

REGISTRATION FORM

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TENTH ANNUAL SENIOR AGENDA CONFERENCE & EXPO

Presenting Sponsor



Friday, October 20, 2017 at the Crowne Plaza, Warwick RI

(Registration/Check-In/Continental Breakfast 8 AM-9 AM. Conference 9 AM-3 PM.)

9:00 – 10:30 **Keynote Address:** “Building Senior Power” -*Jaime Estades*
10:30 – 12:00 **Panel Discussion:** “Influencing Legislation” –*Sen. Harold Metts,*
Rep. Deborah Ruggiero, Lee Ann Byrne, Maureen Maigret, Bill Flynn
12:00 – 1:30 **Lunch & Awards Presentations**
1:30 – 3:00 **6 Afternoon Workshops**

① Your Information:

Name: _____

Mailing Address: _____

E-mail Address: _____

Home Phone: _____ Work Phone: _____

② Choose Your Afternoon Workshop: (Please select only one).

(Workshops run *concurrently* 1:30 to 3:00 PM)

#1—**Setting our 2018 Agenda: An Interactive Session.** Senior Agenda Coalition Executive Director Bill Flynn will lead a “town meeting” discussion about what items should be on our legislative agenda for the 2018 RI General Assembly session, and how they should be prioritized. We will also discuss priority questions for the Senior Agenda’s Gubernatorial Candidates Forum. Activists and concerned groups will share their ideas and discuss them.

#2—**Introduction to Tai Chi:** Learn more about this ancient Chinese tradition that is said to relieve stress, improve overall strength and balance, and prevent fractures. Instructor **Phil Goldman** will lead an easy exploration of the classical Yang style of Tai Chi to bring balance, harmony and alignment to the mind, body and spirit. Beautiful to perform and fun to learn! Phil has over 20 years of experience in leading groups in Tai Chi Chuan and Qi Gong for whole body health.

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3—**The RI AARP Driver Training Program:** This overview will cover many important tools for older drivers including how to reduce driver distractions and deal with aggressive drivers, provide proper understanding and use of new technology, and supply techniques for handling left turns, rights-of-way and roundabouts. He will also discuss how best to help families make the decision to give up driving. Instructor **Gerry Levesque** is the RI State Coordinator for the AARP/Driver Training Program.

4 –**You Can Do This! Harnessing the Power of the Internet:** For anyone who would like to use technology to e-mail friends and family, borrow library books, look for home services or vacation possibilities, this workshop is for you! See demonstrations of Internet basics as well as easy techniques and shortcuts for “surfing the Web.” Presenter **Craig Baker** is Executive Director of SER-Jobs for Progress and a Senior Agenda Coalition board member.

5 –**Supporting Caregivers for Persons with Dementia:** **Doreen C. Putnam**, an educator, consultant and support group moderator will present and discuss topics such as *Coping with Caregiver ‘Brain Fog,’ 10 Positive Steps for Communicating with Someone with Dementia*, and *The 5 Stages of Parkinson’s Disease*. This workshop is a must for current and future caregivers.

6—**The Spiritual Gifts of Aging:** During this interactive workshop, we will explore the spiritual gifts of aging that can open the way to deeper meaning, joy, fulfillment, self-understanding, and freedom. We also will consider questions and practices that can help lead to greater passion and gratitude for the entire journey of life. **Reverend Kathryn Palen**, Associate Executive Minister for Eldercare Ministries at American Baptist Churches of Rhode Island, will present and lead the discussion.

③ Make Your Payment (Registration fee includes continental breakfast and lunch)

<p><input type="checkbox"/> \$25--Senior (on fixed income)</p> <p><input type="checkbox"/> \$35--Senior (age 60 and older)</p> <p><input type="checkbox"/> \$35--Student</p> <p><input type="checkbox"/> \$50-- All Others</p>	<p>Make check payable to Senior Agenda Coalition and <u>mail check</u> to: Senior Agenda Coalition, 70 Bath St. Providence, RI 02908.</p> <p><input type="checkbox"/> I cannot attend. Enclosed is my tax-deductible contribution of \$ _____ to help make this conference affordable for others.</p> <p style="text-align: center;">YOU MAY ALSO REGISTER, SELECT WORKSHOPS AND PAY BY CREDIT CARD ON OUR WEBSITE: www.senioragendari.org (Questions? Call Bill Flynn at 351-6710)</p>
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IMPORTANT NOTICE for Deaf and Hard-of-Hearing individuals: We are happy to announce that CART services will be provided for the entire morning session.