

CUT OFF AND SEND IN WITH REGISTRATION FEE

# Aging: A Family Affair 2017

Thursday, November 9, 2017

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
  - Affording Aging
  - Vascular/Diabetes
  - Tech for Active Aging
- 12:30 - 1:45
  - Pelvic Health
  - Medicare/Social Security
  - Savvy Savings
- 2:00 - 3:15
  - Food as Medicine
  - Staying or Moving?

**Cost:** Pay by Friday Oct. 27: \$25  
 Pay after Friday Oct. 27: \$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  
[www.knoxseniors.org/AFA](http://www.knoxseniors.org/AFA)

### 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. 27, for discount

Early Bird (by Oct. 27).....\$25  
 After Oct. 27 (prepay or at door).....\$30

### How to Register by Mail or Online

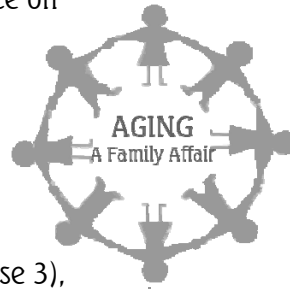
- ▶ Fill out and mail in the form from this brochure with your payment,
- ▶ Fill out online form and pay by credit/debit card at [www.knoxseniors.org/afa.shtml](http://www.knoxseniors.org/afa.shtml)

### 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 2017

*Practical Information*

*Related to Aging*

Thursday, November 9, 2017

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:



# *Aging*

## A Family Affair 2017

*Practical Information  
Related to Aging*

Thursday, November 9, 2017  
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 Peggy Wirtz Keynote Address**

*In memory of Peggy Wirtz, originator and longtime coordinator of Aging: A Family Affair.*

**How to Keep a Healthy Brain as You Age & What to do if You Don't**

Roberto Fernandez, MD, Medical Director, Pat Summitt Clinic, Knoxville, TN

▶ **10:15-11:30 First Workshop Session (choose one)**

**1. Affording Aging: How Do We Pay?**

Glen Kyle, Attorney, Monica Franklin & Associates

**2. Vascular Health & Diabetes Effects, PAD & PVD**

Michael McNally, MD & Ryan Buckley, MD, University Vascular Surgeons

**3. Technology for Active Aging**

Jennifer Dancu, Owner, Social Media 4 Seniors

▶ **11:30-12:30 Lunch & Exhibits**

▶ **12:30-1:45 Second Workshop Session (choose one)**

**4. Improving Outcomes in Pelvic Health - What You Always Wanted to Know, but were Afraid to Ask.**

Michael Polin, MD, Robert Elder, MD, Rebecca Lavelle, MD, Bryce Bowling, MD, & Andrew Russ, MD,

University Medical Center Pelvic Health Team

**5. 2017 Update on Medicare & Social Security**

Jerold Johnson, President, Senior Financial Group

**6. Savvy Savings for Seniors**

Gabrielle Blake, LCSW, Outpatient Therapist at Peninsula Behavioral Health, A Division of Covenant Health

▶ **2:00-3:15 Third Workshop Session (choose one)**

**7. Food as Medicine: A Foundation for Health**

Clayton Bell, MD, UT Internal Medicine & Integrated Health

**8. Staying or Moving? Planning for Transitions**

Sandy Bell, LCSW, Director, Community Physician Education, Quality Home Health and Betsy Peterson, Certified Relocation and Transition Specialist, Space and Time LLC

▶ **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.**

