



Join us in person
for the 37th annual
one-day seminar
about how to
live your best life
as you grow older!

May 16, 2024

8:30am-3:00pm

Clarion Hotel
1950 Newtown Pike
Lexington, KY

Registration Deadline:
May 8, 2024

Register online:

<https://www.embracingthenextbestyears.org/>

Conference Schedule

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| 8:30-8:45am | Registration – Exhibits Open – Continental Breakfast (Sponsored by Cedarhurst) | |
| 9:00-10:00am | Welcome Keynote Speaker | Mayor Linda Gorton or Representative |
| 10:15-11:00am | Concurrent Breakout Session 1 | |
| | <p>1. <u>Social Connections and Well-Being</u> Social connections reflect the heartbeat of humanity. Yet, since at least the 1970's Americans have become increasingly isolated largely due to pressures to pursue expanding educational and work-related opportunities and establish homes outside of traditional community contexts (e.g., suburban vs. rural or urban). This has resulted in an age-segregated society where older folks remain isolated in their home, while younger cohorts report record levels of loneliness as they seek to establish their own space. During this same period, the United States became the only developed country to get sicker and die younger. What is the American solution? Health care. Since the 1970's, health care expenditures increased from an equal amount to more than double compared to peer nations. In a near turnabout, the U.S. Surgeon General recently announced a lack of social connections to be public health epidemic. Here, I further turn attention toward the fundamental factors that shape patterns of morbidity and mortality, with a special emphasis placed on social connections - especially those that span multiple generations.</p> | <p>Tony Bardo, PhD, Assistant Professor, University of Kentucky Department of Sociology</p> |
| | <p>2. <u>Medication and Aging</u> As we age, it is more likely that we will need to take medications, sometimes more than one. While it might be easier to recognize their potential benefits, we often do not consider the potential harm of taking a medication. Taking multiple medications increases our risk further; therefore, it is important to understand not only our medical conditions, but also the medications we take to address them.</p> | <p>Dr. Daniela Moga, MD, PhD, Associate Professor, Larry H. Spears Endowed Chair in Pharmacogenetics and Assistant Dean for Research, University of Kentucky College of Pharmacy, Sanders-Brown Center on Aging</p> |
| | <p>3. <u>Connecting Our Voices</u> Join Sylvia Lovely on a journey to unlock the stories that lie within each of us and discover their power to enlighten and connect us to one another. Humans are hard wired to communicate through stories. Through the ups and downs of all our lives, stories are how we earn wisdom and make sense of the world and our relationships to one another. Moreover, stories offer a window of guidance for generations to come. No matter your roles in relation to one another, come learn how to discover stories, craft them through writing, and share them with others through methods of your choosing - poetry, memoir, fiction and non-fiction - or just for your own personal satisfaction of better understanding the world around you. Join Sylvia in discovering the joy of writing and sharing your stories. You won't be disappointed.</p> | <p>Sylvia Lovely, JD, Founder, Owner, Connecting Our Voices</p> |

Conference Schedule

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|---------------|---|--|
| 11:15-12:00pm | Concurrent Breakout Session 2 | |
| | <p>4. <u>Sleep and Cognition</u> Processes during sleep prepare us for learning, transformations to learned material occur during sleep, and chronic sleep disruption sets the stage for accelerated cognitive impairment across the lifespan. This talk will review the many ways that sleep shapes our cognitive function in mid-life and older age.</p> | <p>Lauren Whitehurst, PhD, Assistant Professor, Cognitive Neuroscience, University of Kentucky Department of Psychology, Sanders-Brown Center on Aging</p> |
| | <p>5. <u>Disaster Preparedness</u> Kentuckians have experienced firsthand how natural disasters can occur any time and often with little warning. Disasters take many forms, and most areas of family life feel their effects. Because there is no "one-size-fits-all" disaster model, planning community outreach can be challenging. This presentation will look at simple planning steps individuals can take to be better prepared for the next disaster.</p> | <p>Hardin Stevens, Senior Extension Associate for Healthy Homes and Communities, University of Kentucky Annhall Norris, Extension Specialist for Food Preservation & Food Safety, University of Kentucky</p> |
| | <p>6. <u>Exploring Lexington and the Bluegrass Region</u> VisitLEX will host an interactive session about things to see and experience in Lexington. We will have handout materials and prizes!</p> | <p>Patricia Knight, VisitLEX</p> |
| 12:15-1:30pm | Lunch & Entertainment | |
| | Lexington Theatre Company Trailblazers | |
| 1:30-2:15pm | Concurrent Breakout Session 3 | |
| | <p>7. <u>Steps to Healthy Aging Through Nutrition to Prevent Cognitive Decline</u> This presentation addresses the challenges of an aging American population, emphasizing the importance of educating individuals on healthy aging practices. It highlights the role of physical activity and nutrition in mitigating chronic conditions, including those associated with an increased risk of Alzheimer's Disease.</p> | <p>Yolanda Jackson, MS, RD, LD University of Kentucky Center for Health Equity & Transformation</p> |
| | <p>8. <u>Estate Planning</u> A review of important documents to enable individuals and couples to plan for their own future needs.</p> | <p>Amy Dougherty, J.D. Bluegrass Elderlaw, PPLC and Bluegrass Fiduciary Services, PLLC</p> |
| | <p>9. <u>You'll Relish Pickleball! How to Safely Join Your Friends on the Court</u> This fun, introduction to pickleball will get you excited about joining your friends - young and old. Dr. Stone and Mr. Ewing will educate and inspire attendees to join the growing pickleball community.</p> | <p>Dan Stone, PhD, University of KY, Treasurer of the KY Pickleball Association, Faculty Advisor to the UK Pickleball Club Dan Ewing, President of the KY Pickleball Association</p> |
| 2:15-2:30pm | Cookie/Coffee Break (Sponsored by Centerwell) Movement Break, Cathy Wade, YMCA | |
| 2:30-3:00pm | Closing Remarks/Raffle/Door Prizes/Evaluation | |



2024 Registration Form

Name:

Address:

City, State:

Zip Code:

Email:

Phone:

Circle the workshop numbers you plan to attend (see page 2 for titles):

Concurrent Breakout Session 1 - 10:15-11:00am (circle one) #1 #2 #3

Concurrent Breakout Session 2 - 11:15-12:00pm (circle one) #4 #5 #6

Concurrent Breakout Session 3 - 1:30-2:15pm (circle one) #7 #8 #9

Do you need a vegetarian lunch option? Yes No

Do you require an accommodation, due to disability, in order to fully participate in the program? Yes No

If yes, please call the Fayette County Extension Office (859-257-5582) by May 1 to make arrangements.

Registration Deadline:

May 8, 2024

(or sooner if spots are filled)

Make \$10 check payable to:

Community FCS Programs

Send registration form and payment to:

Fayette County Extension Office

Embracing the Next Best Years

1140 Harry Sykes Way

Lexington, KY 40504