

1983–2017

34th  
Annual

**MEETING THE  
CHALLENGES AND  
OPPORTUNITIES OF AGING**  
*Educate Entertain Energize*



**Friday, May 19, 2017**

**NorthEast Christian Church  
990 Star Shoot Parkway • Lexington, Kentucky**

*For more information:*

**[www.challengesofaging.com](http://www.challengesofaging.com)  
(859) 257-5582**

The 34th Annual Meeting of the Challenges and Opportunities of Aging will educate, entertain and energize. The conference will feature excellent speakers, activities, and exhibits related to health, resources, safety and fun. Join us for food and friendship at the NorthEast Christian Church, an accessible facility with on-site parking.

**Registration Deadline: May 17, 2017**

# Key Note Speaker

*9:00-9:45 am*



## Gerina Whethers

Gerina Whethers heads the newly created Office of Senior Protection and Mediation at the Office of the Attorney General. The Office of Senior Protection is responsible for public outreach initiatives of broadening public awareness and knowledge of fraud, scams and exploitation occurring against senior Kentuckians. The Mediation group serves as a clearinghouse for all consumer complaints for the Commonwealth. Whethers served as executive director in the Office of Victims Advocacy at the Office of the Attorney General for three years. Prior to the Attorney General's Office, Whethers accumulated 10 years of service working on Criminal Cases in Jefferson County. She worked as assistant county attorney in the Domestic Violence, Sexual Assault Unit for Jefferson County, prosecuting cases of elder abuse, child sexual and physical abuse, domestic violence. Whethers also served as a staff attorney in Jefferson County Circuit Court performing extensive legal research and writing opinions covering a wide range of criminal and civil legal cases. Whethers served as trial commissioner for the Jefferson County District Court.

*Meeting the Challenges & Opportunities of Aging presented, in part, by support from:*

**Lexington - Fayette Urban County Government  
Division of Aging and Disability Services  
Lexington Senior Center  
&  
Bluegrass Area Agency on Aging & Independent Living  
&  
University of Kentucky  
College of Agriculture, Food & Environment  
Fayette Cooperative Extension Service**

*and these generous sponsors:*

- Accessible Home Care
- Briarwood Apartments
- Mayfair Village
- The Willows at Hamburg
- Senior Helpers

# **CONFERENCE SCHEDULE**

**8:30 – 9 a.m. Registration/Light Breakfast**

**9 – 9:45 a.m. Welcome and Keynote Address:**

**Gerina Whethers**

**10 – 10:45 a.m. Session One Workshops**

**11– 11:45 a.m. Session Two Workshops**

**Noon – 1 p.m. Luncheon, Exhibits & Door Prizes**

**1 – 2:15 p.m. Session Three Workshops**

## **Special Opportunities**

**8:30 a.m. - 2:15 p.m. Exhibits**

Exhibitors will be on-site all day to share information about their programs and services.

**9 – 9:45 a.m. Welcome and Keynote Address: Gerina Whethers**

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**10 – 10:45 a.m. SESSION ONE WORKSHOPS**

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**1. Zumba for Seniors**

**Jode Rose**, *Licensed Zumba Instructor, Recreation Assistant at the Lexington Senior Center*  
Participate and enjoy an energetic session of dance exercise that is sure to entertain you. Learn how dancing can impact your health and increase your metabolic rate and energy.

**2. Medications & You: Keys to a Successful Partnership**

**Lynne Eckmann**, *Pharm D, CGP, Owner of Wheeler's Pharmacy*

**Alex Brewer**, *Pharm D, MBA, Resident at Wheeler's Pharmacy*

Educate yourself on how drug interactions change as we age. Learn the different ways drugs can be helpful and potentially harmful for the body.

**3. Getting to know the Lexington Public Library**

**David Bryant**, *Librarian, Lexington Public Library*

David will describe the library's collection of books, DVD's, eBooks, magazine and other material is available to check out and go over the numerous program and events happening at your local public library.

**4. Smart 911**

**Debbie Nantz**, *911 Operator Manager*

Registering for Smart 911 gives first responders important information that will help them address your emergency. You can learn how to sign up for Smart 911 or make changes to your profile.

**11 – 11:45 a.m. SESSION TWO WORKSHOPS**

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**5. Zumba for Seniors**

**Jode Rose**, *Licensed Zumba Instructor, Recreation Assistant at the Lexington Senior Center*  
Participate and enjoy an energetic session of dance exercise that is sure to entertain you. Learn how dancing can impact your health and increase your metabolic rate and energy.

**6. Caregiver Compassion Fatigue**

**Carmen Conley**, *Counseling Supervisor, Bluegrass Care Navigators*

This workshop will help define burnout & compassion fatigue and how to recognize the sign and symptoms. Participants will have the opportunity to enhance their knowledge of coping mechanisms for self-care and how to find ways to reduce stress.

**7. My Compass & My Sea: How to Properly Navigate Through the Unpredictable Waters of Aging in America without Losing Your Ship**

**Sarah Johnston**, *Attorney, DelCotto Law Group PLLC*

Learn how to find your compass both before and during times of crisis while navigating your way through retirement without depleting your nest egg or impoverishing your loved ones.

**8. Financial Benefits for Wartime Veterans**

**P.J. Ash**, *President, Veteran Services Associates*

Discover the financial advantage of the Aid and Attendance Benefit. This benefit is designed to help veterans and their families offset financial burdens in regards to medical expenses.

## NOON: LUNCHEON

### **Welcome & Greetings**

**Chris Ford, Commissioner of Social Services,**  
*Lexington-Fayette Urban County Government*

*Lunch*

*Door Prizes*

*Visit Exhibit booths*

## 1:00 – 2:15 p.m. SESSION THREE WORKSHOPS

### **9. Senior Group Travel Tips**

**Martha Duncan, Recreation Specialist Senior at the Lexington Senior Center**

Whittle away at your bucket list. Learn some of the do's and don'ts of travel both domestically and internationally. Learn what are some of the benefits of group travel.

### **10. Writings about Aging**

**Professor Gurney Norman, English Professor at the Appalachian Center**

This class offers a brief writing exercise and discussion with emphasis on Appalachia experiences.

### **11. Brain Power!**

**Elise Mandel, Educational Consultant**

Participants will engage in several activities that will work on vocabulary, logic, math and general knowledge skills. Presenter will discuss learning and memory techniques.

### **12. Growing Herbs in Kentucky: Healthy & Fun**

**Joanna Badagliacca, Ph. D, Fayette County Extension Master Gardener Program**

This presentation will describe herbs, how to grow them, the benefits of fresh herbs, and how to use them in various ways, including cooking and decoration.

*The Planning Committee of Meeting the Challenges and Opportunities of Aging would like to extend a Special Thank You to NorthEast Christian Church for opening their facilities for this year's conference!*

***NorthEast Christian Church***  
**990 Star Shoot Parkway**  
**Parking is available on-site!**

Parking for the conference will be located on-site at NorthEast Christian Church on Star Shoot Parkway in Hamburg. Volunteers will be on-site to help direct you.

**From Man of War:** Head North on Man O' War towards the Hamburg Pavilion Shopping Center. Turn left on Pink Pigeon Parkway. Proceed through stop light and through 4-way stop. NorthEast Christian Church will be on your left.

**From Downtown:** Head East on Winchester Road. Turn Right on Sir Barton Way, then Right on Star Shoot Parkway. NorthEast Christian Church will be at the intersection of Star Shoot Parkway and Pink Pigeon Parkway.

## **What is Everyone Talking About?**

Things to do  
at the Public  
Library

Getting to  
know a  
local author

Zumba for  
Health

Senior Travel

Getting started  
with  
Smart 911

Elderlaw

Challenging  
your mind

Veteran's  
Benefits

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# **REGISTRATION FORM - *Deadline: May 17, 2017***

## **REGISTRATION FEE: \$10**

Make checks payable to: COMMUNITY FCS

Send payment and this form to: Fayette County Cooperative Extension Office  
c/o Challenges of Aging  
1140 Harry Sykes Way  
Lexington, KY 40504  
(859) 257-5582

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Age: \_\_\_\_\_

If you are under age 60, do you provide care for an older adult?  Yes  No

Circle the workshops of your choice. Tear out this form and mail to the address listed above.

**First Workshop** 10 a.m. – 10:45 a.m. (Circle One) #1 #2 #3 #4

**Second Workshop** 11 a.m. – 11:45 p.m. (Circle One) #5 #6 #7 #8

**Third Workshop** 1:00 p.m. – 2:15 p.m.. (Circle One) #9 #10 #11 #12

Do you need a vegetarian option?  Yes  No



Do you require an accommodation, due to a disability, in order to fully participate in the program?

If yes, please call 257-5582 by **May 17th** to make arrangements.


The College of Agriculture, Food and Environment is an Equal Opportunity Organization.

*The 2017 Meeting the Challenges and Opportunities of Aging Conference is made possible by support of these sponsors:*



CHANGE SERVICE REQUESTED

University of Kentucky  
College of Agriculture,  
Food and Environment  
Cooperative Extension Service



Fayette County Cooperative Extension  
1140 Harry Sykes Way  
Lexington, KY 40504

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