

It's natural to want to stay at home as you grow older.

Health - Genetics only account for 30% of one's ability to achieve longevity; the remainder is lifestyle (70%). The secret to living longer and better are found in everyday things like: the food we eat, company we keep, perspective on life, daily routines and being physically active.

September is Falls Prevention

Month. Park Ridge Health and Park Ridge Wellness Van will be offering **FREE BALANCE SCREENINGS and BLOOD PRESSURE CHECKS** from 10:00 am - 2:00 pm. Learn about how to improve and strengthen your balance. Prevent falls one of the leading causes of hospitalization. What's your blood pressure? Learn what your number means.

FREE ONSITE SHREDDING of sensitive financial records, bank records, checks and medical records that are no longer needed. Collect it. Gather it. Shred it. Licensed onsite shredding from 9:00 - 11:00 am. Earlier drop off service available from 8:00 -9:00 am. Sponsored by C & C Senior Services, Always Best Care and SPG Group of Hilliard Lyons.

Hendersonville County Sheriff's Department and Hope Rx will be offering a **FREE PILL DROP OFF** from 9:00 am – 12 noon to safety destroy expired, unused and no longer needed medicines. This keeps them out of our drinking water, prevents potential drug abuse and fraud, and taking expired medicines that can lose their effectiveness. Check your medicine cabinets, check your drawers and drop them for collection.

Engaging & Enjoyable Activities

Stay active and connected by volunteering, traveling, studying, working part-time or pursuing personal projects. Local options: BRCC Continued Education Courses and Center for Lifelong Learning programs.

Major Sponsors



2015 Aging in Place – It's In Your Future National Conference

Learn Tips for Happy, Healthy Retirement Living

September 24, 2015

Blue Ridge Community College Conference Hall, Flat Rock, NC

Morning Session 8:00-11:45am

8:00-8:45 Meet & Greet with our Aging Projects, Inc. Providers.

8:45-9:00 am Aging Projects, Inc. President's Welcome

9:00-10:30 am "Could This Be Alzheimer's? Recognizing Early Warning Signs of Memory Loss." Presented by Mary Donnelly, Caregiver Network Coordinator Memory Care, Editor Caregiver Network News, former President Board of Directors MemoryCare, certified Teepa Snow "Positive Approach to Care" trainer, certified Validation Practitioner, founder WNC Validation Coalition and co-facilitator caregiver support groups.

10:30-11:00 Meet & Greet with our Aging Projects, Inc. Providers.

11:00-11:45 am "A Geriatric Potpourri: Vaccines, Preventive Medicine And The Exciting New Frontiers of Geriatric Medicine." Presented by Dr. Joanne Helppie, MD Geriatrician Internal Medicine, Founder and Chairperson Aging Projects, Inc.

12:00-1:00pm Enjoy lunch during the Aging Projects, Inc. 2015 National Conference Awards Presentation and Raffle Drawing. Meet & Greet with Aging Projects, Inc. Providers.

Afternoon Session 1:00-3:00pm

Afternoon sessions 1:00-1:45 pm (Select One)

Workshop 1 "Advanced Care Directives: Your Healthcare Wishes in Writing. For You & Your Loved Ones." Presented by Dr. Elizabeth Tait, Assistant Professor, Master of Health Sciences (MHS) Program, School of Health Sciences, Western Carolina University.

Workshop 2 "Maintaining One's Independence with All Levels of Low Vision." The Community Low Vision Center is committed to enhancing the lives persons with all levels of low vision. Learn the common types of vision loss, sighted-guide technique, orientation & mobility, guide dog etiquette & courtesy rules of blindness and how to use technology to maintain independence with low vision. Presented by Grant Weather, Low Vision Technician at the Community Low Vision Center, Asheville, North Carolina and Jay Hardwig Manager of A Brighter Path Programs Asheville, North Carolina.

Workshop 3 "Learn the Latest Frauds, Scams, ID Theft and Exploitations. Recognize Them & Avoid Becoming a Victim. Ask Your Questions & Get Them Answered." Presented by the Henderson County Sheriff's Office - Sheriff Charles S. McDonald.

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Afternoon Session (Continued)

Afternoon Sessions 2:00-2:45 pm (Select One)

Workshop 1 "STOP AGING! Unless You Have A Better Plan Than Most. The Dilemma of Dwindling Resources and Care Options." (Learn about available resources, care options and how to develop a care plan to successfully age in place.) Presented by Debi Moran, MSW, LCSW, ACHP-SW, Palliative Care Worker, Four Seasons Compassion for Life.

Workshop 2 "Nutrition Wisdom For Healthy Aging" (Discover nutrition secrets for healthy aging, learn how to apply these nutrition secrets into everyday meal plans, and so much more.) Presented by Julie Marquez RDN, LDN Pardee UNC Healthcare.

Workshop 3 Caregivers Take Care of Yourself. For You. Your Loved Ones and Life." (The golden rules for caregiving, avoiding caregivers stress & burnout, caregiver support, caregiver resources and respite care. We will discuss it all.) Presented by Karla Reece, MHS, BSW, Auxiliary Services Manager, Pardee UNC Healthcare.



2:45-3:00 pm Closing Comments

Note: Please Remember To Complete & Submit Your Aging Projects, Inc. Feedback Survey

There is no cost to attend, due to sponsor support. To register click on this link

<https://www.surveymonkey.com/r/AgingConference>

or call 828-388-2973 and leave your full name, address and contact information.

Sponsors: SPG Group of Hilliard Lyons, WTZQ Radio, Park Ridge Health, Harris Teeter, Sam's Club, Chick-Fil-A, Joey's New York Bagels, Home Depot, Park Ridge Health Wellness Van, Harris Teeter, Staple's, Henderson Co. Visitors Center, Aging Projects, Inc., Helppie Family Charitable Trust, C & C Senior Services, Always Best Care, Hope Rx, TRIAD, and the Small Business Center at Blue Ridge Community College.