



FILM NIGHT

Wednesday, May 3, 2017 • 7 pm
Evanston Public Library
1703 Orrington Ave., Evanston
Space is limited.

A NEW COLOR: the Art of Being Edythe Boone

Artist, educator, community activist and great-grandmother, Edy has introduced underserved youth and seniors to the transformative power of art for decades. A New Color profiles the life and work of this celebrated muralist. The documentary also illuminates timely social issues when the death of Edy's nephew becomes a national symbol of racist policing, and we see the depth of her clear-eyed, compassionate commitment to building a just and peaceful community. Filmed in an observational style over three years by Mo Morris, A New Color shows how the work of one resilient woman reverberates throughout a community to inspire a powerful chorus: "Our lives matter, and we will not be disempowered by those who judge us for our age, gender, or the color of our skin."



19th ANNUAL
CONFERENCE
AND FILM NIGHT



COLLABORATING SPONSORS:

AgeOptions • City of Evanston • CJE SeniorLife
Durrbeck Financial Group • Evanston Public Library
Elder Care Sources, LLC • Home Care Assistance Chicago
In-Home Counseling for Seniors • Mather LifeWays • The Merion
Metropolitan Family Services • North Shore Senior Center
North Shore Village • PEER Services, Inc. • Rainbow Hospice
Senior Connections • Services for Adults Staying in Their Homes (SASI)
Symphony of Evanston • Visiting Angels Evanston

BROCHURE SPONSOR: Quartet Digital Printing

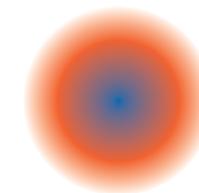
CONFERENCE SCHEDULE

Friday, May 5, 2017 • 8 am– 12:30 pm
Levy Center
300 Dodge Ave., Evanston

- 8 am** Registration, Continental Breakfast
- 8:30–8:40 am** Welcome by Evanston Mayor Elizabeth Tisdahl
- 8:40–9:10 am** Keynote Presentation:
The Longevity Revolution– The Challenges and Potential of Living a Long Life, Mark Miller
Journalist Mark Miller is a nationally-recognized expert on trends in retirement and aging. Mark is a columnist for Reuters, Morningstar and WealthManagement.com and a contributor to The New York Times.
- 9:15 am** 2017 Aging Well Award:
Presented to Ellen Browne for outstanding leadership and service to older adults in Evanston.
Throughout her career, Ellen has contributed to many local, state and national organizations including North Shore Senior Center, SASI, North Shore Village, Evanston League of Women Voters and American Society on Aging.
- 9:30–10:30 am** Session 1 Workshops
- 10:45–11:45 am** Session 2 Workshops
- 12 noon–12:30 pm** Closing Session:
And What Can We Do?
Illinois Rep. Robyn Gabel (D) 18th District
Robyn Gabel has maintained a strong commitment to serving the people of Illinois as an advocate for women, children and families throughout her career. She served as the Executive Director of the Illinois Maternal and Child Health Coalition, a not-for-profit advocacy organization, from 1988 to 2010 and previously worked as legislative aide to Alderman (now Congressman) Luis Gutierrez. Her legislative priorities include affordable, accessible health care, environment and sustainability issues, education, and economic development.



19th ANNUAL CONFERENCE AND FILM NIGHT



Strategies for healthy aging
for older adults, their families,
caregivers, and professionals

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BOTH EVENTS ARE FREE & OPEN TO THE PUBLIC

For more information, call 847-864-7274

www.cityofevanston.org/agingwell

Pre-registration is required.

SESSION 1 WORKSHOPS: 9:30– 10:30 am *Choose one*

Technology for Seniors in an Age-Friendly Community

George Lowman, consultant and curricula author for technology classes

With so many apps and devices, we all need some help navigating Smartphones, Skype, Facetime or the latest trends. Discover how technology and software can improve quality of life and productivity, and at the same time, be fun!

Who's Got Your Back? Understanding POAs and Living Wills

Tom Wendt, Center for Disability and Elder Law/Legal Director

Gain valuable information about the benefits of completing a power of attorney for healthcare and property as well as a living will. Participants of this session also will have an opportunity to complete documents for FREE in a separate workshop with attorneys on May 11 from 1-3 pm at the Levy Center.

Palliative Care and Hospice: Debunking the Myths

Nicholas Parise, MD, Rainbow Hospice and Palliative Care

Palliative care and hospice services have distinct benefits to improve quality of life. This seminar outlines the differences between these related types of care and how each is used to manage pain and other symptoms.

Innovative Care Strategies for LGBTQ+ Elders

Jacqueline Boyd, founder, The Care Plan

LGBTQ+ elders face significant challenges throughout the aging process. Learn more about the perspectives, needs and strategies for aging well within these vibrant communities.

Staying Safe in Your Home Environment

Drina Nikola, interior designer, Dwelling Spaces + Places and Julee Lockard, occupational therapist

As we age, safety, fall prevention and accessibility are critical issues for our living spaces. Explore the advantages of a home assessment to identify potential issues and discover practical solutions for thriving successfully in any environment.

Understanding Medical Cannabis: A Comprehensive Approach to Healthcare

Michael Richards, patient development representative, PharmaCannis

For individuals who are seeking information about the Illinois Medical Cannabis program, this seminar will cover all aspects of cannabis as medicine. Gain an understanding of the science of cannabis and how it works with the body, as well as qualifications for the program and how to apply.

Meditation for all Ages

Sensei Mui, meditation teacher, The Merion

From sharpening the mind to reducing anxiety, the benefits of meditation for all ages are well documented. Explore different meditation techniques that may be modified for any individual needs in this Q&A and practice session.

SESSION 2 WORKSHOPS: 10:45– 11:45 am *Choose one*

Your Financial House Appraisal

Mar Sue Durrbeck, financial coach, Durrbeck Financial Group

Our financial independence takes a lifetime to build, and it may be time to inspect each room of your financial house. Starting with a confidential self-assessment, this session will review step-by-step ways to implement changes and/or improvements so that you feel confident you understand your financial situation and resources.

Making Alzheimer's a Memory

Dr. William Klein, professor, Dept. of Neurobiology, Weinberg College of Arts & Science, Northwestern University

With hope and anticipation, many are looking for groundbreaking treatment and research that will make Alzheimer's and other dementia a distant memory. In this overview of current research and treatments, Dr. Klein will also present future developments for Alzheimer's and related dementia with the latest findings in the field.

Seniors Bullying Seniors: Out of the Playground and into Senior Communities

Amy Nathan, MS, LCPC, NCC, North Shore Senior Center

While the schoolyard bully may be familiar, the adult bully is rarely discussed. Understanding the characteristics of these behaviors among older adults will help to identify successful interventions that may minimize bullying. This session also outlines tactics for older adults to avoid becoming a target for bullies.

Eat Clean– Live Well

Trish Walker, executive director, and Wendi Clayton, executive chef of Magically Made Meals

Refresh your eating habits by eating clean. In this demonstration, explore how to ignite your senses while making healthy food choices. We'll also sample delicious recipes that emphasize fresh and whole foods. *Limited to 25.*

Creating Together: Art and Stories as a Communal Experience

Charlotta Koppanyi, M.Sc., art and ceramic facilitator, The Merion and C.G. Jung Center and Mather Lifeways

This hands-on session explores the process of communal artwork and the benefits of creating and illustrating a story together. By working interchangeably, sharing and illustrating a story, we are building community and social connection.

Seated Tai Chi & Qigong

Mark W. Przybysz, instructor, Universal Healing Tao

Slow, relaxed movements from Tai Chi and Qigong are designed to improve and increase mobility and flexibility and may be performed while seated. Following an explanation and demonstration, participants will practice Tai Chi and Qigong movements.

REGISTRATION

- Free and open to the public. The collaborating organizations and sponsors underwrite all costs.
- Please register by Friday, April 28, to receive confirmation by mail.
- Transportation is available through the City of Evanston's Levy Senior Center.
- If you have a disability or need additional assistance, please call 847-864-7274.

Register online: Choose your workshops at:
www.cityofevanston.org/agingwell

Register by mail: Complete this form and return to:
19th Annual Evanston Aging Well Conference/SASI
1123 Emerson St.
Evanston IL 60201

Name _____

Address _____

Phone _____

E-mail _____

Check here if you need transportation (*within Evanston, based on availability*)

SESSION 1 (Choose one.)

- Technology for Seniors in an Age-Friendly Community*
- Who's Got Your Back? Understanding POAs and Living Wills*
- Palliative Care and Hospice: Debunking the Myths*
- Innovative Care Strategies for LGBTQ+ Elders*
- Staying Safe in Your Home Environment*
- Understanding Medical Cannabis: A Comprehensive Approach to Healthcare*
- Meditation for all Ages*

SESSION 2 (Choose one.)

- Your Financial House Appraisal*
- Making Alzheimer's a Memory*
- Seniors Bullying Seniors: Out of the Playground and into Senior Communities*
- Eat Clean– Live Well*
- Creating Together: Art and Stories as a Communal Experience*
- Seated Tai Chi & Qigong*