

Age Well

Healthy Aging Across the Spectrum: Mind, Body, and Spirit

**Tuesday,
May 28, 2019**

11:45 am – 12:00 pm:

Registration, Complimentary Lunch, & Welcome

12:00 - 1:00 pm: Presentations

1:00 pm: Evaluations and Adjourn

Piedmont Hospital

McRae Auditorium,
133-275 Collier Rd NW,
Atlanta, GA 30309

*Space is limited.
Please Register online at
www.ceucreationsinc.com.*



Complimentary Continuing Education Event and Lunch

1 Credit Hour Approved For:

- Social Work (ASWB – 1 Core Hour)
- Case Managers (CCM-1 Clock Hour)
- RN (CA Board of Registered Nursing – 1 Contact hour)
- *Attendance or applied credit certificate available for other credentials.*

Presented By:

Triff Cook, MBA, CMC
Home Care Assistance

**This Event is Generously
Sponsored By:**



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Healthy Aging Across the Spectrum: Mind, Body, and Spirit

Like the seasons, we all go through phases of life that bring on their own challenges and triumphs. Although we cannot prevent this metamorphosis, we can work to understand the importance of health aging across the spectrum - encouraging the pursuit of a healthy body, mind, and spirit. As healthcare providers and helping professionals, we are on the front lines of walking beside our clients (and their families) answering and addressing the myriad of questions, concerns, or barriers to their pursuit of healthy aging. How do we keep our bodies, minds, and spirits healthy as we enter the later seasons in life? What preventative steps, strategies, and exercises can we employ to encourage holistic well-being? From the caring staff at Homecare Assistance, join us for an important discussion on a balanced understanding of health and well-being. Participants will walk away with the tools and skills necessary to address the diverse experiences of aging.

Agenda:

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| 11:45 am – 12:00 pm: | Registration, Complimentary Lunch, & Welcome |
| 12:00 - 1:00 pm: | Presentations |
| 1:00 pm: | Evaluations and Adjourn |

By attending our workshop, you will be able to:

1. Distinguish one difference between holistic health and traditional health.
2. Describe one tip to maintaining a healthy mind through the aging process.
3. Discuss why spiritual health is important to healthy aging.

SOCIAL WORKERS: CEU Creations, #1239, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. CEU Creations maintains responsibility for this course. ACE provider approval period: [11/22/18-11/22/21]. Social workers completing this course receive 1 Social Core continuing education credits. In order to receive credit, you must attend the entire presentation and complete an evaluation. Certificates will be provided on-site. Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals –beginning to intermediate level of learning.

The GA Board governing social work CE's accepts ACE Programs.

NURSES: 1 Contact Hours -CEU Creations is an approved provider of nursing CEs through the California Board of Registered Nursing. Provider number: CEP16563.

All states retain their own licensing authority through their own boards. Please make sure to check with your own state board to ensure transferability of the CE credits. Cancellation Policy: Registrants must cancel through Steve McSweeney only via email or phone at steve@ceucorationsinc.com or 770-880-9873 (contacting other staff members/leadership does not guarantee your cancellation.) No faxes or mail cancellations will be accepted.

For more information on the course, accommodations for disability, grievances, or any other concerns, please contact CEU Creations via Anne McSweeney at info@ceucorationsinc.com or 404-421-6055.

Speaker Information:

Triff Cook, MBA, CMC is the Director of Client Services at Home Care Assistance. Home Care Assistance provides private duty personal care and oversight for people who need extra help to stay independent. All caregivers are state certified and licensed and help clients with everything from bathing, dressing and grooming to housekeeping, driving and meal preparation.

Triff is also a Geriatric Care Manager. A Geriatric Care Manager is a health and human services specialist who helps families who are caring for older relatives. The Geriatric Care Manager is trained and experienced in any of several fields related to care management. Triff is certified in Alzheimer's Care and is a resource for families of older adults and others with chronic needs, including helping those suffering from Alzheimer's Disease or Parkinson's or exhibiting symptoms of dementia. She speaks often to groups on topics related to healthy aging.

Triff is a graduate of Dartmouth College and has an MBA from Emory University. She received her certification in Geriatric Care Management in 2009 from the National Association of Professional Geriatric Care Managers, now known as Aging Life Care Association. An resident of Atlanta since 1980, Triff paints, gardens and is learning to play bridge-a game long associated with healthy aging!