



33rd Annual Conference on Aging

April 25, 2023



AGING UNBOUND



MeadowView Conference Resort and Convention Center
1901 Meadowview Parkway
Kingsport, Tennessee



33rd Annual Conference on Aging

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Tuesday, April 25, 2023

MeadowView Conference Resort and Convention Center,
Kingsport

7:30-8:30 am	Registration & Continental Breakfast
8:30-8:45 am	Opening Session & General Comments
8:45-9:45 am	Keynote Speaker
9:45-10:00 am	Break/Networking
10:00-11:00 am	Workshops/Session I
11:00-11:10 am	Break/Networking
11:10-12:10 pm	Workshops/Session II
12:10-1:15 pm	Buffet Lunch & Volunteer Recognition
1:15-1:30 pm	Break/Networking
1:30-2:30 pm	Workshops/Session III
2:30-2:40 pm	Break/Networking
2:40-3:30 pm	Closing Session, Door Prizes



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8:30-8:45 am

General Welcome

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

James H. Dunn, Executive Director,
*Tennessee Commission on Aging
and Disability*

8:45-9:45 am

Keynote Address: *"If Ignorance is Bliss—
Why Aren't We Happy?"*

Dr. Dale Henry
Motivational Speaker

10:00-11:00 am **WORKSHOPS/SESSION I (1-4)**

1. **WHOLE HEALTH FOR VA CAREGIVERS**

Suzanne Brown, LCSW and Erin Zimmerman, LCSW, James H. Quillen Veterans Affairs Medical Center, Mountain Home

This workshop will explore why caregivers' health and well-being matters. We will look at how caregiving can impact the health of caregivers as well as other associated challenges. Walk away with a better understanding of the VA's Whole Health model, an integrative approach to wellness. We'll discuss how the VA

Caregiver Support Program is bringing Whole Health to Caregivers by offering Caregiver Health and Wellbeing Coaching. We will end the presentation by offering Whole Health resources for Veterans, Caregivers, and providers.

2. IS EXERCISE IMPORTANT?

*Dr. Tim Dunne, DC, Advocate Integrated Medicine,
Johnson City*

We will dive into why there's a need to exercise from a physiologic perspective. Your body is two things: first, it's your vehicle to get through life and second, it's your history book from conception. Discussion will include what type of exercise is "best", how exercise impacts your health and how a sedentary lifestyle affects you. And learn how exercise has evolved over the last 60 years from being taboo to becoming essential today. Lastly, we will set goals that are attainable for each person to change their lifestyle and become all they are made to be—energetic, alive and joyful!

3. LISTENING AND RESPONDING SKILLS FOR HELPERS

*Rebecca Milner, PhD, LPC-MHSP, Associate Professor and
Counseling Program Coordinator, East Tennessee State
University, Johnson City*

It can be challenging to know how to respond when others are expressing distress and other uncomfortable emotions. Without specialized training, the way people often learn how to respond is actually not helpful, even though our intentions are to be helpful. This session will cover foundational concepts in active listening and responding skills that can be used to demonstrate care and offer support in most situations.

4. SEVEN DEADLY SINS OF VOLUNTEER RECRUITMENT

*Sidney Schuttrow, Director of Volunteer Engagement,
Tennessee Commission on Aging and Disability, Nashville*

This session will discuss the Seven Deadly Sins of Volunteer Recruitment based on the book *"The New Breed: Understanding*

and *Equipping the 21st Century Volunteer*" by Jonathan and Thomas McKee. You will find we are all guilty of committing at least a couple of these sins in our work! We will also explore redemptions to reverse the sins of volunteer recruitment to help improve our programs' overall success. By the end of this session, you will have strategies for ways to avoid the common pitfalls that hinder volunteer recruitment and leave with ideas and a plan to improve volunteer recruitment at your organization.

11:10-12:10 pm **WORKSHOPS/SESSION II (5-8)**

5. UNDERSTANDING LOSS AND GRIEF

Rebecca Milner, PhD, LPC-MHSP, Associate Professor and Counseling Program Coordinator, East Tennessee State University, Johnson City

Humans experiences loss in a multitude of ways throughout their lifespans. In late adulthood, people often face numerous difficult losses, from the loss of mobility and freedom to losses of identity to loss of loved ones. This presentation will address the broad nature of loss, an overview of common grief reactions, an overview of contemporary models of loss adaptation, and ways we can offer understanding and support to those experiencing loss and grief.

6. EATING INTUITIVELY WITH CHRONIC CONDITIONS

Whitney Bignell, PhD, RDN, LD/N, Assistant Professor and Director, Didactic Program in Dietetics, East Tennessee State University, Johnson City

Intuitive Eating by registered dietitians Elyse Resch and Evelyn Tribole will reach its 30th anniversary in 2025. This book and its foundational concepts have helped millions of people reframe their relationship with food so that they can enjoy eating again without the "diet mentality" plaguing every decision about what they eat. However, can people with chronic health conditions that require specialized diets, such as hypertension, Type 2 diabetes, or renal disease, enjoy eating intuitively? Come find out!

7. HOSPICE PATIENTS' LEGAL RIGHTS AND FACILITY COMPLIANCE

Shannon Morelock, Community Educator, Smoky Mountain Home Health and Hospice, Kingsport

This presentation will focus on a combination of patients' rights when choosing hospice and what they and the families can expect from hospice care and their care provider. In addition, learn about facility compliance required for the treatment of hospice patients, including the required documentation of hospice expectations and care.

8. WHAT'S FTAAAD GOT TO DO WITH IT?

Genie Guinn, OPTIONS Program Manager; Stephanie Cox, CHOICES Program Manager; Wanda Martin, District Public Conservator; and Lee Gay, Volunteer Transportation Coordinator; First Tennessee Area Agency on Aging and Disability, Johnson City

Staff from the First Tennessee Area Agency on Aging and Disability will hold a panel discussion about the different types of programs that FTAAAD offers to the community. Learn who is eligible for these programs and steps for referrals and enrollment. Also learn about 2023 program updates for many of the services being discussed, and other ways FTAAAD can assist you and your clients.

12:10-12:40 pm BUFFET LUNCH

12:40-1:15 pm 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*

9. RECRUITMENT AND RETAINMENT OF EMPLOYEES

Sandra Wangberg, WIOA Project Coordinator, First Tennessee Development District and Emmett M. Watson, Jr., WIOA Business Services Coordinator, First Tennessee Development District, Johnson City

High turnover rates can have an adverse effect on an organization's bottom line. Recruiting and retaining the right people can significantly drive sustainable profitability and success. The pandemic has shifted employees' expectations of work-life balance and mental and physical health considerations are more important than ever before. Learn best practices for employers to utilize when finding quality employees, and how to keep employees engaged so they continue to produce and provide the best goods and services possible.

10. RECOGNIZING AND REPORTING CRIMES AGAINST VULNERABLE ADULTS

Emily Hutchins, Assistant District Attorney, 2nd Judicial District of Tennessee (Sullivan County), Kingsport

Tennessee law requires us all to report suspected abuse, neglect, sexual exploitation, or financial exploitation against elderly and vulnerable adults. But what counts as abuse or neglect? When does the use of a vulnerable adult's money become financial exploitation? This workshop covers the basics of recognizing and reporting crimes against elderly and vulnerable adults—including criminal statutes, reporting requirements, and explanation of the kinds of evidence law enforcement needs to successfully prosecute these crimes.

11. ELDER FRAUD AND ITS IMPACT TO COMMUNITIES NATIONWIDE

Special Agent Anthony Crabtree, FBI, Knoxville Division/Johnson City Office

The senior population of the United States has lost an estimated \$1.7 billion because of elder abuse and exploitation. An estimated

average of \$93,000 was lost per victim, which was a 74 percent increase in losses from 2020. In 2021, Tennessee ranked 20th in number of victims over age 60 and 18th in money lost by victims over age 60. This workshop will focus on elder financial abuse such as tech support, romance/confidence, grandparents, and lottery scams. Learn about these scams and how to avoid these situations.

12. ADVANCED DIRECTIVES, CONSERVATORSHIPS AND EVICTIONS

Deborah Yeomans-Barton, Deputy Director, Legal Aid of East Tennessee, Johnson City

This workshop will discuss advance directives such as Power of Attorneys, Living Wills, etc., as well as discussing what a Conservatorship is and when it might be needed. Evictions and requirements of landlords for eviction will also be addressed.

2:40-3:30 pm CLOSING SESSION AND DOOR PRIZES

BACK FOR 2023!

FTAAAD 4TH ANNUAL SILENT AUCTION

To Benefit FTAAAD's Emergency Assistance Program (EAP)



\$12,000+
raised for
EAP since
2017!

Donations Needed!

Call Kathleen McLaughlin at 423-722-5093
to donate an item or service.

ANNUAL CONFERENCE ON AGING CANCELLATION POLICY

To keep attendees safe, FTAAAD encourages you to stay home if you are exhibiting any COVID-like symptoms or have been exposed to a COVID-19-positive 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 18, 2023.

All cancellations will be reviewed on a case-by-case basis and must be received no later than April 18 to be considered for a refund (minus a \$25 processing fee).

Contact Teresa Sutphin at 423-722-5120 or tsutphin@ftaaad.org for more information.

KEEPING EVERYONE SAFE: COVID-19

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

- Wash your hands frequently
- Wear a face mask (strongly recommended)
- Try to keep at least six feet from other attendees whenever possible
- 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 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** 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, contact Teresa Sutphin at 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 18, 2023

REGISTRATION FEE = \$160

FIRST TENNESSEE DEVELOPMENT DISTRICT

First Tennessee Area Agency on Aging and Disability

3211 N. Roan Street

Johnson City, TN 37601

REGISTRATION DEADLINE:

APRIL 18, 2023