Georgia Department of Human Resources Division of Aging Services

Presents

Living Longer, Living Well With Food, Fun and Fitness 9th Annual Healthy Aging Summit

Take charge of your health



June 15-16, 2006 Marriott Augusta Hotel & Suites Augusta, GA

Take charge of your health

June 14, 2006

6:00 pm –8:00 pm Networking Reception Hosted by Augusta-Richmond County Recreation & Parks

June 15, 2006

7:30am – 8:45am	Continental Breakfast &
	Registration

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

9:30am –10:30am General Session Aging Trends, Health Care Needs and the Need for Prevention Programs Speaker: William Benson, Consultant The Benson Consulting Group/ Health Benefits ABCs

Wheaton, MD

10:30am –11am

Break

11:00am – Noon General Session The ABC's of Diabetes – Link between Heart Disease & Diabetes Speaker: David Brown, P.A. Medical College of Georgia, Augusta, GA

12:15 pm – 1:45 pm Lunch & Program Stop Dieting and Start Living Speaker: Michelle Lombardo, DC President, Organwiseguys, Inc Duluth, Georgia 2: 00pm - 3:00pm Concurrent Workshops

Workshop #1: Diabetes & the Importance of Foot Care Speaker: Mercy Popoola, PhD Associate Professor Clayton State University, Morrow, GA

Workshop #2:

Medications & Understanding Medicare Benefits for Diabetes Care Speaker: Jack Fincham, PhD, RPh AW. Jowdy Professor of Pharmacy Care College of Pharmacy University of Georgia Athens, GA

Workshop #3

The Link between Depression & Diabetes Speaker: Jerry Foreman, RN, MSN CSRA Partnership for Community Health Augusta, GA

Workshop #4

Diabetes & Vision Care Programs in Georgia Speaker: Magon Mbadugha, MS, RD, LD DHR Division of Public Health Atlanta, GA

3:00pm – 3:30pm Break

3:30pm – 4:30pm Workshops (Repeat)

4:45 pm – 6:30pm Optional: Health screenings, Yoga, Tai Chi & other wellness activities

June 16, 2006

6:45 am -7:30 am Morning Walk *Team Captain: Regina Orlosky*

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

8:30 am –9:30am General Session The Role of Complementary & Alternative

Medicine in Promoting Health

Speaker: Michelle Manting-Brewer, MD OB-GYN Clerkship Director Medical College of Georgia Augusta, GA

9:30 am – 10:30am General Session Promoting Health & Wellness in the Community: Live Healthy Georgia...Seniors Taking Charge Initiative

Speakers: Lesa Walden-Young, MD Medical Director, Live Healthy Georgia DHR-Division of Public Health Atlanta, Georgia

Mary Ann Johnson, PhD Professor, Department of Foods & Nutrition University of Georgia Athens, Georgia

10:30 am -11am Break & Hotel Check Out

11:00 am –Noon Concurrent Workshops:

Workshop #1:

Planning Physical Activity Programs for Active & Frail Older Adults Speaker: Diana Gore, BS Health & Wellness Coordinator

Henry County Senior Services Atlanta, GA

Workshop #2:

The Magic of Meal Time: Strategies for Serving Healthy, Flavorful Meals Speaker: Betty English County Agent UGA Extension Service Athens, GA

Workshop #3:

The Latest on the Role of Calcium & Vitamin D in Promoting Health Speaker:Mary Ann Johnson, PhD Professor, Department of Foods & Nutrition University of Georgia Athens, Georgia

Workshop #4:

Joining Forces to Plan & Provide Wellness Activities to Older Adults in the Community Speakers: Joyce Downs Senior Services Manager Augusta-Richmond County Recreation & Parks

Adam Butler, Director of Community Health Education & Outreach Neighborhood Improvement Project

L. Monique Hillman, RN, MPH Health & Wellness Coordinator CSRA Regional Development Center Augusta, GA

12:15pm – 2:30pm Lunch & Program

When the Life Throws a Curve Ball at You...What Do You Do? Speaker: Regina Orlosky, BA, Wellness Consultant and Instructor, Augusta, GA

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

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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 \$99 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 24, 2006. 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; Procter & Gamble; AARP Georgia; University of Georgia; Georgia Area Agencies on Aging Network (G4A).

REGISTRATION FORM

Living Longer, Living Well With Food, Fun and Fitness 9th Annual Healthy Aging Summit

June 15 – 16, 2006 Augusta Marriott Hotel

Registration Information

Pre-registration is required.

\$140 Full Conference Registration **

\$160 Full Conference Registration for Dieticians, including CEUs**

\$100 Registration for June 15th only**

\$75 Registration for June 16th only**

** After May 24th a \$20 late Registration fee will be added.

No registrations will be accepted after June 6, 2006

The space for the conference is limited to the first 300 registrants. There will be no on-site registration. 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" and mailed to :

Division of Aging Services 2 Peachtree St., Suite 9-385 Atlanta, Georgia 30303-3142 Attention: 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 24 should include a late fee of \$20. The final
cutoff for registration with late fee is June 6, 2006. For more information, contact Sudha Reddy at 404-657-
5316 or Angela Johnson at 404-657-5323.

Name :

Registration Fee: Early registration (mailed before May 24, 2006); Dietitians — \$160; Other Professionals — \$140; Late Fee: Add \$20 (mailed by June 6, 2006).

Job Title:	Credentials:	
Agency:		
Mailing Address:		
Home Agency		
Daytime Phone:	Fax:	
Email:		



Department of Human Resources Division of Aging Services 2 Peachtree St. NW, 9th Floor Atlanta, GA 30303



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

