

34th  
Annual

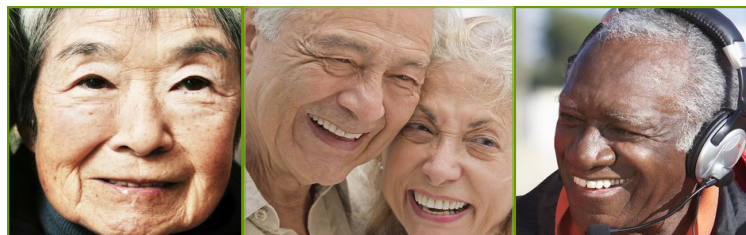
1983-2017

# MEETING the CHALLENGES & OPPORTUNITIES of AGING

Educate Entertain Energize

Friday, May 19, 2017  
NorthEast Christian Church  
990 Star Shoot Parkway  
Lexington, KY

The 34th Annual Meeting of the Challenges and Opportunities of Aging will educate, entertain and energize. The conference will feature excellent speakers, activities, and exhibits related to health, resources, safety and fun. Join us for food and friendship at the NorthEast Christian Church, an accessible facility with on-site parking.



8:30 a.m. - 9:00 a.m. - **Registration** (light breakfast)

8:30 a.m. - 2:15 p.m. - **Exhibits**

## **9:00 - 9:45 a.m. - KEYNOTE**

Gerina Whethers,  
*Office of Senior Protection and Mediation at the Office  
of Attorney General*

## **10:00 - 10:45 a.m. - SESSION ONE WORKSHOPS**

1. **Zumba for Seniors**  
Jode Rose, *Licensed Zumba Instructor, Recreation  
Assistant at the Lexington Senior Center*
2. **Medication Interactions**  
Lynne Eckmann, *Owner of Wheeler's Pharmacy*  
Alex Brewer, *Resident at Wheeler's Pharmacy*
3. **Getting to Know the Lexington Public Library**  
David Bryant, *Librarian, Lexington Public Library  
Retirement Community*
4. **Caregiver Compassion Fatigue**  
Carmen Conley, *Counseling Supervisor, Bluegrass Care  
Navigators*

## **11:00 - 11:45 a.m. - SESSION TWO WORKSHOPS**

5. **Zumba for Seniors**  
Jode Rose, *Licensed Zumba Instructor, Recreation  
Assistant at the Lexington Senior Center*
6. **Smart 911**  
Debbie Nantz, *911 Operator*
7. **My Compass & My Sea: How to Properly Navigate  
Through the Unpredictable Waters of Aging in  
America without Losing Your Ship**  
Sarah Johnston, *Attorney, DelCotto Law Group PLLC*
8. **Financial Benefits for Wartime Veterans**  
P.J. Ash, *President, Veterans Service Associates*

## **Noon - LUNCHEON, EXHIBITS, & DOOR PRIZES**

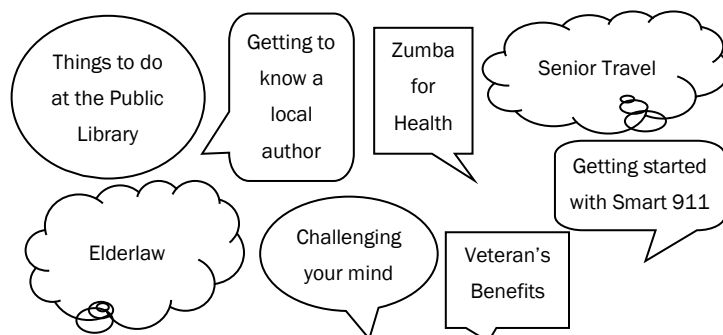
Welcome & Greetings

Chris Ford, *Commissioner of Social Services  
Lexington - Fayette Urban County Government*

## **1:00 - 2:15 p.m. - SESSION THREE WORKSHOPS**

9. **Senior Group Travel Tips**  
Martha Duncan, *Recreation Specialist Senior at the  
Lexington Senior Center*
10. **Writings About Aging**  
Professor Gurney Norman, *English Professor at the  
Appalachian Center*
11. **Brian Power!**  
Elise Mandel, *Educational Consultant*
12. **Growing Herbs in Kentucky: Healthy and Fun**  
Joanna Badagliacca, *Fayette County Master Gardener*

## What is Everyone Talking About?



**Registration Cost: \$10**  
**Registration Deadline: May 17th**  
For complete program and  
registration forms visit:  
[www.challengesofaging.com](http://www.challengesofaging.com)  
or call: (859) 257-5582  
to have the program packet mailed

**Challenges & Opportunities of Aging presented, in part, by support from**  
Lexington-Fayette Urban County Government  
Division of Aging and Disability Services -  
Lexington Senior Center,  
Bluegrass Area Agency on Aging & Independent Living,  
University of Kentucky College of Agriculture Food and Environment -  
Fayette County Cooperative Extension Service

*and these generous sponsors:*

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