29th Annual Conference on Aging

“Age Out Loud”

Tuesday, May 2, 2017

The Millennium Centre
2001 Millennium Place
Registration Information

Two ways to register:

(1) Complete the registration link on the FTAAAD website at www.ftaaad.org. Please print your confirmation email and mail it with your payment to FTDD, 3211 North Roan Street, Johnson City, TN 37601. Make check payable to the First Tennessee Development District or FTDD. Sorry, but we’re unable to accept credit cards.

(2) Complete the attached registration form and mail it along with your payment to the address above.

Requesting a company/corporate check? Please mail your completed registration form to the address above or fax it to 423-926-8291. Please ask your corporate office to reference your name on the check to ensure proper credit for payment.

If you require special accommodations or have questions, please contact Teresa Sutphin at tsutphin@ftaaad.org or (423) 722-5120 prior to the conference.
28th Annual Conference on Aging
“Age Out Loud”

Tuesday, May 2, 2017
The Millennium Centre, Johnson City, TN

7:30–8:30 a.m. Registration & Continental Breakfast

8:30–8:45 a.m. Opening Session & General Comments

8:45–9:45 a.m. Keynote Speaker

9:45–10:00 a.m. Break

10:00–11:00 a.m. Workshops/Session I

11:00–11:10 a.m. Break

11:10–12:10 p.m. Workshops/Session II

12:10–1:15 p.m. Lunch & Volunteer Recognition

1:15–1:30 p.m. Break

1:30–2:30 p.m. Workshops/Session III

2:30–2:40 p.m. Break

2:40–3:00 p.m. Closing Session, Door Prizes and Announcement of Silent Auction Winners
29th Annual Conference On Aging  
“Age Out Loud”

Tuesday, May 2, 2017  
The Millennium Centre, Johnson City, TN

7:30–8:30 a.m.  Registration & Continental Breakfast

8:30–8:45 a.m.  General Welcome  
Kathy Whitaker, Director,  
First TN Area Agency on Aging and Disability

Jim Shulman, Executive Director,  
Tennessee Commission on Aging and Disability

8:45–9:45 a.m.  Keynote Address—The Garbage Truck Comes on Tuesdays and Fridays!  
Janie Walters, Professional Speaker/Trainer

10:00–11:00 a.m. WORKSHOP SESSION I (1–5)

1. THE CHANGING LANDSCAPE OF PROTECTING VULNERABLE ADULTS: WHAT THE TENNESSEE ADULT PROTECTION SERVICES DIVISION CAN AND CANNOT DO  
Paul E. Helton, Attorney for the Tennessee Department of Human Services

In this informative and useful workshop, we will examine how to recognize signs of elder abuse, including financial exploitation, and what you can do to prevent it. We will take a look at new Tennessee laws and rules that impact the investigation and prosecution of elder abuse cases, as well as examining what the Tennessee Adult Protective Services division of the Tennessee Department of Human Services specifically can and cannot legally do to assist vulnerable adults. This will include a review of the new Vulnerable Adult Protection Investigative Team (VAPIT) laws.
2. BLOW A BUBBLE, NOT A GASKET!!
Janie Walters, Professional Speaker/Trainer, Champion Communications

During this session, you will learn the basic stress “factoids” and explore the 10 stress-management techniques that you can use today. This workshop is funny, factual, and interactive! It is guaranteed to be stress-free and potentially life changing.

3. SUICIDE PREVENTION: QUESTION, PERSUADE, AND REFER (QPR) (Limited to 50 participants—first come first serve)
Jessica Pruett, Information and Assistance Specialist and Disaster Preparedness Coordinator, Upper Cumberland Area Agency on Aging and Disability

This session will teach the participants three simple steps to save a life. QPR is designed to help a person learn and recognize the warning signs of a suicide crisis and to question, persuade and refer someone for help. Participants will also be given statistics about suicide and information on what the Upper Cumberland district is doing to prevent this outcome. This information can be used in every aspect of your life.

4. LIVING WITH LOSS: A BASIC GUIDE FOR GRACEFUL GRIEVING
Christine M. Adler, Ph.D., Psychologist for the Oncology and Hospice and Palliative Care, Veterans Affairs Medical Center

Participants will explore the range of ‘normal’ grief expression, and learn the differences between grief and depression. We will review common misconceptions about grief, as well as current theories regarding healthy and more complicated responses to loss. Strategies to facilitate healthy grieving will be offered, and we will discuss how to know when it may be helpful to seek outside support. Attendees will receive information about resources in the community to assist them in their loss journey.
5. TRANSPORTATION FOR OLDER TENNESSEANS
Anna Lea Cothron, Aging Commission Liaison, Tennessee Commission on Aging and Disability

Transportation is vital to independence. Without it, living independently, accessing healthcare, grocery and pharmacy shopping, and social interaction is virtually impossible. While Tennessee has a robust public transportation system available in all 95 counties, many older adults report a need for additional personalized transportation that is affordable, accessible, available, dependable, safe, and offers assisted door-thru-door service. Come learn about statewide volunteer transportation programs.

11:10 a.m.–12:10 p.m. WORKSHOP SESSION II (6-10)

6. THE CHANGING LANDSCAPE OF PROTECTING VULNERABLE ADULTS: WHAT THE TENNESSEE ADULT PROTECTION SERVICES DIVISION CAN AND CANNOT DO
Paul E. Helton, Attorney for the Tennessee Department of Human Services

Repeat of workshop #1

7. BLOW A BUBBLE, NOT A GASKET!!
Janie Walters, Professional Speaker/Trainer, Champion Communications

Repeat of workshop #2

8. THE MANY FACES OF DEMENTIA
Ronald C. Hamdy, MD, FRCP, FACP, Professor and Holder of the Cecile Cox Quillen Chair of Excellence in Geriatric Medicine & Gerontology, East Tennessee State University

At the end of this presentation, attendees will be able to appreciate the difference between mild cognitive impairment and dementia, recognize the characteristic features of common types of dementia, understand the modes of action and limitations of available medications and know the common causes of aberrant behavior in patients with dementia.
9. EATING TO REDUCE INFLAMMATION
Crystal West, MS, RDN, LDN, Dietician, Mountain States Health Alliance

Chronic inflammation plays a significant role in many diseases, including Type 2 diabetes, autoimmune diseases, and the three top killers in the United States: heart disease, cancer and stroke. Join us for tips on foods you can incorporate into your diet and foods you should be limiting to reduce inflammation and ease symptoms.

10. WHAT OLDER ADULTS DON’T KNOW ABOUT SNAP COULD BE COSTING THEM
Keith Barnes, Nutrition Advocate, Tennessee Justice Center and Lacey Russell, Aging Nutrition Program Director, Tennessee Commission on Aging and Disability

Only 1 in 3 potentially-eligible 60+ adults in Northeast Tennessee are taking advantage of the SNAP program. Food insecurity among seniors threatens their health, their ability to pay for other necessities like heat and medications, and their ability to continue living independently. Learn about special provisions and deductions designed to help older adults qualify for SNAP and to increase their monthly benefits, and how to help them apply.

12:10–12:40 p.m. BUFFET LUNCH

12:40–1:15 p.m. SPONSOR AND VOLUNTEER RECOGNITION PROGRAM

–State Health Insurance Assistance Program (SHIP) Volunteers
–Public Guardianship Volunteers
–Long-Term Care Ombudsman Volunteers
11. RX ABUSE IN NORTHEAST TENNESSEE
Mark Stevans, Director of Special Projects, First Tennessee Development District

During this session we will discuss the ongoing opioid prescription drug abuse epidemic in Northeast Tennessee, as well as the epidemic’s impact on our region’s culture and economic viability.

12. SAFETY FOR SENIORS
Lt. Scotty Carrier, Johnson City Police Department

In this day and time, it pays to be cautious with these wonderful offers you receive every day for items you can’t live without. During this informative session, Lt. Carrier will discuss topics that are important for seniors and will specifically focus on scams and fraud protection and he will also touch briefly on home and personal protection.

13. TENNCARE’S CHOICES IN LONG-TERM SERVICES AND SUPPORTS
Angie Gwaltney, CHOICES Home Care Manager, First Tennessee Area Agency on Aging and Disability

This session will focus on the fundamentals of TennCare’s program for Long-Term Services and Supports, known as CHOICES. Tennessee's qualifications and requirements for determining level of care will be discussed as well as TennCare’s definition of the functional assessment portions of the Pre-Admission Evaluation (PAE).
14. END-OF-LIFE PLANNING  
*Deborah Yeomans-Barton, Managing Attorney, Legal Aid of East Tennessee*

Although it is difficult to think about the care you want if you aren’t able to make your own medical decisions, having a plan in place is one of the most important ways to protect your rights and to ensure that your wishes are respected. It is recommended that everyone over age 18 have a plan in the event of a sudden illness or injury. This planning can also help you be prepared for end-of-life care. This workshop will focus on planning for your future care and preparing the appropriate end-of-life documents.

15. IMPROVE THE QUALITY AND PERFORMANCE OF YOUR GOVERNING BOARD  
*Shelburne Ferguson, Attorney at Law*

During this workshop, learn the difference between an advisory council and a board of directors. Learn how to choose the right members, determine the objectives and set expectations, learn ways to involve your membership to get the most out of them, and learn how to properly communicate with your council or board members.

2:40 p.m.–3:00 p.m. CLOSING SESSION, DOOR PRIZES AND ANNOUNCEMENT OF SILENT AUCTION WINNERS
**Silent Auction**

The FTAAAD needs your help with securing items or services for a silent auction that will be conducted during the conference. The proceeds from the silent auction will benefit FTAAAD’s Emergency Assistance program (EAP).

The EAP is an agency fund dedicated to helping qualified seniors with small (less than $200) yet crucial needs that they are unable to afford on their own. Past recipients have received help with purchasing eye glasses, heating assistance, pest control, new locks for their home and other types of assistance.

Donations are being collected at the First Tennessee Development District, 3211 North Roan Street, Johnson City until Monday, April 24th. If you are unable to deliver your item to the FTDD, contact Teresa Sutphin at 423-722-5120 and someone will pick the item up.

Thanks for your support of our EAP program.
REGISTRATION FORM
FTAAAD 29th Annual Conference on Aging
Tuesday, May 2, 2017

Name: __________________________________________
Agency: __________________________________________
Address: __________________________________________
_________________________________________
Telephone: __________________________________________
Email: __________________________________________

Session I workshop: 10:00–11:00 a.m. (select from 1-5)
Session I: __________

Session II workshop: 11:10–12:10 p.m. (select from 6-10)
Session II: __________

Session III workshop: 1:30–2:30 p.m. (select from 11-15)
Session III: __________

Registration Fee = $75.00
CEUs available

Please make checks payable to First Tennessee Development District (FTDD) and mail to:

First Tennessee Development District
3211 N. Roan Street
Johnson City, TN 37601

REGISTRATION DEADLINE: APRIL 26, 2017