

**FIRST TENNESSEE
AREA AGENCY ON AGING
AND DISABILITY**

*35th Annual
Conference on Aging*

April 29, 2025

MeadowView Conference Resort and Convention Center

1901 Meadowview Parkway

Kingsport, Tennessee





35th Annual Conference on Aging

Flip the Script on Aging

Tuesday, April 29, 2025

7:30–8:30 am	Registration & Continental Breakfast
8:30–9:00 am	Opening Session & General Comments
9:00–10:00 am	Keynote Speaker—Gary Karp, Disability Expert
10:00–10:15 am	Break/Networking
10:15–11:15 am	Workshops/Session I
11:15–11:30 am	Break/Networking
11:30–12:30 pm	Workshops/Session II
12:30–1:45 pm	Lunch, Service Award & Volunteer Recognition
1:45–2:00 pm	Break/Networking
2:00–3:00 pm	Workshops/Session III
3:00–3:15 pm	Break/Networking
3:15–3:30 pm	Closing Session, Door Prizes



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

9:00–10:00 am

Keynote Address: *"People with Disabilities:
An Historic Emergence"*
Gary Karp
Disability Expert

10:15–11:15 am Workshops/Session I (1–4)

1. PREVENTING ABUSE IN CAREGIVING

Barry Carrier, Assistant Special Agent in Charge, Tennessee Bureau of Investigation (TBI)

This workshop will focus on the types of abuse often seen in healthcare or caregiving settings, and will include warning signs and recommendations for preventing abuse, recognizing abuse, and getting assistance for abused persons. Participants will gain insights into the processes agencies tasked with prevention and investigation of abuse follow, providing an understanding of investigative timelines and judicial limitations.

2. PROGRAMS OF EXCELLENCE: INNOVATIONS AT SENIOR/ADULT CENTERS

Nicole Rader, Director, Roby Adult Center, Town of Greeneville

Senior and adult centers around the country are developing and implementing innovative programs that excite their members and increase both attendance and membership retention. Join Roby Adult Center Director Nicole Rader on a tour of some of the most imaginative and impactful programs you may never have heard of, and gather inspiration for expanding your own programs.

3. THE VETERAN DIRECTED CARE PROGRAM

*Nicole Andies, LCSW, Veteran Directed Care Coordinator,
James H. Quillen VAMC*

Learn about the new in-home program for veterans who need personal care services and help with activities of daily living, are isolated, or whose current caregivers are experiencing difficulties meeting their needs. Veterans in this program are given a budget for services which are then managed by the veteran or the veteran's representative. Veterans hire and oversee their own workers to meet their daily needs, helping them live at home with greater control of both personnel and scheduling.

4. UETHDA—HELPING PEOPLE, CHANGING LIVES

*Martha Dixon, Community Services Manager, Upper East Tennessee
Human Development Agency (UETHDA)*

UETHDA offers education, programs and support to households throughout our eight-county service area, all aimed at reducing poverty. These programs help empower our neighbors by increasing financial literacy and addressing essential needs related to utilities and housing. We will delve into the LIHEAP program, explaining its eligibility requirements and application process, and explore UETHDA's other programs designed to help low-income households achieve stability and enhance self-sufficiency.

11:30–12:30 pm Workshops/Session II (5–8)

5. SELF-CARE FOR HELPING PROFESSIONALS AND CAREGIVERS

*Paul Baggett, PhD, LCSW, Professor Emeritus, East Tennessee State
University*

Helping professionals and caregivers may encounter a variety of stressful situations. These include burnout, compassion fatigue, anxiety, depression, exhaustion, financial strain, lack of support or resources, heavy workload, long hours and difficult clients or family members. This workshop will help promote the physical, emotional, social and spiritual well-being, including stress management and self-care behaviors. Participants will identify areas of stress and consider practical ways to manage stress through the development of a self-care plan.

6. PENNY-WISE AND POUND FOOLISH IN ESTATE PLANNING

Arthur M. Fowler III, Attorney, Fowler Baker Shade PLLC

People continually tout the importance of having an estate plan in place—including wills, living wills and medical and financial powers of attorney. But what happens in the case of an emergency when you've put off these important decisions, or attempted to save money by opting for non-legally-binding methods? Learn why delaying your estate planning can result in a number of unintended consequences for you and/or your heirs.

7. UNDERSTANDING DEMENTIA: TYPES, SYMPTOMS AND SUPPORT

Tracey Kendall-Wilson, Certified Dementia Practitioner, Northeast Tennessee Regional Director, Alzheimer's Tennessee

Join us for an informative session on the different types of dementia, including Alzheimer's disease, vascular dementia, Lewy body dementia, and more. This workshop will explore the unique symptoms, progression, and challenges associated with each type, as well as strategies for care and support. Whether you're a caregiver, healthcare professional, or simply seeking knowledge, this session will provide valuable insights to help navigate the journey of dementia with compassion and confidence.

8. MAKING THE MOST OF MEDICARE: WHAT YOU NEED TO KNOW

David Beerman, Financial Advisor, Edward Jones

In this workshop you will learn about Original Medicare: its components, costs, covered benefits, and enrollment periods. Alternatives to Original Medicare, like Advantage Plans and Medicare Supplements, will also be discussed, with plenty of time for audience questions.

12:30–1:00 pm Buffet Lunch

1:00–1:45 pm Service Award Presentation, and 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*

2:00–3:00 pm Workshop/Session III (9–12)

9. AGING IN PLACE: THE CRITICAL ROLE OF HOME MODIFICATIONS FOR SAFE AND ACCESSIBLE LIVING

Kristina Rowles, MSSW, MT-BC, Vice President of Home Repair, Appalachia Service Project (ASP), and Michael Price, Community Planner, City of Kingsport

This workshop explores aging in place, focusing on the challenges older adults face in remaining safely and independently in their homes. Learn about the importance of home modifications and accessibility features. Michael Price will discuss how the Kingsport Alliance for Housing Revitalization (KAHR) program uses HUD CDBG funding to address critical needs like emergency repairs for low-income households. Kristina Rowles will share the work of Appalachia Service Project, which provides essential home repairs to help older adults live in warm, safe and dry houses.

10. BUDGETING AND REDUCING DEBT ON A FIXED INCOME

Dalton Bryant, CRA Officer, Bank of Tennessee

This workshop draws from Bank of Tennessee's extensive financial-literacy initiatives for economically-disadvantaged groups to provide practical strategies for creating and maintaining a household budget on a fixed income, especially if there is debt that needs to be addressed as part of the financial plan.

11. EXTREME WEATHER, RESILIENCY AND OLDER ADULTS

David Kirschke, MD, Medical Director, and Sarah Boop, RN, MPH, Communicable and Environmental Disease Director, Northeast Tennessee Regional Health Department

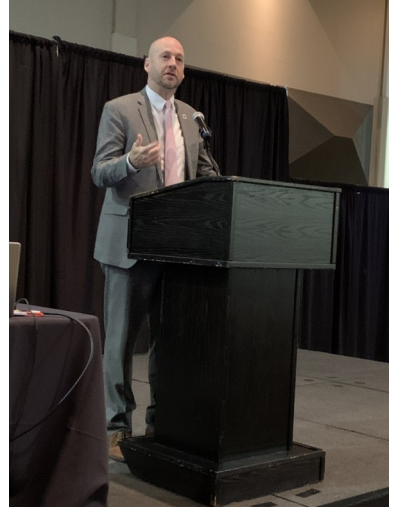
Join two experienced medical professionals from the Tennessee Department of Health for a preview of the ways the changing climate will increasingly impact vulnerable older adults, and proactive measures to help them be more resilient in the face of these changes. The discussion will include heat-related illnesses during warmer summers, the ways climate change is helping to spread mosquito– and tick-borne illnesses, and tips for resiliency during natural disasters.

12. SENIOR NUTRITION: FIGHTING HUNGER AND ISOLATION

Shelly Huber, Impact & Strategy Director, Second Harvest Food Bank of Northeast Tennessee; Susan Lodal, Volunteer, Feed Kingsport and UWGK Hunger Task Force; Dr. Whitney Bignell, Assistant Professor and Director of Didactic Program in Dietetics, East Tennessee State University (ETSU), and Tracy Buckles, Healthy Aging and Nutrition Coordinator, First Tennessee Area Agency on Aging and Disability (FTAAAD)

Join us for an inspiring panel discussion about how these organizations and educators are working to combat hunger and isolation in our communities. You will learn about a local task force, various nutrition-related services, and student-led programs in our area which are expanding capacity and resource sharing to ensure that food-insecurity needs are addressed.

3:15–3:30 pm Closing Session and Door Prizes



Looking
Back at 2024

Cancellation Policy

To keep attendees safe, FTAAAD encourages you to stay home if you are exhibiting any cold- or flu-like symptoms, or have been exposed to an ill individual.

A replacement attendee must be approved by Kathleen McLaughlin prior to the conference, or a refund (minus a \$25 processing fee) may be issued prior to April 21, 2025.

All cancellations will be reviewed on a case-by-case basis and must be received no later than April 21 to be considered for a refund (minus a \$25 processing fee).

Contact Kathleen McLaughlin at 423-722-5093 or kmclaughlin@ftaaad.org for more information.

Keeping Everyone Safe

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

- Wash your hands frequently
- 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 HEALTH 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 in being a sponsor or exhibitor, contact Kathleen McLaughlin at kmclaughlin@ftaaad.org or 423-722-5093.

If you require special accommodations or have questions, please contact Kathleen McLaughlin at the above email address or phone number by the registration deadline.

Registration Deadline — April 15, 2025

Registration Fee — \$160 per person

FIRST TENNESSEE DEVELOPMENT DISTRICT

First Tennessee Area Agency on Aging and Disability

3211 N. Roan Street

Johnson City, TN 37601

Registration Deadline:

April 15, 2025