

Aging Creatively

C H O I C E S A F T E R F I F T Y

Saturday, April 14, 2007

Smith College Campus Center, Northampton, MA • C.E.U.'s available

Ideas and opportunities for people making age-related choices and for caregivers to the aging

- 8:30 Registration and coffee
- 9:15 Welcome and introduction of keynote speaker
- 9:30–10:30 Ronald Manheimer, Ph.D., North Carolina Center for Creative Retirement
"My Talking Frog: Wisdom through Humor"
- 10:45–12:15 Morning workshops
- 12:15–1:30 Lunch and networking, including special interest luncheon groups
- 1:45–3:15 Afternoon workshops
- 3:15–3:45 Afternoon break
- 3:45–4:45 Barbara Reinhold, Ed.D.,
"Free to Succeed in the Important Years"
- 5:00–6:00 Reception—refreshments and cash bar.

A regional conference sponsored by Five College Learning in Retirement (5CLIR), in conjunction with Smith College School for Social Work (SmithSSW) and Highland Valley Elder Services (HVES).

Five College Learning in Retirement, a program of Five Colleges, Incorporated, is a volunteer, peer-led, nonprofit organization whose mission is to create opportunities for shared and active life-long learning.

Smith College School for Social Work's mission is to advance the aims of the profession through education for excellence in clinical social work practice and through the development of knowledge.

Highland Valley Elder Services is a private tax-exempt elder-controlled organization serving 24 Pioneer Valley cities and towns, linking people and communities to resources and services for "Quality Long Living." A grant from Highland Valley Elder Services is helping support this Conference.

Morning Workshops

- M1 Later-Life Living Arrangements
Sara Wolff, psychologist
- M2 Financial Challenges & Opportunities
Virginia Bauer, financial consultant
- M3 Spontaneity & Creative Play
Priscilla Kane Hellweg, playwright, theatre director
- M4 Shifting Gears: Volunteerism & Philanthropy
Kent Faerber, W. Mass. Community Foundation
- M5 Community Activism & the Local Planet
Judith Eiseman, Chair, The Kestrel Trust
- M6 Spirituality and Aging Creatively
Carolyn Jacobs, Dean, SmithSSW
- M7 Timely Discussions: Living Wills, Health Care Proxies, etc.
Tracy Carroll, Partnership For End of Life Care
- M8 Staying Alert: Optimal Cognitive Aging
Douglas Powell, Harvard Medical School
- M9 Challenges & Support for Caregivers
J.M. Sorrell, Ombudsman Director, HVES
- M10 Defining "Quality Long Living"—Luck or Investment?
Robert Gallant, Executive Director, HVES
- M11 Life-Long Learning Options
James Harvey, life-long teacher, 5CLIR
- M12 Your Body, Your Life
Bill Arcand, personal trainer, exercise counselor

Afternoon Workshops

- A13 Subsidized Housing Options
Jan Stiefel, attorney, Western Mass. Legal Services
- A14 Retirement: How Much Money is Enough?
Andrea Lynes, financial consultant
- A15 Taking Time for Creativity
Lucy Mueller Young, art therapist
- A16 Enhancing Family Relationships
Marianne Preger-Simon, therapist, author
- A17 Community Engagement for You
Megan Barber, Director of RSVP, United Way
- A18 Loss, Grief & Transformation
Joan Berzoff, clinical social worker, educator, author
- A19 Aging Issues for LGBT People
J.M. Sorrell, Justice of the Peace
- A20 Discovering What Matters Before It's Too Late
Peter Ives, pastor, Northampton First Churches
- A21 Writing the Letter of Your Life: Your Legacy
Becky Jones, hospital chaplain
- A22 Life-Long Learning Options
James Harvey, life-long teacher, 5CLIR
- A23 Your Body, Your Life
Jim Johnson, Prof. Exercise Studies, Smith College

**For Workshop Descriptions & Conference Details,
go to www.5clir.org and click on "Aging Creatively Conference"
or call (413) 387-8429 or email pinkertontatro@aol.com**

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C H O I C E S A F T E R F I F T Y

\$75 Regular Registration

\$60 Early Registration—Must Be Postmarked by March 1, 2007

Registrations must be received by 5 p.m., Monday, April 9, 2007

All participants must be pre-registered. No walk-in registrations.

Name _____

Street/P.O. Address _____

City/Town _____

State _____

Zip Code _____

Telephone(s) to Reach You _____

Email Address _____

Morning Seminar Choice [Name & Number]

1st choice: _____

2nd choice: _____

Afternoon Seminar Choice [Name & Number]

1st choice: _____

2nd choice: _____

Check the following, where appropriate:

I would like a vegetarian lunch

I need the following handicapped assistance: _____

Do not include my name and address in any program listing.

I would like to receive Continuing Education Units.

I plan to attend the closing reception.

Fees

Registration: \$60 if Early (by March 1, 2007), or \$75 if Regular: \$ _____

Or Previously Approved* for reduced registration fee of: \$ _____

Donation to support the work of Highland Valley Elder Services**: \$ _____

Total enclosed by check payable to Five Colleges, Incorporated: \$ _____

(Sorry, no credit or debit cards and please do not send cash. See Conference Policies for more information.)

*By the Conference Registrar. See item 6 under Conference Policies below.

** The HVES grant to support this Conference is funded by public dollars under Title III of the Federal Older Americans Act. Your donation will be paid to HVES to support the continuation of needed services to elders.

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C H O I C E S A F T E R F I F T Y

Conference Policies

- 1. Refund Policy:** a full refund of amounts paid will be made if the request is received by March 15; thereafter, until April 7, the refund will be of the amount paid less \$30. No refund will be made for requests received after April 7, 2007.
- 2. Conference and Workshop Size:** Conference registrations will be limited to 200. No workshop may have more than 25 participants (excluding the leader).
- 3. Workshop Choices:** First-choice sign-ups for workshops will be honored in the order of postmarks of fully paid registrations, both during and after Early Registration. We will maintain a waiting list for workshop participation. Workshop choice changes should be sent by email to the Conference Registrar, at pinkertontatro@aol.com.
- 4. What's Included:** All registrants will receive a packet of conference materials, light breakfast food before the Conference opening session and during the Conference, lunch, and an invitation to the reception at the end of the Conference to meet the keynote speaker, afternoon speaker and workshop leaders who choose to remain. Refreshments and a cash bar will be available.
- 5. Under-subscribed Workshops:** Any workshop with fewer than 10 sign-ups by April 1, 2007, may be cancelled.
- 6. Reduced Registration Fee:** A limited number of places will be available at a reduced registration fee by reason of financial hardship. Application should be made in advance to Conference Registrar at (413) 387-8429 or by email to pinkertontatro@aol.com.
- 7. Continuing Education Units:** Five CEU units are available for social workers for participation in the full conference.
- 8. Directions and Parking.** Free parking on the Smith College campus will be available. Directions to the Conference site and parking locations will be provided to registrants.

Please make your check payable to:

Five Colleges, Incorporated

Mail registration and payment to:

Conference Registrar, 5CLIR
Mason Hall, Smith College
Northampton, MA 01063

All other communications should be made to this same mail address, telephone number, and email address:

5CLIR • Mason Hall, Smith College
Northampton, MA 01063
(413) 387-8429
pinkertontatro@aol.com