WELCOME! | ¡BIENVENIDOS!

AGE FRIENDLY CONFERENCE 2026

SENIOR SERVICES
Age-Friendly Forsyth

Presented in Partnership with Forsyth County Government we care

VIEW TODAY'S PRESENTATIONS:
Visit **bit.ly/afc2026_book**
or scan the QR code

DROP-IN HEALTH SCREENING OPPORTUNITY:
8:30–1:00 PM
Winston-Salem State (WSSU) Lab

CONFERENCE SCHEDULE

During your breaks, please make sure to visit the vendor booths to learn more about resources and services available in our community.

9:00–10:15 AM | OPENING + GENERAL SESSION

Gallery Theater ..... **Sadness vs. Depression: What's the Difference & Why Does it Matter?**
Dr. Edward Shaw | *Wake Forest University School of Medicine*

10:30–11:10 AM | WORKSHOP SESSION 1

► *Please refer to your session preferences selected during registration.*

Second Blooming Stage ..... **Finding the Help You Need: Accessing Community Resources**
Colleen Aquino & Lori Carpenter | *Senior Services*

Williams Center Kitchen ..... **Food for Energy & Health**
Gloria Hall | *Cancer Services*

WSSU Lab ..... **From Overwhelmed to Empowered: The Confident Caregiver**
Allison Calhoun | *Winston-Salem State University*
Angela Nicholson | *Trellis Supportive Care*

Main Street Conference Room ..... **Importancia de las Directrices Anticipadas y descripción general de los servicios de protección para adultos de la tutela**
Sobeida Adolphus | *Forsyth County Department of Social Services*

CONTINUES ON BACK ►

CONFERENCE SCHEDULE | *continued*

11:25 AM–12:05 PM | WORKSHOP SESSION 2

Second Blooming Stage ..... **Overview of Adult Protective Services, Guardianship, & Importance of Advance Directives**
Nicole Young & Mandi Johnson | *Forsyth County Department of Social Services*

Classroom ..... **Asking for & Accepting Help as a Caregiver: Finding Support & Respite Options**
Oliva Simpson | *Atrium Health Memory Counseling Program*
Johnsie DeHaven & Lori Carpenter | *Senior Services*

Gallery Theater ..... **Building Brain-Healthy Habits**
Ben Yeager | *Alzheimer's Association*

Main Street Conference Room ..... **Acceso a los Recursos de la Comunidad**
Reina Rodriguez-James | *Forsyth County Health & Human Services*
Sandra Rinaldi | *Senior Services*

12:15–1:15 PM | LUNCH + GENERAL SESSION

► *Please take a seat in the Gallery Theater and place your name tag in front of you.*

Gallery Theater ..... **Age-Friendly Community Needs Survey Results**
Renee Griffin & T. Lee Covington | *Senior Services*

1:30–2:10 PM | WORKSHOP SESSION 3

Second Blooming Stage ..... **Medicare 101**
Melissa Smith | *The Shepherd's Center of Greater Winston-Salem*

Classroom ..... **Fraud & Scam Prevention: Protecting Yourself in Today's Digital World**
Chris Malloy | *AARP*

Teaching Kitchen ..... **Navigating Long Term Care**
Beth Johnson | *Piedmont Triad Regional Council*

Williams Center Kitchen ..... **Nutrición para la Energía y la Salud**
Gloria Hall | *Cancer Services*

2:25–2:45 PM | CLOSING + GENERAL SESSION

Gallery Theater ..... **Opening Minds Through Art (OMA) Jazz**
Music Carolina

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