



**It's time to focus on health and happiness, and VCRA has the prescription for you!**

Join us virtually on **October 2nd** as we focus on your mind, body and finances with an awesome line-up of speakers. We'll have raffles, CEUs and the informative content you've come to expect from the VCRA.

**Cost:**

**\$50 VCRA Member Early Bird | \$60 VCRA Member Standard Rate  
\$60 Non-member | \$15 Student**

**Early Bird Pricing is available until September 4th. Don't delay!**

*Schedule*

The day will begin at **9:15 a.m.** with a welcome from your VCRA President, Donna Linton, RMR, CCR, CLR. Breaks will be taken between sessions, during which time prize winners will be announced.

<b>Topic/Speaker</b>	<b>Description</b>	<b>Time/CEUs</b>
<i>Welcome</i>	Welcome, Raffle	9:15 a.m.
<i>Memory Power</i> Paul Mellor	As court reporters know; the record never forgets. And neither will you. This interactive and educational session rids your poor memory from forgotten names, misplaced glasses and statements such as, "I know it's here somewhere," to a mind that's efficient and reliable. This program dispels the myth that memory can't be improved. It can; easily and effectively. You'll learn techniques on organizing your thoughts, remembering names and faces, and overcoming absent-mindedness. When you're skilled in memory, all your other skills get better. You can improve your memory. This program shows you how.	9:30 – 11:00 a.m. (0.15/1.5)
<i>Break</i>	Raffle	11:00 – 11:15 a.m.
<i>Financial Planning</i> Matthew A. Carter	During this seminar, Matthew will break down basic financial planning concepts. He'll cover retirement planning options for solo practitioners SEP IRA and SOLO 401(k) tax implications and the risks to retirement planning. There will be a question and answer session at the conclusion of his presentation.	11:15 to 12:15 p.m. (0.1/1.0)
<i>Lunch Break</i>	Raffle	12:15 – 1:00 p.m.
<i>Surviving Addiction</i> Karen Jorgenson	"Rates of alcohol abuse among lawyers and related legal professions are among the highest of any career field in the U.S."  Karen Jorgenson will be sharing her story, as featured in NCRA's October 2019 edition of the Journal of Court Reporting of surviving addiction in the high-stress environment of court reporting. Listen to one of your fellow colleagues discuss the traps of stress, the haunts of the past, and how to overcome and stay on the road to recovery.	1:00 – 2:30 p.m. (.15/1.5)
<i>Conclusion</i>	50/50 Raffle	2:30 p.m.

VCRA .4 CEU | NCRA .4 CEU | NVRA 4.0 CEU



Throughout the day, we will be giving away fantastic prizes! Simply by registering for the Celebrate Wellness Virtual Webinar, you are entered into the drawings!

*Note: Once an attendee wins a drawing, their name will be removed from later drawings.*



We will be holding a 50/50 raffle during the Celebrate Wellness Virtual Webinar. Tickets are \$5 each. Buy as many tickets as you want for a chance to win 50 percent of the total pot. The other 50 percent of your generous participation goes to the Carolyn M. O'Connor Education Fund.

50/50 Tickets	<input type="text"/>	x \$5.00 (USD) = \$0.00 (USD)
We will be holding a 50/50 drawing during the Zc indicate how many tickets you want to purchase.		

Tickets can be purchased when you register for the webinar.



## Speakers

### Paul Mellor



Paul Mellor, author of *Finding the Keys*, was a finalist in the USA Memory Championship, where he recalled the names of over 90 people in less than 15 minutes, remembered in exact order over 100 single-digit numbers after a five-minute study, and recalled the exact order of a shuffled deck of playing cards after less than a three-and-a-half minute review. His fun and energetic programs have been delivered to audiences in each of the 50 states, including programs at NCRA's annual convention and to several court reporting associations. A

Communications graduate of Western Carolina University, Mr. Mellor is also the author of *STOP Studying So Much; improve grades with less study*, *Memory Skills for Lawyers, You're Almost There*; chronicling his journey as having run a marathon (26.2 miles) in all 50 states. He resides in Richmond.

### Matthew A. Carter, CFP®, ChFC®



Matt Carter is an advisor with Executive Benefits Strategies and Northwestern Mutual, a leading financial planning and wealth management firm. Matt has been in the financial planning and wealth management industry for over ten years specializing in building and implementing financial plans for business owners and high net worth individuals. Our planning approach is centered around planning for specific goals and objectives and how to navigate the potential risks that could disrupt those goals.

Prior to becoming an advisor, Matt served as the Director of Financial Planning managing the Investment Planning Department for Richmond, Charlottesville, Virginia Beach and surrounding areas. He is a Registered Representative of Northwestern Mutual Investment Services, LLC maintaining FINRA Series 7, 66, 9 and 10 registrations and holds the CERTIFIED FINANCIAL PLANNER™ professional certification. He also maintains his Life, Annuities and Health Insurance license.

Matt graduated from Hampden-Sydney College where he earned a degree in Economics and Commerce. He's married to Ashley and lives in Goochland County, VA, where he enjoys playing golf and fishing.

## **Karen Lynn Jorgenson, RDR-RMR-RPR-CSR-CCR**



Karen Lynn Jorgenson, RDR-RMR-RPR-CSR-CCR, is currently a freelance realtime reporter in the Northern Virginia/D.C. area. She graduated in May of 2000 from Meramec Community College in St. Louis, Missouri. Over her 21-year career she has freelanced in Missouri and Illinois as well as held official positions in court. She is an official certified realtime reporter, and is certified in Alabama, Arkansas, Georgia, Idaho, Illinois, Missouri, Texas, and Washington state. Karen enjoys time with her family and traveling to Florida. She has had active community involvement in Art on the Square, HALO (Helping Animals Find Loving Owners), and was on the Board of Directors of Junior Service Club of St. Clair County. She is the 2013 recipient of the Racial Harmony Fabulous

Woman Award.