The elderly population is growing, having doubled three times since 1900. It is expected to double again within 50 years. A growing generation of elderly adults means a greater demand for policies, programs and services to meet their needs. Already evident are increased needs for programs that address home care, the law, health, and financial security for America’s senior population.

The Alabama Cooperative Extension System’s Urban Affairs and New Nontraditional Programs Unit has partnered with the state of Alabama’s Bureau of Geriatric Psychiatry to deliver educational and training programs designed to address issues relevant to aging, dementia and associated health, finance and legal education. These collaborative efforts are called the Successful Aging Initiative.

This one-day conference is designed to address the needs and concerns of older adults. Presenters will give easy-to-understand information and resources designed to help older adults make informed decisions, to maintain independence, to play active roles in society, and to improve the quality of life for themselves and their families.

Older adults and family members, caregivers, social workers, ministers, church administrators, and others who regularly handle aging issues should plan to attend.

**Presenter Highlights**

**MRS. XERNONA CLAYTON**
Conference Guest

Xernona Clayton, of Atlanta, Georgia, is the founder, president and chief executive officer of the Trumpet Awards Foundation, Inc. and the creator and executive producer of the Foundation’s Trumpet Awards. The Trumpet Awards is a prestigious event highlighting African-American accomplishments and contributions. Initiated in 1993 by Turner Broadcasting, the Trumpet Awards has been televised annually and distributed internationally to more than 185 countries around the world.

**ATTORNEY CONNIE GLASS**
Certified Elder Law Attorney
Elder Law Firm of Connie Glass, P.C.
Law & Aging
Mini-Workshop Presenter

**DR. ZAHEER KAHN**
Geriatric Specialist
Center for Aging
Health & Aging
Mini-Workshop Presenter

**MR. BARNARD MONTGOMERY**
Investment Executive,
Redstone Brokerage Services
Finance & Aging
Mini-Workshop Presenter

**DR. RICHARD POWERS**
Retired Director, Alabama Bureau of Geriatric Psychiatry
Department of Mental Health
Health & Aging
Mini-Workshop Presenter

Visit www.aces.edu/urban to download additional brochures & registration forms.
Thursday, October 13, 2011
Union Chapel Missionary Baptist Church
315 Winchester Road NE
Huntsville, AL 35811

7:30  REGISTRATION/VIEW EXHIBITS/
     MEMORY SCREENINGS
     (Church Vestibule)
MORNING EXERCISE & MEDITATION
     (Main Sanctuary)
8:15  OPENING REMARKS
     (Main Sanctuary)
CONFERENCE OVERVIEW

MINI-WORKSHOPS
(Choose one for each session)
Workshops 1 through 4 will be repeated for Session II. Please choose a different workshop for each session. Workshop 5, the “Women Only” workshop, runs through both sessions.

9:00  SESSION I
1. HEALTH & AGING
2. LAW & AGING
3. FINANCE & AGING
4. ACTIVE SENIOR LIFESTYLES
5. A MATURING VENUS WOMAN
     (Women only workshop)

10:00  SESSION II
1. HEALTH & AGING
2. LAW & AGING
3. FINANCE & AGING
4. ACTIVE SENIOR LIFESTYLES
5. A MATURING VENUS WOMAN
     (Women only workshop)

10:45  MORNING BREAK/HEALTH SCREENINGS/
     EXHIBITS

11:15  GENERAL SESSION
     (Main Sanctuary)

12:30  SAI HONORS LUNCHEON &
     ENTERTAINMENT
     Beacore of Light Awards

1:45  FREE CATERED LUNCH

2:40  ADJOURN

* Schedule represents a tentative outline of the conference activities and invited guests.

** MINI-WORKSHOP TOPICS **

HEALTH & AGING
Participate in a panel discussion conducted by local healthcare providers as they outline an innovative model of care for adults over the age of 60, that addresses and treats issues associated with aging, while focusing on quality of life as defined by you. This session will explore ways in which older adults can prevent or manage chronic conditions that involve using available tools to foster lifestyle and behavioral changes that can significantly improve health outcomes and the latest research on targeting the distinctive needs and challenges of diverse populations.

LAW & AGING: What Is Your Legal Health?
Are you legally prepared for life-changing decisions? This easy-to-understand session will explore the basic elements of estate planning.

This session will address the “Five MUST-HAVE legal documents” with a focus on:
• Durable Power of Attorney & Advance Directives
• Wills & Trust: How to Avoid Probate Court
• Medicaid Planning vs. Long-Term Care Insurance

Each participant will receive state forms and resources from A Gift to Your Family, a consumer guide from the Alabama Bar Association.

FINANCE & AGING
Financial security is the ability to meet future needs while keeping pace with day-to-day obligations. This workshop provides sound, unbiased information without the sales pitch for financial products that allow you to make informed decisions and protect your future financial security. Session topics include:
• Pension Plans, IRAs, and Mutual Fund Basics
• Reverse Mortgages: Pros & Cons
• Saving for Retirement and Social Security
• Financing Long-Term Care
• Transferring Personal Property

ACTIVE SENIOR LIFESTYLES*
The Active Senior Lifestyles sessions will explore innovative activities that help seniors enjoy healthier, more fulfilling lives. A variety of mini sessions will be offered from container gardening and visual arts to group travel and ballroom dancing.

* Interactive workshops, so please bring your walking shoes!

** BACK BY POPULAR DEMAND **

A MATURING VENUS WOMAN
(Women only workshop)
Aging women face tremendous challenges such as being widowed and living alone, to having poorer health and higher levels of functional disability. They have fewer financial and other material resources, and less access to kin as caregivers. Therefore, older women are more reliant on state health welfare services. But, they are advantaged in terms of their friendship networks. This session explores the special concerns of women as they age from financial security and access to health and wellness, to dealing with loss and spirituality while celebrating the beauty of aging and the joy of sisterhood. Join a real-life, sister-to-sister discussion with local female professionals and experts addressing these concerns and how “women united” can create the changes necessary to improve their lives.

AGING WITH GRACE
Presented by J. F. Drake State Technical College
Throughout the day, enjoy care and educational resources provided by J. F. Drake State Technical College’s, School of Cosmetology and School of Nursing. Trained professionals will provide health screenings and mini-workshops ranging from the latest in health and well being to the proper hair and skin care as you age, while demonstrating age-appropriate hairstyles and beauty products that work best for you.

** TITLE SPONSORS/PARTNERS **

AMERICAN SENIOR ASSISTANCE PROGRAMS, INC.
DISTRICT 6 COMMISSIONER BOB HARRISON
J. F. DRAKE STATE TECHNICAL COLLEGE
THE LINKS, INCORPORATED GREATER HUNTSVILLE CHAPTER
FIRST MISSIONARY BAPTIST CHURCH
UNION CHAPEL MISSIONARY BAPTIST CHURCH
UNION HILL PRIMITIVE BAPTIST CHURCH
WEUP/WHBY 1600 AM
REDSTONE FEDERAL CREDIT UNION
PRESIDENT INCOHERENT LASER TECHNOLOGY
WIAB 90.9 FM

** FREE PUBLIC EVENT **
LIMITED SEATING
FREE CATERED LUNCH
HEALTH SCREENINGS

Doors prizes & giveaways, including a 10th anniversary diamond, valued at more than $5,000

General Questions?
Phone: (256) 372-4947; E-mail: collija@aces.edu

** REGISTRATION FORM **

Please complete & mail by Friday, October 7

Name ____________________________________________
Address __________________________________________
City State Zip ______________________________________
Phone # Fax # ______________________________________

Emergency Contact (required) Phone # ______________________________________

VIP age: 80–89 ❑ 90–99 ❑ 100+ ❑

Please contact me regarding my physical requirements.

Special Meal Needs: ❑ Vegetarian ❑ Food Allergies ______________________________________

MINI-WORKSHOP Session I Session II
HEALTH & AGING ❑ ❑
LAW & AGING ❑ ❑
FINANCE & AGING ❑ ❑
ACTIVE SENIOR LIFESTYLES ❑ ❑
A MATURING VENUS WOMAN ❑ ❑
(Women choosing to attend should check both sessions)

Please complete & mail by Friday, October 7