



Ninth Annual
Aging in Place. It's in Your Future.
National Conference
Change the Narrative • Change your Life

Thursday, September 21, 2023
Blue Ridge Community College Conference Hall, Flat Rock, NC

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

Coffee service by Bare Bones Brew Haus located outside the conference hall.

9:45 – 10:00 ▶ President's Welcome

10:00 – 10:45 ▶ Keynote Presentation • The Importance of Help and Hope: When transitions, isolation, and health care issues bring concerns, crisis or thoughts of suicide.

Mental health and well-being are as important in older age as at any other time of life. One in four older adults will experience some mental disorder, such as depression, anxiety, or dementia. This could have a tremendous impact on the healthcare needs of our nation. By understanding how to identify a person at risk of behavioral health concerns or suicide, you can ask important questions, listen, and link to community resources, services and supports. You can bring help and hope to those you care about!

Presented by Melissa Witmeier, BS, Master Suicide Prevention and Intervention Trainer

11:00 – 11:45 ▶ A Reflective Presentation • Changing the Conversation about Agism, Ableism, and Inclusion.

How do we change the conversation of ageism, ableism and inclusion in an abled body? Put yourself in the life of an individual with a disability and experience what it feels to be excluded. Learn how to gain empathy, respect, and increase dignity. Have a better idea of how to be empathetic, recognize ableism, and change the conversation on true inclusion.

Presented by Dr. Amy M. Siegler, OTD, OTR/L, BOCO

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

Food Trucks located outside the conference hall.

1:00 – 1:45 ▶ Change the Narrative and Change your Life. A Presentation Panel Focusing on Nutrition, Wellness Exercise and Occupational Therapy.

Presentation #1 — Food and Mood. Is that little voice inside your head coming from your gut? New research links what you eat to how you feel mentally and emotionally. Find out what you can eat to feel your best.

Presenter: Julie Cunningham, MPH, RD, CDCES, IBCLC

Presentation #2 — Free to Live Well: How Functional Fitness Can Change Your Life.

Age affects everyone differently, but loss of functional ability impacts everyone the same. Your quality of life in your mature years is largely decided by your ability to comfortably navigate an average day. Functional fitness has changed lives.

Presenter: Bronson Cline, BS, EIM, CSCS

Presentation #3 — Therapy: Bring Life to Living. Learn what is and is not normal aging and how therapy can be instrumental in preventing, reversing, and adapting to declines in function in order to maximize quality of life. Get the tools and strategies you need to not only age in place but thrive doing so.

Presenter: Sara Fink, MOT, MS

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

**NO REGISTRATION
REQUIRED**

NO CHARGE TO ATTEND
this conference due to partner
support.

LUNCH & LEARN

Two Carolina Favorite
Food Trucks
Bare Bones Brew House
Coffee Service
*Your Choice. Your Budget.
Your Way.*

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

**FREE BEVERAGES AND
FRESH BAKED COOKIES**

National Conference Partners over 

SPECIAL THANKS TO
OUR COMMUNITY PLATINUM PARTNER



2023 Provider Platinum Partners

