

CUT OFF AND SEND IN WITH REGISTRATION FEE

Aging: A Family Affair

Thursday, November 7, 2019

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

(please print)

Name _____

Address _____

ZIP _____ Phone _____

Email _____

Check special needs:

- Interpreter
- Sighted guide
- Large print
- Other _____

Check one each session:

- 10:15 - 11:30
 - Legal Unknown
 - Aging Well
 - Embracing Technology
- 12:30 - 1:45
 - Medicare/Soc. Security
 - Managing Arthritis
 - Genetic Testing
- 2:00 - 3:15
 - Parkinson's
 - Sound & Silence

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

Make checks payable to
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. 25, for discount

Early Bird (by Oct. 25).....\$25

After Oct. 25 (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

Parking & Transportation:

- ▶ **Free parking** is abundant at Rothchild.
- ▶ **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 detailed directions, call Rothchild at (865) 690-0103 or go to the company's website at www.rothchildknoxville.com.

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



Aging



A Family Affair

*Practical Information
Related to Aging*

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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:



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CELEBRATING 35 YEARS!

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- ▶ **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, the originator and longtime coordinator of Aging: A Family Affair.
Growing Older in Knox County: A Mayor's Reflections
Glenn Jacobs, Mayor of Knox County, Tennessee
- ▶ **10:15-11:30 First Workshop Session (choose one)**
 - 1. How to Plan for the Legal Unknown**
Amelia Crotwell, Certified Elder Law Attorney, Elder Law of East Tennessee
 - 2. Dimensions of Aging Well**
Clayton Bell, MD, UT Internal Medicine & Integrative Health
 - 3. Embracing Technology**
Jennifer Dancu, Owner, Social Media 4 Seniors
- ▶ **11:30-12:30 Lunch & Exhibits**
- ▶ **12:30-1:45 Second Workshop Session (choose one)**
 - 4. Medicare and Social Security Update**
Jerold Johnson, CEO, Senior Financial Group and Tom Blevins, District Manager, Social Security Administration
 - 5. Managing Your Arthritis**
Jeffrey D. Bieber, MD, Rheumatologist, UT Rheumatology
 - 6. Genetic Tests: It's All in the Genes!**
Royce T. (Terry) Adkins, MD, Sr. Vice President Medical Affairs, Myriad Women's Health
- ▶ **2:00-3:15 Third Workshop Session (choose one)**
 - 7. Parkinson's and Movement Disorders: What You Need to Know**
Michelle Brewer, MD, Neurologist, University Neurology Cole Neuroscience Center
 - 8. The Power of Sound & Silence: A Guide to Meditation & Relaxation**
Jan Coe, Owner, Whole Notes Harmony and Pam Wright, Owner, Heart Energy Rising
- ▶ **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 health screenings will take place in the Sunset Room throughout the day.**

