**Deadline for submission consideration is April 12, 2019 or until we reach capacity.**

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## Art of Aging Successfully

**Conference Location**
Fellowship Chapel
7707 West Outer Dr.
Detroit, MI 48235

(Between the Lodge and Southfield Freeway)

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### Conference Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 am</td>
<td>Registration, Light Breakfast &amp; Gallery Walk</td>
</tr>
<tr>
<td>9:00</td>
<td>Morning Welcome / Keynote</td>
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<tr>
<td>9:45</td>
<td>Vendor and Gallery Walk</td>
</tr>
<tr>
<td>10:15</td>
<td>Workshop Session 1</td>
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<tr>
<td>11:25</td>
<td>Workshop Session 2</td>
</tr>
<tr>
<td>12:30 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>1:00</td>
<td>Raffle, Comedian, Shanille Farris &amp; Evaluation</td>
</tr>
</tbody>
</table>

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## Calling all Visual Artists & Authors

We love to showcase the creativity of Detroit area older adults (55 or older) at our conference. Do you have a visual art work to display at our event? Or would you like your written work published in a booklet for all Art of Aging attendees to enjoy?

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**Written Submission Instructions**
Written work: memoir, journal, oral history or poem. Artists retain copyright. WSU/IOG retains right to one time publication.

**Visual Art Instructions**
You must set-up your exhibit between 8:00 and 8:30 am on Art of Aging event day of May 16, 2018. Sales of goods/services are not permitted, but you can distribute business cards.

For details and submission info please contact Deborah at: 313-664-2610

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A conference created for seniors by seniors to celebrate creative aging
Moving to the Groove - It’s time to move those muscles and raise that heart rate. Nothing better than good music and moving. The benefits of exercise on quality of life are outstanding, so let’s get moving with Raymond DeFoe from Detroit’s Seniors in Motion.

Balance and Strength - Life is a matter of balance, and so is your safety. Come learn fun balance tricks and exercises that will improve your ability to navigate safely and securely. Strengthening muscles gives you confidence, but and the ability to do more. Steve Styes, RYT, from the Recovery Project will present.

Weaving 101 - Join Ethel Gill in a beginner’s weaving class where you will create a small woven basket. Be creative and learn a new skill. No experience necessary, just a willingness to do something new.

Art Experience - Katelin Bovee, art therapist, will talk about the impact art can have on our golden years and how to incorporate it into your life. During this session you will work on an art piece and feel for yourself the impact it has on your mood, stress and your outlook. Art never felt so good!

My Lights are Going Out But It’s Not Dark in Here (Caregiving) - An interactive discussion on understanding and caring for a loved one with dementia. Paula Duren will guide you through techniques that address the emotional well-being of caregivers while impacting quality of life for those you care for.

Creative Writing Workshop for Mature Adults - A productive and satisfying creative writing experience with Michael Madigan. In this interactive workshop you will practice overcoming “writer’s block” and other perceptual and motivational obstacles to writing and learn the art of free writing.

Should I Stay or Should I Go? Dilemmas in Downsizing - Dick Rappleye and Bob Inskeep discuss the different aspects of downsizing: emotions, memories, options for housing and relocation. They will help you think about the process, make decisions and move forward feeling empowered.

What’s Cooking with Chef Paul - Join Chef Paul as he delves into holistic foods and their healing properties, good for you and tasty too. Samples and demonstrations of techniques round out this fabulous session. Who knew that you could use turmeric in so many ways?

Smart Phone Help 101 - Kay Creci, PhD, RN, will help you explore the different abilities of your smartphone. Many of us have a hard time figuring out how to take a picture, send a text message, or simply increase the font size. Helpers in the room will help you get more acquainted with your phone.
ART OF AGING REGISTRATION FORM

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.
This contribution includes your registration and offsets costs to help keep registration fees low.

STEP 2  Complete the following:

Name ________________________________
Address ________________________________
City ___________________ State ___ Zip Code ______
Daytime Phone __________ Email ____________________

STEP 3  Choose one workshop per session

Session One
☐ Moving to the Groove
☐ Weaving 101
☐ My Lights are Going Out, But It’s Not Dark in Here (Caregiving)
☐ Creative Writing
☐ Should I Stay or Should I Go? Dilemmas in Downsizing
☐ What’s Cooking with Chef Paul
☐ Smart Phone Help 101

Session Two
☐ Balance and Strength
☐ Art Experience
☐ My Lights are Going Out But It’s Not Dark in Here (Caregiving)
☐ Creative Writing
☐ Should I Stay or Should I Go? Dilemmas in Downsizing
☐ What’s Cooking with Chef Paul
☐ Smart Phone Help 101

STEP 4  Enclose Payment

Check or money order payable to: Wayne State University no later than March 31, 2019.

Amount enclosed: ________  ☐ Check or Money Order  ☐ VISA  ☐ MasterCard
Acct. # ___________________________ Exp. Date ______
Name as it appears on card ____________________________________________
Signature __________________________________________________________

STEP 5  Mail this form and payment to: OR

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

Or Register Online At: https://commerce.wayne.edu/io/
20TH ANNUAL
Art of Aging
Successfully
GALLERY WALK & WORKSHOPS!

Art of Aging
Successfully

Thursday, May 16, 2019 8:30 AM - 1:30PM

REGISTER EARLY
Event Sells Out Fast!

KEYNOTE
WELCOME BY:
Tom Dalton and
Jim Edelman
creators of Under
the Radar Michigan

SHOWCASE YOUR CREATIVITY
Let us know if you’d like to display your art or publish your writing

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