**$12 Registration Fee**

Name:_____

Address:_____

_____

Telephone:_____

Workshops are offered during two time slots on a first-come, first-serve basis: 10:10-10:55 am and 11:05 - 11:50 am. ***Please select a FIRST and SECOND choice for each time.***

**10:10-10:55 am**

**Living A Heart Smart Life** ____

**Stigma Behind Caregiving** ____

**Mini Masterpiece Suncatcher** ____

**11:05 am-11:50 am**

**Simple Illumination** ____

**Spot the Con** ____

**Medicare 2018 Updates** ____

Make checks payable to **Person County.** Registration can be brought to the Person County Extension Center, by August 17, or mailed to:

**Jennifer Grable, FCS Agent**
**304 South Morgan St., Room 123**
**Roxboro, NC 27573**

## Sponsored By

*NC Cooperative Extension Service*
*Person County Center*

*Person County (ECA)*
*Extension and Community Association*

*Person County Senior Center*

## For More Information, Contact

*Jennifer Grable*
*NC Cooperative Extension*
*Person County Center*
*336-599-1195*

*Maynell Harper or Lisa Mizelle*
*Person County Senior Center*
*336-599-7484*

NC COOPERATIVE EXTENSION

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Paul Westfall, Interim County Extension Director, at 336-599-1195, or email, paul_westfall@ncsu.edu or in person at the County Extension Office at least 10 days prior to the event.

# AGING WITH GUSTO

#OAM18 OLDER AMERICANS MONTH
Engage at every Age

## August 28, 2018

Person County Office Building
304 South Morgan Street Roxboro
336-599-1195

# *Aging with Gusto*
## August 28, 2018

This event will help you be the best you can be. You will learn about health trends that can help you live your life to the fullest, financial information that will enable you to make educated choices and other topics that will keep you up to date on what is happening in the world around you.

## AGENDA

| | |
|---|---|
| 8:30am | Registration Starts<br>Visit Vendor Booths |
| 9:45am | Morning Greetings |
| 10:10am | Workshop Session I |
| 11:05am | Workshop Session II |
| 12:00pm | Lunch & Guest Speaker |
| 1:30pm | Door Prizes/Evaluation |
| 2:00pm | Adjourn |

## WORKSHOPS OFFERED
## 10:10AM-10:55AM

### *Living A Heart Smart Lifestyle*
### Dr. Tori Bradsher, Cardiologist
### Person Memorial Hospital

Join our local cardiologist as she teaches you the information you need to know to make healthy choices including diet, fitness, medications and lifestyle. She will answer your important questions about your heart health so you can help reduce the risk for heart disease.

### *The Stigma behind Caregiving: Are We Afraid?*
### Harvey Holmes, Family Caregiver Specialist, Kerr Tar COG

So many individuals who are caregivers never announce "caregiver" as a role. They refer to themselves as the mom, the daughter, the son, but never signify "caregiver". Are caregivers embarrassed of their role? Is the conversation of caregiving hidden in an attic, never to be positively illuminated within our modern day society? Let's find out!

### *Mini Masterpiece Suncatcher*
### Lisa Mizelle, Senior Center Activity & Volunteer Coordinator

Make a 3" diameter suncatcher that gleams in any well-lit area, showcasing your own individual work of art! Use watercolor markers and a special technique to create a translucent panel that will be framed and made for hanging. All materials provided.

## WORKSHOPS OFFERED
## 11:05AM-11:50AM

### *Simple Illumination: Taking the Confusion Out of Buying A Lightbulb*
### Dr. Sarah Kirby, NC State

When did choosing a light bulb become so difficult? Do I want an incandescent, LED, or CFL? What about the wattage? Where are the 100 watt bulbs? All I see are 72, 26, and 12.5 watts. This will help assist you in choosing the best light bulb for your needs, while considering energy efficiency, light output, and color.

### *Spot the Con*
### Kayla Gilbert, Better Business Bureau of Eastern NC

Do you think you can effectively spot a con? Con artists are master chameleons- shifting and changing their playbook to steal your hard-earned money. We'll walk you through some misconceptions and breakdown the psychology scammers use to lure their victims. Then, we'll discuss how you can spot scams before they happen and give you the tools and tips to walk away safely. Join us for this hands-on discussion-filled workshop so you can help family and friends Spot the Con!

### Medicare 2018 Updates
### Lisa Barker, SHIIP Manager

We will provide an explanation of Medicare Basics, give information on reading your Medicare statement and why it is important to understand it! We will answer questions on Part B and D eligibility and supplemental plans!