



Register Early!

A Quarter Century of Celebrating Life

Thursday, June 13, 2024

Art of Aging Successfully

Agenda

8:00 am: Doors Open

9:00 am: Welcome

Keynote: *Navigating Aging with Laughter*
by Mildred Matlock

9:30 am: Visit Vendors, Walk to Workshop 1

10:00 am: Session One Workshops

11:00 am: Visit Vendors, Walk to Workshop 2

11:30 pm: Session Two Workshops

12:30 pm: Lunch, Raffles

CONFERENCE LOCATION

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

LIGHT
BREAKFAST

SIT DOWN
LUNCH

VENDORS

RAFFLES

SOMETHING
FOR EVERYONE

9

WORKSHOPS TO
CHOOSE FROM

For Large
Group Registration
(6 or more)

Contact

Donna MacDonald
248-719-0640

or

ba8841@wayne.edu

INSTITUTE OF
GERONTOLOGY
WAYNE STATE UNIVERSITY



www.iog.wayne.edu

REGISTER HERE: <https://shop.prod.wayne.edu/iog/iog/art-of-aging-2024.html>

SESSION 1 WORKSHOPS

High Energy Exercise – Detroit’s legendary *Seniors in Motion* group 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 is too much fun to feel like exercise, but your heart will thank you. (Raymond DeFoe)

Mindful – not Mindless – Eating – Do you ever munch on a snack in front of the TV and the next thing you know the bag is empty? Were you even aware you were eating? Is your “mind FULL” or are you being “mindful” and in the present? Chef Paul will offer practical advice to make nutritious, tasty choices that keep us aware of what we eat. (Chef Paul Penney)

Legal Documents as We Age: What Do I Really Need? – Kathleen is an attorney specializing in the needs of older adults. As we age, we need legal documents to ensure our assets are protected and our wishes are carried out. These include: a Will, Advanced Directive, Durable Power of Attorney, and Healthcare Power of Attorney. Learn what each document means and how to prepare them in easy-to-understand explanations. (Kathleen Newell, JD)

The 12 Cs of Caregiving* – At some point, almost everyone will give care, yet we get little training in how to do it well. Learn the intersection of Caregiver Tasks, Caregiver Personality Traits, and Caregiver Values, how they impact the caregiving you provide and the help you choose. Kanu cares for his wife, who was diagnosed with Alzheimer’s several years ago. His clear, analytical approach will help you travel the journey ahead. (Kanu Mehta)

Stop that Fall! Improving Balance to Prevent Falls** – The risk of falling increases with age, but there are plenty of proactive steps you can take to avoid them. We’ll teach simple chair exercises to improve balance, cover how and when to talk to healthcare providers about falls, and provide resources on fall prevention. (Brittney Denis, PT, DPT, CPT-RES)

SESSION 2 WORKSHOPS

You’ve Got to Have Friends – Socialization and friendships are important as we age. They can improve our immune system, lower our risk of chronic disease and keep us active.



They also decrease loneliness and improve brain function. See how to put yourself out there and find connections. (Veronica Bilicki, RN, BSN, BA, manager of Henry Ford Health’s Senior Navigator and C.A.R.E. Program [Caregiver Assistance Resources and Education])

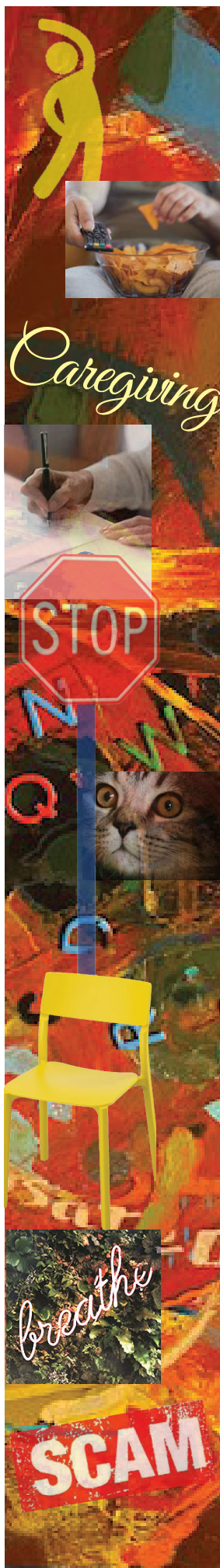
The Best Sleep Ever – As we age, it’s important to prioritize good sleep for overall health and well-being. Optimizing sleep can improve memory, reduce inflammation, and increase brain function. Learn to create a relaxing bedtime routine, avoid caffeine and electronic devices before bed, and maintain a consistent sleep schedule for better ZZZZZs. (Kate Mayer, BSN, RN, NC-BC)

Gentle Chair Yoga – No headstands or pretzel poses required. Just sit and enjoy this unique chair yoga class promoting good health with stretches and strength to improve balance. Gentle Hatha-based yoga focuses on honoring the way we feel and letting the free flow of breath be our foundation for good health. (Karen Lutz)

Name that SCAM: A Fun Game to Protect You – Scammers target older adults through sneaky schemes to exploit their vulnerabilities. They can be extremely convincing, using scare tactics or emotional manipulation to deceive us. Play our *Name that SCAM* game while learning how to spot scammers and protect yourself. (LaToya Hall, MSW)

***The 12 Cs of Caregiving** – SEE DESCRIPTION ABOVE

****Stop that Fall! Improving Balance to Prevent Falls** – SEE DESCRIPTION ABOVE



2024 Art of Aging Successfully Mail-in Registration Form

MAIL MUST BE POSTMARKED BY MAY 24, 2024

STEP 1 Registration fee. Check one of the following:

- \$20 Senior Rate (55 years or older)
- \$30 (or more) Golden Circle/Registration:
Your additional contribution allows less fortunate seniors to attend at no or reduced cost.

STEP 2 Mark your choice for lunch: Regular
 Vegetarian

STEP 3 Complete the following:

Name _____

Address _____

City _____ State _____ Zip Code _____

Daytime Phone _____ Email _____

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

SESSION 1, Select one:

- High Energy Exercise
- Mindful - not Mindless - Eating
- Legal Documents as We Age
- The 12 Cs of Caregiving
- Stop that Fall!

SESSION 2, Select one:

- You've Got to Have Friends
- The Best Sleep Ever
- Gentle Chair Yoga
- Name that SCAM
- The 12 Cs of Caregiving
- Stop that Fall!

STEP 5 You **MUST** enclose your payment with this registration form.

Make checks payable to: *Wayne State University (postmarked by May 24, 2024)*

Amount enclosed: _____ 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
We look forward to seeing you!

Mail in this form **OR** scan this QR code with your smart phone or tablet camera to register now.



INSTITUTE OF
GERONTOLOGY
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Detroit, MI 48202

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Aging
Successfully



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A Quarter Century of Celebrating Life



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REGISTER EARLY
**Event Sells
Out Quickly!**

SCAN QR CODE >



**9 Sessions
to choose from!**

*Light Breakfast,
Sit-down Lunch,
Vendors, and
Raffles!*

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