

About the *Successful Aging Initiative*...

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.

Who Should Attend...

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.

Conference Registration: STEP-BY-STEP

Step 1: To Register

- Review the enclosed schedule and select one of the Mini-Sessions offered.
- Please PRINT all requested information on the attached registration form, detach, and mail or fax.

Step 2: Mail or Fax Completed Form

- **Please register by Friday, October 7, 2011.**

Group registration is encouraged, simply photocopy the form and complete for EACH group member. On conference day, a designated person should go to registration desk to pick up "pre-packaged" conference bags for each group member.

Visit www.aces.edu/urban to download additional brochures & registration forms.

PRESENTER HIGHLIGHTS



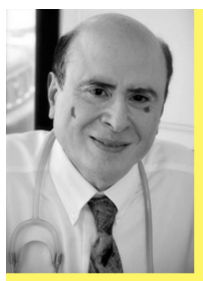
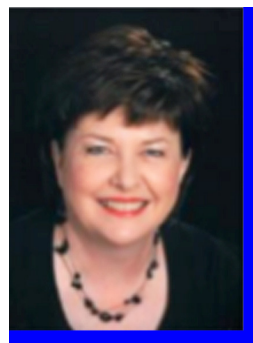
MRS. XERNONA CLAYTON

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**

- *10th Anniversary Giveaway* -

Diamond jewelry valued at over \$1,000
(must be present to win)

Thursday, October 13, 2011
10th Annual Successful Aging Initiative

To Register by Mail:
Successful Aging Initiative
ATTN: Mrs. Jacqueline Collier
Alabama Cooperative Extension System
P.O. Box 967
Normal, Alabama 35762
Deadline, Friday, October 7

To Register by Fax:
Fax: 256.372.5840
ATTN: Successful Aging Initiative
Deadline, Tuesday, October 11 by 5:00 p.m.

Due to the increased number of conference attendees, telephone registration WILL NOT be accepted. Please, register by Tuesday, October 11, 2011.



Alabama Cooperative Extension System
P.O. Box 967
Alabama A&M University
Normal, Alabama 35762

WWW.ACES.EDU/URBAN

SUCCESSFUL Aging
INITIATIVE

Celebrates
Its

**DECENNIAL
ANNIVERSARY**



ALABAMA COOPERATIVE EXTENSION SYSTEM
URBAN AFFAIRS & NEW NONTRADITIONAL PROGRAMS

The Schedule*

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**

Beacon of Light Awards

2:30 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 /WHIY 1600 AM
- REDSTONE FEDERAL CREDIT UNION
- PFIZER INCORPORATED
- WJAB 90.9 FM

Registration Form

Please complete & mail by Friday, October 7
PLEASE PRINT

Name _____

Address _____

City _____ State _____ Zip _____

Phone # _____ Fax # _____

Emergency Contact (required) _____ Phone # _____

Persons over age 80 make our VIP list. If you qualify, please let us know to receive special recognition.

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 | <input type="checkbox"/> | <input type="checkbox"/> |
| LAW & AGING | <input type="checkbox"/> | <input type="checkbox"/> |
| FINANCE & AGING | <input type="checkbox"/> | <input type="checkbox"/> |
| ACTIVE SENIOR LIFESTYLES | <input type="checkbox"/> | <input type="checkbox"/> |
| A MATURING VENUS WOMAN (Women choosing to attend should check both sessions) | <input type="checkbox"/> | <input type="checkbox"/> |

FREE PUBLIC EVENT
LIMITED SEATING
FREE CATERED LUNCH
HEALTH SCREENINGS

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

General Questions?

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