

19th Annual Aging Well Conference

June 18, 2024 | 8:00am - 3:30pm
Horizon Convention Center, Muncie



LifeStream
For the young at heart.®

You're invited to the 19th Annual Aging Well Conference!

We are excited to have you join us at the Horizon Convention Center on June 18, 2024. 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, those with disabilities, and caregivers. 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 three workshops
10:15am - 11:00am	Session 2 - Choose one of three workshops
11:15am - 1:00pm	Lunch Keynote Speaker
1:00pm - 1:20pm	Resource Fair Meet and Greet
1:30pm - 2:15pm	Session 3 - Choose one of three workshops
2:30pm - 3:15pm	Session 4 - Choose one of three workshops

FEATURED KEYNOTE SPEAKER: TANORRIA ASKEW

Tanorria is a chef, podcast host and cookbook author. Her credentials are simple: she comes from the "Culinary Institute of Her Parents & Grandparents." Born in Chattanooga, TN, and raised in Indianapolis, Tanorria traveled often to be with loved ones. Growing up there was always entertaining and cooking, sharing and telling stories along the way. She got to witness firsthand how food can build tradition and show love, compassion, unity, and fun.

Tanorria spent 15 years at Teachers Credit Union (TCU) before leaving to follow her culinary dreams. While at TCU Tanorria was the champion and practitioner for the institution's Diversity, Equity and Inclusion (DEI) Initiative, leading the charge in winning the Indianapolis Mayor's Celebration of Diversity Award. She blended her passions for cooking and DEI to create Unity Tables, a safe space for women of different races, cultures, and backgrounds to sit around a dinner table and share their heart as a way to create unity.

An avid home cook turned chef, she launched Tanorria's Table right before a 2016 appearance as a contestant on MasterChef season 7, where she walked away as the fourth best home cook in America and a true "master" of shrimp & grits in the eyes of Gordon Ramsey. While she won over producers, judges, and the country with raw talent and a sassy personality, she credits family traditions and Black foodways for fueling her success.

Since her appearance on MasterChef, Tanorria has built a thriving business and loyal client base in the greater Indianapolis and Chicago areas. Her personal chef services at Tanorria's Table are highly sought after for dinner parties, celebrations and other private events. As an expert instructor, her work also extends to engaging cooking demonstrations and classes for corporate and social events. She has had the privilege of speaking to audiences as a keynote speaker, emcee, and panelist about her significant career shift, anti-racism and social justice work, and the courage it takes to chase dreams. She also serves as the DEI Chairperson of the board for a non-profit called Slow Food Indy.

Voted by Apple Podcast as one of 2022's Black podcasts that are surviving and thriving, Tanorria co-hosts Black Girls Eating with Candace Boyd of FoodLoveTog. Black Girls Eating is a conversation about sisterhood, food, and Black culture. Her first cookbook, *Staples +5: 100 Simple Recipes to Make the Most of Your Pantry* (released in November 2021 by DK Publishing), is considered one of the best cookbooks of 2021 by Glamour.com.

A seat at Tanorria's Table will nourish your body with food and your soul with justice.



Session 1
9:15am - 10:00am

Session 2
10:15am - 11:00am

Session 3
1:30pm - 2:15pm

Session 4
2:30pm - 3:15pm

Brain Health

Advancing the Science: The Latest in Alzheimer's and Dementia Research

This presentation will focus on the landscape of Alzheimer's and dementia science, covering essential topics such as risk factors and highlighting the importance of early detection and diagnosis, shedding light on the latest advances in clinical trials, treatments, and lifestyle interventions as well as strategies for addressing Alzheimer's and dementia.

State of Aging Report

Key findings from the 2023 State of Aging Report will be presented, followed by a demonstration of the State of Aging website which provides access to interactive reports, maps, and graphics that describe the trends and emerging issues related to the older adult population in Central Indiana and beyond, including basic needs, social well-being, aging in place, and health & well-being.

Maintaining Good Brain Health

In this session you will gain a better understanding of the cerebrovascular side of brain health. Such optics include preventing and recognizing strokes as well as vascular disease of the brain.

VA Caregiver Support Program and VA Resources

This session will provide an overview of the VA Caregiver Support Program, Program of General Caregiver Support Services, and Program of Comprehensive Assistance for Family Caregivers.

Brain Health

Wellness

Identity Theft

Conscious protection of your identity and personal information is a crucial component of financial wellness – in this course, we'll teach you how to be prepared. During this workshop, you'll learn to identify and avoid common online threats and scams and practice assessing your risk for identity theft or fraud.

Eating for Life: Unlocking Nutrition's Power for Optimal Health and Wellness

Nutrition plays a fundamental role in health and wellness, influencing various aspects of physical and mental health. Proper nutrition can help maintain cognitive function, bone health, and independence, reducing the risk of chronic diseases and promoting a longer, healthier life.

Top 10 Estate Planning Tips with Long-term Care in Mind

A fast-paced, light-hearted "Top 10 list" talk in the style of Indiana's beloved late night talk show host, "Practical things to do or consider for Aging & Special Needs/Disabilities legal planning." A question & answer session on elder law will wrap up the session to offer you an opportunity to ask questions not covered by the Top 10 List.

Strength in Aging

Through a comprehensive exploration of the underlying causes and implications, attendees will gain insight into the importance of addressing these challenges. This session aims to empower and educate individuals about weakness, foster enhanced functionality, and elevate quality of life as we continue to age.

Wellness

Leadership

The DEI of Leadership: Decisive. Effective. Inclusive

Leaders who are decisive, effective, and inclusive are essential to fostering a positive work culture. Learn ways to improve employee morale, promote business ethics, drive creative problem-solving, and innovation through exposure to diverse perspectives, which leads to sustainable organizational impact.

You're Being Watched

Leadership is more than boardrooms and classrooms. This is a roundup of techniques you can use immediately to be a strong community leader and find purpose throughout life.

Burnout for Helpers

Address burnout with practical tools for prevention and recovery. Explore Relevance, Recognition, and Progress as core factors. Through discussions, exercises, and expert guidance, discover how to align values and goals for a sense of Relevance. Learn about the importance of Recognition from others and yourself, and set realistic goals for Progress.

Dress for Success

Discover practical strategies for leveraging existing wardrobe pieces to elevate your style, whether you're aiming for business professionalism or a polished casual look and how your attire communicates authority, confidence, and competence in professional settings, influencing perceptions and paving the way for success.

Professionals

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.



Conference Information

When: Tuesday, June 18, 2024

Time: 8:00am-3:30pm

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

Fee: \$50 - registration
*Fees include breakfast, lunch, and conference materials.

Registration Deadline: Friday, May 28, 2024

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

Activities & Engagment: 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 \$147 for a one night stay on June 17. Reserve your room by May 18 by calling 765-287-8550.

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

More Info: Visit lifestreaminc.org/agingwell or call 765-759-1121.



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

Register by filling out this form and returning it by mail, or register online at lifestreaminc.org/agingwell.

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 28th.

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:

\$50 - Registration fee includes breakfast, lunch, and conference materials.

Session Options:

Session 1 (9:15am-10:00am) <input type="checkbox"/> The Latest in Alzheimer's and Dementia Research <input type="checkbox"/> Identity Theft <input type="checkbox"/> The DEI of Leadership: Decisive. Effective. Inclusive	Session 2 (10:15am-11:00am) <input type="checkbox"/> State of Aging Report <input type="checkbox"/> Nutrition's Power for Optimal Health & Wellness <input type="checkbox"/> You're Being Watched
Session 3 (1:30pm-2:15pm) <input type="checkbox"/> Maintaining Good Brain Health <input type="checkbox"/> Top 10 Estate Planning Tips for Long-term Care <input type="checkbox"/> Burnout for Helpers	Session 4 (2:30pm-3:15pm) <input type="checkbox"/> VA Caregiver Support Program and VA Resources <input type="checkbox"/> Strength in Aging <input type="checkbox"/> Dress for Success

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 28. Please return this form 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/agingwell or scan the QR code!





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