Need caregiving resources? This is the event for you!

SENIOR RESOURCE FAIR & DEMENTIA CARE WORKSHOP

FRIDAY, NOVEMBER 10, 2017
Workshop 8:30am - 12:30pm
Senior Resource Fair Exhibit Tables 10:00am - 1:30pm

Hilary J. Boone Center
500 Rose St.
Lexington, KY 40508

For more info visit
www.uky.edu/hr/worklife

Featuring 40 Senior Care Exhibitors

Presented by

Human Resources
Elder Care
ABOUT THE WORK-LIFE OFFICE
The University of Kentucky wants employees to succeed both professionally and personally. The UK Work-Life Office is here to help employees meet their personal and professional goals through programs, services, and events. The office also administers the UK@Work survey in an effort to help leaders and employees recognize the strengths and opportunities within their work environment and unit.

HOW WE HELP

Elder Care
University of Kentucky Elder Care is a free employee benefit established to support regular full-time and part-time UK faculty, staff, retirees, and their spouses nationwide who help their parents, spouses and other older family members. Our staff can assist by providing information, consultation, guidance, referrals, and by helping caregivers to plan ahead. We offer monthly Lunch 'n Learns on topics ranging from “Elder Law and Caregiving” to “Caring for Someone with Dementia.”

Counseling
We are a voluntary, confidential UK benefit offering free and reduced-fee counseling with licensed therapists for faculty, staff and their families. All faculty, regular employees (FTE 0.50 or greater), spouses, sponsored dependents, unmarried children up to the age of 26 (or older if disabled before the age of 26), and UK retirees are eligible for up to five free sessions. Additionally, we offer workshops for supervisors and departments on topics ranging from managing stress to processing grief to helping prevent suicide.

Work-Life Effectiveness
Managing one’s work and personal life responsibilities is an ongoing process. Work-life effectiveness means different things for different people. It may mean seeking flexibility in a work schedule to better meet department needs or finding childcare resources that will help a new parent return to work after leave. Whatever stage of life, the Work-Life Office strives to ensure employees and supervisors are supported in their professional and personal goals.

FOR MORE INFORMATION VISIT
UKY.EDU/HR/WORK-LIFE
**ADULT DAY CENTER**

*Aging with Grace*

Aging with Grace is licensed by the state of Kentucky as an adult day health center with nursing services. We conduct our health program as a health club for seniors and also offer planned group and individual activities including games, exercises, spa treatments, arts and crafts, and birthday and holiday parties. Breakfast, dinner, and an afternoon snack are served daily. Members may attend part-time or full-time. The center is open daily 7:30 a.m. - 6:00 p.m. and weekends and holidays by appointment.

Contact: DG Gridley  
P: (859) 539-2147  
E: administrator@agingwithgraceinfo.org  
www.agingwithgraceinfo.org

**COMMUNITY ELDERCARE SERVICES & SUPPORT**

*Aging Life Care Solutions, LLC*

Aging Life Care Solutions is a team of experienced professionals, also known as geriatric care managers. We use a team approach to assess and address both short and long term needs of older adults. We listen, evaluate, and provide assistance in the navigation of systems to promote independence and successful aging.

Contact: Billie May  
P: (859) 629-4454  
E: info@aginglifecaresolutions.com  
www.aginglifecaresolutions.com

*Alzheimer’s Association*

The Alzheimer’s Association is the largest national voluntary organization dedicated to conquering Alzheimer’s disease. Our mission is to eliminate Alzheimer’s disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. The association provides educational programs for persons with dementia, caregivers, professionals, and the general community as well as support groups and a 24/7 Helpline.

Contact: Caitlin Shepard  
P: (502) 473-5337  
E: cshepard@alz.org  
www.alz.org

*Bluegrass Crossroads Move Managers*

Bluegrass Crossroads specializes in managing the daunting task of moving! Allow us to help you navigate the next chapter in your life. We will provide the expertise, compassion, and management necessary to make a smooth transition for all of our clients - busy professionals, family members, seniors, empty nesters, trust officers/estate attorneys, realtors, developers, contractors, and senior living communities.

Contact: Beth Ann Haydon  
P: (859) 948-6124  
E: bluegrasscrossroadsmm@gmail.com  
www.bluegrasscrossroadsmm.com

*Caring Transitions*

Caring Transitions is the nation’s largest professional resource specializing in downsizing, organizing, and moving/relocation services, plus a leader in estate sales, online estate auctions and full house clear-outs. We are uniquely focused on helping families with their personal belongings during difficult life transitions. These transitions might include divorce, a life changing illness or disability, an unexpected relocation, the death of a loved one or the changing needs of an aging parent. From coordinating a move to selling the entire contents of a home, we can be your trusted resource.

Contact: Lea Nugent  
P: (859) 543-9848  
E: lnugent@caringtransitions.net  
www.caringtransitions.com

*Everything But The House*

Our mission is to be the world’s largest and most trusted marketplace for estate sales. We created this business with the simple idea of providing a transparent and seamless solution for families and individuals looking to sell their collections. Eight years later, we are still committed to our vision of a revolutionary platform for one-of-a-kind discoveries, powered by the same unparalleled service and our innovative technology.

Contact: John Paynter  
P: (859) 230-0831  
E: john.paynter@ebth.com  
www.ebth.com
**COMMUNITY ELDER CARE SERVICES & SUPPORT**

Nursing Home Ombudsman Agency of the Bluegrass, Inc.

The Nursing Home Ombudsman Agency protects and promotes the rights of long-term care residents, providing education and complaint management to long-term care residents and their families. NHOA offers placement counseling by helping families navigate an unfamiliar long-term care system. NHOA’s clear, Kentucky-specific information about nursing home placement helps families make educated decisions about long-term care.

**Contact:** Mark Burress  
P: (859) 277-9215  
E: markburress.ombuddy@gmail.com  
www.ombuddy.org

Osher Lifelong Learning Institute at UK

Osher Lifelong Learning Institute (OLLI) at UK offers educational and enrichment courses, forums, shared interest groups, travel opportunities, and events for adults 50 years and older. More than 1,500 adult learners participate annually. The University of Kentucky has been at the forefront nationally in lifelong learning since 1964. The OLLI at UK has sites in Lexington and Morehead.

**Contact:** Joey Conrad  
Phone: (859) 257-2667  
E-mail: joseph.conrad@uky.edu  
www.uky.edu/olli

Radio Eye

Radio Eye is a radio reading service for those who are unable to access the printed word. We broadcast the reading of current newspapers, magazines, health materials, grocery ads, and much more, offering greater independent living to people who are blind, visually impaired, or have any disability that makes reading difficult or impossible.

**Contact:** Lucy Stone  
P: (859) 422-6390  
E: amy.hatter@radioeye.org  
www.libguides.uky.edu/ckre

**COMMUNITY ELDER CARE SERVICES & SUPPORT**

*Silver Lexington Senior Living Placement Service*

Before you start looking at more than 20 communities for your loved one, contact Silver Lexington to save you time, money, and assist you with not becoming overwhelmed. We will meet with you and your loved one, identify specific needs, and help narrow down your search to the top two or three communities. Every situation is different, and there is not a textbook answer, so call and set up a consultation. We place independent living, assisted living, personal care, respite care, and memory care (no subsidized or Medicaid placement).

**Contact:** Susan Neville  
P: (859) 351-5890  
E: silverlexington@gmail.com  
www.silverlexington.com

**ELDER LAW**

Bluegrass Elderlaw, PLLC

Bluegrass Elderlaw, PLLC is an experienced legal practice which addresses the planning and implementation issues of becoming elderly, dealing with disability, and handling death transfers.

**Contact:** Katie Finnell  
P: (859) 281-0048  
E: katie@bgelderlaw.com  
www.bgelderlaw.com

**FINANCIAL**

*Fidelity Investments*

Fidelity Investments offers free retirement planning sessions to UK employee households as a part of your UK retirement benefits package. Planning sessions can include reviewing asset allocation, developing a retirement income plan, reviewing ways to save more for retirement or other goals and utilizing Fidelity tools and resources. On site appointments can be made by calling (800) 642-7131 or visiting Fidelity online. Phone consultations are also available Monday - Friday at (877) 895-5986.

**Contact:** Chris Perry  
P: (513) 444-0909  
E: christopher.perry@fmr.com  
www.fidelity.com
UK Federal Credit Union
UK Federal Credit Union is a not-for-profit financial cooperative, which means extra money isn’t given to a few stockholders but returned to members in the form of better rates and services. Our sole purpose is to serve the financial needs of our members by offering quality service and products while maintaining a financially strong institution.
Contact: Stephen Will
P: (859) 264-4292
E: swill@ukfcu.org
www.ukfcu.org

Wheeler Pharmacy Home Connection
Wheeler’s Home Connection program is an innovative pharmacy service that strives to decrease the number of unwanted effects from medications, in order to prevent falls, fractures, and other adverse events. Wheeler Pharmacy will provide all prescriptions and over-the-counter medications needed for your medication management. As your designated pharmacy, we will dispense into vials, which will remain stored in the pharmacy to expedite preparing your weekly medication set. Each week a 7-day supply of your routine medication is prepared and delivered to your residence. To support compliance, our staff assists in obtaining all prior authorizations and refills when needed.
Contact: Lynne Eckmann
P: (859) 806-5561
E: homeconnection@wheelerpharmacy.com
www.wheelerpharmacy.com

Lexington Hearing & Speech Center
The Audiology Clinic at Lexington Hearing & Speech Center provides comprehensive hearing healthcare for all ages...twinkle to wrinkle! Our audiologists perform diagnostic tests to identify the degree and type of hearing loss of our patients based upon a make-up of tests determined by the patient’s individual needs and is designed to assess specific symptoms and their causes. Following the evaluation, the audiologist helps the patient and their families understand the test results and the impact of hearing loss, and recommends appropriate steps for further management which could include hearing devices.
Contact: Dr. Janet Wolfson
P: (859) 268-4545
E: janet.wolfson@lhscky.org
www.lhscky.org

Sanders-Brown Center on Aging
The University of Kentucky Sanders-Brown Center on Aging (SBCoA) basic and clinical scientists work together to improve the health of the elderly in Kentucky and beyond through research dedicated to understanding the aging process and age-related brain diseases. We also offer education outreach and clinical programs that promote healthy brain aging.
Contact: Hardin Stevens
P: (859) 323-2997
E: hardin.stevens@uky.edu
www.uky.edu/coa

Amedisys Home Health
With more than 25 years of experience in the health care industry, Amedisys offers a comprehensive continuum of home based health care services. Working with the patient’s physician, our multi-disciplinary team addresses individual needs in Skilled Nursing, Physical/Occupational/Speech Therapy and Medical Social Work. Amedisys has individualized and special programs for heart failure, COPD, behavioral health, rehabilitation services, and wound care.
Contact: Ericka Kennedy
Phone: (859) 321-6867
E-mail: ericka.kennedy@amedisys.com
**HOME CARE**

*At Your Service, Inc.*
At Your Service, Inc. is staffed by college educated professionals who are thoroughly trained in all phases of eldercare. We provide a wide range of non-medical assistance including: Alzheimer's/dementia care; help with bathing, grooming, and dressing; escort to medical or social appointments; companion service in homes and long-term care facilities; medical liaison, respite services for family caregivers; bedside companion services for hospital stays; and much more. Our services are always tailored to meet the needs of each individual client, and every service is personalized to the client’s requirements.

Contact: Letitia Armstrong
P: (859) 312-0729
E: holwerkarmstrong@yahoo.com
www.atyourservice98.com

*CAREtenders Home Health (Almost Family)*
We are a home health agency, with five local offices to serve Central Kentucky. As senior advocates, our mission is to help your loved ones retain their independence and age in place, wherever they call home, for as long as possible. Our senior advocacy philosophy addresses challenges by looking beyond the obvious needs of the patient and to become advocates in all dimensions of physical, mental, and emotional well-being.

Contact: Kara Mays
P: (606) 733-0051
E: karamays@caretenders.com
www.almostfamily.com

*Home Instead Senior Care*
Whether you’re looking for someone to help just a few hours a week or 24-hour assistance, Home Instead provides the following services: companionship services; personal care; meals and nutrition; transportation; household duties; respite care; hospice care support services; and 24 hour and live-in care.

Contact: Daniel Fulton
P: (859) 273-0085
E: daniel.fulton@homeinstead.com
www.homeinstead.com/312

*Independence Assistance*
Independence Assistance is a personal care agency providing attendant care to individuals in Lexington, Kentucky and the surrounding area including personal care, homemaking, escort to appointments, and more. We are committed to meeting the needs of our community, compassionately serving those needing our services and providing a safe, meaningful employment for the wonderful, caring members of our team.

Contact: Heather Ridenour
P: (859) 303-4040
E: info@iasbg.com
www.iasbg.com

*Lifeline Home Health*
Lifeline Home Health offers skilled services at home. We provide skilled nursing, physical therapy, occupational therapy, speech therapy, and aides throughout Kentucky. As part of our plan of care, we also provide the Phillips Lifeline personal emergency response system to patients that qualify. For more information call (859) 559-4099.

Contact: Ashley Gray
P: (859) 333-5885
E: ashley.gray@lhcgroup.com
www.lhcgroup.com

*Senior Helpers of the Bluegrass*
Senior Helpers of the Bluegrass is central Kentucky’s trusted service for quality home care offering clients a wide range of services from basic companion care to full personal care assistance with activities of daily living. We offer one hour peace of mind visits to 24-hour care; assistance with errands, shopping, and accompaniment to appointments; and custom tailored service plans for community living and medical monitoring systems. As a Certified Senior Gems agency, Senior Helpers of the Bluegrass specializes in providing care for seniors with Alzheimer’s disease and other dementias. Proudly serving Central Kentucky, we are a helping hand when you need it most.

Contact: Lorri Mills
P: (859) 296-2525 (Lexington) or (502) 226-3393 (Frankfort)
E: lmills@seniorhelpers.com
www.seniorhelpers.com/Lexington
**HOME CARE**

*Visiting Angels*

Visiting Angels is an experienced and talented non-medical home care company in Lexington that delivers fun-loving, superior care to your loved one(s). We are licensed, insured, bonded, and state certified with services that include: medication reminders, cognitive activities, hygiene assistance, meal planning and preparation, transportation, doctor visits, groceries and errands, mobility assistance, light housekeeping, laundry, and respite for family. Our outstanding staff are trained and experienced with Alzheimer's and dementia care, Parkinson's, diabetes, mobility assistance, end of life, congestive heart failure, COPD, and more.

**Contact:** Bekki and Phil Franklin  
**Phone:** (859) 223-0398  
**E-mail:** bekki.franklin@icloud.com

**HOUSING**

*Brookdale Richmond Place*

When the time comes to determine how you or your loved one will spend the later years of life, you'll want to know where to turn. Brookdale associates are here to listen to you and identify and implement the right solution. Everything we do is framed in context with your vision for your future as an individual, a couple, or a family. We are a true CCRC providing all levels of care: independent living, personal care, memory care, and rehabilitation and skilled nursing.

**Contact:** Michelle Woolum  
**P:** (859) 469-3106  
**E:** pwoolum@brookdale.com  
**www.brookdale.com**

*Cambridge Place*

As a highly respected provider of skilled nursing services for more than 30 years, Cambridge Place has earned the trust of many families and close friends in the Lexington area. It’s now your trust we look to earn by delivering all your needs through our personalized care.

**Contact:** Jessica Curran  
**P:** (270) 635-3115  
**E:** jcurran@cambridgepl.com  
**www.cambridgepl.com**

*Christian Care Communities*

Christian Care Communities is Kentucky's largest faith inspired, non-profit provider of senior living communities and long term care for older adults. We have three locations in the Lexington area including Bridgepointe at Ashgrove Woods, Best Friends Day Center, and The Homeplace in Midway. Bridgepointe at Ashgrove Woods is a licensed personal care facility with one-bedroom and studio apartments. Levels of care include assisted senior care and memory care. Best Friends Day center is a dementia specific day center that uses the Best Friends’ approach to engage older adults. The Homeplace at Midway is the first Green House Residence in the state and offers assisted living, memory care, and skilled nursing.

**Contact:** Julie Goodpaster  
**P:** (859) 846-4663  
**E:** julie.goodpaster@ccc1884.org  
**www.christiancarecommunities.org**

*Daisy Hill Senior Living*

Daisy Hill Senior Living is located in the heart of Versailles. We currently offer 45 assisted living apartments and are constructing independent living villas on the property. In our assisted living community, we have seven different floor plans that offer something for everyone's design preference and budget. Located just 10 miles outside of Lexington, Daisy Hill offers a small town feeling that makes a big difference!

**Contact:** Laurie Dorough  
**P:** (859) 753-2000  
**E:** laurie@daisyhillseniorliving.com  
**www.daisyhillseniorliving.com**

*Highgrove at Tates Creek*

Highgrove at Tates Creek is located in the Tates Creek area of southeast Lexington. The community is constructed on a beautiful site consisting of rolling hills, mature trees, and a winding creek. At Highgrove at Tates Creek, we provide service with dignity. We believe that developing personal relationships with our residents is the most important part of our day. We strive to create a community that contributes to overall wellness while empowering residents to be independent and social. Living options include independent living, assisted living, and memory care residences.

**Contact:** Lauren Ashley German  
**P:** (859) 245-0100  
**E:** lagerman@traditionsmgmt.net  
**www.highgroveattatescreek.com**
**Housing**

*Hometown Manor of Lexington*

Hometown Manor Assisted Living of Lexington is a small community of 15 private studios. We offer an all-inclusive rate for all assistance needed, medication reminders, three home cooked meals, snacks, activities, housecleaning, and laundry. We are located near Hamburg, off Winchester Road, overlooking a beautiful horse farm. Please stop by for a visit and see why, "Our residents feel at home at Hometown Manor!"

**Contact:** Tracey Javid  
P: (859) 351-6590  
E: tracey@hometownmanor.com  
www.hometownmanor.com

*Liberty Ridge Senior Living Community*

At Liberty Ridge Senior Living Community, you will find a wonderful lifestyle filled with new friendships and new experiences. Liberty Ridge offers a variety of lifestyle options to suit your needs and desires, including independent living garden homes, assisted living apartments, and two memory care neighborhoods. Located on 30 rolling acres in the heart of Kentucky bluegrass country, Liberty Ridge is a place you’ll be proud to call home. We invite you to discover the difference Liberty Ridge can make in your life, or the life of someone you love.

**Contact:** Bruce Maples  
Phone: (859) 543-9449  
E-mail: bmaples@libertyridge.com  
www.libertyridge.com

*Magnolia Springs Lexington*

Magnolia Springs is a non-profit senior living community which serves by assisting them to celebrate LIFE based on their personal preferences, hobbies, interests, and needs. We offer both assisted living and memory care services in a new, amenities-filled community, including movie theater, exercise club, 50’s diner, restaurant, bistro, veranda, walking track, and more. We, however, believe that although the space is nice, people are what make a difference. That is why we have created a hospitality-driven culture, ready to customize our environment to the needs of each individual.

**Contact:** Michael Berg  
Phone: (859) 410-6575  
E-mail: mberg@mag-springs.com  
www.lexington.magnolia-springs.net

**Mayfair Village Retirement Community**

A Lexington tradition for more than three decades, Mayfair Village offers services and amenities that have been ‘aged to perfection.’ We offer 72 independent living apartment homes and are licensed for 24 personal care beds for those wanting the ultimate senior living assistance experience.

**Contact:** Jessica Sweeney  
P: (859) 266-2129  
E: jessica@oenterprises.com  
www.mayfairvillagelexington.com

*Meadowthorpe Assisted Living & Memory Care*

Meadowthorpe Assisted Living & Memory Care at Leestown Center is Lexington’s newest assisted living and memory care community. We provide the support and services seniors need in a homelike, residential setting that people want and deserve. Meadowthorpe's memory care services are designed to address the specific needs of individuals with Alzheimer's disease or other memory loss. We focus on providing support to our memory care residents and their families as they experience the specific challenges related to memory loss during the aging process. We aren't just a senior living community, we are a family.

**Contact:** Hannah Beaven  
Phone: (270) 952-2740  
E-mail: hannah.beaven@meadowthorpe.com  
www.meadowthorpe.com

*Morning Pointe*

Morning Pointe is a senior living community that specializes in personal care and memory care. We provide services in a comfortable, home-like environment with the benefit of having nursing care available 24/7. Our community offers well-appointed, upscale, private apartments that are available on a monthly rental basis as well as three meals a day, snacks, housekeeping, transportation and laundry services. Residents can receive assistance with bathing, dressing, grooming, toileting, eating, and ambulation/ transferring. Personal care and Alzheimer’s services are provided in a caring, secure environment that promotes hospitality and dignity while maintaining an independent quality of life.

**Contact:** Windy Lane  
Phone: (859) 806-7556  
E-mail: lexington-crd@morningpointe.com  
www.morningpointe.com
H O U S I N G

Provision Living at Beaumont Centre
We are a brand new personal care and memory care community located in the heart of Beaumont Centre. We provide life enriching activities, meals prepared by our culinary trained chef, weekly housekeeping, medication management, help with activities of daily living and much more to our residents. We opened in July 2017 and are currently accepting new residents.
Contact: Amber Lakin
P: (859) 213-1048
E: alakin@provisionliving.com
www.provisionliving.com

Signature HealthCARE
Signature HealthCARE has four post-acute centers in the area that specialize in short-term rehabilitation, complex clinical care, wound care, post-surgical care, long-term services, and one center with personal care apartments. The centers are Signature HealthCARE at Tanbark; Bluegrass Care & Rehabilitation; Mayfair Manor; and Signature HealthCARE of Georgetown.
Contact: Nikki Schilling
P: (859) 273-7377
E: nschilling@shccs.com
www.ltcrevolution.com

Taylor Manor
We are a private pay, non-profit Catholic senior care facility located in Versailles, Kentucky and operated by the Sisters of St. Joseph the Worker. We offer four levels of care to meet the needs of our residents along with the healthcare continuum.
Contact: Jennie Searp
P: (724) 544-4385
E: jsearp@taylormanor.org
www.taylormanor.org

The Willows
We have three locations in the Lexington area, the Willows at Hamburg, the Willows at Citation, and the Willows at Fritz Farm. We also have the Willows at Harrodsburg. All of our campuses provide several levels of care: personal care/assisted living, shorter rehab, long-term care and memory care. We also offer short term rehab, skilled nursing, and personal care.
Contact: Sarah Dinsmore
P: (859) 213-0298
E: sarah.dinsmore@willowsatfritzfarm.com
www.trilogyhs.com

T R A N S P O R T A T I O N

iTN Bluegrass
iTN Bluegrass provides safe, affordable, dignified automobile transportation 24 hours a day, seven days a week, to people 60 and over and adults with visual impairment anywhere in Fayette and northern Jessamine Counties and Versailles in Woodford County for any reason. Service is “arm-through-arm, door-through-door” and includes help with steps and packages. Drivers are trained and background checked. Drivers who volunteer may earn mileage credit that they can keep for themselves for their own future transportation needs or donate to a friend or family member. At this time, thanks to a generous grant from Regeneron Pharmaceuticals, all medical eye care rides are at no charge.
Contact: Laura Dake
Phone: (859) 351-0460
E-mail: laura.dake@itnbluegrass.org
www.itnbluegrass.org