



Eighth Annual
Aging in Place. It's in Your Future.
National Conference
Mind ∞ Body ∞ Spirit

Thursday, Sept. 15, 2022

Blue Ridge Community College Conference Hall, Flat Rock, NC

9:00 – 9:45 ▶ Meet and Greet with Exhibitors and Health Screenings

9:45 – 10:00 ▶ President's Welcome

10:00 – 10:45 ▶ Presentation Panel #1 MIND — Who's in Your Trusted Advisors Circle?

Protecting Your Family's Financial Security. An extended/long-term care event can take an overwhelming toll on a client's family and finances. We'll discuss ways to plan and prepare by developing a personal extended care plan. *Matt Dickelman, Associate Vice President – Investment, The Kaser Dickelman Financial Strategies Group of Wells Fargo Advisors.*

Care Management. Caring For and About You! Healthcare services have become specialized "silos" unable to consider you as a whole person. Learn how an Aging Life Care Manager can assess and determine your individual needs and accomplish your goals while building a relationship of trust. *Karen Wolfrom MSA, RN-BC, CMC Holistic Elder Services LLC*

The 5 Important Documents You Need to Have in Place Before It's Too Late. Every estate plan should include five important documents, including a will, power of attorney, and healthcare documents. This discussion will explain the purposes and outcomes of estate planning documents. *James B. Fleming, JD Strauss Attorneys, PLLC*

11:00 – 11:45 ▶ Presentation Panel #2 BODY — Your Body's Health in Your 60s, 70s, 80s and Beyond.

Moving Your Body is Real Medicine. Daily activity is healthy for mind, body and spirit. Tai Chi is an ancient Chinese martial art that improves health and long life. It is practiced by more people around the world than any other activity or exercise. Is Tai Chi right for me? *Patricia Gilliam, PhD, ANP-BC Adult Nurse Practitioner, Certified Tai Chi for Health Instructor, WNC Tai Chi for Health.*

Strength Training and the Fountain of Youth. Use it or lose it. Muscle mass is the fountain of youth. This presentation will discuss how lean muscle mass naturally diminishes over time if you don't use it, and the many benefits of strength training to your overall health and fitness. *Laura Dylus MSPT, FMS Certified Level 1 and 2, 8th Element Asheville*

Aging Gracefully with Mobility in Mind. Let's change the conversation on mobility. Discover the various types of equipment that will allow you and your loved ones to thrive and live to their potential. Learn about the process of getting mobility devices, insurance coverage, and who pays for mobility devices. *Amy Siegler, OTD, OTR/L, BOCO, LimbTech*

11:45 – 1:00 ▶ Lunch, National Awards Presentation, Meet and Greet with Exhibitors, Health Screenings

1:00 – 1:45 ▶ Presentation Panel #3 SPIRIT — Maintaining Your Quality of Life.

Preservation of the Mind. We have all heard the phrase "If you don't use it, you lose it!" The brain continually reorganizes itself by forming new neural connections throughout life. When we do not keep ourselves engaged, we can begin to lose a little of who we are, both mentally and physically. Preservation of the mind is key. *Alicia White, MS, CCC-SLP, Lifespan Therapy*

Maintaining Joy and Relationship Despite Dementia. When was the last time you laughed, or sang, or danced with your loved one living with dementia? There are joys yet to be experienced for both of you along the challenging journey. Learn some of the ways to keep that special connection alive. *Cindy Keehn PT, DP, CDP, MCDP, PAC Certified Independent Trainer and Consultant, Engaging Dementia Effectively*

The Heart of the Matter. Justice, dignity and beauty are crucial to aging well. Explore the insights and wisdom gained from a spiritual director and enneagram teacher, based on one's personal transformation and authentic relationships especially as we age. *Carol Hovis, M.Div., ordained Presbyterian minister, trained Spiritual Director, Certified Enneagram Teacher*

1:45 – 2:30 ▶ Meet and Greet with Exhibitors and Health Screenings

National Conference Details and Partners over 

**NO REGISTRATION
REQUIRED**

NO CHARGE TO ATTEND
this conference due to partner
support.

LUNCH & LEARN

• Doc Brown's BBQ
a Carolina favorite
• Plus a 2nd Food Truck
to be determined
Your Choice. Your Budget.
Your Way.

ALWAYS BEST CARE

will offer free blood pressure,
pulse oxygen, temperature
and balance screenings.

**FREE BEVERAGES & FRESH
BAKED COOKIES**

**SPECIAL THANKS TO
OUR COMMUNITY PLATINUM PARTNER**



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