

18th Annual Aging Well Conference

June 1, 2023 | 8:00am - 3:30pm
Horizon Convention Center, Muncie



LifeStream
For the young at heart.®

You're invited to the 18th Annual Aging Well Conference!

We are excited to have you join us at the Horizon Convention Center on June 1, 2023. This conference is custom made for you - the caregiver, wellness enthusiast, and health professional. Whether you identify with one, two, or all three of these titles, the Aging Well Conference has something for you.

It is LifeStream's mission to provide the right information, resources, and support for improving quality of life and maintaining independence for older adults and those with disabilities. This conference will equip attendees with the knowledge to make positive changes in your personal and professional life.

Please see the following pages for additional conference information and registration.

Schedule-At-A-Glance

8:00am - 9:00am	Registration Resource Fair Continental Breakfast
9:15am - 10:00am	Session 1 - Choose one of four workshops
10:15am - 11:00am	Session 2 - Choose one of four workshops
11:15am - 1:00pm	Lunch Music Entertainment Keynote Speaker
1:00pm - 1:20pm	Resource Fair Meet and Greet Networking
1:30pm - 2:15pm	Session 3 - Choose one of four workshops
2:30pm - 3:15pm	Session 4 - Choose one of four workshops

FEATURED KEYNOTE SPEAKER

NEIL IHDE, FOUNDER OF LIFE IQ



Neil Ihde is a speaker, lecturer, consultant and founder of Life IQ where he motivates groups and individuals to work, play, relate and live intelligently. He has worked with numerous managers, directors, corporate leaders, and teams to improve their personal and professional effectiveness.

Neil has worked with over 30 Fortune 500 companies including AT&T, Discover Card, Domino's, Transamerica, GE among others. Neil has also consulted internationally with clients from a dozen countries. He is a TEDx speaker and his Life IQ YouTube channel recently eclipsed a half-million views.

Neil's academic background includes a B.A. in Psychology, a B.A. in Sociology, and a MA in Counseling. Neil and his wife Deb have two children and live in Appleton, Wisconsin.

Session 1 9:15am - 10:00am

Session 2 10:15am - 11:00am

Brain Health

Music Therapy and the Brain

Scientific and clinical evidence prove that music can alter brain activity. This session offers activities anyone can utilize to keep the brain sharp and decrease difficulties associated with aging or being a caregiver. Learn how you can use music to make ADL's easier, increase expressive communication, decrease agitation, and engage with your loved ones or patients more fully.

The Memory Compass

In this session you will gain a better understanding of the signs of normal aging vs signs of a more advanced cognitive decline, clarity on how brain changes impact executive function skills in relation to cognitive decline, as well as tools to implement with your loved ones and your community.

Wellness

Ageism in Healthcare

This presentation will explore different aspects of ageism, including the definition, examples of its impacts on society, as well as strategies and resources to help us combat and overcome this issue.

Yoga with Kamna

This session will elaborate on basic philosophy behind Ashtanga yoga, then discuss its application specifically for pain management. Participants will go through a few basic poses as well as breathing techniques and have the opportunity to perform different poses and ask for modifications according to their body types.

Professionals

The Emotional Bank Account

Gain awareness of how deposits build and repair trust in a relationship while withdrawals lessen trust in relationships. Define an emotional withdrawal and deposit and what it takes to build up your account as well as the account of others. Understand that every interaction with another human being may be classified as a deposit or withdrawal.

Creating Boundaries for a Better Work Life Balance

Randolph County United President & CEO Daniel Baker will present on how to balance life and work"

Choose the sessions that interest you most! Put a check mark next to the session workshops you'd like to attend. Keep these pages as a reminder.

Session 3 1:30pm - 2:15pm

Parkinson's Disease and Resources to Improve the Journey

This presentation will be an overview of Parkinson's Disease along with important information about resources needed when living and caring for someone with Parkinson's Disease.

HomeFit

Smart ways to make a home comfortable, safe and a great fit for older adults -- and people of all ages.

SMART

Learn how to better reach your goals and priorities by making them SMART.

- SPECIFIC
- MEASURABLE
- ALIGNED
- REALISTIC
- TIME BOUND

Session 4 2:30pm - 3:15pm

Compassion Fatigue

In this presentation, we will explore compassion fatigue in-depth, providing a fresh perspective on how to maintain our own well-being while continuing to provide compassionate care to those in need.

People with Diabetes

Addressing the question of why do I need diabetic shoes, and tips to healthier, happier feet for people living with diabetes.

Customer Communication Excellence

People prefer to buy from those they know, like and trust - and communication is vital at every step. This interactive workshop covers essential communication channels along with practical tips for each. Learn how customer information needs to change throughout their journey, and how your communications can be designed to encourage action and build stronger relationships.

Brain Health

Wellness

Professionals



Conference Information



When: Thursday, June 1, 2023

Time: 8:00am-3:30pm

Where: Horizon Convention Center
401 S. High St. Muncie, IN 47305

Fee: \$40 - early bird discount before May 1
\$45 - registration after May 1
*Fees include breakfast, lunch, and conference materials.



LifeStream Services provides programs & services including in-home care management, transportation, meal delivery, and more to help older adults people with disabilities, and others at risk remain safe & independent in their homes and communities.

LifeStream is dedicated to promoting healthy living in mind, body, and spirit; the Aging Well Conference is designed to do just that.

Learn more by visiting www.lifestreaminc.org or call 765-759-1121.

Registration Deadline: Friday, May 12, 2023

CEUs: Earn 4 Continuing Education Units for \$10 in addition to the registration fee.

Activities & Engagement: Accommodations for your loved one(s) while you attend is available at *no cost*. Please reserve in advance.

Travel Accommodations: The Courtyard Marriott attached to the Horizon Convention Center is offering a discount rate of \$144 for a one night stay on May 31. Reserve your room by May 5 by calling 765-287-8550.

Directions: Detailed directions can be found by visiting horizonconventioncenter.com/directions

More Info: Visit lifestreaminc.org/aging-well-conference or call 765-759-1121.

Register by filling out this form and returning it by mail, or register online at lifestreaminc.org/aging-well-conference.

Please note that each registrant must have their own registration form. If you need additional forms or have questions, please contact Angie Jenkins: 765-759-1121 or ajenkins@lifestreaminc.org.

Deadline is Friday, May 12th.

Registration

Personal Information:

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Food Allergies or Meal Restrictions: _____

Would you like to purchase Continuing Education Units (CEUs)? \$10 - price includes 4 CEUs

Conference Fee:

\$40 - early bird registration fee (before May 12) \$45 - registration after May 12

Session Options:

Session 1 (9:15am-10:00am) <input type="checkbox"/> Music Therapy and the Brain <input type="checkbox"/> Ageism in Healthcare <input type="checkbox"/> The Emotional Bank Account	Session 2 (10:15am-11:00am) <input type="checkbox"/> Understanding Executive Function and Dementia <input type="checkbox"/> YOGA - Basic Philosophy and its Application <input type="checkbox"/> Creating Boundaries for a Better Work Life Balance
Session 3 (1:30pm-2:15pm) <input type="checkbox"/> Parkinson's Disease and Resources <input type="checkbox"/> HomeFit <input type="checkbox"/> SMART	Session 4 (2:30pm-3:15pm) <input type="checkbox"/> Compassion Fatigue <input type="checkbox"/> Why Do I Need Diabetic Footwear <input type="checkbox"/> Customer Communication Excellence

Payment:

Cash enclosed

Pay with Card **Note: We do not accept American Express.*

Card Number: _____

Check # _____ enclosed

Exp. Date: _____ Security Code: _____

Registration ends on Friday, May 12. Please return this form in the enclosed envelope to:
LifeStream Services, 1701 S. Pilgrim Blvd., Yorktown, IN 47396.

Questions? Contact Angie Jenkins at 765-759-1121 ext. 121 or ajenkins@lifestreaminc.org.

For more info and to register online, visit lifestreaminc.org/aging-well-conference or scan the QR code!





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Yorktown, IN 47396

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