

Aging in Community Senior Housing Expo II

May 20 from 10:00 a.m. to 1:00 p.m.

Seymour Center | 2551 Homestead Road | Chapel Hill

Location	Session 1 10:15-11:05	Session 2 11:15-12:05	Session 3 12:15-1:00
Theater	Aging in Community <i>Panel</i>	Renting vs. Buying <i>Scott Ranby</i>	
Ash Room 2 nd floor	The Future of Senior Housing <i>Cherie Rosemond</i>	Affordable Housing <i>Susan Levy & Jay Fulkerson</i>	Downsize and DeClutter <i>Jane Armstrong</i>
Dogwood Room 1 st floor	Pee Wee Homes <i>Lisa Fischbeck & Sarah Howell</i>	Home Safe Home <i>Ryan Lavalley</i>	Seniors Helping Seniors: SALT <i>Archie Daniel</i>

Session 1

Aging in Community: Is it possible?

Come learn from those who are doing it. The session features a panel of experts who are organizing themselves, their neighborhoods, and their communities to stay at home and build a network of support and connection.

Panelists: Nancy Rosebaugh, Karen Metzguer, and Lisa Anthony. Bolton Anthony will be moderating.

What the future holds for senior housing in Orange County

Come learn about current and “on the books” senior housing in Orange County. Learn about the costs and availability of local long term care options. Hear a brief overview of all of the current housing models that are available and see what the Master Aging Plan may have in store for us these next five years.

Presenter: Cherie Rosemond

Pee Wee Homes: Affordable, sustainable, and social

Inspired by the Tiny House Movement, the Advocate Church and its community partners have innovative plans to build small, sustainable homes that require residents to pay no more than 30% of their incomes in rent. Learn about how it all began and why Pee Wee homes offer one potential way to end homelessness and isolation.

Presenters: Lisa Fischbeck and Sarah Howell

Session 2

Renting vs. buying: the ultimate fight for your funds

Are you getting mixed messages about whether buying or renting is the wiser decision for you? This session will help you consider your income source, expenses, and health to learn which is the best route for you.

Presenter: Scott Ranby

Affordable housing for seniors brought to you by Habitat for Humanity

Habitat for Humanity is making a bold new move. They have land and a plan for senior housing in the Waterstone development. Come hear about their background research and the innovative housing and neighborhood designs they've come up with. They have pioneering ideas that stand to change the affordable housing landscape in Orange County.

Presenters: Susan Levy and Jay Fulkerson

Home Safe Home

Should you really throw out your rugs? Are there certain activities you don't do because you are afraid of falling? Ryan Lavalley, an occupational therapist, will share tips that he's learned while visiting homes across Orange County. Ryan's goal is to promote living successfully, meaningfully, and safely in your home.

Presenter: Ryan Lavalley

Session 3

Downsize and DeClutter: Simplifying your life

Everyone has at least one pile of stuff they haven't used in years that is just taking up space. Whether you are planning to stay in your home or are preparing for a move, this session will change the way you think about belongings and provide simple steps to make a daunting task more manageable.

Presenter: Jane Armstrong

Seniors Helping Seniors: The Seniors and Law Enforcement Together Program

Do you wish someone would come by just to check on you? Do you need help finding solutions to nutrition or home maintenance problems? The Seniors and Law Enforcement Together Program matches seniors with friendly volunteers that support aging in place. This session will also provide valuable information on how to get involved as a volunteer.

Presenter: Archie Daniel

Presenter Biographies

Nancy Rosebaugh

Nancy Rosebaugh has lived in historic Hillsborough for >30 years while commuting to work in Durham. She and her husband raised 2 sons with help from "intentional family," and are learning ways to keep up with a small grand-daughter. Nancy works as a nurse practitioner at a local retirement community (CCRC) and assists her 87-year-old mother, currently living independently in a 55+ apartment complex.

Karen Metzguer

Karen has been a practicing nurse continuously since 1976 and is a retired Professor of Pediatrics, UNC School of Medicine, who spent 35 years working in infant mortality reduction at the local, state and national level. She worked as a Red Cross Disaster Nurse from 1995-2002 and assisted in emergency operations across NC, in VA, PA and @ the Pentagon, September 11, 2001. She is also experienced as a Hospice Nurse, a Geriatric Care Manager, and, is currently the Nurse and Executive Director of Fearrington Cares. Karen is married, has 2 terrific adult daughters, enjoys nursing, music, birding and cooking.

Lisa Anthony

Lisa Anthony, with her husband, has been active in Falconbridge since 2005 working on making Falconbridge a "community" of caring individuals, not just a neighborhood. She has served on the board of the Falconbridge Alliance and has just completed a term of being a coordinator of Falconbridge Friends, a "neighbors helping neighbors" group which provides support teams for people in need after surgery, illness, or a crisis. She and her husband, Bolton, have been married for 12 years.

Bolton Anthony

Bolton Anthony's varied career includes teaching English and creative writing to undergraduates and working as a public librarian and a university administrator. He founded Second Journey — a social change organization promoting a new vision of aging — in 1999. He is the publisher of *Ageing in Community* (2012); the publisher and editor of *Second Journeys: The Dance of Spirit in Later Life* (2013) and *Reimagining Your Neighborhood: Transforming car-centric housing developments into vibrant, verdant, sustainable communities* (2015); and the author of the autobiography *This Given Life: One Catholic Life in Context* (2015). He lives in Falconbridge with his wife Lisa.

Cherie Rosemond

Cherie is the Director of UNC Partnerships in Aging Program and Consultant to Orange County's Department on Aging. Senior housing, all things intergenerational, and age-friendly communities have been the focus of her research and practice.

Reverend Lisa G. Fischbeck

The Rev. Lisa G. Fischbeck is the founding priest of The Episcopal Church of the Advocate, launched in 2003. She has a particular interest in collaborative resourcing for ministry and for working with others to find ways in which the Advocate's 15-acre site can be a resource for the surrounding community.

Sarah Howell

Sarah has a degree in Architecture and Urban Design from Yale University and worked on projects in San Diego, San Luis Obispo, New York City, New Orleans, Dallas, Cabo San Lucas and Chapel Hill. She served as Project Architect for Brad Pitt's Make It Right foundation, a LEED Platinum community with a Housing and a Sustainable Streets component.

Scott Ranby

Scott Ranby is a Certified Financial Planner (R) with Kuhn Advisors. For 25 years, Kuhn Advisors has helped families develop comprehensive financial strategies to achieve life goals. We offer a full range of services around planning for retirement, college funding, Social Security, and charitable giving.

Susan Levy

Susan Levy is the Executive Director of Habitat for Humanity of Orange County. Currently, Habitat is planning to develop 24 units of affordable housing on a site that it owns with the Waterstone development in Hillsborough. In her spare time, Susan enjoys walking in the woods near home, reading books, and spending time with her grown daughter.

Jay Fulkerson

Jay Fulkerson, Architect, has over thirty five years of experience in architectural design and has practiced in Chapel Hill, North Carolina since 1988. His projects vary in size and complexity from energy efficient, accessible, and affordable residential designs to commercial, institutional and historic preservation/adaptive reuse projects.

Ryan Lavalley

Ryan Lavalley is a community-based occupational therapist at the Orange County Department on Aging. He is a member of the OC CARES dementia support team and the Aging Transitions team who support general aging needs and services. One aspect of this work includes collaboration with Orange County Emergency Medical Services to identify older adults who are at high risk for falls. While conducting home visits with these and other older adults across Orange County he offers home safety assessments, home modification recommendations, durable medical equipment, and general fall prevention resources. He also offers classes regarding fall prevention and recovery in the home at both the Seymour and Passmore Centers.

Jane Armstrong

Jane Armstrong received her MSW from The Ohio State University. She has spent her career working on all levels of care for seniors in OH, IN and NC. While working in Chapel Hill, she became a professional organizer and with a colleague established the business "DeCluttering for Real Life". Even in retirement she continues to conduct workshops on organizing to seniors in the Foothills of NC.

Archie Daniel

Archie Daniel has worked as a deputy and police officer in Orange County and is a licensed building contractor. He has retired and now enjoys visiting seniors through the SALT program.

