



## Presenting Sponsor

Asbury, Inc. is proud to serve as the Presenting Sponsor for Jubilation 2012.

For nearly half a century, hundreds of East Tennessee seniors have relied on the care and comfort provided by Asbury, Inc. retirement communities. The Rev. E.D. Worley, a founding force behind Asbury in the 1950s, visualized a place where older adults could live out their "sunset years" in peace and security, active and happy. He drew on the name of the Rev. Francis Asbury, the 19th century Methodist preacher who for most of his life never really knew a home.

Asbury, affiliated with the Holston Conference of The United Methodist Church, has retirement communities in Maryville, Kingsport, and Johnson City. Accredited by the Continuing Care Accreditation Commission, all of the communities are striving to provide a continuum of care from independent living to skilled nursing. In addition, they provide specialized care for residents needing dementia therapy and rehabilitative services.

This continuum of care provides residents and their families outstanding value, comfort, and peace of mind, knowing they will have the opportunity to move among service levels within the same trusted organization. Independence, assistance, compassionate care—you'll find what you want at Asbury Place. In fact, there's no better place to be.



ASBURY, INC.

### Registration

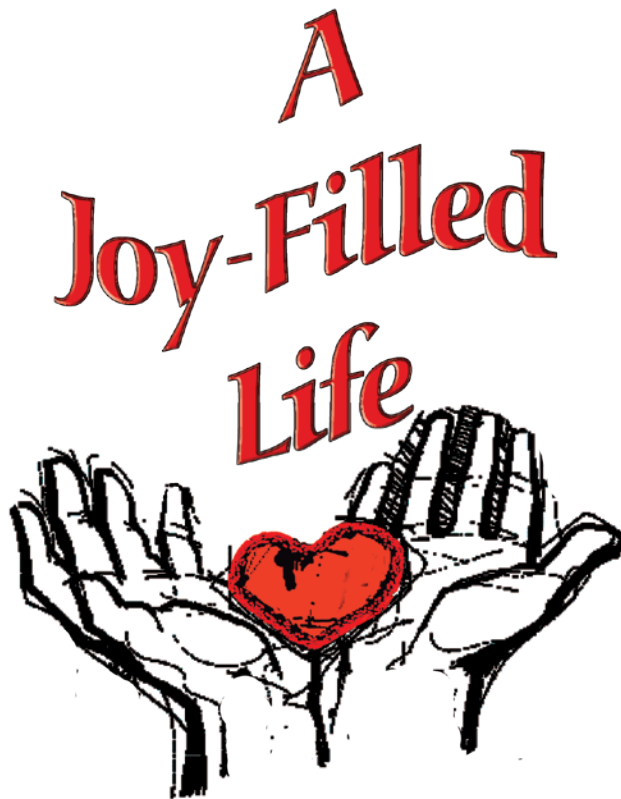
To pay by credit card, you need to register on-line:

<http://jubilation.holston.org>

or register by mail:

**Jubilation 2012**

P.O. Box 850 • Alcoa, TN 37701-0850



**A happy heart is good medicine  
and a cheerful mind works healing**

PROVERBS 17:22

## Jubilation 2012

**April 22-24, 2012**

**MeadowView Resort  
and Conference Center  
611 Commerce Street • Kingsport, TN**

**Proudly  
Sponsored by**



## Our Leaders



**Meet Our  
Keynote Speaker:**

**Linda  
Douty**

**Spiritual Director  
and Author**

A frequent speaker on the topics of aging, personal growth, and spiritual formation, Linda is the author of *How Did I Get to Be 70 When I'm 35 Inside?* - *Spiritual Surprises of Later Life* and a number of other titles. She currently serves as a book reviewer, teacher, retreat leader, and individual spiritual director. Linda shares her personal experiences as well as knowledge gained at The Academy for Spiritual Formation, Bethel Bible Series, SMU's Perkins School of Theology, and the Shalom Institute of Spiritual Guidance.



**Meet Our  
Entertainer:**

**Jeanne  
Robertson**

**Humorist**

Award-winning speaker Jeanne Robertson is an expert in humor, whether regaling audiences with her experiences as a 6'-2" Miss Congeniality winner in the Miss America Pageant or outlining the steps to developing a sense of humor. Jeanne has been awarded every top honor in the speaking profession. Author of three books on humor, Jeanne has produced six DVD/CD humor programs in the last eleven years and can be heard daily on Sirius XM Radio's Laugh USA family comedy channels. Admission to Jeanne Robertson's performance will be included with your Jubilation registration.

## Schedule

### Sunday, April 22, 2012

- 3:30 p.m. Registration begins in the lobby  
Get settled in rooms
- 5:00 p.m. Dinner is served
- 5:30 p.m. Welcome/Orientation
- 6:00 p.m. Break
- 6:30 p.m. Entertainment ~ Jeanne Robertson
- 8:00 p.m. Keynote Address ~ Linda Douty
- 9:00 p.m. Ice Cream Reception

### Monday, April 23, 2012

- 7:00 a.m. Breakfast
- 8:15 a.m. Asbury Welcomes You
- 8:30 a.m. Music with Sara Holloway and Beverly Kerr
- 9:15 a.m. Workshop instruction and Break
- 9:30 a.m. Workshop 1
- 10:30 a.m. Break
- 10:45 a.m. Workshop 2
- 11:45 a.m. Break
- 12:00 noon Lunch
- 1:00 p.m. Happy Living Expo ~ Brain Gym
- 4:00 p.m. Bingo and Games
- 4:30 p.m. Choir Rehearsal
- 5:00 p.m. Dinner
- 6:00 p.m. Music with Sara Holloway and Beverly Kerr
- 7:00 p.m. Plenary ~ Linda Douty
- 8:00 p.m. Break
- 8:15 p.m. Worship with Rev. Jim Whedbee
- 9:00 p.m. Rest for the evening

### Tuesday, April 24, 2012

- 7:00 a.m. Breakfast
- 8:00 a.m. Check Out of Rooms
- 8:45 a.m. Music with Sara Holloway and Beverly Kerr
- 9:15 a.m. Plenary ~ Linda Douty
- 10:15 a.m. Recognitions and Acknowledgements
- 10:30 a.m. Break
- 10:45 a.m. Closing Worship with Holy Communion
- 11:30 a.m. Sending Forth

# Workshops

You may choose to participate in two (2) of the following workshops. Check the proper boxes on the Registration Form indicating your two choices.

## A Storyteller's Look at the Gospel of John

**Rev. Charles Maynard**

*District Superintendent, Maryville District*

Come to study John's gospel through the lens of a storyteller. John tells Jesus' story in a marvelous way. This study will look at Jesus' life as THE story as told by John.

## Caution: Hilarity May Lead to Health and Happiness

**Judy Whedbee**

*Professor and Dean of Nursing, South College  
Knoxville, TN*

Studies have shown that humor can lead to better health and increased happiness. Come to this session and discover how a good laugh can have positive physical, emotional, and social benefits. Find ways that humor can help in dealing with anger, embarrassment, guilt, and stress.

## Healing Oils of the Bible

**Jamie Hyatt**

*RN, Wellness Consultant*

Participants will experience and learn how pure essential oils were used throughout the Bible for anointing and healing and how these same oils can be used today. Bring your Bible to look up specific verse references.



## The Grand Adventure: Second Half of Life – Part 1

**Linda Douty**

*Spiritual Director and Author*

This workshop will focus on issues of discovering the authentic self that God created you to be, finding ways to use your gifts and talents, and how to live a thankful life.

## The Grand Adventure: Second Half of Life – Part 2

**Linda Douty**

*Spiritual Director and Author*

This workshop will focus on issues of dealing with loneliness, bodily challenges, forgiveness, and living life with hope and faith.

## This is Your Brain ... on Stress!!!

**Maggie Cooper**

*Regional Director of Health and Wellness, Asbury Place*

Participants will learn how stress works in the body and how it impacts our overall health and brain health. They will gain valuable information, tools, and prevention measures for long term brain health and longevity.

# Worship Leaders



**Worship Leader:**

**Rev. Jim Whedbee**

*Pastor of Fountain City UMC  
Knoxville, TN*



**Music Team:**

**Sarah Holloway  
and Beverly Kerr**

*Knoxville, TN*



# Happy Living Expo

## Brain Gym

*Monday Afternoon 1:00 – 4:00 pm*

The Happy Living Expo promises to be more exciting than ever as participants experience Brain Gym! Everyone will have an opportunity to participate and learn various ways to keep the brain healthy and strong throughout life.

The Expo will feature several vendors this year, and Shop the World Fair Trade Store is back by popular demand!

Be sure to stop by the Relaxation Station for a mini spa-like experience – away from the crowds and noise. You will have the opportunity to breathe in relaxing aromatherapy while listening to soothing music during your free chair massage!



The Happy Living Expo is proudly brought to you by the Lifestyles and Health and Wellness staff from Asbury Place, Maryville, Kingsport, and Johnson City.

# Accommodations



**MeadowView Resort and Conference Center  
Kingsport, TN**

*Reservations included with Registration*

You will be pleased to find:

- ◆ Fitness Center with easy-to-use exercise machines
- ◆ Indoor Swimming Pool
- ◆ Flat Screen TVs and refrigerators in each room



**Jubilation 2012** ... is the twelfth annual gathering of senior adults in the Holston Annual Conference of The United Methodist Church. The stated vision of Jubilation is to provide a ministry for senior adults, aged 50 and over, that nurtures spiritual growth, provides educational opportunities and ways to cope with life issues, promotes involvement in missions, and enhances Christian fellowship. This program was made possible from an initial grant from the Margaret Loving Trust managed by the Holston Conference Foundation, Inc. and a generous grant from Asbury, Inc.