



**Join us in person for the 38th
annual one-day seminar
about how to live your best life
as you grow older!**

**May 15, 2025
8:30am-3:00pm**










**Clarion Hotel
(Bluegrass Convention Center)
1950 Newtown Pike
Lexington, KY**

Registration Deadline:
May 5, 2025

Register online:

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

Conference Schedule

8:30-8:45am	Registration – Exhibits Open – Continental Breakfast (Sponsored by CenterWell)	
9:00-10:00am	Welcome Keynote Speaker	Joey Conway, Executive Director of the University of Kentucky Osher Lifelong Learning Institute (OLLI)
10:15-11:00am	Concurrent Breakout Session 1 General Health  Resources  Leisure 	
	1. <u>High on Life: A Clinical Update on Medicinal Cannabis</u> With the Kentucky approval of medical marijuana on March 31, 2023, participants will gain understanding about recent marijuana research, health benefits, and cautions in the aging population.	Lauren Bojarski, DO, MS/Clinical Instructor and Neurodegenerative Fellow, University of Kentucky Sanders Brown Center on Aging
	2. <u>Understanding AI</u> Please join us for a discussion on the basics of AI where we'll discuss what makes "generative AI" different than "Siri".	Rick Sellnow, Digital Literacy Agent, University of Kentucky Cooperative Extension
	3. <u>Dream Big, Plant Small</u> Adaptive gardening as we age. Getting the biggest bang for your buck and planting in small spaces.	Beau Spicer Jr., Owner and Operator Louis Flower Power Shop
11:15-12:00pm	Concurrent Breakout Session 2	
	4. <u>Vision Screening</u> This presentation will explain how the new vision requirement screening is incorporated into the Kentucky driver's license and REAL ID renewing process.	Sarah Jackson, REAL ID Project Manager, Department of Vehicle Regulation, Kentucky Transportation Cabinet
	5. <u>Healthy Habits for Brain Health</u> Keeping our brain healthy is a lifelong journey. In this session, you will learn about non-pharmacological approaches to keeping your brain healthy with hands-on approaches. We will utilize research-based activities from the newly developed UK Sanders-Brown Brain Health Activities program and the University of Illinois Wits Workout program to help you engage your mind. Keeping your brain active can help prevent memory and thinking problems, and can also be beneficial if you have early to moderate dementia.	April Stauffer, Program Coordinator, University of Kentucky Sanders-Brown Center on Aging Meredith Plant, Program Manager, Alzheimer's Association, Greater Kentucky & Southern Indiana Chapter Maranda Brooks, Fayette County Family and Consumer Sciences Extension Agent
	6. <u>Oh the Places We Can Go!</u> Come and learn everything you need to know to make travel in your senior years more enjoyable! Find out about senior friendly destinations, best time to travel, and a host of other travel tips. Group travel is a great way to see the world, make new friends and live your best life!	Martha Duncan, Travel Coordinator, Duncan Travel
12:15-1:30pm	Lunch & Entertainment	Senior Showcase: Beat Drum Boogie Barbershop Quartet

Conference Schedule

1:30-2:15pm	Concurrent Breakout Session 3	
	<p>7. <u>Nutrition for Older Adults</u> Nutrition is important throughout life, but as we age, there are specific dietary factors for which to be mindful. This presentation will explore four key dietary considerations for older adults, discuss how they can apply these guidelines in their daily lives, and share resources that will support these changes.</p>	<p>Anna Cason, RD, LD, Senior Associate for Food and Nutrition, University of Kentucky Heather Norman-Burgdolf, PhD, Extension Specialist for Food and Nutrition, University of Kentucky</p>
	<p>8. <u>Preparing, Planning and VA Benefits</u> Talking about funerals has many benefits. This presentation will explore the ever-changing options available upon death, examine advantages and means available to prearrange/prepay various options, and discuss VA benefits available to those who served our country (as well as their spouses).</p>	<p>Grant Bolt, CFSP, Owner, Johnson's Funeral Home</p>
	<p>9. <u>Melodies for the Mind: Music and Healthy Aging</u> Presenters will discuss and lead attendees in practicing music activities which can impact your mental, emotional, cognitive, and physical well-being to support healthy aging. Presenters will also provide information about community resources for continued participation in music.</p>	<p>Nora Veblen, MM,MT-BC, Owner/Music Therapist at Wildwood Music Therapy Chelsea Gibbs, MT-BC, Owner/Music Therapist at Central Kentucky Creative Therapies</p>
2:15-2:30pm	Coffee Break (Sponsored by CenterWell)	
2:30-3:00pm	Closing Remarks/Raffle/Door Prizes/Evaluation (Turn in your evaluation to receive a free cookie to take home. Sponsored by Silver Lexington.)	



2025 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 need a gluten free 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 5, 2025

(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