

Georgia Department of Human Resources

Division of Aging Services

Presents

Living Longer, Living Stronger

With Food, Fun and Fitness

10th Annual Healthy Aging Summit

Take charge
of your health



June 6-8, 2007

Marriott Augusta Hotel & Suites

Augusta, GA

Take charge of your health

June 6, 2007

2:30pm – 3:30pm Georgia Senior Centers' Association Meeting
3:30pm – 5:00pm Conference Registration
6:00 pm – 8:00 pm Networking Reception

June 7, 2007

6:30am - 7:30am Morning Stretch & Walk
7:30am – 8:45am Continental Breakfast & Registration

8:45am – 9:30am Welcome and Opening Remarks

9:30am 10:30am General Session

Planning for Your Best Life Now... Strategies for Achieving Optimal Health
Speaker: Jimmy Callaway, PhD
*Georgia State University
Atlanta, Georgia*

10:30am – 11am Break & Exhibits

11:00am – Noon General Session

Women and Heart Health: What's New?

Speaker: Adrienne Mims, MD, MPH

*Kaiser Permanente
Atlanta, Georgia*

12:05 pm – 1:55 pm Luncheon Program

Sisterhood of the Traveling Genes – Hear an Inspirational Story from a Breast Cancer Survivor about Her Journey to Wellness
Speaker: Marcia Berlin, RD
Atlanta, Georgia

Awards Presentation

2: 00pm -3:00pm Concurrent Workshops

Workshop #1

The importance of Oral Health in Diabetes Risk Management.

Speaker: Dr. Arlene Lester,
*US Public Health Service
Atlanta, Georgia*

Workshop #2

Staying Fit...Interactive Games for Older Adults

Speaker: Leigh Crews
*Dynalife, Inc
Rome, Georgia*

Workshop #3

The Role of Foods & Supplements in Promoting Healthy Aging

Speaker: Mary Ann Johnson, PhD
*Department of Foods & Nutrition
University of Georgia, Athens, Georgia*

Workshop #4

Caring for the Caregiver...Keeping Caregivers Healthy

Speaker: Ruth Price Perschbacher
*Bristlecone Consulting Company
Burnsville, North Carolina*

3:00pm – 3:30pm Break & Exhibits

3:30pm – 4:30pm Workshops (Repeat)

4:45pm – 8:00pm Optional Events

June 7, 2007

6:45am -7:30am **Morning Walk & Stretch**

7:30am -8:30am **Continental Breakfast & Registration**

8:30am –9:30am **General Session**

Osteoporosis, Falls & Fractures....Strategies for Prevention & Management

Speakers: *Chris Recknor, MD*

United Osteoporosis Center, Gainesville

Mary Ann Johnson, PhD

University of Georgia, Athens

9:35am – 10:35am **General Session**

Aging & Brain Health: Keeping Your Brain Young as You Age

Speaker: *Stephen Miller, PhD*

Bio-Imaging Center (BIRC)

University of Georgia, Atlanta, Georgia

10:35 am -10:55am **Break, Exhibits & Hotel Check Out**

11:00 am –Noon **Concurrent Workshops:**

Workshop #1

Making Strides against Arthritis in Georgia

Speakers: *Joe Sniezek & Teresa Brady*

Centers for Disease Control & Prevention (CDC)

Atlanta, Georgia

Workshop #2

Joining Forces to Address Food Insecurity Issues in Georgia's Older Adults

Speakers: *Jung Sun Lee, PhD, RD &*

Heather Stephens

University of Georgia, Athens, Georgia

Charlotte Robinson

USDA Regional Office

Atlanta, Georgia

Workshop #3

Eat More Weigh Less: Strategies for Successful Weight Management

Speaker: *Marcia Berlin, RD*

Atlanta, Georgia

Workshop #4

Quest for Success: Choosing Physical Activity Programs That Work for You

Speaker: *Leigh Crews*

Dynalife, Inc

Rome, Georgia

12:15pm – 2:30pm **Lunch & Program**

Living the Compassionate Dream

Speaker: *Ruth Price Perschbacher*

Bristlecone Consulting Company

Burnsville, North Carolina

2:30pm – 2:45pm **Closing Remarks and Evaluation**

Speaker: Sudha Reddy, MS, RD, LD Chief

Nutritionist & Wellness Program Director

Division of Aging Services Atlanta, Georgia

Take charge of your health

Program Credits

Application has been made for continuing professional education (CPE) from the Commission on Dietetic Registration (CDR). Certificate of Attendance will be provided for other conference attendees.

About the Program

Nutrition status is one of the most vital signs, just like blood pressure or pulse. Optimal nutrition status is essential to the wellbeing, health, independence and quality of life for older adults. What we eat and how we live have a major impact on the quality and length of life. This conference is designed to provide workshops and general sessions on a variety of topics that will focus on healthy aging and healthy living. There will be concurrent workshops both days of the conference.

Target Audience

Dietitians, nurses, care coordinators, health educators, Area Agency on Aging staff, senior center managers, nutrition service providers, caregivers and other professionals involved in providing care for older adults.

Hotel Information

The Augusta Marriott Hotel is located at Two Tenth Street, Augusta, Georgia. Please see hotel directions for additional details. All day parking \$5.00. Conferees may make reservations by calling the hotel directly at 706-722-8900. Special room rate for the conference is \$105 per day single or double plus applicable taxes. Please mention that you are attending the DHR Healthy Aging Summit with your stay. **To get the special group rate, you must make room reservations by May 25, 2007. After that, rooms may be available on a space-available basis.**

Hotel Directions

From Atlanta or Macon on I-20:

Continue on I-20 east until you reach the Riverwatch Parkway. Proceed east for approximately 5 miles. Turn left at 13th Street, go one block. Turn right on Reynolds Street, proceed 3 blocks to 10th Street, turn left. Hotel is on right.

From Statesboro:

Travel north on US-25 for approximately 79 miles. Take the ramp toward US-25 BR/ GA 28/ Downtown. Turn left onto Bay Street. Bay Street becomes Reynolds Street. Turn right onto 10th Street. Hotel is on right.

Supporters

The Georgia Division of Aging Services; Division of Public Health; Procter & Gamble; Care Improvement Plus; AARP Georgia; University of Georgia; Augusta Richmond County Recreation & Parks; Georgia Area Agencies on Aging Network

REGISTRATION FORM
Living Longer, Living Stronger
With Food, Fun and Fitness
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Registration Information

Pre-registration is required.

\$145 Full Conference Registration**

\$165 Conference Registration for Dietitians, including CEUs**

Guest Registration (for meals & special events)

June 7th only -\$45

June 8th only - \$45

Entire conference - \$80

**** After May 18, 2007, a \$20 late Registration fee will be added**

No registrations will be accepted after May 25, 2007

The space for the conference is limited to the first 400 registrants. The full conference registration fee includes instruction, materials, continental breakfast (both days), and lunch (both days). Checks for registration should be made payable to the "Healthy Aging Trust Fund" (nutrition conference) and mailed to:

Division of Aging Services
2 Peachtree St., Suite 9-385
Atlanta, Georgia 30303-3142
Attn: Angela Johnson

You may fax the registration form to 404-657-5285, but the check for the registration must follow by mail prior to the conference. **Registration checks mailed after May 18th should include a late fee of \$20. The final cut off for registration with late fee is May 25, 2007.** For more information, contact Sudha Reddy at 404-657-5316 or Gwentyth Johnson at 404-657-8779 or Angela Johnson at 404-657-5323.

Name: _____

Registration Fee: Early registration (mailed before May 18, 2007); Dietitians - \$165;

Other Professionals - \$145; Late Fee: Add \$20 (mailed by May 25, 2007)

Guest Registration – June 7th only - \$45, June 8th only - \$45, Entire conference - \$80

Job Title: _____ Credentials: _____

Agency: _____

Mailing Address: _____

◆ Home ◆ Agency

Daytime Phone: _____ Fax: _____

Email: _____



Department of Human
Resources Division of
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GA 30303



The power to make it better.

*GA DHR Division of Aging
Services and AARP Georgia are
proud partners in promoting
physical activity through walking*

