

CUT OFF AND SEND IN WITH REGISTRATION FEE

Aging: A Family Affair 2018

Thursday, November 8, 2018

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
 - Legal Documents
 - Healthy Weight
 - Home Modifications
- 12:30 - 1:45
 - Healthy Lungs
 - Medicare/Soc. Security
 - Healing Sounds
- 2:00 - 3:15
 - Healthy Heart
 - Phone Photography

To schedule your **legal consultation**, call Senior Information & Referral at 546-6262.

Cost: Pay *by* Friday, Oct. 19: \$25
Pay *after* Friday, Oct. 19: \$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.
- ▶ To schedule your legal consultation, call Senior Information & Referral at 546-6262.

Register by Friday, Oct. 19, for discount

Early Bird (by Oct. 19).....\$25
After Oct. 19 (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 more detailed directions, call Rothchild at (865) 690-0103 or go to the company's web site at www.rothchildknoxville.com.

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

Aging

A Family Affair 2018

Practical Information

Related to Aging

Thursday, November 8, 2018

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 2018

*Practical Information
Related to Aging*

Thursday, November 8, 2018
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.
- ▶ **Brief legal consultation** with lawyers will be provided by the Lawyer Referral & Information Service (LRIS) of the Knoxville Bar Association to discuss planning options for your family. To schedule your consultation, call Senior Information & Referral at 546-6262.

- ▶ **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.
Aging and Evolving Optimally: A Physician's Perspective
Rocio A. Huet, M.D., Director, University Internal Medicine and Integrative Health, The University of Tennessee Medical Center
- ▶ **10:15-11:30 First Workshop Session (choose one)**
 - 1. Preparing as You Age: Updates on Legal Documents**
Kelly Guyton Frère, Certified Elder Law Attorney, Guyton & Frère
 - 2. Maintaining a Healthy Weight**
Cara Connors, M.D., UT Family Physicians Alcoa, The University of Tennessee Medical Center
 - 3. Home for a Lifetime**
Janet Neely, COTA/L, CAPS, Owner, Being At Home, LLC and Mitch Olszewski, AARP TN Livability Council
- ▶ **11:30-12:30 Lunch & Exhibits**
- ▶ **12:30-1:45 Second Workshop Session (choose one)**
 - 4. Every Breath We Take: Healthy Lungs and Living Well**
J. Francis Turner, M.D., University Pulmonary and Critical Care, The University of Tennessee Medical Center
 - 5. Medicare and Social Security 101**
Blake McCoy, Owner, Medicare Insurance Advisors
 - 6. Healing Sounds for the Mind and Body**
Jan Coe, Owner, Whole Notes Harmony
- ▶ **2:00-3:15 Third Workshop Session (choose one)**
 - 7. Natural Remedies for a Healthy Heart**
Jeffrey H. Johnson, M.D., University Cardiology, The University of Tennessee Medical Center
 - 8. Capture the Moment: Smart Phone Photography**
Paul Hassell, Owner, Light Finds Photography
- ▶ **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 Grand Ballroom throughout the day.**

