Disrupting Aging

University of North Georgia Gainesville Campus
Bringing community, professionals, and licensed health care workers together to explore and embrace the third stage of life.

March 6th — 7th, 2020

Registration Fee: $75/CEU Opportunities

Keynote Speakers

Dr. Harry “Rick” Moody
Debra Tyler-Horton

Guest Speakers

Dr. Cynthia Park
Dr. William Coates, JR

Dr. Kay Graham
Steve Coldiron
Marla Devries
Susan Ryan
Dr. Dave Westfall

Syposium Highlights

Friday, March 6, 2020   5:00PM—8:00PM
Reception/Cocktail Social
Keynote Speaker, Dr. Harry “Rick” Moody

Saturday, March 7, 2020 - 8:00AM—4:15PM
Exhibitors
Keynote Speaker, Debra Tyler-Horton
Workshop Pathways

Register:  https://www.wisdomproject2030.org OR https://ung.edu/healthy-aging/symposium.php

If you need this document in an alternate format for accessibility purposes (e.g. Braille, large print, audio, etc.), please contact Center for Healthy Aging at pamela.elfenbein@ung.edu or 678-717-3688
Friday, March 6, 2020, 5:00 – 8:00 p.m.  Performing Arts Center

5:00 – 6:15 p.m.  Registration and Reception
6:20 p.m.  Welcome and Opening Presentations
6:30 p.m.  Creativity Across the Lifespan
            Dr. Harry “Rick” Moody
8:00 p.m.  Closing Remarks

Saturday, March 7, 2020, 8:00 a.m. – 4:15 p.m.  Martha Nesbitt Building

8:00 a.m.  Registration—Breakfast—Exhibits
8:50 a.m.  Welcome and Introductions
9:00 a.m.  It’s Time to Disrupt Aging
            Debra Tyler-Horton, Georgia AARP Executive Director
10:00 – 10:50 a.m.  Where in the World Did You Get Those Ideas?
            Dr. William Coates, Jr.
            Dementia Friends Information Session
            Aline Stone, Georgia Division of Aging Services
            Yoga
            Dr. Paula Seffens
11:00 – 11:50 a.m.  Changing the Lives of Senior Adults with Music
            Steve Coldiron, MCM
            Dementia Champions
            Aline Stone, Georgia Division of Aging Services
            Tai Chi
            Susanne Pickering, MPH, MS, OTR/L
Saturday, March 7, 2020, 8:00 a.m. – 4:15 p.m. continued

Martha Nesbitt Building

12:00 – 12:50 p.m.  
**Intentional Living-Working to Age Well**  
Dr. Kay Graham  
_Elder Abuse, Neglect, and Exploitation_  
Patricia King, RN, Forensic Special Investigation Unit  
_The Benefits of Argentine Tango_  
Sue Flanagan, Tango Fantástico

1:00 p.m.  
Lunch  
_Walking the Appalachian Trail_  
Dr. David Westfall

2:00 – 2:50 p.m.  
**Joy on the Journey**  
Dr. Cynthia Park  
_The Green House Concept_  
Marla DeVries, Director of Resource Development  
_Silver Sneakers_  
Angela Butler-Hackett, Recreation Therapist

3:00 – 3:50 p.m.  
**Leaving a Legacy**  
Dr. Harry (Rick) Moody  
_Best Life Dementia Care Program_  
Susan Ryan, RN, MA  
_Drum Circle_  
Heitzso & Olaf Grabin

4:00 – 4:30 p.m.  
Closing Remarks
The two-day Symposium entitled, “Disrupting Aging”, will be held at the University of North Georgia (UNG) Gainesville Campus on March 6 and 7, 2020. The theme is “Bringing community, professionals, and licensed health care workers together to explore and embrace the third stage of life.” Wisdom Project 2030, Inc., University of North Georgia Center for Healthy Aging, and the Georgia Division of Aging Services are hosts. The Georgia Gerontology Society, Brenau University Center for Productive Living and Brenau University Learning and Leisure Institute (BULLI) are partnering in this event.

The event kicks off with a reception at UNG’s Performing Arts Center on Friday, March 6, 2020.

**Dr. Harry “Rick” Moody**, our keynote speaker, will address “Creativity Over the Lifespan/Positive Aging”. Dr. Moody, a graduate of Yale and Columbia Universities, retired as Vice President for Academic Affairs with AARP and is currently Visiting Faculty at Fielding Graduate University and Tohoku University in Japan. He previously served as Executive Director of the Brookdale Center on Aging at Hunter College and Chairman of the Board of Elderhostel (now Road Scholar). He is author of many scholarly articles and books including co-author of *Aging: Concepts and Controversies*, a gerontology textbook now in its 9th edition. His book, *The Five Stages of the Soul*, published by Doubleday, has been translated into seven languages worldwide. He is the editor of "Human Values in Aging," with 10,000 subscribers monthly. In 2011 he received the Lifetime Achievement Award from the American Society on Aging and in 2008 he was named by *Utne Reader Magazine* as one of “50 Visionaries Who Are Changing Your World.”

Saturday’s events will be held in the Martha Nesbitt building on UNG’s campus. **Mrs. Debra Tyler-Horton**, AARP Georgia State Executive Director, is our keynote speaker and her topic will be “Disrupt Aging: Living Your Best Life at Every Age”. The book “*Disrupt Aging*” by Jo Ann Jenkins, CEO of AARP, lays out a framework for living your best life and inspires us with recent examples of age disruption in the U.S. and around the world. You will discover that it is not about aging, or adding years to the end of our lives—it’s about living and creating a bold new path to living your best life. As AARP Georgia State Director, Mrs. Tyler-Horton is committed to building community in Georgia with strong partnerships. Upon her appointment as AARP State Director, she spearheaded a volunteer-centered community engagement effort for AARP’s presence statewide.
Disrupting Aging Workshop Pathways

In addition to exhibitors and our keynote speaker on Saturday, fifteen (15) workshops will be presented featuring three presentation pathways. You will be able to select and attend the workshop pathway topics of your interest:

**Pathway 1: Staying Healthy and Active (Healthy Positive Aging)**
- Where Did You Get Those Ideas?
- Changing the Lives of Senior Adults with Music
- Intentional Living—Working to Age Well
- Joy on the Journey
- Leaving a Legacy

**Pathway 2: Maintaining A Quality of Life/Aging in Place**
- Dementia Friends Information Session/Georgia Division of Aging Services
- Dementia Champions/Georgia Division of Aging Services
- Elder Abuse, Neglect, and Exploitation/Georgia Bureau of Investigation
- Green House Concept/The Green House Project
- Best Life Dementia Care Program/The Green House Project

**Pathway 3: Low Impact/Participatory Exercises**
- Yoga
- Tai Chi
- Tango
- SilverSneakers
- Drum Circle

Social Work CEUs and Certificates of Attendance pending.

*This activity is pending approval from the National Association of Social Workers—Georgia Chapter*

For additional information contact: pamela.elfenbein@ung.edu

*Sponsored by the Georgia Gerontology Association*
As a special featured guest during lunch, Dr. David Westfall will discuss his adventure, “Walking the Appalachian Trail”.

Exhibitors

Exhibitors from the following organizations will be available throughout the day:

- AARP Local Chapters
- Brenau University Learning and Leisure Institute (BULLI)
- ITN Lanier
- Legacy Link, Area Agency on Aging
- National Active and Retired Federal Employees (NARFE) Local Chapters
- Northeast Georgia Health System