



Positive Aging Consortium

## Positive Aging Conference

April 5, 2024

Miller Education Center at Middle Tennessee State University

503 East Bell Street

Murfreesboro, TN

- 8:00-9:00 **Continental breakfast and visit exhibitors (no onsite registration is available)**
- 9:00-9:10 **Welcome-** Dr. Deborah Lee, Director, Positive Aging Consortium
- 9:10-9:20 **Opening remarks from MTSU-** President Sidney McPhee or  
Provost Mark Byrnes
- 9:20-9:50 **Tennessee Age-Friendly Health Systems-** Dr. Ralph Alvarado, Commissioner,  
Tennessee Department of Health
- 9:50-11:00 **Keynote- Growing Older with Enthusiasm – A Conversation on Positive Aging**  
Dr. Ron Aday, MTSU Faculty Emeritus
- 11:15-12:30 **Lunch and visit exhibitors**  
11:30-11:45- *Mature Realities*  
Lt. General Keith Huber, U.S. Army (retired), Senior Advisor for Veterans and  
Leadership Initiatives, MTSU
- 12:30-1:30 **Breakout Sessions**
- *A Whole Health Approach to Mental Health (Veteran focused)-* Keith Prather
  - *Nutrition and Brain Building Activities-* Dr. Janet Colson and Dr. Pamela Morris
  - *What you Need to Know About Opioid Use & Aging-* Dr. Jim Powers and Dr. Kimberly Beiting
  - *Social Eating: Eating with Others Can Benefit Overall Health.* Keita Cole, and,  
*Eat, Thrive, Age Well: Bridging the Gap with Anti-Inflammatory Mediterranean Mastery,* Dr. Elizabeth Smith
- 1:30-2:00 **Break and visit exhibitors**
- 2:00-3:00 **Breakout Sessions**
- *Understanding VA Benefits for Home Care Assistance-* Kevin Fehr
  - *Lessons for Everyday Living from the Blue Zones Research–* Dr. Amanda Cook
  - *Staying Healthy Longer: Innovative Strategies -* Dr. Cathy Maxwell
  - *Using Technology to Stay Connected and Independent-* Kim Lilley and Jennifer Cunningham
- 3:00-3:30 **Door prizes and evaluations**