

Online Registration available

[CLICK HERE](#)



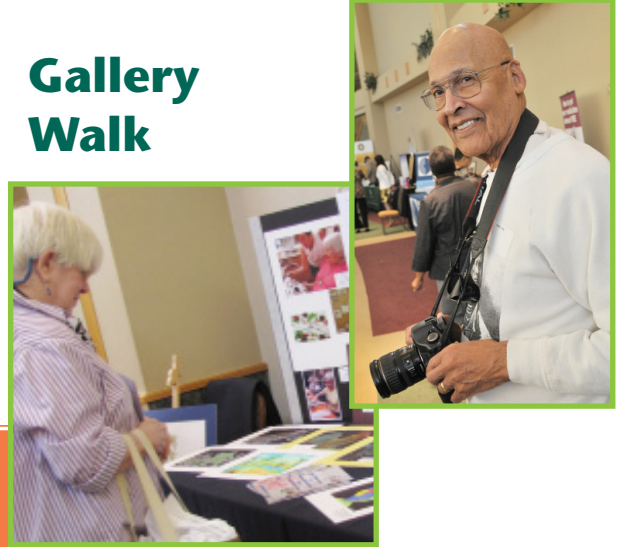
WSU INSTITUTE OF GERONTOLOGY

# Art of Aging Successfully

Thursday, April 16, 8:30 am – 2:00 pm

Greater Grace Conference Center

23500 West 7 Mile Rd. (2 blocks east of Telegraph)



## Gallery Walk

### *Retired and Rewired: How Sweet It Is*

**8:30 am** Registration  
Breakfast & Gallery Walk

**9:15 am** Welcome & Keynote

**9:45 -10:30 am** Gallery Walk

**10:30 am -1:00 pm** Workshops

**1:00 pm** Lunch

**1:40 pm** Evaluation: Closing Remarks & Gallery Walk

## Workshops

- Seniors in Motion
- How to use your Cell Phone
- Financial Vulnerability
- Medicinal Foods
- Tai Chi for Pain Management
- Foodies Unite
- Communication over the Ages



KEYNOTE SPEAKER

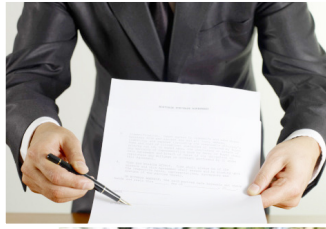
### *Strengthening the Government Safety Net for Older Adults*

**James Heath**, as Detroit's first *Inspector General*, is responsible for ensuring honesty and integrity in City government by rooting out waste, abuse, fraud and corruption. Inspector General Heath leads an office of forensic auditors, investigators, and attorneys. Inspector Heath takes great pride in the seniors of our community, appreciating that they are the backbone of our neighborhoods. Services and safety for older adults is a crucial focus as we all work to rebuild Detroit.

Mail in forms



# Workshops



Attendance and art submission forms

## Seniors in Motion



Raymond DeFoe - Everyone tells us to exercise, why not do it with a smile? 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!



## "I'm So Stressed I Could Just \_\_\_\_\_!"

A warm, fun, and engaging speaker, Donna Marie, MA, will walk you through simple yet effective tools to conquer your daily stressors and hassles. You will walk away with a new awareness that will enlighten your mind and renew your spirit.



## Communication Over the Ages

Presenter Denguhlanga Kapilango will enlighten all cell phone users, new or experienced, about how communication started and where it is headed. Plus get some tips for using your phone more effectively.



## Foodies Unite!

Chef Paul Penny will reveal how to enjoy our favorite food, without all the guilt. Cooking for one or two gets tips and tricks, too.



## Don't be Taken to the Cleaners

Dr. Peter Lichtenberg will address a huge problem facing our older adult population: financial vulnerability. Learn the signs of fraud, how to protect yourself and feel secure as you journey through retirement.



## Pain, Pain, Go Away: Food as Medicine

Nezaa Bandele will teach you how certain foods can be used to treat what ails you. Many foods have healing properties. Learn how to prepare them in ways that can benefit your health.



## Toastmasters: The Gift of Communication

Four of Detroit's own International Toastmasters will do short presentations to encourage, enlighten, and amuse us. Lynn Fitzsimmons, Toni Washington, Melvin Davis and Jeff Hampton will be the presenters and show you how easy public speaking can be.



## Holistic Approach to Pain Management for Arthritis

Learn to use the ancient art of Tai Chi exercise to ward off pain. This specially designed program for arthritis will teach you techniques you can use in your own home to combat arthritis flare ups. The Arthritis Foundation of Michigan presents this pain-relieving session.



Online Registration available [CLICK HERE](#)

For more information regarding **group registration** please contact Donna at:  
Ph: 313-577-2297 or Email: ba8841@wayne.edu

### Conference Attendance Mail in Form

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

- Senior** (55 years or older) \$18
- Golden Circle** \$25 or more. Your additional contribution allows less fortunate seniors to attend at no or reduced cost.
- 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) you would like to attend

- |  |  |  |  |
|--|--|--|--|
| <input type="checkbox"/> Seniors in Motion | <input type="checkbox"/> Financial Vulnerability | <input type="checkbox"/> Tai Chi           | <input type="checkbox"/> I'm So Stressed |
| <input type="checkbox"/> Toastmasters      | <input type="checkbox"/> Food: Chef Paul         | <input type="checkbox"/> Pain Pain Go Away | <input type="checkbox"/> Communication   |

#### STEP 4 Mark your choice for lunch

- Regular       Vegetarian

#### STEP 5 Enclose Payment

**PAYMENT MUST ACCOMPANY REGISTRATION FORM**

Check payable to: Wayne State University no later than March 30, 2015.

Amount enclosed: \_\_\_\_\_  Check or Money Order       Credit Card



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

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

Signature \_\_\_\_\_

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

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

**THIS PAGE IS FOR ATTENDANCE ONLY**

To have your art displayed or to submit a written work, also print the following page, complete both forms and mail in with your payment.

# Art Submission Mail in Form

## *Art of Aging Successfully*

**Please submit artwork registration form by February 28, 2015  
along with conference registration form**

- No Fee to submit art work.
- Entrants give permission for media interviews if work is chosen.
- Artist retains copyright. WSU/IOG retains right to one-time publication.
- You may NOT sell your work at the conference.
- Art work must be displayed by 8:30 am on April 16, 2015 (this does not include written works). Written work will be published in a booklet that is given to all.
- WSU has the right to limit the number of items displayed.  
(2 paintings allowed, 1 quilt, if display is table top, 2x3 foot area will be provided)

For more info  
please call:  
313-664-2600  
or email  
ba8841@wayne.edu

CHECK OFF BOXES TO ENSURE COMPLETION:

Please indicate (print) your name: \_\_\_\_\_

### Visual Art Submission

Write description below of artwork or craft (painting, metal work, photo, drawings, sculpture, crochet, knit, needlework, paper crafts, quilting, beadwork, other )

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Written work

250 words (or less) typed memoir, short story, journal entry, or poem. Preferred method of receiving written work is by e-mail to **ba8841@wayne.edu** as an attached word document.

**OR** mail in with typed submission with registration. Please no PDF's if possible.

Title of Written Work \_\_\_\_\_

### FOR ALL TO COMPLETE

A brief statement about how creating art contributes to your aging successfully.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Please attach this form along with your conference registration form and

payment and mail to:

Wayne State University, IOG  
87 East Ferry  
Detroit, MI 48202  
Attn: Donna MacDonald

