TFA Conference 2025

Schedule of Events

Monday, October 27

4:00pm – 6:00pm	Registration

Tuesday, October 28

9:00am-10:15am	Workshop/Breakout Session
9:00am – 4:30pm	Registration
10:00am – 4:30pm	Silent Auction Open
10:00am – 4:00pm	Exhibit Booths Open for Plenary and between Sessions
10:30am – 11:30am	TFA Annual Membership Meeting
11:30am	Lunch Buffet
12:00pm	Welcome and Announcements
12:15pm -1:30pm	Opening Session – Justin Tutt
1:30pm – 2:00pm	Break & Door Prizes in Exhibit Hall
2:00pm – 3:00pm	Workshops/Breakout Sessions
3:00pm – 3:30pm	Break & Door Prizes in Exhibit Hall
3:30pm – 4:30pm	Workshops/Breakout Session
6:00pm – 10:00pm	Pirates Voyage Dinner & Show

Wednesday, October 29

7:00am – 8:30am	Breakfast in Vista Grill- Please use Daily Voucher
8:00am – 12:00pm	Registration
8:00am – 2:30pm	Silent Auction Open
8:00am – 3:00pm	Exhibit Booths Open for Plenary and Between Sessions
8:30am – 9:45am	General Session Speaker – Thomas Dismukes
9:45am – 10:15am	Break & Door Prizes in Exhibit Hall
10:15am – 11:15am	Workshops/Breakout Sessions
11:15am – 11:30am	Break - Exhibit Hall Closed
11:30am – 12:30pm	Workshops/Breakout Sessions
12:30pm - 2:30pm	Awards Luncheon
2:30pm	Silent Auction Ends
2:30pm – 3:30pm	Workshops/Breakout Sessions
3:30pm – 4:00pm	Silent Auction Payments and Pick-Up of Items
4:00pm – 5:30pm	Exhibitor Booth Breakdown

Thursday, October 30

7:00am – 8:30am	Breakfast in Vista Grill - Please use Daily Voucher
8:30am – 10:00am	Closing Session(s) – Danny Fay
10:00am-10:30am	Call to Conference – Major Door Prizes
10:30am-2:00pm	Conference Cleanup/Teardown

2025 The Treasures of Aging Workshops At-A-Glance

We are excited to have new content in our workshops this year. Each workshop will be approximately one hour long and include a question-and-answer session as time permits. So, take a moment to familiarize yourself with the different offerings so that you can be prepared to set up your schedule in Whova once this year's conference is published in October.

A Roadmap to a Dementia-Friendly Tennessee

Wednesday, October 29, 2025, 2:30p – 3:30p

Dr. Qian Huang
East Tennessee State University, College of Public Health, Center for Rural Health and Research

Dr. Jodi L. Southerland
East Tennessee State University. College of Public Health. Department of Community and Behavioral Health

Dr. Kayla Alvis
East Tennessee State University, College of Public Health

Track(s):
Aging in Place/Long-Term Care Services
Senior Centers/Healthy Aging/Caregivers

The CDC's Building Our Largest Dementia (BOLD) initiative in Tennessee aims to strengthen public health infrastructure to address Alzheimer's disease and related dementias (ADRD) through multi-sectoral partnerships designed to enhance public awareness, educate healthcare professionals, expand access to data, and support caregivers. This interactive session will demonstrate how to utilize the Tennessee Multi-Sector Plan for Aging Data Dashboard to identify and address the evolving needs of older adults in your community. It will also highlight the dashboard's qualitative component—community-informed case studies and focus groups—and share preliminary findings from the Tennessee Department of Health Dementia Navigator Program.

Be a Treasure Not a Tragedy on the Tracks: Railroad Safety

Tuesday, October 28, 2025, 2:00p – 3:00p

Jill McClintock
Executive Director, TN Operation Lifesaver

Track(s):
Public Safety (EMS, Fire, Police)

TN Operation Lifesaver is a railroad safety education program dedicated to ending collisions, deaths, and injuries on and around railroad tracks and trains. Get educated on the laws, signs, and signals to keep yourself and treasured ones safe. Help stop tragedies by knowing the facts!

Cops and Caregivers: A Collaboration to "Protect and Serve"

Wednesday, October 29, 2025, 11:30a – 12:30p

Tim Christol
Chief of Police (Retired), Edgeway Strategies

Track(s):
Public Safety (EMS, Fire, Police)

As officers interact with Alzheimer's/Dementia patients and caregivers, understanding the similarities of stress, de-escalation, fear, and frustration of how to best address this unique situation is paramount. Seeing through the paradigm of each other will help address the divergent understandings of both groups and help "serve and protect" those most vulnerable in our communities.

Cross-Cultural Communication through Intergenerational Social Connection

Wednesday, October 29, 2025, 11:30a – 12:30p

Dr. Jeremy Holloway
Professor, Speaker, and Founder

Track(s):
Aging in Place/Long-Term Care Services
Elder Justice/Rights
Public Safety (EMS, Fire, Police)
Senior Centers/Healthy Aging/Caregivers
Service Coordinator/Senior Housing

This session explores how cross-cultural communication and intergenerational connection can transform aging services by reducing social isolation and loneliness. Attendees will learn how culturally humble communication strategies and legacy-sharing tools help uncover what matters most to older adults. Dr. Holloway will share insights from his experience with intergenerational programs, offering practical steps for initiating meaningful, age-inclusive conversations that build empathy, reduce disparities, and promote emotional well-being. Ideal for professionals seeking to enhance connection, equity, and trust across generations in diverse care settings.

Death, Devices, and the Power of Connection

Wednesday, October 29, 2025, 2:30p – 3:30p

Bre Clark
Program Manager, Senior Renaissance Center

Track(s):
Senior Centers/Healthy Aging/Caregivers

A senior center is often a place where people can safely bring their fears, stressors, and barriers. Do staff feel equipped to handle these sensitive conversations? Whether it's navigating end-of-life discussions, supporting a solo-ager with finding resources, or providing personal technology support, the real treasure is recognizing an opportunity to connect and empower older adults. Led by a senior center professional using their roles as a Death Doula, tech instructor, and solo-aging support group facilitator, this session offers a practical and relational approach to navigating sensitive topics.

Emergency Responders Make the Difference

Wednesday, October 29, 2025, 2:30p – 3:30p

Rebecca Cowan
Sevierville Police Department

Track(s):
Public Safety (EMS, Fire, Police)

This session starts with what the Tennessee law is, when to report, how to help victims, and documentation. First responders are the front line of the fight against elder abuse. We'll discuss a variety of calls.

Engaging Communities: Building Successful Outreach Events for Aging Services

Wednesday, October 29, 2025, 10:15a – 11:15a

Rachel Solava
Outreach & Advocacy Manager

Track(s):
Senior Centers/Healthy Aging/Caregivers

Effective outreach and community engagement are instrumental in elevating public awareness of Area Agencies on Aging and Disabilities (AAADs), senior centers, and other aging service providers. Whether you are looking to plan your first event or scale up your annual festivities, this session will offer the framework to draft and execute a comprehensive event plan and measure the success and impact of those initiatives. Participants will learn strategies to achieve program

performance goals and foster meaningful community partnerships.

Fast Friends, Right Roles: The Secret to Thriving Teams

Wednesday, October 29, 2025, 2:30p – 3:30p

Thomas Dismukes
StoriesThatTell.com
ThomasDismukes.com

"How to make an instant connection—and know exactly what to do with it!"
In this fast-paced, interactive workshop, you'll learn six powerful keys to creating instant rapport with coworkers and clients. Because let's face it, it's not always the job that's the problem, it's the fit. Discover how to quickly read personality types and know where people thrive best. Are you a Battleship, Cruise Ship, Sailboat, or Submarine? You'll find out—and see why it matters! Expect clarity, laughs, and real-life tools you can use immediately to create stronger teams and better communication. Sit back, relax, and get ready to connect!

Track(s):
Senior Centers/Healthy Aging/Caregivers
Service Coordinator/Senior Housing

Food, Friendships and Fun: The Treasures Provided by Our Senior Center

Wednesday, October 29, 2025, 2:30p – 3:30p

Dr. Pris Rogers
Ex. Director, Mooresburg Community Association and Senior Center

Kayla Dodson
Program Director, Mooresburg Community Association and Senior Center

Developing and melding the three treasures of food, friendships, and fun can go a long way to combating loneliness and isolation. Trying to accomplish these goals in a rural setting can be demanding while at the same time highly rewarding. In this session we will cover key components of our work, how we have measured outcomes, and the challenges we continue to face including developing an age-friendly rural community Additionally, we will lead a discussion of attendees to gather input and share ideas and solutions.

Track(s):
Senior Centers/Healthy Aging/Caregivers

Grandparents Raising Grandchildren in Tennessee

Wednesday, October 29, 2025, 11:30a – 12:30p

Tracy Van de Vate
CAC Grandparents as Parents Program Manager

There are 2.2 million grandparents raising grandchildren in the United States. During this session, the demographics of relative caregivers in TN will be discussed. The documentary produced by PBS Nashville, Grandparents Raising Grandchildren (27 mins), will be shown. This documentary highlights three TN grandfamilies demonstrating the challenges they are facing raising their grandchildren. Statewide resources for grandfamilies will be shared, as well as resources and information for professionals.

Track(s):
Senior Centers/Healthy Aging/Caregivers

Home Fit: Making Your Home Ready as You Age

Wednesday, October 29, 2025, 10:15a – 11:15a

Dennis Valade
Volunteer, AARP Tennessee

AARP's HomeFit presentation, along with the HomeFit: Your Home handout, is intended to enable people to create a home suitable for all people, no matter their age.

Track(s):
Aging in Place/Long-Term Care Services
Senior Centers/Healthy Aging/Caregivers
Service Coordinator/Senior Housing

It contains practical room-by-room suggestions that work for all types of homes, as well as for renters and homeowners. Participants are encouraged to identify a quick fix that they plan to implement soon to help jumpstart their work.

LGBTQ+ Older Adults: Language, Legacy, and Living with Dignity

Tuesday, October 28, 2025, 2:00p – 3:00p

April Overholt
Aging Rainbow Coalition of East TN

Track(s):
Aging in Place/Long-Term Care Services
Elder Justice/Rights
Public Safety (EMS, Fire, Police)
Senior Centers/Healthy Aging/Caregivers
Service Coordinator/Senior Housing

In alignment with this year's theme, "The Treasures of Aging," this session will celebrate the resilience, richness, and contributions of LGBTQ+ older adults. Through an engaging and interactive format, we will explore the history of LGBTQ+ older adults, the language that affirms and empowers them, and practical steps service providers and communities can take to ensure all older adults age with dignity. Drawing from our "We Live Here Too, Y'all" training, this session honors lived experience while equipping attendees to create more inclusive, culturally responsive environments.

Mental Health and Suicide Prevention in Later Life

Tuesday, October 28, 2025, 2:00p – 3:00p

Bethany Lemons
Metro Drug Coalition

Track(s):
Aging in Place/Long-Term Care Services
Elder Justice/Rights

Suicide rates are highest among men aged 85+, yet mental health among older adults remains one of the most under-discussed topics in aging services. This session tackles stigma head-on and provides evidence-based strategies for identifying and supporting older adults at risk.

Participants will learn to recognize risk factors, warning signs, and common barriers to care in older populations. The session will also highlight how grief, chronic illness, isolation, and caregiver stress compound mental health risks, and how community members can intervene early and effectively.

Move It or Lose It! Benefits of Physical Activity in Health Promotion Programs

Tuesday, October 28, 2025, 9:00a – 10:15a

Dr. Corey Grayson
Health Promotion Specialist/ ETHRA/ETAAAD

Track(s):
Senior Centers/Healthy Aging/Caregivers

Physical activity is a cornerstone of healthy aging. There is no part of the body that doesn't benefit from regular exercise! Most older adults can participate in exercise programs even with chronic conditions and mobility issues after talking to their physicians, but how do we inspire them to get up and get moving? How do we keep them coming back for more? This session will identify and discuss the benefits of physical activity on an individual's wellbeing, address considerations for program implementation, and explore factors that motivate older adults to get moving.

Nana's Circle: Celebrating Elder Wisdom & Caregiving Strengths

Tuesday, October 28, 2025, 2:00p – 3:00p

Andrea Hancock
Nana's Circle

Track(s):
Elder Justice/Rights
Senior Centers/Healthy Aging/Caregivers

Nana's Circle celebrates the essential role elders play as caregivers, often to grandchildren and younger relatives, serving as pillars of wisdom, guidance, and cultural heritage. This engaging session invites attendees to examine the treasures older adults offer, both as mentors and as anchors for community well-being. Practical approaches and real-world stories will illustrate how to empower elders, promote intergenerational bonds, and support mental health for older caregivers. Attendees will leave equipped to advocate for an age-positive, inclusive community where elder caregivers are recognized, supported, and celebrated for their lifelong contributions.

On the Horizon: A Tennessee EMS Training Initiative

Wednesday, October 29, 2025, 11:30a – 12:30p

John Dabbs
EMS Consultant, Tennessee Department of Health

Track(s):
Elder Justice/Rights
Public Safety (EMS, Fire, Police)

Emergency Medical Service providers are often the first line of defense for individuals experiencing health crises in our communities. As such, they are in a unique position to facilitate the care and treatment of our older and vulnerable populations. This session will discuss the new initiative designed to integrate Community Health Worker knowledge and Elder Justice training into EMS practice and equip the EMS providers with the skills necessary to address social determinants of health, prevent elder abuse, and connect patients with essential community resources.

Pathfinder: A Treasure Chest of Resources for Aging Adults

Tuesday, October 28, 2025, 3:30p – 4:30p

Megan Hart
Director, Tennessee Disability Pathfinder

Track(s):
Aging in Place/Long-Term Care Services
Elder Justice/Rights
Public Safety (EMS, Fire, Police)
Senior Centers/Healthy Aging/Caregivers
Service Coordinator/Senior Housing

As an organization connected to thousands of agencies, Tennessee Disability Pathfinder is considered a treasure chest of resource information, helping you navigate the right services and support for the specific needs of aging in their local area. Through collaboration with state agencies and non-profit organizations, Pathfinder offers one-on-one assistance to individuals, an interactive website of information, and educational opportunities. Attend this session to learn how Pathfinder can make it easier to navigate support services for aging adults and their loved ones.

Peace of M.I.N.D.: Memory Informed Needs for Disaster Preparedness Initiative

Tuesday, October 28, 2025, 3:30p – 4:30p

Rachel Frazier
Knox County Health Department

Track(s):
Senior Centers/Healthy Aging/Caregivers

An emergency situation of any magnitude can be a highly stressful and impactful event for anyone, but especially those who have dementia and their caregivers. The Knox County Health Department Peace of MIND (Memory

Informed Needs for Disaster Preparedness) initiative will support individuals with dementia, their family, and their caregivers. Peace of MIND kits will be distributed to caregivers in the community. Providing emergency kits with essential items, as well as a list of resources, will aid in reducing fear and anxiety surrounding an emergency event, such as a natural disaster, unexpected medical event, or a change in caregivers.

Programs of Excellence: Innovations at Senior/Adult Centers

Wednesday, October 29, 2025, 11:30a – 12:30p

Nicole Rader
Director of the Roby Adult Center - Town of Greeneville

Track(s):
Senior Centers/Healthy Aging/Caregivers

This session will offer insight of the programs that transpire around the country in senior/adult centers. Our time together will allow for directors of different aging facilities to gain access and share information that could be beneficial for the aging population in their specific area.

Protecting Our Seniors in Tennessee

Tuesday, October 28, 2025, 3:30p – 4:30p

Shelly Smitherman
TBI, Assistant Special Agent in Charge (ASAC)

Matt Thompson
TBI, Special Agent in Charge (SAC)

Andy Corbitt
TBI, Special Agent in Charge (SAC)

Track(s):
Public Safety (EMS, Fire, Police)

The Tennessee Bureau of Investigation plays a vital role in protecting Tennessee's elderly population. Agents will provide an update on the Tennessee Silver Alert Program, provide valuable information on Cyber Crimes (including online scams that target the elderly), and provide information on Elder Abuse and the new Safe Senior TN website and resources available to protect seniors from healthcare fraud, patient abuse and neglect, and more.

Savvy Seniors

Wednesday, October 29, 2025, 10:15a – 11:15a

Heather Sadler Gallaher
Lebanon Senior Citizens Center

Track(s):
Senior Centers/Healthy Aging/Caregivers

This interactive session will explore three practical technologies—ChatGPT, Amazon Alexa, and Air Tags/Life360—and how they can enhance daily life and safety for seniors. Participants will learn how ChatGPT can support communication, information gathering, and entertainment; how Alexa can simplify daily routines through voice-activated assistance; and how Air Tags can be used in keychains, canes, bags, or clothing to help prevent loss and support safety for seniors at risk of wandering. Real-world demonstrations and examples will be shared, making this session both educational and empowering for caregivers, providers, and aging adults.

Senior Center Director Intensive

Tuesday, October 28, 2025, 2:00p – 4:30p

Sidney Enss
Director of Volunteer Engagement & Senior Center Liaison at the TN Department of Disability and Aging

Bring your center monthly calendar and come prepared to move around the room! During this session, participants will join in four interactive activities focusing on networking, behavior issues, activities/programming, and member recruitment and engagement. Our hope is you will leave this intensive with inspiration, new ideas, and a sense of community and belonging. This session will be conducted during BOTH afternoon breakout sessions on Tuesday, October 28 from 2:00p-4:30p and be restricted to only senior center directors and staff.

Track(s):
Senior Centers/Healthy Aging/Caregivers

The Best of the Best: Making the Most of Your Evidence-Based Programs

Wednesday, October 29, 2025, 10:15a – 11:15a

Dr. Corey Grayson
Health Promotion Specialist/ETHRA/ETAAAD

Evidence-based programs (EBPs) are considered to be the best of the best because they have been scientifically tested and proven to be effective through rigorous research and evaluation. This session will help senior center directors and other health program personnel understand the fundamentals and benefits of EBPs, assist in identifying programs and resources for implementation of EBPs in their communities, and provide best practices for engaging with their participants and stakeholders to ensure the sustainability of their programs.

Track(s):
Senior Centers/Healthy Aging/Caregivers

Tricks of the Trade: What's in a Fraudster's Toolbox? What's in Yours?

Tuesday, October 28, 2025, 3:30p – 4:30p

Loni Hitchcock
Tennessee SMP

We will be presenting common tactics scammers use to get personal information or money from victims. You will learn common techniques used by scammers and how to protect yourself and others from scams.

Track(s):
Elder Justice/Rights

Understanding and Supporting Hoarding Disorder: Risk Reduction

Wednesday, October 29, 2025, 10:15a – 11:15a

Larry Wilder
Knox County Fire Prevention Bureau

Hoarding-related fires account for 24% of fire-related deaths in the U.S. Hoarding disorders also impact home safety, health, relationships, and quality of life. It is also linked to anxiety, depression, and trauma. It is a psychological disorder that is often unseen or explained as either “collecting” or just “messiness”.

To properly treat the disorder, we as risk-reduction professionals need to first recognize the signs and understand the risks of hoarding. This is normally a process that will involve working with family members, friends, caregivers, and counseling professionals. It is essential that we also have empathy for the hoarder as we develop a plan for improvement. It is a full-team approach that requires all of us to effectively participate.

Track(s):
Aging in Place/Long-Term Care Services
Public Safety (EMS, Fire, Police)
Senior Centers/Healthy Aging/Caregivers