

CUT OFF AND SEND IN WITH REGISTRATION FEE

## Aging: A Family Affair 2007

Thursday, October 11, 2007

8:00 a.m.-3:45 p.m.

(please print)

Name \_\_\_\_\_

Address \_\_\_\_\_

ZIP Code \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

### Check special needs:

- Interpreter Service
- Large print handouts
- Sighted guide
- Other \_\_\_\_\_

### Check one each session:

- |               |   |
|---------------|---|
| 10:15 - 11:30 | <input type="checkbox"/> Nursing Home Prep<br><input type="checkbox"/> Medicines<br><input type="checkbox"/> Take a Deep Breath |
| 12:30 - 1:45  | <input type="checkbox"/> "Crazy" Laws<br><input type="checkbox"/> Tai Chi<br><input type="checkbox"/> Talk to Your M.D.         |
| 2:00 - 3:15   | <input type="checkbox"/> Roots, Family<br><input type="checkbox"/> Hospice<br><input type="checkbox"/> Medical ID Theft         |

## Specifics

### Information:

For more information, call Marie Alcorn, Office on Aging, at 524-2786.

### Registration Fee:

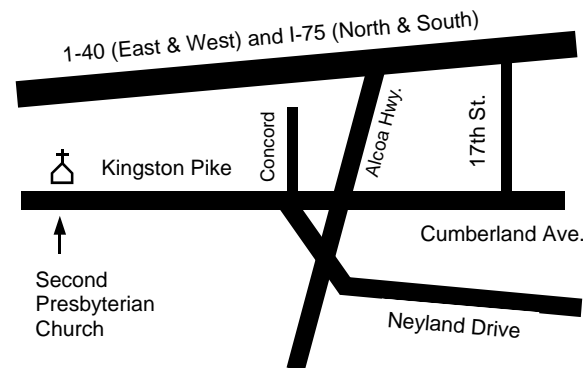
\$30 (includes lunch)  
Preregister by Friday, October 5, 2007.  
Please preregister to ensure your lunch and assist in planning workshop rooms. You can register at the door, but lunch cannot be guaranteed.

### Directions:

Second Presbyterian Church is located on Kingston Pike on the right as you drive west, in the second block after Concord Avenue/Neyland Drive intersection with Kingston Pike.

### Parking—Bus:

Parking is abundant at the church. Call KAT, 637-3000, for bus information. Bus runs along Kingston Pike.



Cost: \$30 (includes lunch)  
Make checks payable to the  
Knoxville-Knox County Office on Aging

Mail To: Office on Aging,  
P.O. Box 51650,  
Knoxville TN 37950-1650

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

# Aging

## A Family Affair 2007

*Practical Information  
Related to Aging*

Thursday, October 11, 2007

8:00 a.m. - 3:45 p.m.

Second Presbyterian Church  
2829 Kingston Pike  
Knoxville TN 37919



Aging: A Family Affair is a special event of  
**Knoxville-Knox County CAC**  
**Office on Aging**

Sponsored by:



# Aging

## A Family Affair 2007

*Practical Information  
Related to Aging*

Thursday, October 11, 2007  
8:00 a.m. - 3:45 p.m.

Second Presbyterian Church  
2829 Kingston Pike  
Knoxville TN 37919

▶ **Continental Breakfast:** Come early to enjoy a selection of pastries, coffee, and juice.

▶ **Lunch:** Make a salad or a sandwich from a variety of deli meats, cheeses, and vegetables. Fruit, chips, side dishes, drinks, and desserts also provided.

▶ **Exhibitors' Fair, all day:** Please visit our exhibitors' tables during breaks and after lunch for valuable information for seniors and caregivers.

▶ **Fitness Walk, 12:10 p.m.:** Nicole Yarbrough, from St. Mary's Health & Fitness Center, will lead walkers on a 15-minute trek around the church property for a great after-lunch pick-me-up. Please bring comfortable walking shoes.

▶ **8:00-8:45 Registration, Exhibits & Continental Breakfast**

▶ **8:45-10:00 Peggy Wirtz Keynote Address**

*The Peggy Wirtz Keynote Address is sponsored by Covenant Health and St. Mary's Health System in honor of Peggy Wirtz, the originator and longtime coordinator of Aging: A Family Affair.*

**Creative Nostalgia**

Pat Livingston, counselor, author of *Let in the Light: Facing the Hard Stuff with Hope* and other books

▶ **10:15-11:30 First Workshop Session (choose one)**

1. **Nursing Home "Prep Talk": What You Need to Know Before Admission**

Cindy Troyer, attorney, Legal Assistance for the Elderly program and Long Term Care Ombudsman program

2. **Getting the Most of Your Medicines**

Mary Ellen Cox, pharmacist, University of Tennessee Medical Center

3. **Take a Deep Breath: Local Air Quality & Your Lungs**

Dr. Paul Banick, pulmonologist

▶ **11:30-12:30 Lunch, Exhibits & Fitness Walk**

▶ **12:30-1:45 Second Workshop Session (choose one)**

4. **"Crazy" Things in the Law that Affect Seniors**

Kelly Guyton Frère, elder law attorney, Guyton & Frère

5. **Tai Chi: Gentle Movements, Quiet Moments**

Bob Riehl, Taoist Tai Chi Society of Knoxville

6. **I'm the M.D., Talk to Me**

Dr. Cassandra Gibbs, internal medicine and geriatric medicine

▶ **2:00-3:15 Third Workshop Session (choose one)**

7. **Roots, Trees, and Family**

Doris Martinson, certified archivist, manager, Knox County Archives at the East Tennessee Historical Center

8. **The Hospice Experience: It's About Living**

Ann Mountain and Ellen Weaver, nurses and clinic managers, Covenant Hospice and Homecare

9. **The Information Crime that Affects Your Health: Medical ID Theft**

Tish Breeding, compliance officer, Covenant Health

▶ **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).

