

BIOGRAPHIES



Jo Ann Jenkins is a nationally recognized leader and dynamic change agent with a 25-year track record of growth and innovation at some of the nation's largest public and non-profit organizations. As Chief Executive Officer of AARP, she is at the helm of the world's largest nonprofit, nonpartisan membership organization, where she leads a nationwide network of staff,

volunteers and partners helping the more than 100 million Americans 50 and over achieve health security, financial resilience and personal fulfillment.

Jo Ann writes in her new book, *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age*, that despite all those ads on TV that tell us 50 is the new 30 or 60 is the new 40– “Fifty is the new fifty—and I, for one, like the looks of it.”



Jovier Evans, Ph.D, is a Program Officer in the Geriatrics and Aging Processes Research Branch, and Associate Director, Aging and Life Course Research in the Division of Translational Research at the National Institute of Mental Health. Dr. Evans oversees the Branch's Neuroscience of Mental Disorders and Aging, and Pharmacological and Somatic Intervention

and Aging programs.

Dr. Evans received his Ph.D. in clinical health psychology from the University of Miami and did postdoctoral research in geriatric mental health and clinical neuropsychology at the University of California, San Diego.



Ethel Mitchell is a lawyer with over 25 years of experience on matters related to wills, trusts, powers of attorney, and estate planning in Maryland, the District of Columbia, and Virginia.

She is the host of two radio programs, “Wills and Trusts with Ethel Mitchell” and “Law Talk With Ethel Mitchell” both airing on Saturday mornings from 8:30 a.m. – 10:00 a.m. EST on Radio One

WOL-AM 1450 and worldwide over the Internet. Mitchell is a graduate of Fisk University and Columbia Law School.

WELCOME

Carla L. Williams, President

Reston Chapter of The Links, Incorporated

Jo Ann Jenkins, Chief Executive Officer, AARP

Author of *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age*

ARE YOU READY?

Moderator: **Harriette Ecton**

Memory Deficit Among African American Adults

Presenter: **Jovier D. Evans, Ph.D**, Program Officer, Geriatrics and Aging Processes Research Branch, National Institute of Mental Health (NIH)

Legal and Financial Management of Memory Loss

Presenter: **Ethel Mitchell**, Attorney and Financial Planning Expert, Radio Host WOL-AM 1450

Question and Answer Session

Facilitators: **Mamie A. Parker, Ph.D**
Sonya L. Greene, Ph.D

Brain Games

Participate in Memory Enhancement Activities

BOOK SIGNING

Jo Ann Jenkins, *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age*

CLOSING REMARKS AND ACKNOWLEDGMENTS

Carla L. Williams, President

Reston Chapter of The Links, Incorporated



Linked in Friendship, Connected in Service
Reston (VA) Chapter

The Links, Incorporated is an international, nonprofit organization that was established in 1946. It is one of the nation's oldest and largest volunteer service organizations of women who are committed to enriching and strengthening the African American community.

Since its chartering in 1975, the Reston Chapter of The Links, Incorporated has strived to make a meaningful and positive difference in Northern Virginia. The Reston Chapter has carried out its mission through community projects and events that are targeted to address the needs of women, youth, the elderly and financially challenged families.

In honor of its 40 years of service, last year, the Reston Chapter initiated the **Are You Ready Program**. This program is based on the national AARP **Are You Ready Campaign**, which seeks to help prepare those who are 50 and older with important life planning decisions related to health management and finance.

The Reston Chapter sincerely appreciates the invaluable support we have received from AARP as we kick off our **Are You Ready Program** with today's panel discussion.

Reston Chapter of The Links Incorporated
Linked in Friendship, Connected in Service

www.restonlinksinc.org



ARE YOU READY? PROGRAM

The Tower Club
8000 Towers Crescent Drive
Vienna, Virginia 22182

Saturday, April 16, 2016