



## Aware Senior Care Seminars and Panels 2018

Please contact us at 919-436-1871 to request us to come to you to speak or make a request on our website at [www.awareseniorcare.com/speaker-registration](http://www.awareseniorcare.com/speaker-registration).

### Seminars:

#### - Live Well at Home Seminar (50 min)

- Seminar that is focused on tips and advice for seniors, the chronically ill or disabled to live well and safely at home with a little help. Given by Tim Murray and Gina Murray (RN) owners of Aware Senior Care.
- This seminar has been presented at: Cary and Raleigh Senior Centers, Heritage Pines Retirement Community, SearStone Retirement Community, Carolina Preserve Retirement Community, Jordan Oaks Independent Living, St. Michael the Archangel Catholic Church Cary, First United Methodist Church Cary, Westwood Baptist Church Cary and the Cary Kildaire and Central Rotary Clubs.
- **Abstract:** We all hope to age gracefully, living independently in our homes as long as we can. When a loved one struggles with health issues, memory loss or simply maintaining the household, it places a strain on the entire family. Many will need additional assistance to continue live at home, safely and productively. For some, maybe a move to a community makes sense. Should you stay at home or move? Come and learn about how to assess your ability to live at home, questions to ask yourself to evaluate if a move to a community makes sense and finally, learn about the great resources in our Raleigh and Cary community that can help you!
- Topics we will cover?



- Discuss setting goals and determining how you want to spend your days?
- Self-assessing your ability to care for yourself and the steps you should take if you need help.
- Is your home the right place for you? What questions should you ask and if leaving home seems right, what are your options?
- How to build your care team - great community resources in Raleigh whether you live in your home or move to a community

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- **Is it time to leave the home Seminar (50 Min)**

- Seminar by Gina Murray (RN) and either a Certified Geriatric Care Manager (GCM) or Geriatric Advocate. This seminar was developed in the fall of 2016 and has been held at both the Raleigh and Cary Senior Centers. Most recently at Five Points in early April 2018.

- **Abstract:** This seminar will help people evaluating a possible move from their home to independent or assisted living. The seminar's featured speakers will be Gina Murray, RN, BSN and director of Aware Senior Care, providing in-home care for seniors and the chronically ill and a geriatric care advocate. Gina will present signs that perhaps home is no longer the best place to live followed by a geriatric advocate or GCM who will present the various options outside the home such as independent living, assisted living, continuous care retirement communities, and residential home care. You will learn things to consider and evaluate in terms of where to live and leave with an understanding of the various living options commutes provide and the costs.



- **How to prepare for a Dr. Visit Seminar by Gina Murray, RN BSN (50 Min)**

- Gina has spoken on this topic at SearStone CCRC, StoneRidge Independent Living, Jordan Oaks and Cary and Raleigh Senior Centers. It is so critical to have a good Geriatric Physician that invests time to understand your goals. Gina has some tools to use to prepare for the visit armed with good questions for the physician.



- **Topics that will be covered:**

- Have you looked forward to talking to your physician and then left feeling frustrated after your visit?
- Do you feel like your physician doesn't know how you really feel or doesn't have time to listen to you?
- Have you forgotten to tell your physician the things that matter most to you?
- Are you taking so many medications you have lost track of when to take them and why?

- **Eat Well at Home – Seminar (50 min)**

- **Abstract:** Eat Well at Home is all about good diet and eating habits at home when preparing meals for 1-2 people. The seminar provides helpful information and education about good nutrition and diet that can be applied preparing meals for one to two people living at home. A featured speaker with Aware Senior Care will be a Dietitian/Nutritionist/Chef.



- **Move Well at Home Seminar and Demonstration (50 Min)**

- Increase flexibility and mobility and increase your time to live well and independently at Home!
- **Abstract:** This seminar provides good information and practical demonstrated exercises to Increase flexibility and mobility and thus increasing your ability to live independently at home. The seminar will feature a demonstration by a physical and occupational therapy certified expert who will demonstrate and provide hand-outs for take home exercises.



- **Live Strong and Eat Well at Home (50 min)**

- Learn how to improve both eating habits and mobility and increase your time living independently at home!

- **Abstract:** This seminar will provide helpful information and education about increasing and maintaining your mobility and balance and establishing good eating habits to increase your ability to live well in your home for as long as possible.
- The seminar will include featured speakers: Gina Murray, RN BSN home care, a certified PT/OT Therapist and a certified dietitian/nutritionist.



- **Move and Think Well at Home with Demonstration (50 min)**

- What's a good way to have a positive impact on staving off the effects of Alzheimer's disease and at the same time, help you stay stronger and reduce the potential from a fall? A good answer would be to think and exercise at the same time!

- **Abstract.** As we get accustomed to having so many things done for us as we grow older we lose those reflex instinctive things we were born with. If we fall for example, it may be we think we can't get up but in reality we can. It's just that we're not thinking through the natural moves to make it easier like rolling over and getting up on your elbows.



- This seminar will provide helpful information, education in learning movement strategy and fall prevention featuring playing some games that keep the mind busy and the body moving. Learn what your current abilities are and how to prepare and recover in case of a fall. You will leave with easy and fun ways to continue moving at home and maintain your quality of life.
- Presented by Aware Senior Care and Joe Kleman, owner and therapist at Movement Creates Infinite Possibilities (MOVE) in Raleigh, NC.

- **Think Well and Stress Less at Home (50 min)**

- **Abstract:** This seminar will provide helpful education and recommendations on the importance of exercising your brain and things you can do to reduce stress. At the later stages of life living at home, especially

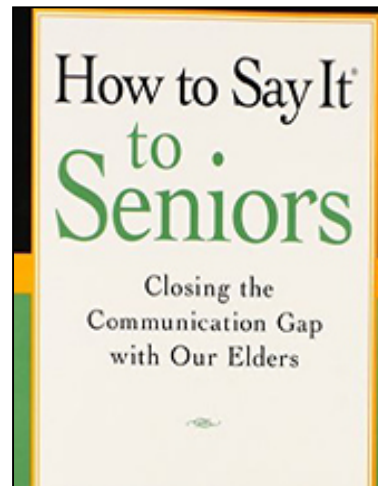
if it's by yourself, can be very challenging. Things you could do earlier in life become more difficult. You may now need assistance in your home which causes stress and withdrawing from being social.



- It's a documented fact that stimulating the brain can help enhance life and reduce the chances of dementia and Alzheimer's disease. Reducing stress has a major positive impact on your health and enjoying life. This seminar will discuss signs and indicators of dementia and stress and provide simple tips and techniques that can be applied in everyday life to reduce stress and exercise the brain.
- This is a joint presentation from Aware Senior Care and Alzheimer's of NC, Inc.

- **Build your life plan Seminar (50 min)**

- What is your Legacy? How do you want to be remembered?
- **Abstract:** This seminar will be based on content in the books "How to Say It to Seniors" by David Solie and "How to Keep Mom (and yourself) out of a Nursing Home" by Dr. David Fisher of Doctors Making Housecalls. Frequently we think of retirement in terms of how much money we need to retire. Life is so much more than being about money.



- We will discuss the importance of building a life plan covering all aspects of your life spanning your physical, social, faith, medical and financial goals. A key question to you in building this plan is what you would like your legacy to be? How would you like to be remembered by family and friends?
- Come learn how to build your life plan with your legacy in mind!

- **Sleep Well at Home Seminar (50 min)**

- Sleep better through expert education, healthier living and establishing a good bedside routine.

- **Abstract:** This seminar will provide helpful information and education about common sleep disorders and how through healthy diet, exercise and establishing a good bedtime routine you can sleep better.



- The main part of the seminar will feature a certified doctor and/or sleep therapist. Good quality sleep is essential to your good health! If you are having consistent, unexplained difficulty falling or staying asleep, are snoring heavily, or are just not waking up feeling rested, these are signs that it is time for a medical exam by a sleep doctor. Poor sleep quality has been associated with depression, weight gain, anxiety and other issues.

## Panels:

### - Live Well at Home Panel

- A question and answer panel featuring community experts providing products and services to enable seniors, chronically ill or the disabled to live safely and thrive at home.
- **Abstract:** We all hope to age gracefully, living independently in our homes as long as we can. When a loved one struggles with health issues, memory loss or simply maintaining the household, it places a strain on the entire family.

- Many will need additional assistance to continue live at home, safely and productively. Today there are many good solutions to help seniors to not only live at home, but thrive. This event features a panel of local community individuals that provide services and products to people needing some assistance to stay at home and thrive.



- **Panelists** will represent products and services to help people live well at home. Panelists can include: Home Care, Home Health, Hospice, Pharmacy Delivery, Doctor's Making House Calls, Home Renovation and Safety, Estate Planning and VA Benefits, Estate Sales, In-Home PT/OT, Transportation, etc.

### - Is it time to leave the home? Panel

- **Abstract:** We all hope to age gracefully, living independently in our homes as long as we can. There may come a time when it makes sense to consider a move. When is this right time? How do I evaluate a move? What are the various living options and what do they offer?



- **Panelists** will represent communities, facilities and services that can help a person evaluate and move to a new home (facility or community). Panelist represent: Senior Move Management and Real-Estate, Independent Living, Assisted Living and Memory Care, Continuous Care Retirement Communities, Skilled Nursing, Geriatric Care Management, Elder Law and trust, Veterans Administration Benefits Specialists.

- **Live Strong and Eat Well at Home Panel**

- **Abstract:** Learn how strength, balance, and healthy eating help to ensure a fulfilling, independent life at home.
- **Panelists** can include: Dietitian, Chef, Nutritionist, Home Meal Delivery, Home Care, PT/OT.



- **Modifying Your Home to support aging in place Panel**

- Home Renovation, Financial Support to Pay, Home Automation, Life Alert, Ramps etc.



- **Move Well at Home (mobility, nutrition, exercise, Yoga) Panel**

- A panel of experts that center on things you can do in the home to be mobile to elongate independence. Includes aspects of eating well/diet, simple exercise/stretching, falls prevention. One of the featured panelist's will be Flexogenix of Cary. Live Well at Home.





- **Veterans Helping Veterans Panel**

- A panel of Triangle experts that are Veterans or have loved ones that were veterans. The panel focus is on all the veteran services that can be provided to help a veteran live well at home.
- **Panelists** can include: Representatives from the local VA office, Elder Law and Trust, VA Benefits, Home Care, Home Health, NC Services Unite US Network

