

Registration is due by June 21, 2019.

Please return to Council on Aging of Buncombe County
46 Sheffield Circle, Asheville, NC 28803 or register online at www.COAbc.org

By registering, I grant the Council on Aging of Buncombe County (COAbc) permission to use my likeness in a photograph, video, or other digital media ("photo") in any and all of its publications, including web-based publications, without payment or other consideration. I understand and agree that all photos will become the property of COA and will not be returned. I waive any right to royalties or compensation and agree to hold COAbc harmless from any claims which may result from this authorization.



Session 1: 11:00 AM– 12:00 PM

Charting Your Own Course: Taking Charge of Leading Longer, Better Lives. Aging successfully, on your own terms, means setting a course for your future with a clear plan to steer the ship even if you are unable. The plan must be multifaceted—legal, medical, and social—but it doesn't have to be complicated or scary. The Van Winkle Law firm will help take the fear and myth out of preparing to live your best life. *Brian Lawler & Heather Goldstein Elder Law attorneys, The Van Winkle Law Firm*

Assistive Technology for Elders: 'Things' to Support Safely Aging in Place. This presentation will describe how various types of assistive technologies and durable medical equipment can support safely aging in place for everyone. An overview of assistive technologies and examples of various solutions to the limits put in place by physical and cognitive changes will lead to a robust discussion on how the use of a range of devices and services can contribute to healthy and safe aging in place. *Bob Krollman co-chair of the Age Friendly Buncombe County initiative and the Housing Options for Aging in Place (HOAP).*

Nutrition and Longevity As We Age. As we grow through our lives, our bodies and minds experience many seasons of change. With these changes, our needs change. This class will explore nutrition tips, changes, and needs for those 60+ years old. The secrets of longevity and how to incorporate that into our lives as we age will also be discussed. *Ali Casparian, Founder/Director of Programs and Abbie Young, Nutrition/Wellness Program Coordinator, Bounty and Soul*

Session 2: 1:00 pm-2:00 pm

Elder Justice: Elder Abuse, Fraud, and Scam Prevention. Everywhere we look there are frauds and scams. Learn how the fraudsters get to us and why. Then learn how to protect yourself from being victimized by phone, internet, mail, and more. Discover information on the new Elder Justice Program at the Council on Aging and gather valuable information. *Gretchen Batra, Mountain Region AARP, Lead Volunteer on Fraud and Scam Prevention Outreach & Emily Whitmire, Elder Justice Navigator, Council on Aging of Buncombe County*

Aging In Place: Making the Dream a Reality. There is no place like home, especially as we age. Dr. McLean will discuss the idea of aging in place, why it is important, and review innovative components of supporting the social, psychological, economic, and health needs of older adults aging independently in their own homes. *Will McLean, M.D., MAHEC*

Leave No Trace - Experience the Great Outdoors for a Healthier You and a Healthier Environment! The 7 Leave No Trace Principles provide an easily understood framework of minimum impact practices for anyone visiting the outdoors. These Principles have been adapted so that they can be applied anywhere. Join Dan and Rachael to learn where the best hikes and waterfalls are for seniors in WNC and how to "leave no trace". Favorite local hikes and daypack essentials will also be discussed! *Dan Phillips & Rachael Bouthillette, Managers, Outdoor Department, Mast General Store Asheville*

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

Onsite Health Screenings Include:

- * Blood Pressure Checks
- * A1Cs
- * Weight Check
- * Balance Check

Visit all vendors for a chance to win:

- * Mast General Store Gift Bag
- * YMCA 6 Month Membership
- * Bounty and Soul Basket of Fresh Produce
- * Mellow Mushroom Gift Card
- * And More!

Lunch will be provided by:



Keynote Address

Expenses Up, Income Down: Now What Do I Do?



John Wingerter is the Director of Development and Strategic Partnerships for the Council on Aging of

Buncombe County. He holds a bachelor's degree from Gannon University and a Master's Degree in Social Work from the University of Maryland. John has worked for the last 8 years with the Seniors' Health Insurance Program (SHIIP). In 2017, he was recognized as the SHIIP Coordinator of the year by the NC Department of Insurance. In his keynote address, John will discuss actions to help control expenses, conserve savings and help maintain a quality standard of living.

Schedule

- 9-9:45AM** Registration & Visit Vendors
- 9:45-10:00AM** Welcome
- 10:00-10:45AM** Keynote Address
- 10:45-11:00AM** Break
- 11:00 AM- 12:00PM** Session 1 Classes
- 12:00-1:00PM** Lunch & Door Prize
Winners Announced
- 1:00-2:00PM** Session 2 Classes



**46 Sheffield Circle
Asheville, NC 28803**

SUCCESSFUL AGING

JUNE 27th, 2019



17th Annual Successful Aging

June 27, 2019

9:00am to 2:00pm



NEW LOCATION!!!

**A-B Tech Conference Center
16 Fernihurst Dr
Asheville, NC 28801**

THANK YOU to our Major Sponsors:



Registration Form



Tickets are \$15 per person and include the keynote, health screenings, lunch and two classes.

Limited scholarships may be available. Contact 828-277-8288 for details or visit COAabc.org/successful-aging

Name(s): _____

Address: _____

Email: _____ Phone: _____

Additional donation to help provide services to older adults ___\$5___\$10___\$25___Other

Number registering: _____ Amount Enclosed: _____

Checks or money orders may be made payable to Council on Aging of Buncombe County