

Knoxville-  
Knox County



Community Action Committee

Office on Aging

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FOR IMMEDIATE RELEASE---August XX, 2006

**New Alternative to Long-Term Care Headlines the 22<sup>nd</sup> Annual  
*Aging: A Family Affair*  
for Seniors, Their Caregivers and Professionals**

***Aging: A Family Affair***

Thursday, October 12, from 8 a.m. to 3:45 p.m.

Second Presbyterian Church, 2829 Kingston Pike

Cost: \$25, includes lunch.

.5 CEU credit for social work is available for an additional \$10 payable at the event.

You may register at the door, but please call 524-2786 at your earliest convenience for the lunch count.

Robert Jenkins, vice president of NCB Development Corporation, is consultant for affordable assisted living and housing with service options and will present the keynote address: *Alternatives to Long-Term Care Are Blooming: The Green House Project*. Jenkins and NCBDC provide these services through the Robert Wood Johnson funded Green House Replication Initiative and Coming Home Program. The Green House is a “new kind of nursing home” that uses architectural design to help achieve the mission of providing care that offers privacy, dignity and choices for its elderly residences.

“*Aging: A Family Affair*’s hallmark is the wide array of topics addressed,” said Barbara Monty, Office on Aging Director. “We are not confined to one theme and often address the harder-to-pinpoint, more sensitive or subjective issues.” Workshop themes range from “Budget Travel,” “Keeping Life in Balance: Preventing Slips, Trips and Falls” to “End-of-Life Planning.”

*Aging: A Family Affair* is a special event of the Knoxville-Knox County CAC Office on Aging. Sponsors are Baptist Senior Services, Covenant Senior Health, St. Mary’s Health System and the Knoxville News-Sentinel.

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## **Aging: A Family Affair 2006 Complete Schedule**

**8:00-8:45 Registration & Exhibits**

**9:00-10:00 Peggy Wirtz Keynote Address**

*The Peggy Wirtz Keynote Address is sponsored by Baptist Health System, Covenant Health, and St. Mary's Health System in honor of Peggy Wirtz, the originator and longtime coordinator of Aging: A Family Affair*

**Alternatives to Long-Term Care Are Blooming: The Green House Project**

Robert Jenkins, vice president of NCB Development Corporation

**10:15-11:30 First Workshop Session (choose one)**

**1. Budget Travel**, Kathy Wood, Veteran Traveler

**2. Wise Use of Medication in the Elderly**

Debbie Bird, Pharm. D., professor of pharmacy, University of Tennessee

**3. Getting There Safely: Adaptation or Alternative**

Kristy Clark, adaptive driving occupational therapist and Karen Estes, manager of Knox

County CAC Transit

**11:30-12:30 Lunch & Exhibits**

**12:05-12:20 OPTIONAL Fresh Air Break--Weather permitting, join O'Connor Senior Center's**

Health Services Specialist Claudia Jewell as she leads a brisk walk around the grounds of Second Presbyterian Church. *Please consider footwear.*

**12:30-1:45 Second Workshop Session (choose one)**

**4. Tips & Tactics for Wills & Trusts**

Anne McKinney, Esq.

**5. I'm the M.D., Talk To Me**

Cassandra Gibbs, MD, internal medicine and geriatric medicine

**6. Keeping Your Life in Balance: Preventing Slips, Trips & Falls**

Carol Nordstrom, physical therapist, and Nancy Walker

**2:00-3:15 Third Workshop Session (choose one)**

**7. Finding Your Roots**

Cherel Henderson, East Tennessee Historical Society

**8. End-of-Life Planning**

Janie Shaver, Guyton & Frère Elder Law Attorneys; Dennis Bridges of Bridges Funeral Home and Mary Koontz, Chaplain with St. Mary's Health System

**9. Dealing with Caregiver Stress**

Diana Seaver, Baptist Health System Geriatric Assistance Program

**3:20-3:45 Closing Session & Distribution of Door Prizes**

Closing remarks; door prizes from exhibitors' fair will be awarded to those in attendance.

**Exhibitors' Fair:** Please visit during breaks and lunch for valuable information for seniors and caregivers.

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