

CUT OFF AND SEND IN WITH REGISTRATION FEE

# Aging: A Family Affair 2016

Thursday, November 10, 2016

8:00 a.m.-3:45 p.m.

(please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

ZIP Code \_\_\_\_\_ Phone \_\_\_\_\_

Email \_\_\_\_\_

### Check special needs:

- Interpreter
- Sighted guide
- Large print
- Other \_\_\_\_\_

### Check one each session:

- 10:15 - 11:30  Medicaid/VA Benefits  
 Osteoporosis  
 Saying Goodbye...
- 12:30 - 1:45  Stroke Prev, AFib...  
 Medicare/Soc Security  
 Aging Stereotypes
- 2:00 - 3:15  Dizziness & Falls  
 Travel Tech Tips

**Cost:** Pay *by* Friday, Oct. 28: \$25  
Pay *after* Friday, Oct. 28: \$30

Make checks payable to the  
Knoxville-Knox County Office on Aging

Mail To: Office on Aging  
P.O. Box 51650  
Knoxville TN 37950-1650

### Information:

For more information, call the  
Office on Aging at 524-2786.

### Registration:

Your registration fee includes your  
admission to

- ▶ Continental breakfast,
- ▶ Keynote session,
- ▶ Your choice of workshops  
(choose 3),
- ▶ Lunch.
- ▶ It also includes any handouts used in  
the workshops you attend.

### Register by Friday, Oct. 28, for discount

Early Bird (by Oct. 28).....\$25  
After Oct. 28 (prepay or at door).....\$30

### How to Register by Mail or Online

- ▶ Fill out and mail in the form from this  
brochure with your payment,
- ▶ Fill out online form and pay by credit/  
debit card at [www.knoxseniors.org/afa.shtml](http://www.knoxseniors.org/afa.shtml)

### Parking & Transportation:

- ▶ **Free parking** is abundant at Rothchild's.
- ▶ **If you need assistance with transportation** to attend Aging: A Family Affair,  
please call the CAC Office on Aging at  
(865) 524-2786, as far in advance of the  
event as possible.

### Directions:

Rothchild Catering & Conference Center is  
located on Kingston Pike on the right as you  
drive west from Walker Springs Road. The  
conference center is at the back of Baron's  
Place shopping center. For a map and more  
detailed directions, call Rothchild's at  
(865) 690-0103 or go to the company's web  
site at [www.rothchildknoxville.com/](http://www.rothchildknoxville.com/).



Knoxville-Knox County Council on Aging  
 P.O. Box 51650  
 Knoxville TN 37950-1650

# Aging

## A Family Affair 2016

### *Practical Information*

### *Related to Aging*

**Thursday, November 10, 2016**

**8:00 a.m. - 3:45 p.m.**

Rothchild Conference Center

8807 Kingston Pike

Knoxville TN 37923

Aging: A Family Affair is a special event of  
**Knoxville-Knox County CAC**  
**Office on Aging**

Sponsored by:



### Wisdom for Your Life.



# Aging

## A Family Affair 2016

*Practical Information  
Related to Aging*

Thursday, November 10, 2016  
8:00 a.m. - 3:45 p.m.  
Rothchild Conference Center  
8807 Kingston Pike  
Knoxville TN 37923

- ▶ **Continental Breakfast:** Come early to enjoy a light breakfast.
- ▶ **Lunch:** Sandwich fixings (a variety of deli meats and cheeses), salads, desserts, and drinks provided.
- ▶ **Exhibitors' Fair, all day:** Please visit our exhibitors' tables during breaks and after lunch for valuable information for seniors, family members, caregivers, and professionals.

- ▶ **8:00-9:00 Registration, Exhibits & Continental Breakfast**
- ▶ **9:00-10:00 Covenant Health Peggy Wirtz Keynote Address**  
*The Peggy Wirtz Keynote Address is sponsored by Covenant Health in memory of Peggy Wirtz, the originator and longtime coordinator of Aging: A Family Affair.*  
**How We View Older Adults and Our Own Aging: New Research**  
Tony Sarmiento, executive director, Senior Service America, Inc., Washington, D.C.
- ▶ **10:15-11:30 First Workshop Session (choose one)**
  - 1. How to Pay for Care: Medicaid & VA Benefit Eligibility**  
Amelia Crotwell, certified elder law attorney, Elder Law of East Tennessee
  - 2. Bone Matters: Risk Factors, Treatment Options & Prevention Tips for Osteoporosis**  
Kostas Triantafyllou, M.D., University Orthopaedic Surgeons
  - 3. Planning, Caring, and Saying Goodbye**  
Kate Allen, cofounder, Kate & Dale Allen Family Caregiver Services, and Pat Green, licensed master social worker, Tennova Hospice
- ▶ **11:30-12:30 Lunch & Exhibits**
- ▶ **12:30-1:45 Second Workshop Session (choose one)**
  - 4. Preventing Stroke and Understanding AFib**  
Lawrence Lee, M.D., University Heart Surgeons, and W. Jeremy Mahlow, M.D., University Cardiology
  - 5. Medicare & Social Security Update**  
Blake McCoy, owner & president, Independent Insurance Consultants, Inc., and Brent Turner, financial advisor, Brent Turner Advisors
  - 6. Reducing Stereotypes About Older Adults**  
Tony Sarmiento, executive director, Senior Service America, Inc.; Sandra McGuire, professor emeritus, College of Nursing, UT Knoxville; and Jim Shulman, executive director, Tennessee Commission on Aging & Disability
- ▶ **2:00-3:15 Third Workshop Session (choose one)**
  - 7. Balance, Dizziness & Falls: What Can Be Done?**  
Suzanne Adkins, physical therapist specialist, The Balance Center, University of Tennessee Medical Center
  - 8. Tech Tips for Vacations & Staycations**  
Angie Cannon, president, Cannon & Cannon, Inc., and Crissy Cannon Glarrow, owner, South Landing Crossfit
- ▶ **3:20-3:45 Closing Session & Distribution of Door Prizes**  
Closing remarks; door prizes from exhibitors' fair will be awarded to those in attendance (*must be present to win*)
- ▶ **Free Screenings will take place in the Grand Ballroom throughout the day.**

