

2 EASY REGISTRATION OPTIONS

1. **Internet:** Go to the Aging Projects website and click on the Conference stamp.
2. **Telephone:** (for non-internet users) Call 828-696-5671

www.AgingProjectsInc.org



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

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

- **On-Site Lunch Options**
Doc Brown's BBQ
a Carolina favorite
The Amazing Pizza Company
with new classic salads
Your Choice. Your Budget.
Your Way.
Or bring your own bag lunch.

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

- The Hearing Guy will offer **free onsite HEARING BOOTH SCREENINGS**. Learn how you can prevent hearing loss.

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

- Park Ridge Health Wellness on Wheels (WOW) Van will be offering **free HEALTH SCREENINGS** from 10am - 2pm. Learn what your numbers mean and how they affect your health.

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

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

Thursday, Sept. 20, 2018

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 Exhibitors and Health Screenings

8:45 – 9:00 President's Welcome

9:00 – 9:45 **Keynote Presentation #1 • Rise to the Challenge, Be Active, and Stay Standing: Keys to Preventing Falls** Presented by Lori Schrodt, PT, PhD, Department of Physical Therapy, Western Carolina University.

9:45 – 10:00 Meet & Greet with Exhibitors and Health Screenings

10:00 – 10:45 **Keynote Presentation #2 • I Have Dementia. Let me tell you what it's really like...** Moderated by Bill Smutny, former VP of Sales and Marketing in the biotech industry.

10:45 – 11:00 Meet & Greet with Exhibitors and Health Screenings

11:00 – 11:45 **Keynote Presentation #3 • Show me the Money. Funding Sources to Age in Place** Panelists: Nathan Garnett – LTC Insurance Agent, Doll & Assoc; Mike Murdock – Henderson County Veterans Service Officer; Tim Batts – Retirement Funding Solutions; Gwendolyn Saltz and Debby Freeman, Henderson Co. DSS.

11:45 – 12:00 Meet & Greet with Exhibitors and Health Screenings

Lunch & Learn 12:00 – 1:00pm

National Awards Presentation, Meet & Greet with Exhibitors and Health Screenings

Afternoon Session 1:00 – 3:00pm

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

Workshop 1: **Home is Where the Heart Is. Your Personal Plan for Aging at Home** Jill Hart, Realtor/Broker, "Hart & Sold."

Workshop 2: **Take Care of Your Teeth Before They Take You Out – The Truth about Tooth Loss and Gum Disease** Dr. Jonathan Lowry, DDS.

Workshop 3: **Realistically and Safely Aging In Place... What You Need to Know** Shanna L. Lambert, OTRL, CAPS; Lisa Kauffman, MSW, Geriatric Case Manager; Jim Smeaton, Always Best Care Senior Services.

1:45 – 2:00 Meet & Greet with Exhibitors and Health Screenings

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

Workshop 1: **Osteoarthritis and Gout. Everything you always wanted to know about osteoarthritis and gout in seniors.** Hugo Fonseca, DO, Park Ridge Health.

Workshop 2: **Fall Prevention. The anatomy of balance and how to improve balance as we and our loved ones age.** Justin Peterson, MPT, Kindred At Home.

Workshop 3: **Caregivers – Understanding the in's and out's of serious illness.** Ashley Albers, DO and Maureen Williams, MEd, RN, Four Seasons.

2:45 – 3:00 Meet & Greet with Exhibitors and Health Screenings

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

Special Thanks to the following National Conference Partners

ParkRidgeHealth

