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.

Since 2002, 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, and financial 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 attached 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 8, 2010.

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

To download additional brochures & registration forms, visit www.aces.edu/urban

### 1st Annual SAI Competitions

**Bake-Off Competition**
Are you an aspiring Paula Dean, or the Family Chef? If so, this is the opportunity to display your culinary skills by entering the “2010 SAI Bake-Off Competition.” Prepare your favorite baked cake, pie, or casserole dish for the competition. The best baked dish in each of the three categories will win the covenant 1st Place Blue Ribbon and prizes valued over $250!

**Seniors Got Talent Competition**
If you are a singer, magician, or perhaps a comedian, the Seniors Got Talent competition is looking for you! Come, share your gift and be a part of this year’s lunch entertainment for the opportunity to win wonderful prizes valued over $250!

**Hattitude**
Bring your most breathtaking pillbox or debonair fedora to this year’s conference and enter the Hattitude Contest! The male and female with the most stylish hats will win a prize valued over $250! So pull out your best hat and participate!

To sign up for one of the SAI Competitions and receive complete competition details, participants MUST call Mrs. Debra Scruggs at 256.372.4975.

### Title Sponsors/Partners

100 Black Men of America, Huntsville Chapter
American Senior Assistance Programs, Inc.
Commissioner Robert C. (Bob) Harrison—District 6
First Missionary Baptist Church
J. F. Drake State Technical College
Pfizer Incorporated
Redstone Federal Credit Union
The Links, Incorporated Greater Huntsville Chapter
Union Chapel Missionary Baptist Church
Union Hill Primitive Baptist Church
WEUP/WHIY 1600 AM
WIAB 90.9 FM

FREE CATERED LUNCH

HEALTH SCREENINGS

Door prizes valued at more than $2,500
**THE SCHEDULE**

7:30 **REGISTRATION/ VIEW EXHIBITS/ MEMORY SCREENINGS** (Church Vestibule)

**MORNING EXERCISE & MEDITATION**
(Main Sanctuary)

8:15 **OPENING REMARKS** (Main Sanctuary)

Mrs. Abbiegail Hugine, First Lady
Alabama A&M University

Dr. Richard Showers, City Councilman
Huntsville, Alabama

Mrs. Brenda Davis, President
The Links, Incorporated
Glorious Huntsville Chapter

**MINI-WORKSHOPS**
(Choose One)

9:00
1. **HEALTH & AGING**
2. **LAW & AGING**
3. **ACTIVE SENIOR LIFESTYLES**
4. **THE MATURING VENUS WOMAN**
(Women only workshop)
5. **WHERE ARE YOU ADAM?**
(Men only workshop)

10:30 **MORNING BREAK/HEALTH SCREENINGS/ EXHIBITS**

11:15 **GENERAL SESSION** (Main Sanctuary)

**WISDOM WEALTH**

There is significant value in making informed decisions when navigating the seemingly murky waters of senior services, programs, and resources. Wisdom Wealth is a comprehensive panel of professionals specializing in Health & Wellness, Finances, Elder Law, and Senior Lifestyle issues that affect older adults most. Come with your questions on Medicare, Medicaid, or how to slow the aging process. Learn from others as they inquire about Social Security and Long-term care. Take advantage of the opportunity to engage our panelists of lawyers, doctors, financial analysts, and other key players all under one roof. Don’t miss Wisdom Wealth at Successful Aging 2010!

**MINI-WORKSHOP TOPICS**

**HEALTH & AGING: I Haven’t Got Time for the Pain**

Presentation:
TBA
Moderator:
Mrs. Chandra Crutcher
American Senior Assistance
Program, Incorporated

Participate in a panel discussion conducted by three local healthcare providers as they outline an innovative model of care for adults over the age of 60, addressing and treating issues typically associated with aging, focusing on quality of life as defined by you. This session will explore ways in which older adults can prevent, postpone or manage chronic conditions including 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.

**THE LAW & AGING: What is Your Legal Health?**

Presentation:
Attorney Monica Carroll
Birmingham, AL
Attorney Tom Minetree, II
Huntsville, AL
Moderator:
Attorney Walter W. Parker
Extension Financial Analyst

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
- Elder Law, and Senior Lifestyle issues that specialize in Health & Wellness, Finances, Elder Law, and Senior Lifestyle issues that affect older adults most. Come with your questions on Medicare, Medicaid, or how to slow the aging process. Learn from others as they inquire about Social Security and Long-term care.

**ACTIVE SENIOR LIFESTYLES**

**WHERE ARE YOU ADAM?**

(A Men only workshop)

Presented by:
100 Black Men of America
Huntsville Chapter
Facilitator:
Mr. Kenneth Anderson, M.S.
Catho Community College

Aging from the male perspective, is frequently associated with loss of physical and mental function and vitality. The implied stigma that comes with aging often prevents men from dealing with important issues associated with the process—from health to financial security. A panel of medical, financial, legal, spiritual, and civic experts will dialogue about the idea that aging does not have to be a limiting factor and will share real-life approaches to adopt for overall well-being.

**REGISTRATION FORM**

Please complete & mail by Friday, October 8

**SAI Competition** (check if you wish to participate in any of the three competitions)

Bake-Off
Seniors Got Talent
Hattitude

**General Questions?**

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