

VIRGINIA FEDERATION OF NARFE (VFN)
2019 CONFERENCE & ANNUAL MEETING
“VIRGINIA CHANGING FOR THE FUTURE”

OFFERING ADDITIONAL SEMINARS & WORKSHOPS 2019 CONFERENCE

Monday 4:30 – 5:30 p.m. and Tuesday 3:00 p.m. - 4:00 p.m.

This year we offer additional workshops and seminars indicated below. Please sign up with our registration team, via e-mail with our Registration Chair, Paula Dansker at: acrafty12010@yahoo.com, or at the registration desk when you sign in. Information is also available on our VANARFE website.

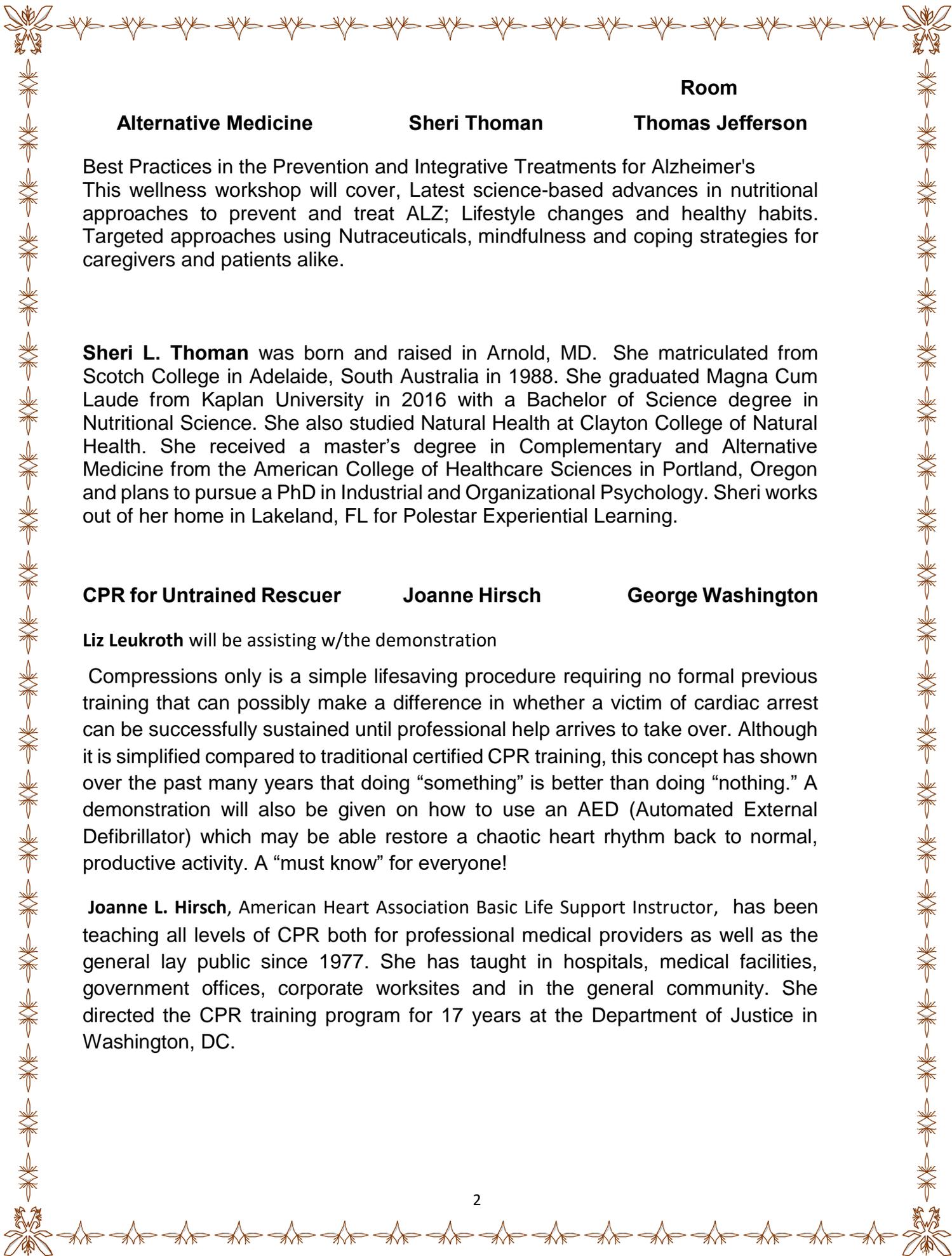
Alternative Medicine	Sheri Thoman	Thomas Jefferson
CPR for Untrained Rescuer	Joanne Hirsch	George Washington
Hearing Loss Options	Jimmy Stewart	James Monroe
On Line Activity Module **	Bill Martin	Montdomaine
Estate & Financial Planning	Spencer Byrn	Albemarle A
Real Estate Planning	Crystal Fleming	Albemarle B (Tuesday Only)
Social Media **	BJ. Thomas	James Madison
Social Security & Medicare	William Yerkes	Rotunda B (Monday only)

**(Bring your laptop, tablet, or phone)

Workshop Descriptions and Facilitators Information

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Monday and Tuesday Afternoons



Alternative Medicine

Sheri Thoman

Room

Thomas Jefferson

Best Practices in the Prevention and Integrative Treatments for Alzheimer's
This wellness workshop will cover, Latest science-based advances in nutritional approaches to prevent and treat ALZ; Lifestyle changes and healthy habits. Targeted approaches using Nutraceuticals, mindfulness and coping strategies for caregivers and patients alike.

Sheri L. Thoman was born and raised in Arnold, MD. She matriculated from Scotch College in Adelaide, South Australia in 1988. She graduated Magna Cum Laude from Kaplan University in 2016 with a Bachelor of Science degree in Nutritional Science. She also studied Natural Health at Clayton College of Natural Health. She received a master’s degree in Complementary and Alternative Medicine from the American College of Healthcare Sciences in Portland, Oregon and plans to pursue a PhD in Industrial and Organizational Psychology. Sheri works out of her home in Lakeland, FL for Polestar Experiential Learning.

CPR for Untrained Rescuer

Joanne Hirsch

George Washington

Liz Leukroth will be assisting w/the demonstration

Compressions only is a simple lifesaving procedure requiring no formal previous training that can possibly make a difference in whether a victim of cardiac arrest can be successfully sustained until professional help arrives to take over. Although it is simplified compared to traditional certified CPR training, this concept has shown over the past many years that doing “something” is better than doing “nothing.” A demonstration will also be given on how to use an AED (Automated External Defibrillator) which may be able restore a chaotic heart rhythm back to normal, productive activity. A “must know” for everyone!

Joanne L. Hirsch, American Heart Association Basic Life Support Instructor, has been teaching all levels of CPR both for professional medical providers as well as the general lay public since 1977. She has taught in hospitals, medical facilities, government offices, corporate worksites and in the general community. She directed the CPR training program for 17 years at the Department of Justice in Washington, DC.

Estate & Financial Planning

Spencer Byrn

Rotunda A

Thrift Savings Plan: It's Future & Post-Retirement Options'. Spencer Byrn hosts an informal study of the changes to your Thrift Savings Plan and what it means for the future of your TSP.

Spencer Byrn - Colonial Financial Advisors has been a proud NARFE sponsor for over 10 years. Spencer Byrn has been in the Retirement Financial Services industry for over 30 years and has assisted two generations of retired federal employees maximize their Thrift Savings Plans. Mr. Byrn represents over 50 federal and state regulated insurance companies and resides in Virginia Beach, Va.

Hearing Loss Options

Jimmy Stewart

James Monroe

Hearing at Home is Virginia's first **mobile hearing center**, offering superior **hearing** care in the comfort of your own **home**, office, care facility or anywhere that's convenient for you! We created this service to dramatically lower our overhead, thereby saving you \$1,000s of dollars when compared to conventional **hearing centers**.

Real Estate Planning

Crystal Fleming (Tuesday only) **Albemarle B**

Crystal Fleming Realtor Retirement- "start organizing " and **Pat Cheeks**, Psych/Mental Health Clinical Nurse Specialist "Phycological effects on transitioning into retirement.

On Line Activity Module OAM *

Bill Martin Area III VP

Montdomaine

Online Activity Module is where federation and chapter officers do many of the online tasks associated with NARFE. The OAM allows you to produce various reports on member data, allows key officers to update the data, provides a convenient way to communicate with members and officers and allows you to create and maintain your own web site.

William "Bill" Martin Area III Vice President I have been a member of NARFE since 1993, joining shortly after retiring from the US Postal Service. His positions in NARFE have included Chapter 2065 President, Area VIII Vice President, and Region X Vice President.

Social Media *

B.J. Thomas

George Mason

Social Media: Hands-on Twitter and Skype (**Bring your laptop, tablet, or phone**)

We will be covering the basics of signing up and using both Twitter and Skype. We will also discuss how they can be used for your NARFE Chapters.

BJ Thomas McMillan graduated from the University of Kansas School of Law, and worked for the Federal Trade Commission in Washington, DC for 29 years. She began her FTC career in the General Counsel's Office, switched to antitrust law, and finally to consumer protection, specializing in hi-tech products and problems such as Spyware. Since retiring in 2005 to the Northern Neck (Wicomico Church), she has served as an Officer or Membership Chair in her local NARFE Chapter 1823. She became VFN Membership Chair in 2013.

Life Span Development Dr. Welleford, MSG, PhD, AGHEF Rotunda A

"Loving Our Longevity" I will share evidence-based findings from research literature and everyday about the many skills about abilities that improve as we grow older and why it's essential to exchange the single story of "aging" for a whole look at longevity.

Dr. E. Ayn Welleford received her B.A. in Management/Psychology from Averett College, M.S. in Gerontology and Ph.D. in Developmental Psychology from Virginia Commonwealth University. She has taught extensively in the areas of Lifespan Development, and Developmental Gerontology, Geropsychology, as well as Ethical Decision Making and Human Values. She has been known to say, "Let's do something that does something."

Social Security & Medicare William Yerkes Rotunda B

William Yerkes has been helping customers fit individual client needs with an emphasis on long term relationship building as well as excellent customer service. In just a short year at Bankers he was promoted from agent to unit field trainer due to his ability to exceed sales quotas while maintaining excellent customer satisfaction ratings.

William started with Bankers Life and the many other companies that Bankers Life contracts with in 2015. In his position as an agent he helped not only help clients protect their retirement but also helped policyholders understand their new policies, provided information on new claims, and explained new features of insurance plans. He also met with clients annually to determine if their insurance needs were being met, or if other plans would be more suitable.



"Virginia Changing for The Future"