

## REGISTER TODAY!

### WORKSHOP REGISTRATION FEES

Current Member	\$50	Includes annual membership fee (thru 7/30/19)
Non/New Member	\$60	Includes annual membership fee (thru 7/30/19)
Exhibitor	\$75	Lunchtime Meet and Greet (includes one lunch and workshop registration)
Additional lunch	\$12	# _____ Name(s) _____

### Organization

Contact Name & Title

Mailing Address

City State Zip Code

Phone Number ( ) Fax Number ( )

Website

Additional Workshop Attendees

Name & Title Email Address

Name & Title Email Address

Name & Title Email Address

Complete credit card information **Arizona Senior Center Association**

Or make check payable to ASCA and mail to: P.O. Box 23894 Phoenix, AZ 85063

Amount Due Check # Purchase Order # Credit Card (circle) Visa MasterCard

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# AGING: The Changing Landscape

Workshop for Senior Center Staff and Volunteers



**Friday, July 13, 2018**

**Beatitudes Campus**

1610 West Glendale Avenue

Phoenix, AZ 85021



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## WORKSHOP WELCOME

ADRIANA MORADO

ASCA PRESIDENT

Welcome Colleagues:

Welcome to the Arizona Senior Center Association Workshop for all who serve, directly or indirectly, the aging population. This year we will be hosting a one-day workshop to stretch your training dollars and staff time. Our theme this year is ***Aging: The Changing Landscape***. We will present educational sessions to keep you abreast of what is happening in the field of aging.

I want to especially thank and recognize our generous sponsors who help us bring this workshop together: **Gold Sponsors** - Area Agency on Aging, Region One, AARP Arizona, Insurus, Optum, and LPI; and **Silver Sponsors** - Blue Cross Blue Shield of AZ, Geri-Fit and One Care by Care 1st. We would be unable to put this workshop together if it were not for our sponsors' financial assistance and the credibility they add to ASCA.

Thanks also to the workshop committee for their efforts coordinating our program: Patty Contreras, Lilian de la Cruz and Iliana Hernandez (City of Phoenix) and Santiago Cornejo (City of Tolleson).

I also encourage you to join us for Social Hour after the workshop and reacquaint yourself with old friends and make new ones.

Thank you again for choosing to spend time with ASCA.

### ASCA MISSION:

*To promote the well-being of seniors and the quality of senior centers through advocacy, education, networking opportunities, resource development, and technical assistance.*

### DEADLINE TO REGISTER:

*July 6, 2018*

### GOLD SPONSORS

**Area Agency on Aging,  
Region One, Incorporated  
Optum  
AARP Arizona  
LPI  
Insurus  
ONECare by Care1st Health  
Plan Arizona, Inc.**

### SILVER SPONSORS

**Geri-Fit  
Blue Cross/Blue Shield of  
Arizona**

The Arizona Senior Center Association, Inc. is a nonprofit 501 c-3 organization  
Federal Tax Identification Number: 86-0903260

## Aging: The Changing Landscape Workshop Schedule

Time	Class	Description
8:30 to 9 a.m.	<b>Registration and Continental Breakfast</b>	Danish, fresh fruit, yogurt with granola, coffee and juice.
9 to 10:10 a.m.	Room A <b>Boundary Busters</b>	Learn how to set emotional, physical and environmental boundaries that will assist in creating a healthy environment for both staff and senior members. <b>Jennifer Turk, Program Coordinator, Phoenix Human Services</b>
	Room B <b>Because Everybody Dies...True or False?</b>	Informative and entertaining presentation where you will learn what things to do to make it a bit easier for those you leave behind. <b>Ruth Bennett, Executive Director, Funeral Consumers Alliance of Arizona</b>
10:15 to 11:25 a.m.	Room A <b>A-B-C's of Program Planning</b>	Learn the basic of program planning from idea conception to evaluation. <b>Patty Contreras, Program Coordinator, Phoenix Human Services</b>
	Room B <b>Essential Resources for Caregivers</b>	Dr. Superson, a caregiver advocate and author, will share her experiences navigating the world of caregiving and provide resources for caregivers. <b>Dr. Camille Superson</b>
11:30 a.m. to 1:15 p.m.	<b>Sponsor &amp; Exhibitor Meet and Greet</b>	Opportunity for ASCA members and exhibitors to network and share programs and services!
1:15 to 2:25 p.m.	Room A <b>Creative Aging Using Music &amp; Movement</b>	Learn the benefits of creative arts with seniors and share hints for starting a creative arts program in your senior center. Learn three ways to introduce musical programs--no musical experience required! <b>Kristin Fray, C.M.T., Senior Programs Supervisor, Phoenix Human Services Department</b>
	Room B <b>Financial Exploitation</b>	Elder financial abuse can take many forms. Guard yourself and loved ones. <b>Cyndi Patterson, MEAPA/AAA, Terri Alexon, AZ Corp Commission, Richard Oxford, Lee Alton</b>
2:30 to 3:40 p.m.	Room A <b>The Power of Happiness</b>	Do you know what makes you happy and how to get more of it? Learn that happiness is concrete and achievable and see how happiness has benefits for every area of our life. <b>Jennifer Turk, Program Coordinator, Phoenix Human Services</b>
	Room B <b>Cultural Competency for the Senior Health Industry</b>	Learn how cultural competency is essential in removing barriers, improving quality of life and providing access to care for minority Americans who have a disproportionate risk of developing diseases of aging. <b>Brian Browne, MS CSA, President Dementia Care Education</b>
3:45 to 5 p.m.	Room A <b>Annual Meeting</b>	Annual Meeting and Door Prize Drawing
5 to ?? p.m.	<b>SOCIAL HOUR!</b>	<i>Place TBA</i> First round of refreshments and munchies provided by ASCA!