

2018 FIRST  
ANNUAL  
CHATHAM  
SENIOR  
EDUCATION  
RETREAT

EVENT PROGRAM

Hosted by The Chatham County Council On Aging, In  
Partnership with NC Cooperative Extension

## **Schedule at a Glance, Wednesday, April 18, 2018**

- 8:30am Registration Open, Exhibitors on Display
- 9:00am Welcome from Chatham County Council on Aging and North Carolina Cooperative Extension
- 9:05am Plenary: *Rethinking Aging: Growing Old and Living Well in an Over-treated Society* by Dr. Nortin Hadler
- 10:15am Break, Exhibitors on Display
- 10:30am **Concurrent Sessions A**  
A1: Cooking for One or Two  
A2: Tax Reform: Financial and Estate Planning Impact and Opportunities  
A3: The MIND Diet: Protecting Our Brains as We Age  
A4: Archaeology and Historic Preservation in Chatham County  
A5: The Benefits of Proper Footwear  
A6: Container Gardening
- 11:30am Lunch, Exhibitors on Display
- 12:45pm **Concurrent Sessions B**  
B1: Cooking with Herbs  
B2: Advanced Care Planning and Advanced Directives  
B3: Pain Happens, Suffering is Optional  
B4: Spring's Useful Wild Plants and The Ethnobotanical Heritage Project  
B5: Smarter Living Now – Better Living Later  
B6: Chatham Park: An Update and a Vision
- 1:45pm Break, Exhibitors on Display
- 2:00pm **Concurrent Sessions C**  
C1: Go Med Instead of Meds  
C2: Downsizing: Reflections on Your Current Life  
C3: Nia Technique – Moving to Heal is Movement as Medicine!  
C4: Recording the Memories of Our Military Veterans  
C5: Fraud and Scams Awareness

## Session Descriptions

Morning Plenary: 9:05am – 10:00am

### *Morning Plenary*

#### **Rethinking Aging: Growing Old and Living Well in an Over-treated Society**

Presented by: Nortin M Hadler MD, MACP, MACR, FACOEM, Emeritus  
Professor of Medicine and Microbiology/Immunology at the University of North Carolina School of Medicine

*Speaker Biography: Dr. Hadler is a graduate of Yale College and The Harvard Medical School. He trained at the Massachusetts General Hospital, the National Institutes of Health, and the Clinical Research Centre in London. He was certified a Diplomate of the American Boards of Internal Medicine, Rheumatology, Allergy & Immunology and Geriatrics. He joined the faculty of the University of North Carolina in 1973, was promoted to Professor of Medicine and Microbiology/Immunology in 1985 and transitioned to Emeritus status in 2015. In recognition of his clinical activities, he was elevated to Mastership in both the American College of Physicians and the American College of Rheumatology. In the past 2 decades, he turned his critical razor to much that is considered contemporary medicine at its finest. His assaults on medicalization and overtreatment appear in many commentaries and in 7 monographs: *The Last Well Person*. (MQUP 2004) and UNC Press' *Worried Sick*. (2008), *Stabbed in the Back*. (2009), *Rethinking Aging* (2011), *Citizen Patient* (2013), *By the Bedside of the Patient* (2016) and *Monetizing Altruism* (2018).*

**Session Description:** The greatest advance in clinical medicine in my time in the practice, over 50 years, is that today patients and their doctors can assess effectiveness as collaborators. No longer does an imperious pronouncement by a physician suffice. Rather, the patient should occupy the driver's seat with the physician as navigator. For each option in intervention, the patient asks, "Based on the available science, what is the best I can expect?"

## Concurrent Sessions A: 10:30am – 11:30am

*Theme: Inside the Kitchen*

### **Cooking for One or Two**

Presented by: Phyllis Smith, RD, LDN, Family and Consumer Science Extension Agent

*Speaker Biography: Ms. Smith is a registered dietitian working with Family and Consumer Science program here in Chatham County at the Chatham County Agriculture and Conference Center. Her areas of responsibility are Health and Wellness, Food Safety and Food Preservation. She provides programming to the community on a variety of topics.*

**Session Description:** The participants will learn ways and methods for cooking for one or two individuals.

----

*Theme: Planning for the Future*

### **Tax Reform: Financial and Estate Planning Impact and Opportunities**

Presented by: Nina Lloyd and Janna Deegan, Financial Advisors at Opus Financial Advisors

*Speaker Biographies: Nina Lloyd and Janna Deegan partner to provide financial planning and efficient tax management strategies. Nina is a Certified Financial Planner and Chartered Retirement Planning Counselor with over 15 years in the financial industry. Janna is a Certified Public Accountant and Financial Advisor with over 20 years of experience. Nina and Janna are passionate about promoting financial literacy in the communities that they serve.*

**Session Description:** Participants will learn how the new tax law impacts individuals and estates. We will explore tax planning strategies in light of the new rules and share opportunities to minimize tax liability.

----

*Theme: Health and Wellness*

**The MIND Diet: Protecting Our Brains as We Age**

Presented by: Melissa Walter, MPH, RDN, LDN at University of North Carolina at Chapel Hill

*Speaker Biography: Melissa is a young widow, and her healing journey through food led her to two degrees in nutrition, time spent on local farms, old friendships nourished through intimate and sometimes emotional meals shared, and new friendships forged through nutritious and delicious food adventures. Melissa is currently working on a certificate in Neuroscience, and she loves to teach people about the ways food supports our bodies and brains as we age.*

**Session Description:** We are learning more every day about the ways in which lifestyle factors affect both how our brain functions and how it ages. In this session, we will discuss nutrients, foods, and dietary patterns to help your brain function optimally. At the end of the session, you will come away with a simple, but powerful, template for a life-long healthy eating plan.

----

*Theme: Chatham*

**Archaeology and Historic Preservation in Chatham County**

Presented by: Paul Webb, Cultural Resources Program Leader at TRC Environmental Corporation

*Speaker Biography: Paul is an archaeologist and cultural resources program leader at TRC Environmental Corp., a nation-wide environmental consulting firm with offices in Chatham County, Raleigh, and Asheville. He lives in Chatham County; two sons graduated from Northwood. He has over 20 years of experience in prehistoric and historic period archaeology of NC Piedmont, including work on portions of proposed Chatham Park development. Paul plans to talk about that project as well as other past and ongoing archaeological and historic preservation efforts in Chatham.*

**Session Description:** Chatham County has witnessed over 10,000 years of human occupation, ranging from early hunters and gatherers up through the settlement of Pittsboro and outlying farms. Paul will discuss what we know of this history and efforts to preserve it, including archaeological work for Jordan Lake and the

Chatham Park development and the moving and reconstruction of a historic smokehouse that was located at the Agriculture and Conference Center site.

----

*Theme: Safety in the Home and Community*

### **The Benefits of Proper Footwear**

Presented by: Matt Logan, Community Outreach Director at Fleet Feet Sports

*Speaker Biography: Matt has been with Fleet Feet for three years, but a runner his entire life. He is passionate about meeting people where they are and finding how he might help them reach their walking/running/fitness goals. He has a passion for grassroots running-related activities, medical outreach, coaching, and helping folks solve their footwear problems.*

**Session Description:** Is it difficult to know which shoes are right for you? We are here to help. We will provide you with all of the information you will need to choose the appropriate footwear for you.

----

*Theme: Bonus Session*

### **Container Gardening**

Presented by: Robert Bergmueller, Volunteer at Chatham County Extension Master Gardener

*Speaker Biography: Mr. Bergmueller is an Extension Master Gardener Volunteer with Chatham County Agricultural Extension. He and his colleagues enjoy researching gardening questions as well as assisting clients who phone, or email the office requesting well researched documentation regarding their plant related questions or issues. It is the responsibility of the Extension Master Gardeners to support the residents of Chatham County by acting as a liaison between the homeowner and The County Agriculture Department.*

**Session Description:** The participants will learn to grow garden plants in containers from seed as well as plants that were propagated commercially.

## Concurrent Sessions B: 12:45pm – 1:45pm

*Theme: Inside the Kitchen*

### **Cooking with Herbs**

Presented by: Phyllis Smith, RD, LDN; Family and Consumer Science Extension Agent

*Speaker Biography: Ms. Smith is a registered dietitian working with Family and Consumer Science program here in Chatham County at the Chatham County Agriculture and Conference Center. Her areas of responsibility are Health and Wellness, Food Safety and Food Preservation. She provides programming to the community on a variety of topics.*

**Session Description:** The participants will learn ways and methods for cooking with a variety of herbs and spices to enhance the foods that they may be cooking. Generally cooking herbs and spices allows an individual alter the taste their foods without using salt and other flavoring additives.

----

*Theme: Planning for the Future*

### **Advanced Care Planning and Advanced Directives**

Presented by: Nansi Greger-Holt, Nurse Practitioner at UNC Hospice and Department of Neurology, and Elizabeth Hart, RN Nurse Educator at UNC Hospice

*Speaker Biography: Nansi Greger-Holt, RN, MSN, MPH earned undergraduate degrees from the University of Vermont in Nursing and Psychology and Master degrees in Public Health/Health Education and Nursing from UNC-Chapel Hill. She is a Registered Nurse, and board certified as both a Gerontological and a Family Nurse Practitioner with nearly 40 years of nursing experience in North Carolina in hospitals, clinics, home care, hospice, nursing education and long term care. Currently, Nansi works at the UNC Department of Neurology, Memory Disorders program and for UNC Hospice. Helping patients and families with their advanced care planning are key as she helps people maximize their quality of life, and end-of-life care.*

**Session Description:** Advance care planning is making decisions about the care you would want to receive if you become unable to speak for yourself. These are

your decisions to make, regardless of what you choose for your care, and the decisions are based on your personal values, preferences, and discussions with your loved. The Advanced Directive documents are the Health Care Power of Attorney and Living Will. Blanks will be available for you to complete.

---

*Theme: Health and Wellness*

### **Pain Happens, Suffering is Optional**

Presented by: Cathy Morley, Educator at Transitions LifeCare

*Speaker Biography: Cathy Morley, RN BSN, is a Certified Hospice and Palliative Care Nurse and Nurse Educator for Transitions LifeCare. She is an English nurse who has served in clinical, administrative and educational roles in a variety of settings including intensive care and Hospice. She will be sharing her wealth of knowledge and experience from managing pain with thousands of patients during her 30 years of nursing.*

**Session Description:** This workshop is for people who want to understand more about pain and how to best manage it. Pain has a negative effect on lives which can lead to suffering. This class explains the different types of pain, how to assess it and provides tips on how to stop the pain cycle before it begins. Learn how to be your loved ones and your own best advocate and help ensure adequate pain relief whenever possible.

---

*Theme: Chatham*

### **Spring's Useful Wild Plants and The Ethnobotanical Heritage Project**

Presented by: Alan Russo, Nutrition and Program Specialist at the Chatham County Council on Aging

*Speaker Biography: Alan Russo has been an Environmental Educator for over 25 years. He has a passion for Wild Edible and Medicinal Plants and understanding how people use these plants in their culture for food, medicine and utilitarian needs.*

**Session Description:** For millennia, humans have been using plants and other natural materials for food, medicine and utilitarian needs. Unfortunately, with our modernization, we have put Nature on the back burner and have all but forgotten the wisdom of our ancestors. All cultures have their own unique history of plant use. Here in North Carolina, we have a uniquely varied population that lives in extremely diverse Ecosystems which gives us a wealth of historical plant use knowledge. One of my passions is to help preserve this historical knowledge by letting the Seniors of Chatham County tell their stories and write them down for posterity.

In this session, we will reconnect with the historical uses of some of the common springtime plants here in Chatham County and share recollections of wild plant use.

---

*Theme: Safety in the Home and Community*

**Smarter Living Now – Better Living Later**

Presented by: Susan Adams, Founder/Director at Caregiving Technologies

*Speaker Biography: Susan Adams is knowledgeable in aging and technology. As an engineer with an advanced degree in Gerontology, she has found that there are simple and effective solutions that can help people feel safe, connected and happy. She has her certification in Universal Design and is a Certified Aging in Place Specialist. Ten years ago she moved her parents to live near her. Even though she is close, she can't be there all the time. That was when her search for a solution to maximize the value of technology to improve her parent's independence began.*

**Session Description:** Technology can extend one's ability to live independently and comfortably at home. With all the smart technologies available, what should we look for and how do we choose the best products for our home, lifestyle and health status?

---

*Theme: Bonus Session*

## **Chatham Park: An Update and a Vision**

Presented by: John Fugo, ECO Group LLC and MONTGOMERY CAROLINA LLC, Real Estate Services and Property Management

*Speaker Biography: John Fugo is helping lead the commercial development of Mosaic, a 350-acre, \$800 million mixed-use development that will serve as the gateway to [Chatham Park](#), the 7,100-acre live-work-play community underway in Pittsboro. Phase I of Mosaic, 44-acre entertainment and lifestyle destination will break ground in early 2019. It is being described as “a feeling – a destination filled with experience and interaction that pushes the edge of what is expected yet welcomes the community with its natural environs and innovative programming.” He is also helping with other components of Chatham Park, including EngAGE, a rental, independent living community for active 55 and up Boomers in a creative, arts-inspired environment.*

**Session Description:** Participants will learn about what has been completed, what is under construction, what is being planned, and what is envisioned. There will also be opportunity for questions and the exchange of ideas.

## Concurrent Sessions C: 2:00pm – 3:00pm

*Theme: Inside the Kitchen*

### **Go Med Instead of Meds**

Presented by: Phyllis Smith, RD, LDN; Family and Consumer Science Extension Agent

*Speaker Biography: Ms. Smith is a registered dietitian working with Family and Consumer Science program here in Chatham County at the Chatham County Agriculture and Conference Center. Her areas of responsibility are Health and Wellness, Food Safety and Food Preservation. She provides programming to the community on a variety of topics.*

**Session Description:** Research based studies are showing that the Mediterranean method of eating is known for lowering blood pressure and heart diseases. Angelina from Angelina’s Kitchen will be joining us to discuss the foods prepared in the Mediterranean fashion.

---

*Theme: Planning for the Future*

**Downsizing: Reflections on Your Current Life**

Presented by: Ginny Gregory, Professional Organizer at Beyond The Crate

*Speaker Biography: Ginny Gregory-Beyond The Crate Professional Organizer and Downsizing helping senior transition for 8 years in the Triangle area. Compassion driven and a consummate truth teller.*

**Session Description:** Repurposing your household to match your current life. Best weight loss program you will ever. Getting to know your current self while understanding less is more without losing memories.

---

*Theme: Health and Wellness*

**Nia Technique – Moving to Heal is Movement as Medicine!**

Presented by: Kate Finlayson, Nia Education Trainer at Nature Nia

*Speaker Biography: Kate Finlayson is a professional actor, a certified Environmental Educator and a Nia 1st Degree Black Belt. She is also one of only 28 Nia Education Trainers all over the world. She began her Nia path in 2005 at age 50 after years of chronic pain, frozen shoulders, and low energy. Moving to beautiful music and listening to her body brought healing to all joints, joy into her life, and weight loss. She has received all available belts (White, Green, Blue, Brown, Black and First Degree Black) and Nia Five Stages of Healing certification. She identifies her purpose to inspire the transformation and personal growth of each brave human who is willing to step into the dance.*

**Session Description:** Come and experience the JOY of Gentle Nia and discover mind/body/spirit/emotion wellness! For all levels and ages, this class is a self-healing practice that combines the energies of dance, martial arts, and yoga. For over 35 years, Nia has brought us a safe, effective cardiovascular workout that conditions the whole body increasing stability, strength, flexibility, agility and mobility. Uplifting music guides you to move in a way that is natural for you and brings awareness via the sensations of your body. It's just plain ole FUN!

---

*Theme: Chatham*

### **Recording the Memories of Our Military Veterans**

Presented by: Rusty Edmister, US Army Veteran and Oral History Collector from the North Carolina Military Veteran Oral History Project, LLC

*Speaker Biography: Rusty graduated from Chapel Hill High School in 1962, from UNC-Chapel Hill in 1966 and 1968, and from NC State University in 2012. He completed a 39-year career in 2007 and has spent much of his time in the time since then recording military veteran oral histories on video for such veterans, their families and friends. As of the end of February, 2018, Rusty has recorded over 360 video interviews with military veterans in North Carolina, South Carolina and Virginia. Rusty joined the US Army in 1969 and spent nearly all of 1970 with the US Army Corps of Engineers in Long Binh, South Vietnam.*

**Session Description:** Each of those men and women who served in one or more of our military branches has created a unique personal history. Taken together, these personal histories make up a very large and critically important part of the history of the United States. Although most are reticent to talk about what they did during their service, it is extremely important to their families and friends and to our country to record their memories in detail as soon as possible.

---

*Theme: Safety in the Home and Community*

### **Frauds and Scams Awareness**

Presented by: Mike Copeland, Detective for Chatham County Sheriff's Office

*Speaker Biography: Detective Copeland has been a sworn deputy with the Chatham County Sheriff's Office for 14 years. Seven of those years were spent working as a detective. For the last three years, he has specialized in financial crimes investigations and serves as a local advocate for fraud awareness and prevention.*

**Session Description:** Discuss the common methods of frauds and scams, how to not be a victim and what to do if you become a victim. Chatham County, and especially seniors, are experiencing and increasing number of frauds and scams. Questions and a lively exchange of information will be encouraged.