

REGISTER EARLY



Price \$25 Per Person

Thursday, June 12, 2025

# Art of Aging Successfully

A Quarter Century of Celebrating Life



**SOMETHING  
FOR EVERYONE!**

9

Workshops to  
Choose from

VENDORS  
&  
RAFFLES

## Agenda

8:00 am: Doors Open

9:00 am: Welcome & Keynote

***Unlocking the Power of Laughter:  
Discover the Key to Wellness and Joy***

Angela Verges, Sr. Adult Facility Coordinator  
Southfield Parks & Recreation

9:40 am: Break & Visit Vendors

10:00 am: Session One Workshops

11:00 am: Walk to Session Two, Visit Vendors

11:30 am: Session Two Workshops

12:30 pm: Lunch, Raffle Baskets

LIGHT  
BREAKFAST  
&  
SIT DOWN  
LUNCH

**CONFERENCE  
LOCATION**

Greater Grace  
23500 West 7 Mile Rd.  
Detroit, MI 48219

**INSTITUTE OF  
GERONTOLOGY**  
WAYNE STATE UNIVERSITY



EVENT  
SELLS OUT  
QUICKLY!

**FOR GROUP  
REGISTRATION**  
of 6 or more, contact  
Donna MacDonald  
248-719-0640  
or  
ba8841@wayne.edu

[www.iog.wayne.edu](http://www.iog.wayne.edu)

**REGISTER HERE: <https://bit.ly/3FLMttm>**

## Session One Choices ( 10 – 11:00 am ) Pick 1 Workshop

### **Let the Music Move You** [Raymond DeFoe]

Detroit's Seniors in Motion will pump that blood and move those muscles! It's fun, healthy and energizing. Great music and a fantastic instructor get everybody smiling and kicking up their heels. This may not feel like exercise, but your heart will thank you.

### **Deliciously Nourishing: Elevate Meals without Sacrificing Flavor** [Chef Paul Penney]

What's the point of eating when you aren't even tasting the food? Engage your mind and your taste buds with recipes and healthy substitutions that taste great and are good for you. Chef Paul gives practical, easy to follow cooking tips.

### **Where are my glasses? Keys? Phone? Memory Tips** [Colleen O'Donnell MSA, OTR/L, CLVT]

Memory lapses can be frustrating and increase as we age. Learn what happens as the brain ages and why forgetfulness can result. You'll get simple strategies to jump-start your memory and even recall the tips from this workshop.

### **Scam Savvy: Empowering Seniors to Outsmart Fraud!** [Monica Beach]

Scammers often target older adults through schemes to prey on their trust, their lack of familiarity with technology, and their desire to secure their financial future. Scammers can be extremely convincing, using scare tactics or emotional manipulation to deceive. Learn how to protect yourself.

### **Creating Social Connections as We Age** [Veronica Bilicki RN, BSN]

Maintaining strong social connections, especially as we age, can combat loneliness, reduce the risk of depression and anxiety, and even improve physical health. Learn useful strategies to make new connections as we age. *Sponsored by Henry Ford Health*



## Session Two Choices ( 11:30 am – 12:30 pm ) Pick 1 Workshop

### **Get Dressed & Get Going: Re-energize from the Outside In** [Mildred Matlock, PhD]

Retirement and aging often conspire to gradually replace dressing for success with dressing to regress. Intentional dressing energizes and empowers wearers from the outside-in by influencing their thoughts, feelings and behaviors. Have fun learning to defy ageist dressing stereotypes without sacrificing comfort. Tips for men, women and care providers who help to dress others.

### **Detroit: The Arsenal of Democracy** [Charlie Shelton]

Winning World War II was no easy task. After the "Day of Infamy," the U.S. needed war materials to fight the Axis. President Franklin D. Roosevelt named Detroit the "Arsenal of Democracy" because of our vast production potential. Let's talk about Rosie the Riveter and unsung heroes!

### **Burn, Baby, Burn: Chair Aerobics** [Kakeyta Walton]

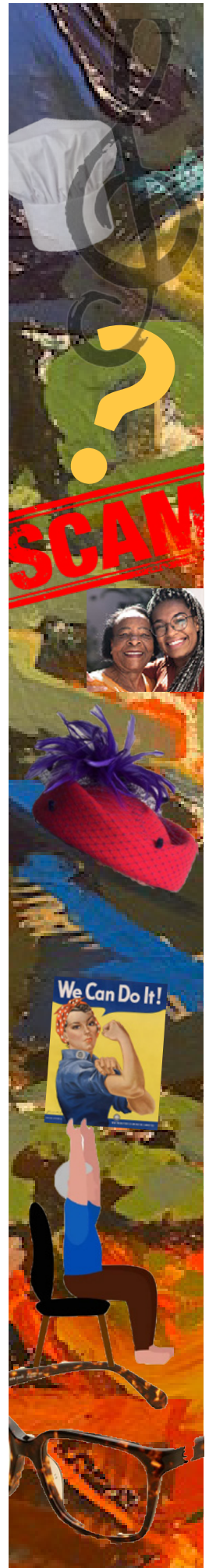
Groove and move from the comfort of your chair. This lively workout will get your heart pumping, build muscle and burn fat, no fancy equipment needed. Join us for laughter, movement, and a little sweat, as we celebrate fitness and show those muscles who's boss!

### **Where are my glasses? Keys? Phone? Memory Tips** [Colleen O'Donnell MSA, OTR/L, CLVT]

Memory lapses can be frustrating and increase as we age. Learn what happens as the brain ages and why forgetfulness can result. You'll get simple strategies to jump-start your memory and even recall the tips from this workshop.

### **Peaceful Pathways: How Mediators Resolve Conflicts** [Barbara Johannessen, JD]

Navigating legal conflicts can be challenging but a mediator or neutral third party can make the process smoother and calmer. Whether it's a family disagreement or a dispute with a caregiver, a mediator can help facilitate open communication and find common ground. Learn how to pick the right mediator and work well with them.



# 2025 Art of Aging Successfully Mail-in Registration Form

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

- \$25 Per Person (55 years or older)
- Add \$10 (or more) to be a **Golden Circle Member**: Your additional contribution allows those less fortunate to attend at no or reduced cost.

**STEP 2** Mark your choice for lunch:  Regular  Vegetarian

**STEP 3** Complete the following. If registering others, use additional paper

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_  
Phone \_\_\_\_\_ Email \_\_\_\_\_

**STEP 4** Select one workshop from each session. Mark with an "X".

**SESSION 1, SELECT ONE**

- Let the Music Move You*
- Deliciously Nourishing: Elevate Meals*
- Where did I put my glasses? Memory Tips*
- Scam Savvy: Out Smart Fraud*
- Creating Social Connections as We Age*

**SESSION 2, SELECT ONE**

- Get Dressed & Get Going*
- Detroit: The Arsenal of Democracy*
- Burn, Baby, Burn: Chair Aerobics*
- Where did I put my glasses? Memory Tips*
- Peaceful Pathways: Mediators Resolve Conflicts*

**STEP 5** You **MUST** enclose your payment with this registration form. Make checks payable to: **Wayne State University, IOG (postmarked by May 16, 2024)**

Total amount: \_\_\_\_\_ Check or Money Order # \_\_\_\_\_  
Credit Card # \_\_\_\_\_ Sec. Code \_\_\_\_\_ Exp. Date \_\_\_\_\_  
Name as it appears on card \_\_\_\_\_  
Signature \_\_\_\_\_

**STEP 6** Mail To: Donna MacDonald  
45091 Courtview Trail  
Novi, MI 48375  
ATTN: Art of Aging

**Questions?** Contact: [DonnaMacdonald@wayne.edu](mailto:DonnaMacdonald@wayne.edu). We look forward to seeing you!