

About the Successful Aging Initiative

Approximately 10,000 Americans turn 65 every day. By the year 2030, the number of Americans 65 years of age and older will more than double to 71.5 million accounting for 20% or about 1 in 5 of the American population. As the lifespan of the elderly increases, nearly every aspect of our society will be affected, including health care, leisure time, family relationships, housing arrangements, societal connections, and economic considerations. Younger older 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 address issues relevant to aging, including dementia and associated health, and financial and legal education. These collaborative efforts are called the *Successful Aging Initiative* and are now implemented through the Virginia Caples Lifelong Learning Institute.

Free Drug Take Back Program

Alabama Extension is pleased to partner with the AAMU Department of Public Safety, Wellstone Behavioral Health, and other local partners in a drug take back initiative. You can also help by bringing your expired and unused prescription and over-the-counter medication for proper disposal with you to the Successful Aging Initiative on October 18.

How to Prepare Your Drugs for Disposal

1. Remove all personal information such as your name and address from containers.
2. Place the medication for humans or pets in a plastic bag.
3. Bring the medication with you to the SAI and drop off to police officers before entering the church.

Note: All medication will be incinerated by the proper authorities.



Conference Registration

To register online visit:

www.aces.edu/urban/sai

Run Your Race...Live Well!

Online Registration Deadline
Tuesday, October 16, 2018 by 5:00 p.m.

To register by mail:

Mail form to:

Successful Aging Initiative
ATTN: Jacqueline Collier
Alabama Cooperative Extension System
P.O. Box 967
Normal, AL 35762
Registration Deadline by Mail:
Friday, October 12, 2018, by 5:00 p.m.

To register by fax:

Fax: (256)372.5840
ATTN: Successful Aging Initiative
Registration Deadline by Fax:
Friday, October 12, 2018, by 5:00 p.m.

NOTE: Due to the increased number of conference attendees, telephone registration WILL NOT be accepted.

Question or Directions?

Call: Jacqueline Collier (256)372-4947
Email: collija@aces.edu
or
Cándra Johnson DeBose (256) 372-7022
Email: ckj0015@aces.edu

Group Registration is encouraged!

Simply make additional copies of this form and complete for **EACH** group member. On conference day, a designated person from your group should go to the registration desk to pick up "pre-packaged" conference bags for each registered group member.

**FREE CATERED LUNCH
HEALTH/MEMORY SCREENINGS
Door Prizes & Giveaways**

The Alabama Cooperative Extension System (Alabama A&M University and Auburn University) is an equal opportunity educator and employer. Everyone is welcome!

WWW.ACES.EDU/URBAN

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WEUP/WHY 1700 AM
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WJAB 90.9 FM
WellStone Behavioral Mental Health
Partnership for a Drug Free Community



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



Successful Aging Initiative 2018

A one-day event for older adults (age 50+), family members, caregivers, social workers, ministers, church administrators, and those with an interest in serving senior populations!

Union Chapel M. B. Church
315 Winchester Road-HSV, AL
Thursday, October 18
8:00 am to 2:30 pm



Thursday, October 18, 2018
 Union Chapel Missionary Baptist Church

- Lobby**
 7:30 Registration/View Exhibits
- Main Sanctuary**
 8:15 Opening Remarks & "The Talk of a Lifetime"
- 9:30-9:45 Break/View Exhibits
- 9:45-11:00 Small Group Workshop Sessions
- Workshop 1: Women (only)**
Workshop 2: Men (only)
Workshop 3: General
- Health Screening/Exhibits**
- Main Sanctuary**
 11:00-12:15 General Session II
 Dr. Edwin Moses, Entrepreneur & Former Track & Field Olympic Gold Medalist
- Evaluations**
- 12:30 SAI Honors Luncheon
- 2:30 Adjourn

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

Keynote Speaker

EDWIN MOSES, an Olympic champion, sports administrator, diplomat and businessman, is one of the most respected and recognized athletes of our time. He has resolutely served and promoted the Olympic movement, and fostered the development of "drug-free" sports and the rights of amateur athletes at all levels. His experience as a distinguished Olympic champion and world record holder has earned him esteem from the international sports community. Moses, a physicist from Morehouse College in Atlanta, Georgia, is known for utilizing the applied sciences to perfect the technical aspects of his athletic performance in his event, the 400 meter hurdles. This knowledge also enabled him to create, implement and administer the world's most stringent random and out-of-competition testing systems for performance enhancing drugs in sports.



Over a period of nine years, nine months and nine days from August 1977 until May 1987, Moses collected 122 straight victories, 107 of these were finals. This winning streak has remained unbeaten and stands in the *Guinness Book of Records* to this date.

In May 2008, Moses as the honorary chairman of the Major Taylor Association along with its members celebrated the more than 100-year-old legacy of seven-time world champion cyclist Marshall W. 'Major' Taylor, Wooster Massachusetts. Taylor, an African American competing in the late 1800s and early 1900s was memorialized with perhaps the most beautiful and elegant statue made in honor of a sports legend in America. Moses is also a recipient of the Congressional Medal of Honor, the highest civilian award given to American citizens by the United States Congress for his and the 1980 US Olympic Team's personal sacrifice of being forced to boycott the Olympic games in Moscow, Russia.

THE MAN. THE ICON. THE LEGEND.

Conference Activities



Aging with Grace
 J. F. Drake State Community and 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.



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



Tour Huntsville Hospital's mobile unit and receive various free health screenings.



The Crestwood Medical Center will provide bone density and vein screenings.



Alabama Aging Resources, Inc. will provide a Virtual Dementia Tour and Mini Life Care Plans. The Virtual Dementia Tour is a simulation that allows participants to experience what life is like for someone with dementia or Alzheimer's disease.

In addition, trained volunteers will spend time with the first 300 participants to complete a Mini Life Care Plan. The Plan will include:

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

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

And so much more!

Registration Form

Please complete & mail by Friday, October 12

PLEASE PRINT LEGIBLY

Name _____

Address _____

City _____

State _____

Zip _____

Phone Number _____

Email _____

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.

VIP Age: 80-89 90-99 100+

Each VIP may be accompanied by one guest at the VIP luncheon.

Will you have a guest: NO YES

If yes, print their full name: _____



Please contact me regarding my physical requirements.

Special Meal Needs: Vegetarian Food Allergies

BAKEOFF (Check if you wish to participate in the SAI Bake-Off Competition)

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

Debra Scruggs at 256.372.4975

FREE PUBLIC EVENT