



AGING Well

2019 Conference

March 30, 9am - 1:15pm

Trinity Moravian Church

Conference Agenda

9:00am | Check-In, Fellowship, and Coffee

9:20am | Welcome and Devotions

10:00am - 11:00am | Session #1

11:15am - 12:15pm | Session #2

12:15pm - 12:45 pm | Lunch

12:45pm-1:15pm | RYC Choir

[Trinity Moravian Church](#)

220 East Sprague Street
Winston-Salem, NC 27127

Register online at
MoravianBCM.org

Event Refund Policy: Refunds will be honored if the cancellation is made on or prior to the conference's registration deadline (3/25/19). Cancellations after the registration deadline are not eligible for a refund due to food and materials requirements. If you are unable to attend and the registration deadline has passed, you may transfer your registration to someone else for the same event. We are unable to provide refunds for no-shows.



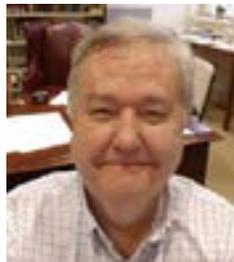
MoravianBCM.org | BCM@MCSP.org | (336) 722-8126

Follow us on [Facebook](#), [Twitter](#), [Instagram](#) as @MoravianBCM

Workshops & Presenter Info for Aging Well 2019 Conference

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CELEBRATING THE STORY OF YOU (Session #1 - A)



Eric Elliott

The Moravian Archives hosts more than 14,000 memoirs, or “life stories,” of Moravian brothers and sisters since 1752. Their stories can help you think about what’s been important in your own life in ways that will be of value to you, your relatives, and your greater church family. Join in learning about the Moravian memoir tradition and resources unique to the Archives. You’ll come away better equipped to share what’s mattered most in your own life story. Presenter: Eric Elliott, Archivist at the Moravian Archives (2018). Eric was a Morehead Scholar at Chapel Hill, graduating with a B.A. with highest honors in European History. He received an M.A. in History and Sociology of Science in grad school at the University of Pennsylvania and was a DAAD Stipendiat during doctoral research at the Technical University of Berlin, Germany. He completed his law degree, begun at Chapel Hill, at Villanova University.

UNDERSTANDING MEDICARE - KNOW YOUR OPTIONS (Session #1 - B)

Join in learning the differences between a Medicare Advantage Plan and Original Medicare. In addition, Melissa will share specific information on how you can independently access your Medicare information through www.medicare.gov. A strong emphasis will be on providing you with the information and tools you will need in order to make an informed decision. Come prepared to learn and walk away with action items! Presenter: Melissa Hunt, Owner of Hunt Insurance Solutions. She has over 17 years of experience in the insurance industry and a passion to help people make informed decisions. Melissa graduated with a degree in Marketing and Gerontology from the University of North Carolina at Charlotte. After graduation, Melissa worked with AON Corporation and AIG prior to traveling each state East-of-the-Mississippi as a National Sales Manager. In 2012, after staying at home with her children for a couple of years, she started Hunt Insurance Solutions.



Melissa Hunt

TOGETHER THROUGH THE VALLEY OF THE SHADOW (Session #1 - C)

In this workshop, you will walk through the stages of grief with recommendations for processing the complex tangle of emotions that come with loss. The workshop will explore suggestions for navigating grief, benchmarks for progress, and ways to deal with others’ good intentions. Presenter: The Rev. Beth Woodard, Chaplain of the Trinity Elms Senior Living Campus in Clemmons. Since 2013, she has provided ministry to residents through Lutheran Services Carolinas. A 2008 graduate of Wake Forest University School of Divinity, she is also the pastor of St. Michael Lutheran Church in High Point.



The Rev. Beth Woodard

WORKING MOVEMENT INTO YOUR DAILY ROUTINE (AND HAVING FUN WITH IT!) (Session #2 - D)

In this workshop, learn the importance of movement and exercise for your health and well-being. Explore creative ways of increasing and incorporating movement as a part of your day-to-day lives. Get ready to get moving and challenge both your body and your mind! Presenter: Stephanie Goodrich, Occupational Therapist. Stephanie works in hospital and rehabilitation center settings with adult and geriatric patients to increase independence and improve health and quality of life. She is also passionate about medical missions and has recently visited Guyana and Haiti as a volunteer therapist and educator.



Stephanie
Goodrich

GROUND EFFECT...MISSIONS FOR SENIORS (Session #2 - E)

Interested in learning and exploring ways you can stay active with missions even though you may feel like you cannot do what you used to physically. Or maybe you never really had a chance during your career life to engage in mission and now in retirement feel as if these kinds of opportunities may have passed by. Join this workshop to learn ways to live invigorated lives filled with purpose and grace grounded in mission. Presenter: The Rev. Chris Thore, pastor at Clemmons Moravian Church. Chris obtained his Undergraduate degree from UNC Charlotte (1979) in Creative Arts, his Graduate degree from Gordon-Conwell Seminary (2000) and a Theological certificate from the Moravian Seminary in Bethlehem, PA (1999). Chris has served as pastor of Trinity Moravian Church, founding pastor of New Beginnings Moravian Church, and Senior Pastor at Clemmons Moravian Church.



The Rev. Chris
Thore

EXPLORING OPTIONS FOR SENIOR LIVING (Session #2 - F)



Tricia House

Join in learning the different elements associated with preparing for successful senior living. Check-lists, terminology, and important resources will be reviewed, all as part of the guide to selecting the best senior community for you. Presenter: Tricia House, Senior Advisor in Forsyth County. She is passionate about helping seniors make informed decisions, the 'right' decision, when it is time to move to a senior community. Tricia's ability to connect with families comes from caring for her elderly parents in her home for the last 7 years of their lives. Understanding the many pieces of the puzzle that make a move successful is what her clients appreciate most. Tricia also connects her clients with various professional senior resources that touch about every aspect

of a senior's life.

CLOSING PROGRAM WITH REGIONAL YOUTH COUNCIL

Regional Youth Council (RYC) brings together youth from our Moravian congregations to plan provincial events, develop themes and programs for summer camp, and enjoy times of worship, fellowship and fun. Each church in the area has the opportunity to have some of its Senior Highs serve as representatives. The purpose of the RYC is to be a "connector" between Moravian youth and youth groups, doing whatever it can to promote unity and friendship among Moravian youth as they live and grow as followers of Christ.



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Registration Deadline:
Monday, March 25, 2019

Register by Mail (check, credit card)
using the form below and mail to:

Register Online (check, credit card)
at MoravianBCM.org

Board of Cooperative Ministries
500 S. Church Street
Winston-Salem, NC 27101

Step 1 - Registrant Information (print a form for each registrant)

First Name	Last Name
Address	City/State/Zip
Congregation/Org.	Phone
Email (required)	

Step 2 - Additional Information

<input type="checkbox"/>	I am willing to serve as a conference volunteer to help with check-in and/or helping guide attendees to the various sessions. (If you are needed, we will email you with more information).
<input type="checkbox"/>	I have a dietary restriction or disability which may require accommodation to participate. (Please describe your situation and the accommodations you may require).
_____ Sign with initials	Photo Release: I understand that Moravian Church staff may take photos and videos during this event. By agreeing to this waiver, I acknowledge that the Board of Cooperative Ministries and the Moravian Church has permission to freely use my image on their websites, social media sites, and in their publications.

Step 3 - Registration (price includes lunch)	Price	Qty.	Total
<input type="checkbox"/> Regular Registration Fee	\$15.00		\$
<input type="checkbox"/> Pastor/Educator Registration Fee	\$10.00		\$
<input type="checkbox"/> Student Registration Fee	\$10.00		\$
Total fees owed			\$

Step 4 - Process Payment

Please select payment type:

<input type="checkbox"/>	Check/money order enclosed (payable to Board of Cooperative Ministries)
<input type="checkbox"/>	Credit card (please call 336-722-8126 to use a credit card OR register online)

Step 5 - Workshop Preferences (please rank your choices for each session - using #1, #2, #3)

Session #1 (10:00am - 11:00am)	Session #2 (11:15am - 12:15pm)
A: Celebrating the Story of You	D: Working Movement into you Daily Routine
B: Understanding Medicare-Know Your Options	E: Ground Effect...Missions for Seniors
C: Together through the Valley of the Shadow	F: Exploring Options for Senior Living