

It's natural to want to age in place as you grow older. Aging Projects, Inc. is specially designed to help seniors, caregivers, providers and community organizations find the resources to age in place.
www.AgingProjectsInc.org

- HopeRx and the Hendersonville County Sheriff's Department will be offering a free **PILL DROP-OFF** from 9:00 am - 12:00 pm to safely destroy expired, unused and no longer needed medicines. Prevent drug abuse and taking medicines that can lose their effectiveness, while safeguarding our water.
- Park Ridge Health will be offering free **BLOOD PRESSURE CHECKS** from 10:00 am - 2:00 pm. What's your blood pressure and what do your numbers mean? Attend the afternoon presentation from 1:00 pm - 1:45 pm to learn how to maintain a healthy heart and reduce your stroke risk.
- September is Falls Prevention Month. The Hendersonville Falls Prevention Coalition will be offering free **BALANCE SCREENINGS** from 10:00 am - 2:00 pm. This annual screening can prevent falls, one of the leading causes of hospitalization. Attend the afternoon presentation session from 2:00 pm - 2:45 pm to learn how to improve and strengthen your balance.
- **ONSITE RESPITE CARE** of your loved ones is staffed by trained professional caregivers. Attend presentations, meet with providers, gather resources and so much more. Pre-registration **REQUIRED** due to limited availability.
- A new cafeteria buffet style **BREAK ROOM** featuring an assortment of beverages, snacks and expanded lunch entrees will be available free of charge.
- **NO CHARGE TO ATTEND** due to partner support.

Third Annual Aging in Place. It's in Your Future. National Conference

September 22, 2016

Blue Ridge Community College Conference Hall, Flat Rock, NC

Morning Session 8:00 – 11:45am All in Gala Room

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

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

9:00 – 10:30 Keynote Presentation • Creating Wellness and Preserving Cognitive Health — A Tag Team Approach

The Team: Jodi Grabowski, MACP, serves as physician liaison and community outreach coordinator for Park Ridge Health. Laura Mason, M.D., of Park Ridge Health Neurology, is board-certified in neurology and clinical neurophysiology.

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

11:00 – 11:45 A Geriatric Potpourri: Doing a Good Job with Growing Older

Presented by Joanne Helppie, M.D., geriatrician and internal medicine physician, founder and chairperson of Aging Projects, Inc.

Lunch & Learn 12:00 – 1:00pm

Enjoy lunch during the Annual Health Care Update and Aging Projects, Inc. 2016 National Conference Awards Presentation. Meet & Greet with Aging Projects, Inc. Providers.

Afternoon Session 1:00 – 3:00pm

1:00 – 1:45 Workshop Sessions [Select One]

Workshop 1: Heart Health and Stroke Awareness Presented by Charles Harpe, M.D., of Park Ridge Health at Laurel Park, board certified in internal medicine. **Gala Room**

Workshop 2: Bathroom Safety and Renovation for the Mature Active Lifestyle Presented by Brian Bock, MBA, of Blue Ridge Walk-In Tubs. **Cortland Room**

Workshop 3: Say "No" to What, Huh and Pardon Me Presented by Brent Steele, M.D., co-owner of WNC Zounds Hearing Centers in North Carolina. **McIntosh Room**

2:00 – 2:45 Workshop Sessions [Select One]

Workshop 1: Special Guest Presentation — Your Vision and Overcoming Vision Challenges Presented by Sandy Scarlett, MA, MBA, CFRE, development director at UNC School of Medicine Department of Ophthalmology. **Cortland Room**

Workshop 2: Balance Your Life: Falls Prevention, Tips to Help Maintain Balance and Prevent Falls Presented by Justin Peterson, MPT, regional facilitator for Gentiva's Safe Strides balance program. **Gala Room**

Workshop 3: Be a Smarter Driver Now Presented by Gretchen Batra, MS, instructor, AARP's Smart Driver Course. **McIntosh Room**

Closing Comments 2:45 – 3:00pm

Special Thanks to the following National Conference Partners



**Aging
RESOURCES**
SERVING ASHEVILLE, HENDERSONVILLE
AND SURROUNDING AREA

