

10th ANNUAL

Art of Aging Successfully:
Revitalize, Rejuvenate, Refresh

Thursday, March 26, 2009

8:30 am – 1:45 pm

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

Presented by



**WAYNE STATE
UNIVERSITY**

Institute of Gerontology

IN PARTNERSHIP WITH:

American House
Area Agency on Aging 1B
Blue Cross Blue Shield of Michigan
Center for Financial Planning
City of Southfield Cable Channel 15
Detroit Area Agency on Aging
Detroit Radio Information Service (DRIS)
Greater Grace Temple
Health Alliance Plan

Health Alliance Plan
Mary Thompson Foundation
Molina Healthcare Advantage
Presbyterian Villages of Michigan
Quality Home Health Care
Retirement Research Foundation
Senior Resource Alliance
Your Aging Well Advisor - Lynn Alexander
Wright Filippis

Events of the Day

8:30 am **Registration, Continental Breakfast and Gallery Walk**

9:15 am **Welcome:** Representatives from Wayne State University

9:30 am **Keynote:** Dr. Mildred Matlock "Chronologically Gifted, The Best is Yet to Come"

10:15 -10:45 am **Break** (Gallery Walk)

Concurrent Sessions

MORNING Workshops: 10:45 am - 11:35 am

AFTERNOON Workshops: Noon - 12:50 pm

1:00 pm **Lunch**

1:40 pm **Evaluation, Closing Remarks and Gallery Walk**

KEYNOTE ADDRESS "*Chronologically Gifted, The Best is Yet to Come*" by Dr. Mildred Matlock, executive and storyteller. All seniors are chronologically gifted adults who have experienced life's peaks and potholes while anticipating the next opportunity. A presentation of personal stories that illustrate and celebrate the gifts that come with maturity.

WORKSHOPS

Holistic Therapies: *Make Them Work for You* (sessions 1 and 6) by Dr. Judi Fouladbakhsh, certified advanced practice holistic nurse. Complementary therapies are often used for self-care, promoting health, decreasing stress and managing bothersome symptoms such as pain and fatigue. Come and learn some of the techniques that are safe and effective in self care and put them to work for you.

T'ai Chi- It's been Around for Ages (sessions 2 and 8) by Daniel Turse, practitioner and instructor. This form of exercise consists of slow, continuous, graceful movements, combined with appropriate breathing to foster relaxation, balance, flexibility, coordination and muscle tone. It is intended to develop and sustain a healthy body, mind and spirit. Seniors find it suitable for their lifestyle, and those whose bodies are compromised by physical ailments can still participate.

"When I was Your Age: Sharing Stories Across the Generations" (sessions 3 and 9) by Mildred Matlock, PhD. Learn how to recover your best stories and bring them to life so listeners, regardless of age, will tune-in not tune-out. Telling the stories of your life creates a memorable connection across generations. Sharing personal stories allows you to impart your values without boring lectures while offering glimpses of what made you who you are.

"Genealogy: Recapture the Past for the Future" (sessions 4 and 10), by Kris Rzepczynski, Michigan Library Genealogy coordinator. Explore your past in this program aimed at researching your family tree. Learn about how to get started, the wealth of resources available to help you, and much more. Whether it be sharing stories with the grandkids or surfing the Internet, family history has never been as easy or as fun!

"Volunteering in Detroit: Seniors Keep the Motor City Running" (sessions 5 and 11) The Luella Hannan Foundation will present an interactive session featuring older adults sharing their stories of commitment to their community over time through long term volunteerism and organizational membership, adding to the social stability and rich cultural fabric of Detroit.

"Be Prepared: What You Don't Know Can Hurt You" (sessions 6 and 12) by Frank Coutts, Emergency Manager City of Southfield. The disaster of 9/11 changed how we look at emergencies and has questioned our safety in case of further disasters. Get informed on what is needed in a local or national emergency situation and how you can keep you and your family safe from the unknown.

GALLERY WALK (before and after the conference and during the break)

Tour the amazing display of art projects, crafts, embroidery and quilting submitted by seniors that demonstrates how creative expressions contribute to successful aging.

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 assist other 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 One Morning Session: 10:45 am – 11:35 am

- 1** Healing Touch
- 2** Tai Chi
- 3** Sharing Stories
- 4** Genealogy
- 5** Keep the Motor City Running
- 6** Emergency Preparedness

Choose One Afternoon Session: 12:00 pm – 12:50 pm

- 7** Healing Touch
- 8** Tai Chi
- 9** Sharing Stories
- 10** Genealogy
- 11** Keep the Motor City Running
- 12** Emergency Preparedness

STEP 4: Lunch will be an Entrée Grilled Chicken Salad, Soup, Fruit, Rolls and Dessert. If vegetarian salad is requested please check here _____

STEP 5: Check here if you have special needs and we will contact you for details.

STEP 6: **ENCLOSE PAYMENT:**

Please make check payable to: Wayne State University
No later than March 1, 2009 *Payment must accompany registration form*

STEP 7: Mail registration form and payment to: Donna MacDonald
WSU - Institute of Gerontology
87 E. Ferry St
Detroit, MI 48202



If questions, please call 313-577-2297 or e-mail:ba8841@wayne.edu

10th Annual Art of Aging Successfully Conference:

Revitalize, Rejuvenate, Refresh

REASONS TO ATTEND

- Revitalize your senses and learn more about creative aging and how you can be a part of it.
- Rejuvenate your mind, educate yourself on relevant topics
- Refresh old friendships; begin new ones; join together in the celebration of aging.
- Embrace vital aspects of creative aging.

Please invite family, friends and colleagues to attend!

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