

*A conference for seniors created by seniors
to celebrate creative aging*

THIRTEENTH ANNUAL

Art of Aging *Successfully*



Dancing Thru Life

March 22, 2012

SCHEDULE

8:30am Registration, Continental Breakfast & Gallery Walk

9:15am Welcome: Representatives from Wayne State University

9:25am Keynote: Mr. Dalmer Hoskins

9:55 - 10:30am Break: Gallery Walk

10:30am - 1:00pm Workshops

1:00pm Lunch

1:40 pm Evaluation: Closing Remarks and Gallery Walk

GALLERY WALK

*Do you love to paint,
sculpt, write, woodwork,
dance, bead, play an
instrument, sing, needle-
point, metalwork, or
do anything in between?*

*Call Donna to have
your work displayed in
our gallery walk.*

313-664-2605

WORKSHOPS

**Health Coaching:
The Next Breakthrough in Health Care**

Creativity: Bring It On
Seniors in Motion

Brain Neurobics

Comfort Foods Made Healthy

Small Changes, BIG Differences

LOCATION: Greater Grace Conference Center
23500 W. 7 Mile Rd. (2 blocks east of Telegraph)

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March 22, 2012, 8:30am – 2:00pm

KEYNOTE *Simplifying Changes to Medicare*

by Dalmer Hoskins, Director of the Division of Program Studies at the Social Security Administration. Mr. Hoskins heads a team of researchers and analysts charged with developing cross-national research. With all the purposed changes to Medicare to take place over the next few years, Mr. Hoskins will give simple answers to complex questions arising from the mandated changes to your Medicare benefits.



WORKSHOPS

Health Coaching: The Next Breakthrough in Health Care

Jim Cameron, MS, PcWC. - Has your physician told you to lose weight, eat healthier, take your medicine, exercise or reduce your stress? You know what needs to be done, but you may not know how to make it happen! A qualified health coach can help you discover how to improve your health by making small changes in your lifestyle and habits. Not only will you learn how a health coach can help you, but in this session you will get started on developing your personal plan and taking the first step to reaching your health goals!



Comfort Foods Made Healthy

Television personality **Chef Paul Penney** - Get your chef hat on and join Chef Paul for healthy cooking tips to combat high fat, too much sodium and not enough fiber in your diet. Good nutrition doesn't mean no flavor, come and learn how to make

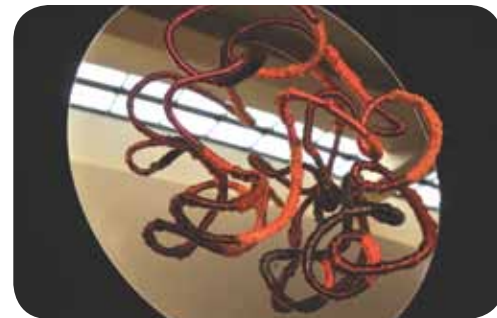
your home cooking favorites into healthful foods and have a good time in the process. Make your home your favorite restaurant.

Creativity: Bring It On

Rachel Green, LMSW, MEd., AT,
Lorraine Feber, M.Ed., A.T.R.-B.C. - Whether you have never had the chance to utilize your creative expression or if art-making is your life's passion, this hands-on art therapy workshop will provide you with a wonderful opportunity to re-connect and awaken your creative abilities. This session will teach you how to use multiple, creative techniques including painting, writing, movement, and music in a multi-sensory experience to promote a sense of well-being, quality-of-life, and independence. Come learn about art therapy and how it can be used to expand your creativity, to help explore issues and concerns in your life, and how it can lead to lasting relationships with others through increased socialization. No previous art experience is necessary.

Small Changes BIG Differences

Aimee Sterk, MSW - Learn about the effectiveness of assistive technology in helping people maintain their independence. During this interactive session you will have the ability to use and see many different devices that can really impact the struggles seniors face as they age. Gradual changes in hearing, memory, vision and mobility can change how we do our everyday activities. Learn how simple changes make huge impacts on quality of life.



Brain Neurobics

Voyko Kavcic, PhD, Cheryl Deep, MA - In this interactive session not only will you learn about how brain function is affected by exercise, nutrition and stress and normal aging, you will play cognitive games to challenge the brain and bring some fun to the process. These are fun, interactive games you can play at home with the grandkids, or start a game group.

Seniors in Motion

Raymond DeFoe - Everyone is telling us to exercise, why not do it with a smile on your face? Increase your strength, boost your activity level and improve your mood. This exercise session will give you a little bit of everything: cardio, muscle strengthening, and dance. No experience necessary, but a willingness to have fun is a must!

GALLERY WALK (before and after the conference and during the break) Tour the amazing display of art projects, crafts, embroidery and many other art works submitted by seniors that demonstrate how creative expressions contribute to successful aging.

For more information to register, or to have your art displayed, contact Donna at: Ph: 313-664-2605 or email: ba8841@wayne.edu



STEP 1 Registration fee. Please check one of the following:

- Senior** (55 years or older) \$18
- Golden Circle** \$25 or more. Your additional contribution will allow less fortunate seniors to attend and offset the costs of the program.
- Service Provider** \$50 (administrators, activity coordinators)

STEP 2 Complete the following:

Name _____
Address _____
City _____ State _____ Zip Code _____
Daytime Telephone _____
Email _____

STEP 3 Choose **TWO** Sessions (mark with x) that you would like to attend.

- Health Coaching** **Seniors in Motion** **Brain Neurobics**
- Comfort Foods** **Creativity** **Small Changes**

STEP 4 Please mark if you have any dietary restrictions for lunch.

STEP 5 **ENCLOSE PAYMENT:**

Please make check payable to: Wayne State University
No later than March 1, 2012
Payment must accompany registration form

TOTAL AMOUNT ENCLOSED \$ _____

- Check or Money order payable to: Wayne State University
- VISA Master Card

Number _____ 3 digit # on back _____

Expiration Date _____ Signature _____

STEP 6 **MAIL REGISTRATION FORM AND PAYMENT TO:**

Donna MacDonald
WSU - Institute of Gerontology
87 E. Ferry St, Detroit, MI 48202