no cost to attend, due to sponsor support. To register click on this link <https://www.surveymonkey.com/s/2014AginginPlace>



Conference Partners: SPG Group of Hilliard Lyons, Park Ridge Health, Staples, Harris Teeter, Sam's Club, Chick-Fil-A, Home Depot, Park Ridge Health Wellness Van, Henderson Co. Visitors Center, Helppie Family Charitable Trust & TRIAD