Workshop Descriptions and Presenters (cont.)

♥ **Environmental Safety** - How to protect yourself from scams both in person and online. Computer safety and security including protection from identity theft. Presenters are: **Lt. Scotty Carrier** from the Johnson City Police Department and **Ed Temple**, who is the Munsey IT Administrator. Mr. Carrier has worked for the police department for 23 years and Mr. Temple ran his own computer company for 16 years before joining the Munsey Staff.

♥ **Puzzles of Health Care** - This workshop will address questions you have about the new Affordable Care Act, Medicare and other health insurance related concerns. Presenters are: **Becky Jones** from Crestpoint and **Ryan Ramsey** from FTAAAD. Becky is from Johnson City with over 30 years of experience in Medical Office, Healthcare Management, Life-Health-Accident Insurance sales, and Account Services. Ryan graduated from ETSU and started with FTAAAD to manage the TN State Health Insurance Assistant Program (SHIP).

♥ **The Elephant in the Room** - Let’s face it… No one wants to talk about end of life care. Preparing ourselves with knowledge to make informed decisions is the best way to ensure that we make the best choices when the time comes. Heard about Palliative Care and wondered what it was? Ever thought, what are ALL my options? We will be attending to these elephants as well as advanced directives, life plans, and more. Bring questions. Presenters are: **Chaplin Anna Butler** - She has been with Mountain States Hospice for 5 years. She has worked as a missionary across the world, but prefers the hills of East TN. **Candice Greenlee** - Has worked as an RN for Mountain States for five years in the hospital and in home health/hospice. She is now the manager of Hospice.

To register please call Munsey Memorial United Methodist Church Connection Point at 423-461-8070. Cost is $7.00 which includes lunch. Pre-Registration is required by April 6, 2015.
Schedule

9:00-9:30  Registration & Snacks  
Visit with Vendors in the CLC

9:30 – 10:30  Program Introduction & Keynote  
Speaker: Dr. C.H. Charlton

10:45-11:45  Workshops

11:45-12:15  Lunch

12:15-1:00  Lunch Session  
Tracey Kendall-Wilson

1:00 – 2:00  Workshops

Workshop Choices

♥ Eat Well, Move More  
Dr. Andrew Clark, PhD. RD  ETSU Professor  
Debbie Fogel, Memorial Park Community Center

♥ Environmental Safety  
Lt. Scotty Carrier, JC Police Department  
Ed Temple, Munsey Memorial

♥ Puzzles of Health Care  
Becky Jones, Crestpoint Health  
Ryan Ramsey, FTAAAD SHIP Coordinator

♥ The Elephant in the Room  
Anna Butler, Hospice Chaplain  
Candace Greenlee, RN Coordinator for Hospice

Keynote Speaker

Dr. C.H. Charlton attended Christiansburg Institute, Cambria VA. He graduated from ETSU with a B.S. in Philosophy and a M.Ed. in Literacy Studies. He also has a Th.D., a Ph.D. in Clinical Christian Counseling, and a Doctor of Divinity. Dr. Charlton has been a preacher for 52 yrs. and the pastor of Friendship Baptist Church in JC TN for 37 years. He has served on the Johnson City Board of Education and on the Johnson City Regional Planning Commission, as chairman and Vice-Mayor. The last 23 years he has been an Associate Professor at Northeast State Technical Community College, where he teaches Reading, Learning Strategies, Comparative Religions, Humanities, Black Studies and Speed Reading. He has also authored several books.

Lunch Speaker

Tracey Kendall-Wilson is the Community Service Representative at Home Instead Senior Care. Over her 16 year career within the senior care community, specifically Alzheimer’s disease/dementia related work, she has conducted thousands of educational programs. When is being forgetful something you should be concerned with?? Is the trouble you or a loved one has remembering certain things a normal part of aging or is there something else going on? What is new in the treatment of Alzheimer’s? Come and learn the answer to these questions.

Workshop Descriptions and Presenters

♥ Eat Well, Move Often - This workshop will help you learn how good nutrition can make you feel better and have more energy, and the importance of moving each day. You will also get an opportunity to practice moving. Presenters are Dr. Andrew Clark and Debbie Fogel. Dr. Clark, PhD. RD, is the Associate Dean of Research and Clinical Practice of the College of Clinical and Rehabilitative Health Science at ETSU. Dr. Clark enjoys helping people stay healthy with good nutrition. Debbie holds a MS and BS in Health and Physical Education. Her goal is to help people stay active at what ever stage of life they are in.