Approximately 10,000 Americans turn 65 every day. According to 2012 labor statistics, roughly 76 million baby boomers (those born between 1946 and 1964) will change the ways in which we view senior citizens and the meaning of the word “elderly.” By the year 2030, the number of Americans 65 years of age and older will more than double to 71.5 million or 20% of the population (about 1 in 5) of the population.

As the life span of the elder generation increases, nearly every aspect of our society will be affected, including health care, leisure time, family relationships, housing arrangements, societal connections, and economic considerations. The top three concerns about aging suggest that respondents are most concerned with maintaining their independence. Younger adults (“baby boomers”) are more proactive, diverse, better educated and health conscious; and, express financial concerns about not having enough money to stay in their homes. As citizens live longer, health, legal and financial issues are often interrelated and will also increase.

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, financial and legal education. These collaborative efforts are called the Successful Aging Initiative.

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FREE CATERED LUNCH
HEALTH/MEMORY SCREENINGS
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Thursday, October 13, 2015

7:30  Registration/View Exhibits/ Memory Screenings  (Church Vestibule)

Morning Exercise & Meditation  (Main Sanctuary)

9:00  Opening General Session *

The Program for the Day

The ABCs of AGING: A Panel Discussion
"To Drive or Not to Drive"
Many factors affect one’s fitness to drive and this is not a decision to be made lightly. Hear from people representing several different aspects of the decision-making process.

Moderator:
Karen Hislop
OTR/L, CLT-LANA, DRS, ATP
Owner/Founder
Therapy Achievements, LLC

9:45  Workshop Sessions:

Workshop One—The ABCs of Aging:
The Female Perspective
"Questions You Want to Ask, Answers You Need to Know."
The Links, Incorporated
Greater Huntsville Chapter

Workshop Two—The ABCs of Aging:
The Male Perspective
"Living Your Legacy: Stewardship of Your Health, Your Relationships, and Your Resources"

Workshop Three—The ABCs of Aging:
General Workshop
"Elderly Abuse"
Dr. Dorothy Brandon
Extension Specialist

11:10  General Session: The Institute Opening
(Main Sanctuary)

Greetings
Musical Selection
Litany of Opening of the VCLLI
Speaker ..............Mr. Louis Colbert, MSW
Philadelphia, PA

12:10  Awards Luncheon
Musical Selection
Awards
Recognition of SAI Honorees

SPECIAL CONFERENCE SPEAKER

Mr. Louis Colbert, MSW

Louis G. Colbert has worked in the field of aging for more than 39 years. Today, he is the vice president of operations at the Philadelphia Corporation for Aging, the fourth largest Area Agency on Aging in the nation that touches the lives of more than 120,000 seniors annually.

As the vice president, Colbert is responsible for all operational aspects of the agency, including long-term care, senior centers, housing services, community outreach, information and referral, transportation, legal services, health insurance counseling, mental health, ombudsman, and older adult protective services.

Colbert earned his undergraduate degree at Morehouse College and received a Master of Social Work degree from Temple University. He has received numerous awards for his work with seniors, published, and widely lectured on such topics as the importance of cultural diversity, male caregiver issues, and aging in the twenty-first century. In addition, Colbert has taught at Widener University and is presently an adjunct faculty member at Lincoln University. For the past 12 years, he has facilitated a monthly Alzheimer’s caregiver support group at his church in West Philadelphia, and is the immediate past-chair of the board of directors for the American Society on Aging, a 3,500 + membership organization.

Persons over age 80 make our VIP list. If you qualify, please let us know to receive special recognition, a gift, and reserved luncheon seating.

1. Transitional Care Preference Plan
2. End of Life Plan
3. Cognitive Screening

Aging With Grace
Presented by:
J. F. Drake State Community & Technical College

Throughout the day, enjoy care and educational resources provided by J. F. Drake State Community & 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.

CostCO will offer flu shots at “NO COST” to all Medicare, federal Blue Cross Blue Shield and Tricare/Champus participants.

Virtual Dementia Tour

The Virtual Dementia Tour of Mid-South Chapter Alzheimer’s Association is a real-life, interactive experience proven to improve communication and care. Created by P. K. Beville, a geriatrics specialist, this valuable, easy to follow experiential training is designed for individual caregivers, is giving facilities and community organizations to help identify “first-hand” and understand patients’ with cognitive impairments’ behaviors and needs.

Life Care Plan Essentials

Trained volunteers will spend time with the first 300 participants to complete a Personalized Life Care Plan Essentials Assessment. The Assessment will include:

1. Cognitive Screening
2. End of Life Plan
3. Transitional Care Preference Plan

Tickets can be obtained at the registration desk on a first-come, first-served basis.

Please contact me regarding my physical requirements.

Special Meal Needs:

[ ] Vegetarian  [ ] Food Allergies

COSTCO

[ ] Best Cake
[ ] Best Pie
[ ] Best Casserole

Winners in each category: 1st place $100, 2nd place $50, 3rd place $25

To sign up for SAI Bake-Off Competition and receive complete competition details, please call Mrs. Debra Scruggs at 256-372-4975