

FOCUSING ON YOUR FUTURE



Annual Aging Conference

sponsored by the

***Albemarle Commission
Area Agency on Aging***

in partnership with the

Eastern Area Health Education Center

Friday

November 9, 2018

9:00AM-3:30PM

KERMIT E. WHITE CENTER
*Elizabeth City State University
1704 Weeksville Road
Elizabeth City, NC 27909*



This program is funded by the Albemarle Commission Area Agency on Aging through the Older American's Act and by funding from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number #6U1QHP287340301, *Carolina Geriatric Education Center*. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government. The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.

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FOCUSING ON YOUR FUTURE

Don't miss the..

**Albemarle Commission
Area Agency on Aging's**

Annual Aging Conference

Friday, November 9, 2018

*Albemarle Development Corporation
512 S. Church Street
Hertford, NC 27944
Attn: Ashley Lamb*

OBJECTIVE:

- To provide participants with information on the following topics:
 - Financial and estate planning
 - Advance care planning
 - Available technology that can assist older adults to live independently in their homes
 - Falls prevention
 - Caring for individuals with dementia
- To connect participants with agencies and individuals who can serve them now and/or help prepare them for the future.

TARGET AUDIENCE:

- Older adults, caregivers, and others wanting to expand their knowledge on aging issues and prepare for the future.
- Professionals including nurses, direct care workers, CNAs, social workers, care managers, rehabilitation professionals, etc.
- Community service providers.
- Volunteers, clergy, day programs, and churches.

ADDITIONAL INFORMATION:

- Location**– Kermit E. White Center.
- Please dress in layers as room temperatures are difficult to regulate.
- Lunch will be provided.
- Anyone with special needs (i.e. mobility, hearing, vision), please notify us 2 weeks in advance so accommodations can be made, if possible.

Conference Schedule

8:00-9:00	Registration
9:00-9:15	Welcome
9:15-11:15	“Planning for your Future: Elder Law” <i>Mark Maland, Attorney, Retired</i>
11:15-12:15	“Technology...It’s not just for the Grandkids!” <i>Grant Crutchley, Certified Aging in Place Specialist (CAPS), Atlantic Mobility</i>
12:15–1:15	Lunch & Senior Citizen Hall of Fame Award Recognition
1:15-2:15:	Breakout Session #1
2:30-3:30:	Breakout Session #2
3:30:	Closing



The Senior Citizen Hall of Fame Awards, presented by the Albemarle Commission Area Agency on Aging, celebrates the achievements of older adults in our community. Nominees reside in the counties of Camden, Chowan, Currituck, Dare, Gates, Hyde, Pasquotank, Perquimans, Tyrrell and Washington; are 60 years of age or older; and have made significant contributions to improve our region.

Keynote Speaker



Mark Maland graduated from UNC - Chapel Hill in 1970 (AB in History) and from the University of Connecticut - Storrs in 1972 (MBA degree). He worked with the Federal Reserve Bank of Atlanta from 1973-74. Mark graduated from Wake Forest University School of Law in 1977, and practiced law with Hornthal, Riley, Ellis & Maland, LLP in Elizabeth City from 1977-2011 (concentration in estate planning, elder law, and bankruptcy). Mark retired from active practice of law in 2011 and is presently serving "Of Counsel" to Hornthal, Riley, Ellis & Maland, LLP.

BREAK-OUT SESSIONS

Participants will attend two of the following breakout sessions.

- The Hello Game:** Participate in the game that gets people talking about end-of-life issues in a way that’s easy and non-threatening. Learn ways to talk to your family and friends about living and dying well. *Presented by Ellie Ward, BSN, RN, Community Outreach and Education Coordinator for Vidant Health.*
- Falls Prevention:** Explore ways to improve balance and lower your risk of falling. *Presented by Nicholas Chaber, DPT, Albemarle Home Care & Hospice.*
- Taking a Positive Approach to Care: Using Teepa’s Skills:** This session offers an introduction to a Positive Approach to Care with persons living with dementia based on the Teepa Snow model. Learn basic skills that will make caring for a loved one easier. *Presented by the GWEP Nurses, ECU-College of Nursing (Jean Matthews, Rubi Merino, & Sallie Sawyer).*

Conference Registration Form

Registration due by October 26, 2018

Pre-registration Required

Name: _____

Mailing Address: _____

Phone: _____

E-Mail: _____

Please select two of the three topics to attend as breakout sessions:

- The Hello Game**
- Falls Prevention**
- Taking a Positive Approach to Care: Using Teepa’s Skills**

REGISTRATION: FREE

For those who would like a Certificate of Attendance: \$20 (4.5 contact hours)

- Yes, I would like to receive a Certificate of Attendance**

Make check payable to: Albemarle Commission AAA

Payment is non-refundable after registration deadline.

Please Submit Your Registration to: Attention: Conference Registration Albemarle Commission AAA 512 S. Church Street Hertford, NC 27944

Online Registration available at www.albemarlecommission.org