

Summer 2009



www.greatlifehealthyaging.com

The “Great Life Series” is a collection of fun, meaningful adventures in personal discovery created to engage mind, body, and spirit. In-depth workshops and excursions offer aging adults fresh pathways and practical tools for conquering all kinds of issues confronting us as we age. The knowledge gained through our learning experiences empowers us to preserve quality of life and independence as we age. Come join us, meet new friends receive great advice on aging well!

Great Life Series, Jackson County

Your Personal Roadmap for Preventing Alzheimer’s and Other Dementias

Do you have difficulty recalling the names of familiar people or remembering where you parked the car after shopping? While such “senior moments,” are frustrating, they do not necessarily predict that your memory is failing; however, it is never too late to develop a personal roadmap for avoiding Alzheimer’s and other forms of dementia. Led by gerontologist, Marcia Caserio, MA Ed., this interactive workshop will provide background regarding Alzheimer’s and other dementias. We will explore strategies, based on the latest research, which can be helpful to avoiding the disease. We will practice useful techniques for recalling names, remembering grocery lists and finding the parked

car, along with other mental stimulation activities that are good for our brains. We will privately assess our own risk factors for developing dementia and establish a personal roadmap or game plan for keeping our brains functioning well as we age.

Tuesday, June 30, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina, Cost: \$20.00 per person

Preventing Falls as We Age

Did you know that approximately thirty percent of adults over the age of 65 will experience a fall each year? These falls often result in debilitating hip fractures and serious brain injuries requiring short and long term visits to hospitals and nursing homes. However, research indicates that we can be proactive and avoid falls. In this workshop, Dr. Lori Schrodtt, a physical therapist and Assistant Professor in the Department of Physical Therapy at Western Carolina University will share information about what puts us at risk of falling. Her discussion will include common medical conditions and medication management. Vision and sensory losses will be explored, as well as the latest scoop on Vitamin D deficiency and its relationship to falls. She will demonstrate, and we will have an opportunity to practice, simple exercises for increasing lower limb strength... a key to avoiding falls! Home safety changes and suggestions that may reduce our risk of falls and make our home environments safer and more accessible will be offered. She will share examples of homes that have been retro-fitted to enable aging adults to remain at home longer. We will learn of an opportunity to be individually assessed to determine personal risk factors for falling at an upcoming screening event.

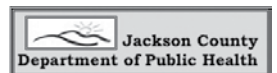
Thursday, July 9, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina, Cost: Free Admission, but registration is required.



The Great Life Series, a collaboration of the Jackson County Department of Public Health, WestCare Health Systems and the Jackson County Department on Aging, is designed to enhance the lives of adults as they age. The healthy aging workshops offered this summer in Jackson County are made possible by funding from the Western North Carolina Partnership for Public Health in addition to community minded corporate sponsors including the First Citizens Bank of Jackson County and WestCare Health System. Special thanks to the First United Methodist Church of Sylva for the in-kind gift of space and for hosting this summer’s Great Life Series events.



First Citizens Bank



Jackson County Department on Aging



Getting a Good Night's Sleep

Sleeping well is important to healthy aging because it enables our bodies to restore and helps us replenish our energy levels. Unfortunately, sleeping problems such as insomnia, restless legs syndrome and difficulty getting to and staying asleep are very common for many of us as we get older. Due to the frequency of such sleeping problems, it is challenging to know what is normal and when our sleeping habits might negatively affect our health and well being. Sleeping poorly can cause or contribute to depression, increase anxiety and irritability. Research even suggests that inadequate sleep is linked to memory problems and accidents. Sleep specialist, Teresa Green, M.D. is our keynote speaker as we carefully explore the subject of sleep and aging. Dr. Green holds board certifications from the American Board of Internal Medicine in Sleep Medicine and Internal Medicine and is in practice with Western Carolina Pulmonary & Sleep Consultants. She will share information regarding how sleep is affected as we age and offer sleep tips to assist us in developing better sleep hygiene. Through a discussion of the risk factors for common sleeping disorders she will help us better recognize the signs and symptoms of sleeping problems, especially, the more dangerous and potentially life threatening medical condition such as undiagnosed sleep apnea. She will also explain how sleeping problems are diagnosed and treated including when and why it may be important to consider a formal sleep study in a sleep laboratory. Information regarding the pros and cons of various sleep aids will be offered, and a question and answer period will follow.

**Tuesday, July 14, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina,
Cost: \$20.00 per person**

The Eyes Have It... The Windows to Your Health as You Age

In this informative seminar, ophthalmologist and retinal specialist, Robert Laborde, MD, will delve into the common eye problems associated with aging and the implications of these changes on our health and quality of life. Dr. Laborde, a retinal specialist and surgeon who has practiced in Western North Carolina for eighteen years, with offices in Hendersonville, Asheville, and Spruce Pine, will explain the anatomy of the eye and what we can expect as normal as our vision changes with age. His presentation will also include a brief description of the eye in art and history. By presenting risk factors and symptoms of common eye ailments as well as eye diseases, he will equip us with an understanding of when to seek medical intervention and what is a true eye emergency. Dr. Laborde will highlight the latest technology and treatments he uses for many vision-threatening diseases, especially, Diabetic Retinopathy and Macular Degeneration. As a regional retinal specialist and surgeon, he will explain how he coordinates care with primary care physicians.

**Tuesday, July 21, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina,
Cost: \$20.00 per person**

Osteoporosis: the Latest Advice on Diagnosis, Treatment and Avoiding Fractures

Osteoporosis is presently a health threat for 44 million Americans over the age of 50, which is 57% of that segment of the population. The incidence of the problem increases rapidly with age. Unfortunately, many of us become aware we have the disease after suffering a debilitating hip, spine or wrist fracture. In this morning workshop,

osteoporosis researcher, clinician and national speaker, Banks Hinshaw, PhD, MD, FACOG will present an in-depth workshop on bone fragility. He will focus on what osteoporosis is, why some people get it and how we determine if we are at risk. He will explain how osteoporosis is diagnosed and the place, in that process, for bone density measurement. Lifestyle strategies for avoiding fragility fractures including medical treatment options and how they work will be shared. In addition, he will candidly explore the pros and cons of various medical treatments for osteoporosis based on the latest research. Knowledge gives us power to reduce our risks of fragility fractures as we age. Get your questions answered by this scientist, researcher and physician!

Tuesday, July 28, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina, Cost: \$20.00 per person

Creatively Dealing with Essential Legal Issues and Your Life Plan

Are your ducks in a row, and have you considered what's on your bucket list? We all need to be certain that our legal documents are in place and current. Most importantly, however, if we are infirmed and cannot make decisions for ourselves, we want to be sure our wishes will be honored. In this workshop, a member of the National Academy of Elder Law Attorneys, Thomas Crawford, J.D., will be a featured speaker. Mr. Crawford, a North Carolina State Bar, Board Certified Specialist in Estate Planning and Probate Law will discuss the essential legal documents we need to have in place as we age and recent changes that have occurred regarding such documents. He will explore a simple way we can personalize our documents to create a means for conveying to those who care for us important information about our unique needs and preferences.

More Workshop information on back 



Register in person at the Jackson County Department of Public Health, 538 Scotts Creek Road, Suite 100, Sylva NC 28779, or mail this form to the above address. Checks should be made payable to the Jackson County Department of Public Health. For more information call Donna at 587-8233 or Belinda at 587-8257. For online registration through our secure site, register and pay at

www.greatlifehealthyaging.com

A full refund will be issued when registration is cancelled more than seven days in advance. If less than seven days, one half the fee will be refunded upon request.

Name _____ June 30, Road Map for Preventing Alzheimer's (\$20)
 Address _____ July 9, Preventing Falls (FREE)
 City _____ July 14, Getting a Good Night's Sleep (\$20)
 E-Mail _____ July 21, The Eyes Have It (\$20)
 Phone _____ July 28, Osteoporosis, the Latest Advice (\$20)
 _____ Aug. 4, Dealing with Legal Issues (\$20)
 _____ Aug. 11, Dealing with Stress and Anxiety (\$20)

Method of Payment: Check Credit Card Cash

If paying by Credit Card, please fill out the following information: VISA Mastercard

Name on Card _____

Card Number _____

Expiration Date _____

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Total Payment \$ _____

A Jackson County board certified physician in Geriatric and Palliative Care Medicine, Ronald P. Fisher, M.D. will discuss the medical aspects of advance care planning. He will highlight the importance of being proactive in creating and conveying preferences in an effort to reduce anxiety for the patient and family at the end of life. Gerontological educator, Marcia Caserio, M.A., Ed. will share considerations and strategies for having family conversations about end of life issues. WestCare Health System, Chaplain Ken Allen, an advance care planning specialist, will join the speakers in a panel discussion to answer our many questions.

**Tuesday, August 4, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina,
Cost: \$20.00 per person**



Special Thanks to the Sylva Herald, the Crossroads Chronicle, the Franklin Press and the Cherokee Scout for their promotion of the Great Life Series and positive, healthy lifestyles for aging adults in their communities.

Cool, Calm and Resilient, Dealing with Stress and Anxiety as You Age

The longer we live there is one constant...change will always be part of our lives. For some of us, it seems that change ushers in opportunity, and for others, change may make us feel we are falling off the cliff. Certainly, at this time of economic downturn, many of us have feelings of anxiety, stress and fear that can make life miserable and affect our health. In this fortifying workshop, life coach and specialist in mind/body medicine, J. Crit Harley, M.D. will provide us with a toolkit filled with strategies for managing stress, anxiety and change throughout our lives. Developing resilience and a glass half full mentality as we age is a key to living a good quality of life and maintaining good health.

**Tuesday, August 11, 9:30 to 12:15 at First United Methodist Church, 77 Jackson Street in Sylva, North Carolina,
Cost: \$20.00 per person**

The Great Life Series provides life enriching workshops focused on healthy aging that can come to you.

For more information contact:

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