

## 2 EASY REGISTRATION OPTIONS

1. **Internet:** Go to the Aging Projects website and click on the Conference stamp.
2. **Telephone:** call 828-696-6140 (for non-internet users)

[www.AgingProjectsInc.org](http://www.AgingProjectsInc.org)



### • 3 On-Site Lunch Options

The Amazing Pizza Co.  
Doc Brown's BBQ  
No Bun Intended Thai  
Street Food

Your Choice. Your Budget.  
Your Way.

Or you may bring your own brown-bag lunch.

• Pardee Hospital will offer free **BLOOD PRESSURE CHECKS** from 10am-2pm. What do your blood pressure numbers mean?

• Park Ridge Health will do free **BODY COMPOSITION SCREENINGS** from 10am-2pm. How does your body mass index affect your health?

• Laborde Eye Group will provide free **AMSLER GRID VISION SCREENINGS** from 10am-2pm. Monitor your own vision for the onset or progression of macular degeneration, the leading cause of vision loss.

• The WNC Falls Prevention Coalition will offer free **BALANCE SCREENINGS**. Help prevent falls, a leading cause of hospitalization.

• HopeRx and the Sheriff's Department will provide a free **PILL DROP** from 9am-12pm. Bring unused or expired pills to be destroyed safely.

• Free onsite **RESPIRE CARE** of your loved ones is provided by the professional staff of Always Best Care, so you can attend the conference. Pre-registration required.

• **NO CHARGE TO ATTEND** this conference due to partner support.

# Fourth Annual Aging in Place. It's in Your Future. National Conference

Thursday, Sept. 21, 2017

Blue Ridge Community College  
Conference Hall, Flat Rock, NC

In Partnership With



ParkRidgeHealth

### Morning Session 8:00 – 11:45am

8:00 – 8:45 **Meet & Greet with Aging Projects, Inc. Providers & Partners**

8:45 – 9:00 **Welcome** • James Kelly, Aging Projects, Inc. President & CEO

9:00 – 9:45 **Keynote Presentation** • **Ageless Grace Brain Health Fitness Program — 21 Simple Tools for Rewiring Your Brain to Age in Place**  
Presented by Denise Medved, founder and creator, Ageless Grace Brain Health Fitness Program.

9:45 – 10:30 **A Geriatrician's Point of View • What You Need to Know — An Aging and Medical Minute** Presented by Joanne Helleppie, M.D., board certified geriatrician and internal medicine physician.

10:30 – 11:00 **Meet & Greet with Aging Projects, Inc. Providers & Partners**

11:00 – 12:00 **Clash of the Titans** Join Mission Health Systems, Pardee Hospital, Park Ridge Health, St. Luke's Hospital and Transylvania Regional Hospital. Learn about their differences, patient outcomes, new technologies, records and more.

### Lunch & Learn 12:00 – 1:00pm

Enjoy lunch. Attend the 2017 National Conference Awards.

### Afternoon Session 1:00 – 3:00pm

1:00 – 1:45 **Workshop Sessions [Select One]**

**Workshop 1: Living a Life of Purpose & Possibilities After 65**  
Join Dr. Tait on a journey to discover a life refocused. Presented by Elizabeth Tait, PhD, Associate Professor, School of Health Sciences, Western Carolina University.

**Workshop 2: Elder Law Issues: Is Your House in Order?** What does an elder law attorney do? When should someone talk with an elder law attorney? What are the 3 most common issues? Presented by Cynthia L. Alleman, JD, Erica M. Erickson, JD, Caroline T. Knox, JD, (CELA).

**Workshop 3: Investment Fraud: Guarding Your Assets in a Scary World** Find out how to avoid becoming a victim of investment fraud. Learn how to spot the red flags of fraud. Presented by Elaine F. Marshall, JD, North Carolina Secretary of State.

2:00 – 2:45 **Workshop Sessions [Select One]**

**Workshop 1: Our Aging Eyes: How to Protect Your Vision** Robert P. Laborde, MD, will discuss common myths about aging eyes and decreased vision, common diagnoses such as age-related macular degeneration, new treatments, what constitutes an emergency and steps to protect your vision.

**Workshop 2: Innovations in Total Knee Replacement** Dr. Jason E. Lang, board certified in Orthopedic Surgery, will speak about improving the accuracy and outcomes for knee replacement surgery, using multiple applications of modern technologies, such as robotics and 3D printing. He practices with Blue Ridge Bone & Joint.

**Workshop 3: Standing Together To Prevent Falls** One in three older adults will fall. Learn how you can avoid becoming another falls statistic. Presented by John Kneeler, MPT, Larry Russell, MD, Ayden Jones, BS, Dr. Kevin McDade, DC, and Natasha Michaels, PharmD, BCACP.

**Provider Raffle Drawing and Closing Comments 3:00 – 3:30pm**

Special Thanks to the following National Conference Partners



# ParkRidgeHealth

