



Live Well and Thrive Wellness Panel at Heritage Pines

The definition of wellness according to the [National Wellness Institute](#):

“Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”

- *Are you interested in learning about new and intriguing places to travel to right from Heritage Pines?*
- *Are you getting weary of weekly shopping and cooking your meals? Wouldn't it be nice if somebody else did that?*
- *Have your children asked you to write a book or document your life story to tell your legacy?*
- *Would you like to learn new exercise you can do right in the home to help keep you strong and at the same time reduce the risk of falls?*
- *Are you worried because of chronic ailments or the natural aging process you may not be able to stay living in your home at Heritage Pines much longer? You heard about home care and home health, but what are they really? How can they help me stay longer in my home?*
- *Are you concerned or would like to learn more about renovations to your home to make it easier and safer to live in as you become less mobile?*



Come join fellow Heritage Pines residents in a fun filled one-hour question and answer panel at Heritage Pines Cary in the clubhouse with panelists representing an array of wellness areas such as Home Care, Home Health, In-Home Meal Preparation, Creating your Own Legacy Video, Senior Travel, Physical and Occupational therapy and Home Renovation. After the panel there will be a social with panel supplied healthy snacks and refreshments!

Panel Event Details:

Where: Heritage Pines Club House

When: Wednesday Sept 26th from 10 – 11:15 AM

Breakfast Snacks, Coffee and Refreshments – FREE!

Sponsored by:



Live Well and Thrive Wellness Panel at Heritage Pines September 26th, 2018

Meet the panelists:

Gina Murray, RN BSN Co-founder, Director Aware Senior Care Home Care www.awareseniorcare.com

Jill Burns, Bayada Home Health Area Director
www.bayada.com

Lyn Jackson, Every Story Media
www.everystorymedia.com

Zach Merritt, Owner Chefs For Seniors
www.chefsforseiors.com (Home Food Preparation in the Home)

Chuck Campbell Peggy's Travel Events
www.peggystravevents.com

Katie Stevens PT, NCS Owner STEPS for Recovery
www.stepsforrecovery.com

John R. Sperath Blue Ribbon Residential Construction, Inc. www.blue-ribbon-construction.com

Panel Member Profile

[Gina Murray](#) – Co-Founder and Director, Aware Senior Care



A registered nurse and a graduate of the Villanova University School of Nursing, Gina has spent more than 30 years in the field of gerontology. She spent over 15 years at one of the top skilled nursing facilities in our region, serving as a supervisor, Nurse Manager, and Assistant Director of Nursing. She also worked for Hospice of Wake County and was instrumental in the opening and management of the first inpatient hospice facility in our area. As founder and director of Aware Senior Care, Gina brings a very personal perspective to her role. Having cared for both parents as they struggled with illness and home care needs, she confronted the same sense of guilt and confusion faced by so many looking at options for their aging loved ones. She is both an experienced care professional and a compassionate guide through the many choices available to families.

About [Aware Senior Care](#)

Aware Senior Care provides award-winning, in-home companion care, personal care and nursing services to seniors and those who are disabled or chronically ill. We are a veteran-owned business serving Cary, Raleigh and Apex, and we believe in taking a holistic approach with every client by considering the whole person, not just the services we can provide.

Veteran owned providing service to great people living in Wake County, NC.

Contact Information:

- gmurray@awareseiniorcure.com (O) 919-436-1871



2017 Small Business
of the Year

Panel Member Profile

Lyn Jackson – Founder/President Every Story Media



Lyn Jackson, President and founder of Every Story Media, is an award-winning journalist, former television news reporter, anchor, and documentary producer.

Jackson has interviewed hundreds of individuals from around the world and is passionate about the value and importance of documenting and preserving personal history. She has an exceptional ability to connect with and put people at ease. Her skill and compassion in interviewing makes the process comfortable, easy and fun.

Jackson founded Every Story Media, a boutique production company, to help individuals and families share and save their values, traditions, and unique life stories, on video.



Every Story Media creates professionally produced heirloom and broadcast-quality family documentaries, individual memoirs, ethical wills and legacy letters to preserve the past and connect generations. Every Story Media also proudly contributes to the Veterans History Project.

Jackson has a Master's Degree in journalism from Columbia University in New York and a BA in communications from George Washington University in Washington, DC.

Every Story Media Mission:

The mission of Every Story Media is to help families and individuals save their stories and traditions, the most important and valuable legacy of all, by preserving family history on video and connecting future generations forever.

Panel Member Profile

Jill Burns – BAYADA Home Health Care Area Director



Jill is an Occupational Therapist by trade with 27 years' experience in various settings of health care, including: acute care, rehab, SNF, ALF/senior living and home health. Jill's passion is to improve the quality of life of seniors, so they may live at the highest level of independence as safely as possible. The only reason she is no longer a treating therapist is because she believes she can help so many more deserving clients in this leadership role, ensuring those she supports have all of the resources they need to provide excellent care while demonstrating love and compassion.



Jill started with BAYADA in 2008 and was instrumental in starting up the Raleigh-Durham office, bringing BAYADA to NC. As an Area Director, she now supports the Winston-Salem/Greensboro, Charlotte Metro and the Raleigh-Durham markets. BAYADA Raleigh-Durham has been named a HOME CARE ELITE agency for the past 5 years, which is a recognition for top-performing agencies in the United States. Jill was the 2018 recipient of a prestigious award given by BAYADA annually, called the Pat Mallee Award for Compassionate Leadership honoring her for her ability to lead others to their highest potential all while demonstrating genuine care and compassion.

Jill resides in Fuquay-Varina and has 2 children, Brandon who graduated from NC State in 2017 and begins Medical School in July at Campbell University and Abbey who is a rising Junior at East Carolina University studying Health Care Management. In her free time, she enjoys traveling, dinner parties with friends and spending time with her chocolate lab Scout.

About Bayada Home Health

BAYADA provides the highest quality care in the home to children and adults of all ages, spanning every level of care—from complex, high-tech care to just being there. Every day in every home, that care is delivered with compassion, excellence, and reliability – our BAYADA core values.

Panel Member Profile

Chuck Campbell – Co-Owner Peggy's Travel



Chuck Campbell grew up in Philadelphia and is a Navy veteran. He is married to Tammy for 32 years and they have four adult children and three grandchildren. Together they are the owners of Peggy's Travel Events, a company providing group travel for senior citizens.

He is also owner of a professional painting company and a former TV talk-show host. He enjoys running, leading an adult Bible Study, shooting pool and riding his motorcycle.



About Peggy's Travel

Peggy's Travel Events provides group travel for senior citizens. Our mission is providing seniors safe, Every Story Media Mission:

PEGGY'S TRAVEL EVENTS

Trips for Seniors and Adults

Panel Member Profile

Chef Zach Merritt – Chefs for Seniors



Chef Zach has always been passionate about home cooking while using fresh, seasonal, and local ingredients. There is nothing more satisfying to him than a job well done - and for you, that means a happy stomach! Zach is a life-long learner who loves applying new techniques and flavors from the local favorites everywhere he has cooked. Zach has experience in both casual fare and fine dining over the past 15 years, always focusing on the expectations and needs of the customer. He is new to the Raleigh area since 2017, but he and his wife/co-owner, Lindsey fell in love with the Triangle immediately. He finally found a permanent home to establish a business and also quickly found a home within the Chefs for Seniors family. Zach is so pleased to have found an opportunity to share his passion for food and connect with local Seniors. He takes great pride in his work and wants nothing more than to see if this personal chef service is the right fit for you. Zach is focusing the start-up generally in the area from North Raleigh southwest to Cary, but plans for expansion. Reach out today to see if he is in your neighborhood yet!



Why CHEFS FOR SENIORS?

- OUR MISSION IS TO PROVIDE AMAZING FOOD AND PROPER NUTRITION
- FIND PIECE OF MIND KNOWING OUR CHEFS WILL TAKE OF THE COOKING
- FEEL HEALTHY AND REJUVENATED WITH MEALS THAT FIT YOUR DIET
- TRULY AFFORDABLE AND MUCH LESS EXPENSIVE THAN EATING OUT

Panel Member Profile

Katie Stevens – Owner, Steps for Recovery PT/OT



Katie Stephens, PT, NCS is a physical therapist specializing in rehabilitation of individuals with neurologic conditions, primarily those recovering from stroke and brain injury. Together with her husband, Josh, she owns and operates STEPS for Recovery, a small private practice in Cary, North Carolina offering physical, occupational and speech therapy services. Katie's professional interests lie in promoting physical recovery from neurologic insult using the science of neuroplasticity, and the impact of visual information on body awareness, balance and mobility.



About Steps for Recovery

At STEPS for Recovery, we believe in an individualized approach to physical, occupational and speech therapy that focuses on helping each of our clients to achieve the life goals and roles that they desire. We pride ourselves on our specialty-trained, highly skilled therapists who are here to help you get results and reach your life participation goals. While we are able to work with clients with most any diagnosis or issue, we currently have four specialty therapeutic programs: Postural Restoration for individuals with pain, Stroke/Brain Injury, Spinal Cord Injury and Balance/Vestibular for individuals with dizziness, unsteadiness and fear of falling.

Panel Member Profile

John R. Sperath – Owner, Blue Ribbon Residential Construction, Inc.



I'm John Sperath President and Founder of Blue Ribbon Residential Construction, Inc. I was raised in Bucks County in south eastern Pennsylvania and moved to Apex, North Carolina in 1992 with my family. Prior to coming I owned a remodeling company in Baldwin, New York on Long Island for nine years. In 1996 Blue Ribbon was formed.

Apex has been very good to my family and me personally. Shortly after arriving I joined the Apex Volunteer Fire Department and participated in all positions within the department from firefighting to President of the department over 15 years. As I got older I didn't trust myself with firefighting or as a driver / engineer and left the department. For the past six years I have been a member of the Apex Sunrise Rotary Club and have been active as President, Foundation Treasurer, Chairperson of the Music and Memory Committee helping people with dementia and Alzheimer's disease. On a Rotary District level I have served as the Assistant District Governor coordinating activities with five local clubs. I am passionate about giving back to the community. Blue Ribbon follows that passion with fund raising and community service with the Home Builders Association, the Remodelers Council, the Council for Ageless Residential Environments and many other activities.



About Blue Ribbon Construction

If you are looking for a builder who creates custom designs, uses master craftsmen and quality building materials, has over 25 years of experience and guarantees your satisfaction, then we invite you to reach out to John R. Sperath and the incredible staff at Blue Ribbon.

Blue Ribbon™ Residential Construction is an award-winning, fully-licensed residential contracting company that provides both interior and exterior remodeling. Blue Ribbon specializes in:

- Kitchen Renovations
- Sunroom Construction
- Bathroom Remodeling
- and much more

From design concept and plans through complete construction, Blue Ribbon provides a full range of home improvement services. Based in Raleigh, North Carolina, we take great pride in our high-quality, on-budget work for residents of Wake County.