



AARP Virginia Academy: Smarter Living for All Ages

Saturday, June 17, 2017, from 8:15 a.m. - 3:00 p.m.
Lee Center, 1108 Jefferson Street, Alexandria, VA 22314

**Don't forget to bring your sensitive documents to shred!
The Shred Truck will be there from 8:00 a.m. until 1:00 p.m.**

8:15 AM - 9:00 AM Registration

9:00 AM - 9:45 AM Welcome & Keynote Address: Let's #DisruptAgeism Together

Speaker: Tracey Gendron, Associate Professor in the Department of Gerontology, School of Allied Health Professions, VCU

The momentum to expose and eradicate ageism is mounting on a national level and decades of research devoted to the study of ageism is being translated and disseminated to wider audiences. There is still much work to be done to create a “new lens” in which we challenge society’s long standing view of aging as deterioration and decline. This presentation will describe how subtle language based age discrimination impact aging anxiety and internalized ageism.

9:45 AM - 10:45 AM Brain Health

Join us in learning the five pillars of brain healthy behaviors, which research tells us if we undertake starting today, regardless of our age, will help reduce the risk of age-related diseases and optimize our chances of maintaining our cognitive abilities. Share your brain healthy behaviors and be inspired by others. Even into old age, our brains are constantly changing and can make new nerve cells. The best part is that we can do a lot to take charge of our brain health and improve our quality of life. The overall message is to stay active: mentally, physically, and socially with special attention to a healthy diet, sleep quality, and stress reduction.

9:45 AM - 10:45 AM Get the Most Out of Retirement

Whether you’re planning for or already living in retirement, there’s a lot that goes into making the most of every day. From crafting a budget and managing your money to last a lifetime to simplifying your life so you can really focus on what you want to do next, this class helps you wade through the details. The instructor, Sally Hurme, has a knack for explaining the legal stuff in ways you can understand.

9:45 AM - 10:45 AM Protect Yourself from Fraud and Identity Theft

Con artists don’t care how hard you worked. They steal billions from Americans like you every year. We’re fighting back with the AARP Fraud Watch Network. In this class, we’ll share an inside look at how scammers think, how to safeguard against identity theft and fraud, first-hand accounts from victims, and what to do if you or someone you know has been a victim.

9:45 AM - 10:45 AM The AARP HomeFit Workshop

The AARP HomeFit Workshop provides information to participants on how to decide what type of home modifications are needed to stay in their home as they age. It also provides ideas and inspiration on making those modifications. The goal of the presentation is to educate participants on home updates that can make it easier for them to go about their daily activities while staying comfortable, independent, and injury-free in their home.

11:00AM - 12:00 PM Medicare 101

Learn the basics of Medicare coverage. Navigating the many options available to Medicare beneficiaries can be complex, to say the least! This session is great for those new to Medicare, planning for retirement, or still confused about plans and options. No insurer or plan specific information will be marketed or discussed.

11:00AM - 12:00 PM Life Reimagined

Sometimes life takes you in a different direction than you thought you would go. But it's never too late to make a change. Start reimagining your life today by attending this Life Reimagined Checkup. This session is designed to help participants reflect on their goals and aspirations, harness underlying personal strengths, and get the tools and inspiration needed to take the next step.

11:00AM - 12:00PM Prepare to Care

AARP's Prepare to Care workshop provides you with information and resources to help you better for yourself and the ones you love. In this workshop, participants will learn five steps every caregiver should take: How to Start the Conversation; Forming a Team; Making a Family Plan, Finding Support; and the Importance of Caring for Yourself.

11:00 AM - 12:00PM Social Security: What You Need to Know Today and Tomorrow

Social Security is the key to financial security in retirement now and will continue to be in the future. This presentation will provide information about benefits you can expect, how to claim benefits, and when to claim the benefits you have earned. You will also learn about benefits for your spouse and children, and benefits that are available if you become disabled before you plan to retire. What effects will continuing to work after you claim benefits have? Will your benefits be there in the future or will Social Security not be able to pay them as some have suggested? What impact will proposed changes have on future benefits?

12:00 PM - 1:00 PM Lunch & Visit Exhibitors

1:15 PM - 2:15 PM Brain Health

Join us in learning the five pillars of brain healthy behaviors, which research tells us if we undertake starting today, regardless of our age, will help reduce the risk of age-related diseases and optimize our chances of maintaining our cognitive abilities. Share your brain healthy behaviors and be inspired by others. Even into old age, our brains are constantly changing and can make new nerve cells. The best part is that we can do a lot to take charge of our brain health and improve our quality of life. The overall message is to stay active: mentally, physically, and socially with special attention to a healthy diet, sleep quality, and stress reduction.

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2:30 PM - 3:30 PM Medicare 101

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