

Age Well

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

FEATURING:

- An illuminating discussion on the importance of balanced well-being and care.
- Fun video examples of holistic health and diverse experiences of aging.

**Wednesday
September 30, 2020**

11:45 am – 12:00 pm: Welcome & Virtual Networking

12:00 pm - 1:00 pm: Presentation

**Complimentary CE Event for
Emory Johns Creek
Hospital**

(6325 Hospital Pkwy, Johns Creek)

Virtual Livestream Training*

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

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Proudly presents:

Lunchtime Live Stream Series (Online Synchronous Training)

1 Credit Hour Approved For:

- Social Work (ASWB ACE – 1 General CE Credit)
- Case Managers (CCMC - 1 Clock Hour)
- Nurses (CA Board of Registered Nursing – 1 Contact hour)
- *Attendance or applied credit certificate available for other credentials.*

Presented By:



Triff Cook, MBA, CMC

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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:

11:45 am – 12:00 pm	Welcome and Virtual Networking
12:00 pm- 1:00 pm:	Presentation

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: AgeWell -- Healthy Aging Across the Spectrum: Mind, Body, and Spirit, Course #2536, is approved by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to be offered by CEU Creations as an individual course. Individual courses, not providers, are approved at the course level. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. ACE course approval period: 07/09/2019 - 07/09/2021. Social workers completing this course receive 1 General Social Work Practice continuing education credits.

In order to receive credit, you must login on time, attend the entire presentation, and complete an evaluation within 30 minutes of the conclusion of the event. Attendance log and Zoom analytics will be reviewed by the CE Director. Certificates will be provided within 5 business days.

Target audience: Social workers, case managers, discharge planners, nurses and other healthcare professionals – beginning content level.
The GA Board governing social work CE's accepts ACE Programs.

NURSES: 1 Contact Hour - 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.

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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

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 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!