

*1983–2019*

*36th Annual  
Embracing New Opportunities  
Conference*

*Formerly known as: Meeting the Challenges  
and Opportunities of Aging Conference*



**Friday, May 17, 2019**

**NorthEast Christian Church  
990 Star Shoot Parkway • Lexington, Kentucky**

*For more information:*

**[www.embracingnewopportunities.com](http://www.embracingnewopportunities.com)  
(859) 257-5582**

The 36th Annual Embracing New Opportunities Conference will help you to *Relax, Reflect & Recharge*. The conference will feature excellent speakers, activities and exhibits related to community, resources and fun. Join us for food and fellowship at Northeast Christian Church on Friday, May 17th beginning at 8:30am.

**Registration Deadline **May 15, 2019****

# Keynote Speaker-Doug Flynn

*9:00-9:45 am*

Doug Flynn attended Bryan Station High School, where he starred in baseball, basketball and football. He went to the University of Kentucky on a combination baseball-basketball scholarship before transferring to Somerset Community College. Flynn tried out and was signed as an amateur free agent in 1971 with the Cincinnati Reds that led to 1975 and 1976 World Series championships. Flynn's trade to the New York Mets netted him a National League Gold Glove Award in 1980. He later played for the Texas Rangers, Montreal Expos and Detroit Tigers. Following baseball retirement, Flynn worked nine years as executive director of a state-run anti-drug awareness program called Champions Against Drugs. He has spent the last 18 years as a banking officer for Central Bank in Lexington and is active in a number of charitable causes. Doug is a man dedicated to his native Kentucky and is the newest host of KET's popular magazine program **Kentucky Life**.



*Embracing New Opportunities Conference is presented, in part, by support from:*

**Lexington - Fayette Urban County Government  
Division of Aging and Disability Services  
Lexington Senior Center  
&  
University of Kentucky  
College of Agriculture, Food & Environment  
Fayette Cooperative Extension Service**

*and these generous sponsors:*

- Accessible Home Care
- Briarwood Apartments
- Mayfair Village
- Commonwealth Home Health
- Senior Helpers
- Deaconess/Lifeline Home Health
- Bluegrass Area Agency on Aging & Independent Living

## **CONFERENCE SCHEDULE**

**8:30 – 9 a.m. Registration/Light Breakfast**

**9 – 9:45 a.m. Welcome and Keynote Address:**

**Doug Flynn**

**10 –10:45 a.m. Session One Workshops**

**11– 11:45 a.m. Session Two Workshops**

**Noon – 1 p.m. Luncheon, Exhibits & Door Prizes**

**1 – 2:15 p.m. Session Three Workshops**

### **Special Opportunities**

**8:30 a.m. - 2:15 p.m. Exhibits**

Exhibitors will be on-site all day to share information about their programs and services.

**9 – 9:45 a.m. WELCOME & KEYNOTE ADDRESS: Doug Flynn**

**10 – 10:45 a.m. SESSION ONE WORKSHOPS**

**1. Wacky World of Birds**

**Allen Kingsland**, *Assistant Manager at Wild Birds Unlimited, Avid Birder*

Join Allen from Wild Birds Unlimited for a session on the most unusual, beautiful and rarest of wild birds on earth. Learn about the Vampire Finch's strange eating and nesting habits as well as unusual feats of strength for survival.

**2. The Best Friends Approach to Dementia Care**

**Tracy Byrne**, *MSW with specialization in Gerontology, Best Friends Adult Day Center*

Teaching individuals how to engage with people who have been diagnosed with Dementia in a dignified way. You will learn communication techniques and potential triggers for reactive behaviors.

**3. Golden Gardening**

**Helena Taulbee**, *Master Gardener*

Helena will provide tips and tricks to continue gardening as you approach your golden years.

**11 – 11:45 a.m. SESSION TWO WORKSHOPS**

**4. Writing Class**

**Carnegie Center**

Come and learn the art of journaling as a relaxing past time and a way to reflect on your life in the past, present and future.

**5. Crafting Your Legacy**

**Kathy Lanham**, *Forever.com*

Participants will look at their digital photo dilemmas, create a plan to get control of any photo chaos, get rid of frustrations and discuss strategies for Crafting Your Own Legacy. Everyone has a story and only you can tell yours. Fun, informative and hands one!

**6. Budget Bites**

**Michele Dunn**, *Personal Chef, Dunn in the Kitchen*

This workshop will feature a demonstration to help you cook on a budget. Michele will provide tips and tricks on how to make delicious meals that fit your monetary and nutritional budget.

## **NOON: LUNCHEON**

### **Welcome & Greetings**

**Mayor Linda Gorton, *City of Lexington***

*Lunch*

*Door Prizes*

*Visit Exhibit booths*

## **1 – 2:15 p.m. SESSION THREE WORKSHOPS**

### **7. The Art of Downsizing & Decluttering**

**Susan Thomas, *Smooth Transitions of Central Kentucky***

Does the thought of whittling down or de-cluttering fill you with dread? Join us for a lively discussion about strategies for getting started and sticking to the process of lightening the burden of possessions.

### **8. Tips to Help You Stay in Your Home Longer**

**Kort Physical Therapy Group**

Get ideas on how to remove obstacles to help you stay in your home longer. Kort will also provide easy strengthening exercises to help you stay active longer!

### **9. Mystery Session**

Join us for the first ever Mystery Session. There will be a surprise guest to talk about a topic related to embracing new opportunities.

**It is so important to hear from you-please remember to fill out your evaluations for all classes and the conference.**

*The Planning Committee of Embracing New Opportunities  
would like to extend a special Thank You to NorthEast Christian Church  
for opening their facilities for this year's conference!*

**NorthEast Christian Church**  
**990 Star Shoot Parkway**  
**Parking is available on-site!**

Parking for the conference will be located on-site at NorthEast Christian Church on Star Shoot Parkway in Hamburg. Volunteers will be on-site to help direct you.

**From Man of War:** Head North on Man O' War towards the Hamburg Pavilion Shopping Center. Turn left on Pink Pigeon Parkway. Proceed through stop light and through 4-way stop. NorthEast Christian Church will be on your left.

**From Downtown:** Head East on Winchester Road. Turn Right on Sir Barton Way, then Right on Star Shoot Parkway. NorthEast Christian Church will be at the intersection of Star Shoot Parkway and Pink Pigeon Parkway.

## What is Everyone Talking About?

Tips & tricks on how to  
de-clutter

Wacky  
world of  
birds!

Cooking on  
a budget

Relax, Reflect,  
Recharge

Golden  
Gardening

Best Friends  
Approach

Craft your  
legacy

Home Safety

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# **REGISTRATION FORM - *Deadline May 15, 2019***

## **REGISTRATION FEE: \$10**

Make checks payable to: COMMUNITY FCS

Send payment and this form to: Fayette County Cooperative Extension Office  
c/o Embracing New Opportunities  
1140 Harry Sykes Way  
Lexington, KY 40504  
(859) 257-5582

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_ Age: \_\_\_\_\_

If you are under age 60, do you provide care for an older adult?     Yes     No

Circle the workshops of your choice. Tear out this form and mail to the address listed above.

**First Workshop**    10 a.m. – 10:45 a.m.    (Circle One)    #1    #2    #3

**Second Workshop**    11 a.m. – 11:45 p.m.    (Circle One)    #4    #5    #6

**Third Workshop**    1 p.m. – 2:15 p.m.    (Circle One)    #7    #8    #9

Do you need a vegetarian option?     Yes     No



Do you require an accommodation, due to a disability, in order to fully participate in the program? If yes, please call 257-5582 by **May 15th** to make arrangements.

The College of Agriculture, Food and Environment is an Equal Opportunity Organization.

*The 2019 Embracing New Opportunities Conference is made possible by the generous support of these and other sponsors:*



CHANGE SERVICE REQUESTED

Fayette County Cooperative Extension  
 1140 Harry Sykes Way  
 Lexington, KY 40504  
 University of Kentucky  
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 Food and Environment  
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