

**FIRST TENNESSEE  
AREA AGENCY ON AGING  
AND DISABILITY**

*34th Annual  
Conference on Aging*

May 7, 2024

MeadowView Conference Resort and Convention Center

1901 Meadowview Parkway

Kingsport, Tennessee







# 34th Annual Conference on Aging

## *Powered by Connection*

**Tuesday, May 7, 2024**

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<b>7:30–8:30 am</b>	Registration & Continental Breakfast
<b>8:30–9:00 am</b>	Opening Session, General Comments and Commissioner Brad Turner
<b>9:00–10:00 am</b>	Keynote Speaker
<b>10:00–10:15 am</b>	Break/Networking
<b>10:15–11:15 am</b>	Workshops/Session I
<b>11:15–11:30 am</b>	Break/Networking
<b>11:30–12:30 pm</b>	Workshops/Session II
<b>12:30–1:45 pm</b>	Lunch, Service Award & Volunteer Recognition
<b>1:45–2:00 pm</b>	Break/Networking
<b>2:00–3:00 pm</b>	Workshops/Session III
<b>3:00–3:15 pm</b>	Break/Networking
<b>3:15–3:30 pm</b>	Closing Session, Door Prizes



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7:30–8:30 am

Registration & Continental Breakfast

8:30–9:00 am

General Welcome

Angie Gwaltney, Director,  
*First Tennessee Area Agency on Aging  
and Disability*

Brad Turner, Commissioner,  
*Tennessee Department of Intellectual and  
Developmental Disabilities*

9:00–10:00 am

Keynote Address: *"Finding Contentment in a  
Discontent World"*

Lisa Smartt  
*Motivational Humorist*

10:15–11:15 am      Workshops/Session I (1-4)

### 1. **DIDD AND THE CHOICES PROGRAM**

*Jason Allen, Director of Event Management, Department of Intellectual  
and Developmental Disabilities (DIDD)*

This workshop will explore how DIDD and the Reportable Event Management (REM) database can assist vulnerable older adults enrolled in the CHOICES program. REM captures all data points (Reportable Medical, Reportable Behavior, Mobile Crisis, Allegations of Abuse, Neglect, and Exploitation, etc.) from critical events related to the services of all CHOICES participants, and is used to both identify and respond to developing

service trends and to initiate investigations of abuse.

## **2. EVICTION EDUCATION—YOUR RIGHTS AS A TENANT**

*Jack Inman, Attorney at Law, Legal Aid of East Tennessee (LAET)*

This discussion will focus on the rights of tenants. Housing prices and rental rates are increasing at an unprecedented rate. The rapid increase in rental rates is causing many—especially those on a fixed income—to struggle just to keep up. This has resulted in a wave of rental cost increases and evictions. We will discuss the basics of landlord/tenant law and end with a Q&A session.

## **3. ADVANCE DIRECTIVES, POWERS OF ATTORNEY AND CONSERVATORSHIPS**

*Deborah Yeomans-Barton, Deputy Director, Legal Aid of East Tennessee (LAET)*

This workshop will discuss advance directives such as powers of attorney, living wills, etc., as well as discussing what a conservatorship is and when it might be needed.

## **4. ECF CHOICES AND THE DIGNITY OF CHOICE**

*Kristen Calloway, Member Advocate, BlueCare; Conya Mull, Member Advocate, United Healthcare; and Judy Pate, Member Advocate, Wellpoint*

This workshop will introduce participants to the Employment and Community First (ECF) CHOICES program that serves individuals with intellectual and/or developmental disabilities. Included in the presentation will be specifics on eligibility and the criteria for enrollment, the services and supports available within ECF CHOICES, and the philosophy of "dignity of choice" and what that means for the individuals that we serve.

[11:30–12:30 pm Workshops/Session II \(5–8\)](#)

## **5. ADULT PROTECTIVE SERVICES IN TENNESSEE**

*Sara Parsons, Regional Supervisor, and Suzanne Reynolds, Team Coordinator, Adult Protective Services (APS)*

In this workshop presenters will explain the Adult Protective Services (APS) program, discuss APS criteria for investigation, explain the investigation process, define caretaker/caregiver roles, define types of abuse, explain the right to self-determination, and discuss legal options.

## **6. EXPLORING VA BENEFITS FOR VETERANS AND FAMILY CAREGIVERS**

*Suzanne Brown, LCSW, General Caregiver Support Coordinator, and Megan Spence, LCSW, Medical Foster Home Coordinator, James H. Quillen VAMC*

VA social work staff will present to the audience different benefits and services available through the VA for veterans and their family caregivers. We will discuss new programs, such as the Medical Foster Home program, and other programs as well, such as Homemaker/Home Health Aide program, Respite, the Caregiver Support program and Mountain Home National Cemetery.

## **7. CONTEMPORARY ISSUES AND HEALTH OUTCOMES OF INDIVIDUALS EXPERIENCING HOMELESSNESS IN EAST TENNESSEE**

*Opal Frye-Clark, Doctoral Student, East Tennessee State University*

This workshop examines the contemporary challenges and health outcomes of individuals experiencing homelessness in East Tennessee. Attendees will gain a deeper understanding of the intersectionality between homelessness and health outcomes. Strategies for raising awareness, fostering dialogue, and mobilizing action to address the pressing challenges facing individuals experiencing homelessness in East Tennessee, and for advocating for inclusive policies and compassionate responses to promote social justice and improve health outcomes for every individual, will be discussed.

## **8. HOSPICE 101 AND THE ROLE OF THE HOSPICE CHAPLAIN**

*D Simerly, Tri-Cities Market Manager, and Reverend Steven Spell, Chaplain, Gentiva Hospice*

In this workshop you will learn how hospice can benefit your loved ones, patients, or residents. Included in the discussion are the differences between hospice myths and facts, who is responsible for paying for hospice, and possible indicators of hospice eligibility. You will also learn the role of the hospice chaplain and the comfort and support they can provide to both patients and families.

## 12:30–1:00 pm      Buffet Lunch

## 1:00–1:45 pm      Service Award Presentation, and Sponsor and Volunteer Recognition Program

- State Health Insurance Assistance Program (SHIP) Volunteers
- Public Guardianship Volunteers
- Long-Term-Care Ombudsman Volunteers
- MyRide Volunteers
- Kathy Whitaker Excellence in Aging Service Award*

## 2:00–3:00 pm      Workshop/Session III (9–12)

### **9. THE FOUR PILLARS OF THE NEW RETIREMENT**

*David Beerman, Financial Advisor, Edward Jones*

An extensive study by Edward Jones and Age Wave uncovered four essential “pillars” that can impact your quality of life in retirement. Please join us for “The Four Pillars of the New Retirement,” to learn about these essentials and other eye-opening insights that can help you get ready for your next chapter.

### **10. BUILDING CONNECTED, COLLABORATIVE AND CAPABLE TEAMS**

*Ashley Cox, PHR, SHRM-CP, Founder and CEO, SproutHR*

Join us for an interactive and dynamic workshop focused on equipping leaders with essential strategies and tools for effective team building. In this engaging session, participants will explore practical techniques to foster trust, enhance communication, and promote collaboration within their teams. Through a series of fun interactive activities and discussions, attendees will learn how to strengthen relationships, empower team members, and cultivate a positive work environment. By the end of the workshop, participants will walk away with a comprehensive “toolbox” of strategies to strengthen team dynamics and achieve success together.

## **11. BUDGETING FOR SENIORS ON LIMITED INCOMES**

*Sarah Williams, Financial Wellbeing Coach, and Alan Pickle, Financial Wellbeing Coach, Operation HOPE*

This workshop reviews ways to teach our community members how to eliminate/decrease debt, increase their credit score, and establish a savings. Participants will learn how to develop a positive money mindset, grow a healthy savings account, eliminate debt, pay bills on time, and create a budget and stick to it.

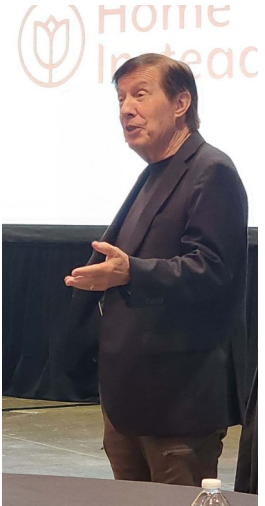
## **12. TIPS AND SERVICES FOR THOSE WITH VISUAL IMPAIRMENT OR ARE DEAF OR HARD OF HEARING**

*Courtney Andrews, Assistant Professor, East Tennessee State University, and Karen Quinn, Rehabilitation Instructor, Tennessee Services for the Blind and Visually Impaired*

Karen Quinn will provide attendees with an overview of TN Service for the Blind and Visually Impaired's program services in order to increase the public's awareness of this program. The goal of this agency is to enable our customers to live as independently as possible in spite of their vision loss. Additionally, Courtney Andrews will provide information for caregivers on ways to support individuals who are deaf or hard of hearing. Information will include strategies to improve effectiveness of communication, as well as services that can further help support these individuals. Examples of services covered will be assistive phone technology and cell phone apps. Information about normal age-related hearing changes as well as atypical changes will be provided.

[3:15-3:30 pm Closing Session and Door Prizes](#)





2023

# Cancellation Policy

To keep attendees safe, FTAAAD encourages you to stay home if you are exhibiting any cold– or flu-like symptoms or have been exposed to an ill individual.

A replacement attendee must be approved by Teresa Sutphin prior to the conference, or a refund (minus a \$25 processing fee) may be issued prior to April 26, 2024.

All cancellations will be reviewed on a case-by-case basis and must be received no later than April 26 to be considered for a refund (minus a \$25 processing fee).

Contact Teresa Sutphin at 423-722-5120 or [tsutphin@ftaaad.org](mailto:tsutphin@ftaaad.org) for more information.

# Keeping Everyone Safe

COVID-19 and other contagious illnesses most commonly spread between people who are in close contact with each other. Here are some safeguards FTAAAD recommends for a safe conference.

- Wash your hands frequently
- Avoid touching your face
- Cover your mouth and nose when coughing or sneezing
- Stay home if you don't feel well

Hand sanitizer will be available in common areas.

OTHER HEALTH SAFETY MEASURES MAY BE IMPLEMENTED AT THE TIME OF THE CONFERENCE AT THE DISCRETION OF FTAAAD.



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## *Registration Information*

To register, go to **[www.ftaaad.org](http://www.ftaaad.org)** and click on the “Annual Conference on Aging” registration link. Credit cards will be accepted.

Space is still available for sponsors or exhibitors. If interested in being a sponsor or exhibitor, contact Teresa Sutphin at [tsutphin@ftaaad.org](mailto:tsutphin@ftaaad.org) or 423-722-5120.

If you require special accommodations or have questions, please contact Teresa Sutphin at the above email address or phone number by the registration deadline.

*Registration Deadline* — April 26, 2024

*Registration Fee* — \$160 per person

**FIRST TENNESSEE DEVELOPMENT DISTRICT**

First Tennessee Area Agency on Aging and Disability

3211 N. Roan Street

Johnson City, TN 37601

*Registration Deadline:*

*April 26, 2024*