



Our Golden Year

20th Annual Aging Well Conference

June 3, 2025 | 8:00am - 2:30pm
Horizon Convention Center, Muncie

The logo for LifeStream, featuring the word 'LifeStream' in a gold cursive font with a registered trademark symbol. A thick, wavy gold line with a white outline curves around the bottom and right sides of the logo.

LifeStream[®]

You're invited to LifeStream's 20th Annual Aging Well Conference & 50th Anniversary Celebration!

Please join us at the Horizon Convention Center on June 3, 2025 as we celebrate 50 years of service to older adults, people with disabilities, and caregivers in East Central Indiana!

In addition to our Annual Aging Well Conference, LifeStream will be holding an anniversary celebration and awards program honoring just some of those who have helped advance 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. Tanorria Askew will join us this year as event emcee.

After the 50th celebration, Aging Well Conference participants are invited to attend our vendor fair before conference sessions begin. As always, this conference is custom made for you - the caregiver, aging adult, wellness enthusiast, and health professional. Whether you identify with one, two, or all of these titles, the Aging Well Conference has something for you. 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.

EVENT EMCEE:

Tanorria Askew is a chef, podcast host and cookbook author. Born in Chattanooga and raised in Indianapolis, she 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.



Schedule-At-A-Glance

8:00am - 8:30am	Registration
8:30am	Breakfast Service Begins
9:00am - 10:00am	50 th Anniversary Celebration & Awards Ceremony
10:00am - 11:30am	Resource Fair
11:30am - 12:15pm	Session 1 - Choose one of three workshops
12:30pm - 1:15pm	Session 2 - Choose one of three workshops
1:30pm - 2:30pm	Session 3 - Specialty Workshops <i>presented by LifeStream Services</i>

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

Lifestyle Choices for your Brain and Body

For centuries, we've known that the health of the brain and the body are connected, but now, science is able to provide insights into how lifestyle choices may help maintain brain and body health as you age. Learn about research in the areas of diet and nutrition, exercise, cognitive activity, and social engagement, and use hands-on tools to help incorporate these recommendations into a plan.

Incorporating a Mediterranean Lifestyle

This approach to health is more than just a diet—it's a way of living that emphasizes wholesome foods, regular movement, and strong social connections. Discussion includes practical ways to adopt Mediterranean-inspired eating habits, integrating enjoyable physical activity, and embracing the power of community to support overall well-being.

Serving with Integrity: Multiculturalism in Rural Helping Professions

In this leadership workshop, we'll work to understand the ethical obligation to incorporate multicultural principles into professional practice, explore the challenges and opportunities of applying multiculturalism in rural settings, and equip participants with practical tools for fostering inclusivity and cultural competence.

Session 1

11:30am - 12:15pm

Brain Health

Do you know that taking care of your brain is a holistic approach to care? In this overview on brain health, learn about some key lifestyle pillars to be aware of, how they can positively affect our brain, and what to avoid that causes damage to our brain.

Understanding Special Needs Trusts and Miller Trusts

When navigating the world of means-tested government benefits like SSI, Medicaid, and Medicaid Waivers, it is important to know the tools that can be used to help shield income and resources to protect benefit eligibility. This presentation will provide an overview of two options, Special Needs Trusts and Miller Trusts, as well as provide examples of when each option could be used.

Leadership Qualities: Finding Your Why and Leading with Purpose

Leadership is not just a title or position; it's a way of being. True leadership is about influence, authenticity, and purpose. We'll explore qualities of great leaders, different leadership styles, and the power of purpose in effective leadership.

Session 2

12:30pm - 1:15pm

Dementia Live®

Utilizing specialized gear that simulates dementia-specific changes that include altered eyesight, hearing, and tactile sensation, this safe experience immerses participants into what life might be like to live with a cognitive impairment and sensory changes. It is a powerful and effective tool to strengthen care partner understanding of, and empathy for, people living with dementia.

Memory Screenings

This workshop will help educate participants about the benefits of early detection of memory problems as well as cover tips to promote a healthy brain. Learn how to "exercise" your brain as well as how to find additional information and resources regarding memory screenings, aging successfully, and maintaining brain health.

Drums Alive

Experience the transformative power of cognition, movement, music and rhythm. EveryBODY comes alive with Drums Alive! This is a fun, evidence-based wellness program that improves physical, mental, and social-emotional well-being. This program positively impacts stress and anxiety, mood, blood pressure, natural immune system, and much more!

Session 3

1:30pm - 2:30pm

SPECIAL THANKS TO OUR SPONSORS!





Conference Information

When:	Tuesday, June 3, 2025
Time:	8:00am-2:30pm
Where:	Horizon Convention Center 401 S. High St. Muncie, IN 47305
Fee:	\$50 - registration *Fees include brunch, snacks, and conference materials.
Registration Deadline:	Friday, May 9, 2025
CEUs:	Earn 3 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 <i>no cost</i> . Please reserve in advance.
Travel Accommodations:	The Courtyard Marriott attached to the Horizon Convention Center is offering a discount rate of \$145 for a one night stay on June 2. Reserve your room by May 2 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

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.

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 9th.

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 3 CEUs

Conference Fee:

\$50 - Registration fee includes brunch, snacks, and conference materials.

Session Options:

Session 1 (11:30am-12:15pm) <input type="checkbox"/> Lifestyle Choices for your Brain and Body <input type="checkbox"/> Incorporating a Mediterranean Lifestyle <input type="checkbox"/> Serving with Integrity	Session 2 (12:30pm-1:15pm) <input type="checkbox"/> Brain Health <input type="checkbox"/> Understanding Special Needs & Miller's Trusts <input type="checkbox"/> Leadership Qualities
Session 3 (1:30pm-2:15pm) - Specialty Workshops presented by LifeStream Services <input type="checkbox"/> Dementia Live, conducted by LifeStream's STEP In Caregiver Programs <input type="checkbox"/> Memory Screenings, conducted by LifeStream Dementia Outreach Specialists <input type="checkbox"/> Drums Alive, conducted by LifeStream Wellness Team	

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 9. 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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Yorktown, IN 47396

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