

REGISTRATION FORM

NAME: _____ PHONE: _____

ADDRESS: _____ EMAIL: _____

I have enclosed:

☐ Registration fee of \$20

For a scholarship call Zoe at (828) 277-8288

☐ Additional donation of \$ _____

Advanced registration is required. Please detach and mail to:

Council on Aging of Buncombe County, 46 Sheffield Circle, Asheville, NC 28803

Checks and money orders can be made payable to same address. Or register online at COAabc.org



**46 Sheffield Circle
Asheville, NC 28803**

SUCCESSFUL AGING 2017

Registration is due August 29th!



Thanks to our Major Sponsor
Elder Law Carolina

SUCCESSFUL AGING

SEPTEMBER 6, 2017

at the Reuter Center
(Home of OLLI) at
UNC Asheville

1 Campus View Road
Asheville, NC 28804



Schedule

9:00-9:30 AM Registration

9:30-9:40 AM Welcome

9:40-10:25 AM

Dr. Shannon South, Keynote:

Ignite! Turn off the Chaos. Turn on the Joy. Dr. Shannon will help you identify areas where you are stuck, strengthen the areas where you are strong and celebrate the core of who you *truly are* (joy and love).



Dr. Shannon South “The Joy Doctor” is the source for people who are ready to experience more joy and empowerment in their lives. She is the author of *Love Wisdom: A Soul’s Journey to Wellness*. 20,000 readers voted her “Best Therapist in Western NC for 2012.”

Shannon is the Amazon Best Selling co-author of *Breakthrough! Inspirational Strategies for an Audaciously Authentic Life* and *Time for Me*; *From Stressed-Out Mom to Joy Magnet in 3 Simple Steps* and *Raising Your Joy IQ* offer life-changing keys for others to step into their most empowered, joyful and loving selves.

10:30-10:45 AM EMMA Exercise

**11:00 AM-12:00 PM Session 1
Classes**

12:15-1:00 PM Lunch

1:15-2:15 PM Session 2 Classes

2:30-3:30 PM Session 3 Classes

A daylong event for older adults, caregivers, and anyone interested in aging successfully!

Session I 11:00AM-12:00PM

1. How to Weed out Your "Joy Busters" Step 1 of 3*: Break free from areas that are draining your joy! Learn how to use your mind-body-Spirit to bring more power and joy into your life. *Dr. Shannon South*

2. Introduction to Yoga as Therapy For most, yoga is seen as a physical form of exercise. Here you will learn yoga therapeutic applications to help manage chronic disease, daily stress and understand the concept of yoga as a daily practice to maintain balance in your life. *Diane Saccone, YMCA Healthy Aging Initiatives*

3. Ten Things You Should Know About Getting Older That You Probably Don't We often hear "I wish I had known that earlier" from our clients. Life is complicated and getting older is rarely a "do it yourself" project. Find out what you need to know. *Carole Spainhour, Attorney, Elder Law Carolina*

4. Non-Pharmaceutical Help for Those Suffering from Insomnia 60 million Americans suffer from Insomnia. 26 million take prescription medicine with only temporary relief. Learn how mental health and neuroscience have combined efforts to produce effective, non-pharmaceutical approaches to restoring this natural function. *Phil Ellis, Ph. D. Focus Center of Asheville*

5. Deep Roots, Strong Trunks, Abundant Fruit Explore how the roots that stabilize you, the trunk that keeps you upright and the fruit that you produce will sustain you as you age. *Ellen Kaczmarek, MD, MAHEC*

6. The Asheville Renaissance From a town in collapse to one of the most highly acclaimed cities in the county, learn about the revitalization of downtown Asheville from its collapse in the 1970s to contemporary Asheville today. *Kevan Frazier, Ph. D., WCU Graduate and Professional Programs in Asheville*

Session II 1:15-2:15PM

1. How to Cultivate Lasting "Joy Builders" Step 2 of 3*: Strengthen the areas you are already strong and create new pathways for lasting joy in your life! (and have some fun doing it!) *Dr. Shannon South*

2. Living Well with Dementia We will share tips on how to empower and support people living with dementia, and be a part of a dementia friendly community, where all members are respected and valued. *A Panel from Dementia Friendly WNC*

3. Long Term Care Insurance Who should/should not consider LTC insurance? How and when does it work? What are the new options available? This interactive session will answer those questions and more! *Betty Doll, MBA, CLTC*

4. Fire Safety At age 65, people are twice as likely to be killed or injured by fires compared to the population at large. It's essential to take the necessary steps to stay safe. *Kelly Hinz, Fire & Life Safety Specialist, Asheville Fire Department*

5. Ageless Grace Losing brain function as we age is the #1 concern of adults. The program uses 21 tools to activate the primary brain functions in a spontaneous and playful way, similar to activities you learned as a child which fired neurons and developed your neural pathways. *Denise Medved, Ageless Grace®*

6. Wine Essentials **\$5 cash fee required Make wine more fun and enjoyable by learning simple guidelines used daily by the experts: how to serve and pair wine, and order in restaurants. *Andy Hale, CSW and John Kerr, Metro Wines*

***attending all steps recommended but not mandatory**

Session III 2:30-3:30 PM

1. How to Celebrate Your Harvest of Joy Step 3 of 3* Celebrate the Joy and Love in your life through gratitude, movement and mind-body rituals to honor who you truly are! *Dr. Shannon South*

2. SAVE TIME – SSA ONLINE Interactive session to introduce users to the variety of online services offered by Social Security. Keep your records secure! Learn how to reduce the possibility of identity theft and direct deposit fraud. *Marshall Hartley, Assistant District Manager, Asheville, NC Social Security Office*

3. Avoid Fraud & Financial Exploitation: Tips from an Elder Law Attorney Protect yourself and your loved ones from elder abuse and financial exploitation. Learn strategies for avoiding fraud and scams targeting older adults. *Nicki Applefield, Patla, Straus, Robinson & Moore, P.A.*

4. Navigating Post-Acute Care Review accessing and evaluating post acute care including: rehabilitation, adult care, home care, and hospice. Develop plans to navigate care transitions and debate strategies for maintaining your own quality of life. *Dylan Babb, Community Outreach Manager, CarePartners*

5. Fall-ty to Fabulous Everyone does it, no one likes to talk about it. However, fall related injuries are a real problem. Don't let one take you down, be proactive. *Ayden Jones, Falls Prevention Programs Project Manager, NC Center for Health & Wellness*

6. Wines you Never Knew You Loved **\$5 cash fee required Most people know four different grapes. But there are thousands of grapes throughout the world. We'll introduce you four that you're bound to love. *Andy Hale, CSW and John Kerr, Metro Wines*

REGISTRATION FORM

A ticket is \$20 and includes one class during each of the three sessions and lunch. Choose one class for each session below. Please pick an alternative choice for each session. Please be sure to fill out both sides of this form and mail to:

Council on Aging of Buncombe County, 46 Sheffield Circle, Asheville, NC 28803

Session I: My 1st choice _____ My 2nd choice _____
Session II: My 1st choice _____ My 2nd choice _____
Session III: My 1st choice _____ My 2nd choice _____

Registration is due August 29, 2017. Register online with a credit card at www.COAbc.org

I understand there will be a photographer on site at Successful Aging 2017 and any photographs will be used solely by the Council on Aging of Buncombe County, Inc. for printed publication, e-brochure's, online, on corresponding social media outlets for COAbc.

By checking here, I DO NOT agree to be photographed