

**UofL Trager INSTITUTE**  
(Formerly Institute for Sustainable Health & Optimal Aging)



**Free Community Symposium:**  
**“Reconciling Pain and Giving Hope to Seniors”**

**WHEN:** Monday, May 13, 2019

10 AM – 3 PM; Lunch Provided

**WHERE:** JOHN W. BLACK COMMUNITY CENTER

1551 N. HIGHWAY 393 LAGRANGE, KY 40331

**WHY:** Education for seniors, caregivers and healthcare providers

- Learn how misuse and addiction of medication affect seniors
- Explore the solutions
- Discover how to advocate to make solutions available
- Find resources & HOPE for self, family and/or clients

**SPEAKERS:** Several experts in the field of gerontology along with

Dr. Anna Faul, Director of U of L Trager Institute

**RSVP at:** [www.tragerinstitute.org/KCHC\\_CS519](http://www.tragerinstitute.org/KCHC_CS519) by **May 1st To be assured of lunch**

**Additional information:** **Mona Huff 502-845-6849** or [rjhuff01@louisville.edu](mailto:rjhuff01@louisville.edu)

Thank you to our partners for their support!



**BARREN RIVER**



# Agenda: Reconciling Pain and Giving Hope to Seniors

**Welcome** from KCHC and Mission of the Day: Mona Huff

**Welcome** from U od L Trager Institute and speak to Flourish and Behavioral Grant Work: Dr. Anna Faul

**“Pain and The Senior Adult,”** Dr. Sarah Lawrence

Discuss how medications and especially opioids affect senior adults and their health outcomes

**Visit Resource Tables**

**“The Real World,”** Panel with testimonies

**“Talking About the Ways We Hurt,”** Revered Doctor John Inscore Essick

Different Pain for Different People, Swapping Out Pains, The Limits of Medicines Beyond Physical Pain, Wounds More Difficult to Describe and Discuss Find Ways to Talk about Health and the Ways We Hurt

**Lunch: Providing HOPE with Resources**

**“Natural Strategies for Pain Management: Your Holistic Toolkit,”** Sarah Teeple

Introduce role of anti-inflammatory diet in pain reduction  
Familiarize audience with herbs and essential oils for home use  
Empower and expedite recovery with healthy daily routines: exercise, yoga, Improved sleep hygiene, reduced screen time, restoration of circadian rhythms to support healthy stress hormone response.

**“Compassionate Touch and Massage Therapy,”** Justin Magnuson

Understand the benefit of touch as a pain management tool.  
Know indications and contraindications for using touch.  
Learn short compassionate touch protocol.

**Break: Last Peek at Resources**

**“Acupuncture’s Role in Opioid Epidemic & A New Pain Management Model,”**

**Andrea Helton**

Describe limitations of current pain management model  
Recommend a new model for pain management that heals and empowers  
Demonstrate that acupuncture fits the model and can effectively combat both the epidemic and the chronic pain in the country  
Talk about “tapping” and its many contributions to pain management

**Closing Remarks and Evaluations:** Coby Waite

**“Asking for help is not a sign of weakness but indeed a sign of strength.”**

Time for tea and healthy snack and discussion. (May leave if desired.)

Setting up  
the  
PROBLEM

Reconciling  
The Pain

Empowerment

Solutions

Giving **HOPE:**

**H**ealthy  
**O**pportunities  
*That are*  
**P**ractical  
*And*  
**E**verlasting!