

CUT OFF AND SEND IN WITH REGISTRATION FEE

Aging: A Family Affair 2011

Thursday, November 10, 2011

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

(please print)

Name _____

Address _____

ZIP Code _____ Phone _____

E-mail _____

Check special needs:

- Interpreter Service
- Large print handouts
- Sighted guide
- Other _____

Check one each session:

- | | |
|---------------|-----------------------------------------------|
| 10:15 - 11:30 | <input type="checkbox"/> Elder Law Tips |
| | <input type="checkbox"/> Caregiver Stress |
| | <input type="checkbox"/> End-of-Life Planning |
| 12:30 - 1:45 | <input type="checkbox"/> Fitness/Junk Food |
| | <input type="checkbox"/> My Medicare |
| | <input type="checkbox"/> Alzheimer's Update |
| 2:00 - 3:15 | <input type="checkbox"/> Driving/Transport |
| | <input type="checkbox"/> Scams & Fraud |
| | <input type="checkbox"/> Gadgets & Goodies |

Cost: \$30 (includes lunch);
 \$15 for One Call Club members
 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:

\$30 (includes lunch); \$15 for One Call Club members. Mail in the form from the brochure with your payment, or register and pay online at www.knoxseniors.org/afa.shtml.

Preregister by Friday, October 28.

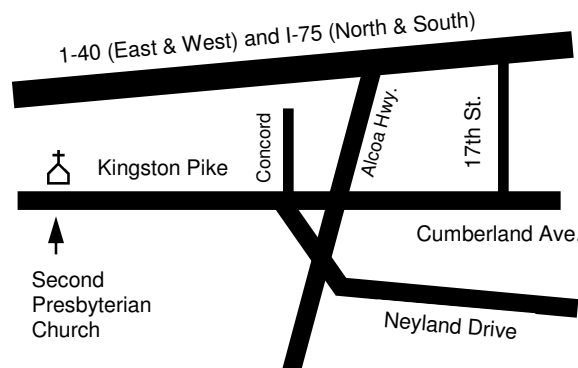
Please preregister to ensure your lunch and assist in planning workshop rooms. You can register at the door, but lunch cannot be guaranteed.

Parking, KAT Bus, OOA Shuttle:

- ▶ **Free parking** is abundant at the church.
- ▶ **Call KAT, 637-3000, for bus information.** Bus runs along Kingston Pike; there is a steep climb from the street to the church.
- ▶ **The Office on Aging will provide a shuttle** from the O'Connor Senior Center, 611 Winona Street. You must register for this service by calling the center at 523-1135.

Directions:

Second Presbyterian Church is located on Kingston Pike on the right as you drive west, in the second block after the Concord Avenue/Neyland Drive intersection with Kingston Pike.



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

Aging

A Family Affair 2011

Practical Information Related to Aging

Thursday, November 10, 2011

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

Second Presbyterian Church
 2829 Kingston Pike
 Knoxville TN 37919



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

Sponsored by:



Aging

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*Practical Information
Related to Aging*

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Second Presbyterian Church
2829 Kingston Pike
Knoxville TN 37919

- ▶ **Continental Breakfast:** Come early to enjoy a light breakfast.
- ▶ **Lunch:** Make a salad or a sandwich from a variety of deli meats, cheeses, and vegetables. Fruit, chips, side dishes, drinks, and desserts also provided.
- ▶ **Exhibitors' Fair, all day:** Please visit our exhibitors' tables during breaks and after lunch for valuable information for seniors and caregivers.

- ▶ **8:00-8:45 Registration, Exhibits & Continental Breakfast**
- ▶ **8:45-10:00 Peggy Wirtz Keynote Address**
The Peggy Wirtz Keynote Address is sponsored by Covenant Health and Mercy Health Partners in memory of Peggy Wirtz, the originator and longtime coordinator of Aging: A Family Affair.
A Look at Knoxville History
Dr. Bruce Wheeler, professor emeritus of history, University of Tennessee, Knoxville
- ▶ **10:15-11:30 First Workshop Session (choose one)**
 - 1. Elder Law Tips & Tools**
Monica Franklin, certified elder law attorney, Elder Law Practice of Monica Franklin
 - 2. Reducing Caregiver Stress**
Anna Shugart, director of Emotional Health & Recovery Center, Blount Memorial Hospital
 - 3. End-of-Life Planning**
Rev. Dixie Lea Petrey, director of pastoral care, Shannondale of Maryville CCRC; Sarah Wimmer, support services program coordinator, Blount Memorial Hospital; Pat Green, social worker and bereavement coordinator, Mercy Residential Hospice
- ▶ **11:30-12:30 Lunch & Exhibits**
- ▶ **12:30-1:45 Second Workshop Session (choose one)**
 - 4. Fitness Tips & Junk-Food Busters**
Missy Kane, fitness expert and Olympic athlete; Susan Fowlkes, clinical nutrition director, Knox County Health Department; Terri Geiser, program director, Knox County Health Department
 - 5. My Medicare: Yesterday, Today, and Tomorrow**
David Holden, manager, Affordable Medicine Options for Seniors (AMOS)
 - 6. Alzheimer's Update**
Dr. Monica Crane, UTMC Cole Neuroscience Center; Cheryl Ryerkerk, social worker, Mercy Health Geriatric Assessment Program
- ▶ **2:00-3:15 Third Workshop Session (choose one)**
 - 7. Tips to Keep Driving Safely & Transportation Options for Seniors**
Rebecca Kelly, state director, AARP Tennessee; Don Lindsey, director of public affairs, AAA East Tennessee
 - 8. Protecting Seniors from Scams & Fraud**
Kathy Sergeant, manager, OOA One Call Club; Jan Coe, owner, Homewatch Caregivers; Deborah Herzel, attorney, Legal Aid of East Tennessee
 - 9. Gadgets & Goodies: Newest Innovations, Services, and Discounts for Folks Over 50**
Susan Long, community liaison, East Tennessee Personal Care Service; Sandy Bell, director of social services, Quality Home Health
- ▶ **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*).

