

# 2025 Aging Well Conference

Thurs., May 15<sup>th</sup> and Fri., May 16<sup>th</sup>

Live–In person

Leon Levine Hall of Health Sciences  
Appalachian State University  
1179 State Farm Road  
Boone, NC



## Overview

The 2025 Aging Well Conference is focused on healthy aging for the older adult. It is important for health professionals to meet the needs of our aging society. This activity focuses on advancing the knowledge and skills of healthcare providers in rural western North Carolina, particularly in geriatric care, addressing the unique healthcare needs of older adults. With a blend of individual and group presentations, panel discussions, and demonstrations, the activity brings together diverse perspectives of healthcare experts, researchers, government officials, social service providers, as well as older adults and family caregivers.

## Who Should Participate

This conference is intended for physicians, APPs, speech language pathologists, nursing professionals, mental health professionals, allied health and public health professionals, social work, nursing home administrators, registered dietitians and all other health care professionals interested in the health of older adults. In addition to healthcare professionals, community members, caregivers, and aging individuals are welcome.

As part of our commitment to creating a space where all BELONG, Northwest AHEC provides education and encouragement for respectful care for all, regardless of socioeconomic status, race, ethnicity, language, nationality, sex, gender identity, sexual orientation, religion, geography, disability, and age.

In partnership with:

Appalachian State University, Appalachian Institute for Health and Wellness, BlueCross BlueShield of North Carolina and Northwest Area Health Education Center (AHEC), a program of Wake Forest University School of Medicine and part of the NC AHEC System and The UNC Center for Aging and Health, Carolina Geriatric Education Center



**MEDICARE**



**NORTHWEST AHEC**  
PART OF NC AHEC

continued ►

## Objectives

Upon completion of this program, participants should be better able to:

- Identify lifestyle strategies, including nutrition, physical activity, and mental health practices, that promote healthy aging and prevent age-related diseases.
- Identify strategies to avoid medications that may cause harm while optimizing the use of those that support healthy aging.
- Describe nonpharmacological strategies for managing anxiety and depression in older adults.
- Discuss the role of medications in promoting healthy aging and evaluate strategies for optimizing pharmacological treatments.
- Differentiate between general exercise recommendations and physical therapy interventions for older adults.
- Explain the role of nutrition in preventing cognitive decline.
- Describe evidence-based exercise recommendations for older adults that promote function and mobility.
- Identify key nutrients and dietary patterns that support brain health and cognitive function.
- Explain the benefits of Tai Chi in fall prevention for older adults.
- Review key factors that contribute to optimizing health and function in older adults.
- Examine the latest advancements in the diagnosis and treatment of Alzheimer's Disease.
- Evaluate medication treatments for early Alzheimer's Disease, including criteria for patient eligibility, potential side effects, and safety monitoring protocols to optimize therapeutic outcomes.
- Differentiate Alzheimer's Disease from other causes of cognitive impairment.
- Determine the impact of physical activity on mitigating early cognitive decline in the aging population.
- Describe the process of deprescribing medications that may exacerbate cognitive decline in older adults.
- Identify strategies to support both patients and care partners throughout the dementia journey.
- Identify approaches to promote safe mobility for individuals with dementia.
- Explore the concept of multi-complexity in patients with cognitive decline and investigate how to prioritize what matters most to patients and their families.

## Credit

### Accreditation

The Wake Forest University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

- The Wake Forest University School of Medicine designates this live activity for a maximum of 11.0 AMA *PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
- AAPA accepts certificate of participation for educational activities certified for *AMA PRA Category 1 Credits™* from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of 11.0 hours of Category 1 credit for completing this program.



ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures.

- 11.0 Contact Hours from Northwest AHEC.
- The CPE activity application for the 2025 Aging Well Conference is pending CDR review and approval for 11.0 CPEUs.
- This course is approved for physical therapy licensees by virtue of NCBPTE Rule 21 NCAC 48G .0108(c) (8) for 9.0 contact hours.
- This educational course has been approved for 11.0 Contact Hours by the North Carolina Board of Examiners for Nursing Home Administrators. Course # 25003
- 11.0 Nursing Contact Hours  
Northwest Area Health Education Center (NWAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.  
\* Criteria for successful completion requires attendance for at least 90% of the activity and submission of the evaluation.
- Northwest AHEC is recognized by the North Carolina Psychology Board as an approved provider of (Category A) Continuing Education for North Carolina Licensed Psychologists. This program will provide 11.0 contact hours of (Category A) continuing education for North Carolina psychologists. No partial credit will be given.

Credit will be awarded based on participant selection at time of registration. Partial credit may be available for some credit options. Before selecting credits, please review our general [Credit Glossary](#) but note not all programs offer all credits.

## Faculty

**Hal Atkinson, MD**

Atrium Health Wake Forest Baptist  
Wake Forest University School of Medicine

**Danielle Baker, PharmD, MS, BCPS**

Atrium Health Wake Forest Baptist

**Sia Beasley, PhD**

Appalachian State University

**Kathryn Callahan, MD, MS**

Atrium Health Wake Forest Baptist  
Wake Forest University School of Medicine

**Maryjo Cleveland, MD**

Atrium Health Wake Forest Baptist  
Wake Forest University School of Medicine

**Molly Hinely, PharmD**

Atrium Health Wake Forest Baptist

**Rebecca Kappus, PhD**

Appalachian State University

**Andrea Lockard, MS, RDN, LDN**

Appalachian State University

**Kim McCullough, PhD, CCC/SLP**

Appalachian State University

**Heather McKay, PhD, OTR/L**

Appalachian State University

**Wendy Olsen, PhD, CCC-SLP**

Appalachian State University

**Jared Skinner, PhD**

Appalachian State University

**Hannah Stewart, DO**

UNC Health

**Cynthia Aguirre, MD**

Atrium Health Wake Forest Baptist  
Wake Forest University School of Medicine

**Stephanie Watts**

Director of Health Systems  
Western Carolina Chapter  
Alzheimer's Association

**Diana Williams, DNP, MSN, FNP-C, IFMCP**

Strategic Wellness Center

**Emma Williams, PharmD, BCGP, CPP**

Mountain Area Health Education Center  
UNC Eschelman School of Pharmacy

**Mariana Wingood, PhD, PT, DPT, MPH**

Wake Forest University School of Medicine

**Jenny Womack, PhD, OTR/L, FAOTA**

Appalachian State University

**Denise Young**

Program Manager, Western Carolina Chapter  
Alzheimer's Association

**NOTE:**

Presenters' disclosures can be found at [HERE](#).

## Interested in Exhibiting?

If you are interested in being an exhibitor/vendor, please contact Gavin Colquitt at [colquittgt@appstate.edu](mailto:colquittgt@appstate.edu) or call 828-262-2794.

## Agenda

### Thurs., May 15, 2025: Healthy Aging and Prevention

**8:30 am** Registration / Coffee / Networking

**9 am** Welcome, Conference Overview, Housekeeping and Announcements  
Gavin Colquitt, EdD

**9:15 am** Healthy Aging and Prevention in Appalachia  
Hannah Stewart, DO

**10:15 am** Breakout Session 1

Medications: Navigating the Medication Maze: What's Helpful versus Harmful for Older Adults?

Emma Williams, PharmD, BCGP, CCP

Mind: Resources for Aging, Caregiving and Dementia

Denise Young

Stephanie Watts

Mobility: Collaborative Approaches to Enhance Older Adults' Physical Activity

Mariana Wingood, PhD, PT, DPT, MPH

**11:30 am** Networking Lunch (Provided)

**12:30 pm** Breakout Session 2

Medications: Navigating the Medication Maze: What's Helpful versus Harmful for Older Adults?

Emma Williams, PharmD, BCGP, CCP

Mind: Lifestyle Interventions to Prevent Cognitive Decline: The Importance of Nutrition

Andrea Lockard, MS, RDN, LDN

Mobility: Exercise for Older Adults

Becca Kappus, PhD

**1:45 pm** Break

**2 pm** Breakout Session 3

Medications: Acute Intermittent Hypoxia: A Performance Enhancing Tool

Wendy Olsen, PhD, CCC-SLP

Mind: Food For Thought: Optimizing Brain Function Through Nutrition

Diana Williams, DNP, MSN, FNP-C, IFMCP

Mobility: Tai Chi and Fall Prevention

Sia Beasley, PhD

**3:30 pm** What Matters Most  
Kate Callahan, MD, MS

**4:30 pm** Adjourn

**4:30 pm - 6:30 pm** Social Hour

## Agenda

### Fri., May 16, 2025: Management Across the Cognitive Impairment Continuum; Management of Cognitive & Physical Decline; or Comprehensive Care for Cognitive Changes

- 8:30 am** Registration / Coffee / Networking
- 9 am** Welcome  
Gavin Colquitt, EdD
- 9:15 am** Alzheimer's Disease in 2025: Major Updates in Diagnosis and Treatment  
Maryjo Cleveland, MD
- 10:15 am** Breakout Session 1: Early Deficits Consideration
- Medications: Treatments for Early Alzheimer's Disease – Exploring Potential Eligibility, Side Effects and Safety Monitoring  
Cynthia Lorena Aguirre Valdivieso, MD
- Mind: Distinguishing Alzheimer's Disease from Other Causes of Cognitive Impairment  
Kim McCullough, PhD, CCC/SLP
- Mobility: Physical Activity in Early Cognitive Decline  
Jared Skinner, PhD
- 11:30 am** Networking Lunch (Provided)
- 12:30 pm** Breakout Session 2: Later Stages of Care
- Medications: Deprescribing Medications That Could Worsen Cognitive Decline and Behavioral Treatments  
Danielle Baker, PharmD, MS, BCPS  
Molly Hinely, PharmD
- Mind: Supporting Patients and Care Partners Along the Dementia Journey  
Heather McKay, PhD, OTR/L
- Mobility: Promoting Safe Mobility as Dementia Progresses  
Jenny Womack, PhD, OTR/L, FAOTA
- 1:45 pm** Break
- 2 pm** Multi-Complexity and What Matters Most in Patients with Cognitive Decline  
Hal Atkinson, MD
- 3:15 pm** Adjourn

## Registration and Cost

### Two-day Rate

\$250—Physicians

\$175—Non-Physician Health Care Professionals

### One-day Rate

\$150—Physicians

\$100—Non-Physician Health Care Professionals

Registration includes administrative costs, technology fees, instructional materials, certificate of completion, program materials, lunch, morning and afternoon snacks both days, and Social Hour on Day 1.

**Register and pay online** at [www.nwahec.org/74455](http://www.nwahec.org/74455) or complete and return the attached registration form. Payment by credit card (Visa, MasterCard, Discover, and American Express) is accepted online. Personal check, corporate check, or money order is accepted by mail. Atrium Health Wake Forest Baptist internal transfer are also accepted by mail or online.

**Payment Policy** — Payment is required on or before entrance into any Northwest AHEC activity. If a corporate payment has not been received prior to the activity start date, you will be required to provide a personal credit card or check. If and when the corporate payment is received, Northwest AHEC will issue a full refund based on your original form of payment. To avoid personal payment, you should check with the financial staff at your organization to determine status of payment.

**Refund Policy** — Cancellations received in our office at least two weeks (14 business days) before the activity will receive a 100 percent refund. Registrants cancelling between two weeks and five full business days prior to the first day of the event will be refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee. The registration fee will not be refunded if a cancellation is received less than five days before the activity. Cancellations must be in writing (email). You may send a substitute in your place.

**Note** — Attendance at this activity grants permission for Northwest AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify a Northwest AHEC staff member if you have concerns.

By registering for this activity, your name and email address may be shared with Appalachian State University, a partner of this continuing education activity.

When planning for an educational activity, registration fees are not based on credit hours or agenda. Registration fees are based on expenses such as meeting room rentals, food, equipment, technology services, staff, etc., and are not adjusted by issues such as cancellation of speakers or other unforeseen circumstances. Every effort will be given to ensure the activity is a success.

### For More Information and Assistance

If you have questions regarding registration, please contact Gail Pawlik by email at [gpawlik@wakehealth.edu](mailto:gpawlik@wakehealth.edu), or by phone at 336-713-7761. Any requests for special services or auxiliary aids should be made to Gail Pawlik at least five working days before the activity.

# 2025 Aging Well Conference May 15-16, 2025

Register online at [northwestahec.org](http://northwestahec.org)

## Live-In person

### Two-day Registration Fee

- Physicians—\$250
- Non-Physician Health Care Professionals—\$175

### One-day Registration Fee

- Physicians—\$150
- Non-Physician Health Care Professionals—\$100
- Attending Day 1 - May 15, 2025
- Attending Day 2 - May 16, 2025

Primary Phone # (last 4 digits only):     \* required

**Do you have any special dietary requirements?**  
Please specify any dietary restrictions:

---



---



---

**Please select request for credit:**  
(See Credit section of brochure for details)

<input type="checkbox"/> AAPA	<input type="checkbox"/> NCBPTE
<input type="checkbox"/> AMA PRA Category 1™	<input type="checkbox"/> NHA
<input type="checkbox"/> ASHA	<input type="checkbox"/> Nursing
<input type="checkbox"/> Contact Hours	<input type="checkbox"/> Psychology (Cat A)
<input type="checkbox"/> CPEUs	<input type="checkbox"/> NCBENHA

First Name	MI	Last	Degrees (e.g., MD)		
Profession		Job Title			
Home Address		City	State	Zip	County
Home Phone		Cell Phone			
Employer					
Employer Address		City	State	Zip	County
Employer Phone		Employer Fax			

Email Required   Preferred Email  Home Email  Work Email

By providing your fax number, email address and telephone number, you have granted permission for us to contact you via the numbers and address indicated.

### Ways to Register:

- ▶ **Register online** by clicking the following link: [www.nwahec.org/74455](http://www.nwahec.org/74455) (recommended)  
 Visa, MasterCard, and American Express accepted online only.  
 Payment by check option also available.
- Make check payable** to Wake Forest University Health Sciences and mail, with registration form, to:  
 Wake Forest University School of Medicine / NW AHEC  
 Medical Center Boulevard, Winston-Salem, NC 27157-3311  
 Attention: Gail Pawlik

**Atrium Health Internal Transfer:** \_\_\_\_\_ **Project** \_\_\_\_\_

Comp   Op Unit   Cost Ctr   Nat Acct   Program   Fund

**Employer will make payment.** Supervisor completes below and emails to [gpawlik@wakehealth.edu](mailto:gpawlik@wakehealth.edu)

Supervisor's Name (Printed)	Signature	Phone
-----------------------------	-----------	-------

By signing, I am certifying that agency payment will follow. If you have a balance due and do not attend or send a substitute, you will be invoiced for the full program fee.