



Institute of Gerontology

# Art of Aging

## Successfully

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

### CONFERENCE LOCATION

Fellowship Chapel  
7707 West Outer Dr.  
Detroit, MI 48235

Between the Lodge and the Southfield Freeway

### WORKSHOPS

*Snap to it Fitness*  
*Easy Peasy Beading Bracelet*  
*The Senior Shuffle*  
*Notecards: Made with Love*  
*Healthy Body, Healthy Minds*  
*Spiffy Devices*  
*Rightsize Your Life*  
*Remembering Hudson's*  
*Life Writing*  
*Notecards: Made with Love*

### Group Registration

Contact Donna at:  
313-664-2605  
or  
ba8841@wayne.edu

# THURSDAY

## April 27, 2017

8:30 AM - 1:30 PM

### CALLING ALL

*Writers, Doodlers,  
Needlepointers, Woodworkers,  
Potters, Jewelry-makers,  
(you get the idea).*

We'd love to showcase the creativity of Michigan's older adults (55 or older) at our conference. Written submissions will be published in a booklet for all attendees. **Deadline** for submission is Mar. 24, 2017 or when we reach capacity.

To submit your art, call Deborah:  
**313-664-2610**

NO EXTRA FEE TO DISPLAY



**Remember**  
*First come,  
first served  
basis.*

**Register Early!**

### KEYNOTE

*Take Aging by Storm*

**Andrew Humphrey** WDIV Ch 4 News Weathercaster

Detroit celebrity Andrew Humphrey will inspire the audience with the important role older adults can play in creating a sense of community. We have the time, experience and wisdom to tutor, foster, shape young minds, serve as role models, and build a safe nurturing community for all ages.

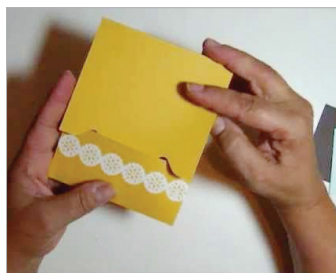


### CONFERENCE SCHEDULE

<b>8:30 am</b>	Registration, Light Breakfast & Gallery Walk
<b>9:00</b>	Welcome by Carol Edwards
<b>9:15</b>	KEYNOTE: Andrew Humphrey
<b>9:45</b>	Gallery Walk
<b>10:00</b>	Workshop Session 1
<b>11:15</b>	Workshop Session 2
<b>12:30 pm</b>	Lunch
<b>1:00</b>	Raffle, Performance & Evaluation

**COST**  
**\$20**

Includes light breakfast and hot lunch



# 2017 WORKSHOPS

## *Life Writing: Roads Taken and Roads Passed*

**Edith Assaff**, Program Associate, Hannan House

Writing helps us organize and make sense and meaning out of our lives. Explore your life through writing to relive the good memories and rework the negative experiences in the context of other events and with the wisdom of time. This session will give you basic writing “prompts” you can use at home to continue the writing adventure.

## *Rightsize Your Life*

**Linda Hiller Novak**, Senior Move Manager

Are your possessions paralyzing you? Do you have so much stuff you don't know where to even begin? Making the right moves for your life involves tough decisions. Making a major move at any age is difficult and stressful. Let Linda give you the power to take the next step.

## *Healthy Body, Healthy Mind*

**Chef Paul Penny and Tina Miller, MS, RD** of Meijer's Health & Wellness Team

This dynamic (and delicious) duo have joined forces to bring you inspired and unique ideas for good nutrition and mouth-watering food. They will show you how to enjoy your favorite flavors without harming your health and how to weave super-nutritious foods into everyday meals.

## *Snap to It Fitness*

**Deborah Ferman, OT**, Director of Rehabilitation, Heartland Healthcare Centers

Strength exercises build muscle, which is critical because we lose muscle more quickly as we age. Even small changes in muscle can make a real difference in your ability to master everyday activities. Whether carrying groceries, lifting a grandchild or getting out of a chair, muscles are your best friends so make more of them in this fun exercise class

## *The Senior Shuffle: Line Dancing For Everyone*

**Raymond Defoe**, Dancing Dynamo

Join Raymond as he gets everyone up and moving to the classic line dances of the past decades, like the Hustle, Cupid Shuffle, and more. Get your groove on and have fun while building stamina, balance and rhythm.

## *Easy Peasy Beading Bracelet*

**Lynette Cooper**

Lynette will guide you through the steps of your own make-and-take bracelet. We all know the benefits that art has on brain health. Here's your chance to be crafty and help your brain at the same time. Follow step-by-step instructions to take home a bracelet that even the “art challenged” can be proud of.

## *Spiffy Devices to Take the Challenge out of Everyday Tasks*

**Heather Fritz, PhD**, Occupational Therapists, Wayne State University

Dr. Fritz will explain several new devices that can help us master the routine activities we tackle daily. As we age, some activities become harder but simple new inventions can come to the rescue. What's worth the investment and what should we avoid? Whether you struggle to get out of the car or to reach a shelf, learn better, safer techniques.

## *Remembering Hudson's: A Detroit Legend*

**Michael Hauser**, Hudson's Historian and Veteran

To Detroiters, the name “Hudson's” evokes many memories: the world's largest American flag, Freedom Festival fireworks, magical animated Christmas windows, the home of the real Santa Claus, and Maurice salads. Plus throngs of dressy shoppers in one of the largest department stores in the world! Those memories come alive in this presentation with signage, photos, artifacts and video clips of Detroit's homegrown retailer, once the anchor of Woodward Ave.

## *Notecards: Made with Love*

**Sue Nebe**, Baker's Studio

Everyone loves a personal note in the mail, and better yet if it is handmade. Make someone feel special with the cards you craft in this demonstration. Participants will leave the class with a few handmade cards to put a smile on the face of someone they love.

## 2017 Art of Aging Registration Form

**ATTENTION:** If you are attending the conference **AND** submitting art, you must still register below or online.

### STEP 1 Registration fee. Check one of the following:

☐ **\$20 Senior Rate** (55 years or older) | **Lunch Choice** ☐ Vegetarian ☐ Regular

☐ **\$30 (or more) Golden Circle Rate.**

Your additional contribution allows less fortunate seniors to attend at no or reduced cost.

### STEP 2 Complete the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Daytime Phone \_\_\_\_\_ Email \_\_\_\_\_

### STEP 3 Choose one workshop per session

#### Session One (10:00 am)

- ☐ Rightsizing Your Life
- ☐ Beading
- ☐ Senior Shuffle
- ☐ Spiffy Devices
- ☐ Life Writing
- ☐ Remembering Hudson's

#### Session Two (11:15 am)

- ☐ Rightsizing Your Life
- ☐ Snap to It Fitness
- ☐ Notecards
- ☐ Healthy Body, Healthy Mind
- ☐ Spiffy Devices
- ☐ Life Writing

#### Remember

*First come, first served basis. Register early!*

**Payment** must accompany mail in registration and online registration

### STEP 4 Enclose Payment

Check or money order payable to: Wayne State University no later than March 31, 2017.

Amount enclosed: \_\_\_\_\_

☐ Check or Money Order



Acct. # \_\_\_\_\_ Sec Code \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

Signature \_\_\_\_\_

### STEP 5 Mail this form and payment to:

OR

**CLICK HERE to Register Online**

<https://commerce.wayne.edu/iog/senior-events.html>

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



Institute of Gerontology