

POETICS OF AGING CONFERENCE SCHEDULE - THURSDAY, NOVEMBER 17, 2011

| DATE | ROOM | CEU-ELIGIBLE | START TIME | END TIME | EVENT TYPE | TITLE | SUMMARY | PRESENTER/S |
|-------------------|---------------------|-------------------------------|--------------------------|----------|----------------------------------|--|---|------------------------------------|
| | | | Thu, Nov 17, 2011 | | | | | |
| Thu, Nov 17, 2011 | Fireside | | 8:00 AM | 9:00 AM | Gentle Exercise | Baptiste Yoga | Baptiste Yoga is especially important as we age and to keep our body and mind fit. Learn a gentle, breath-based yoga technique. | Sherri Baptiste |
| | Front Lobby/Hallway | | 8:00 AM | 5:00 PM | Registration, Coffee, & Exhibits | Registration | Check out the Poetics of Design Exhibit while you register. | |
| | MLK | | 8:00 AM | 9:00 AM | Creativity Lab | The Hero's Journey: A Visual Memoir | Every life has a story and every story has a hero. In your life, the hero is you. In this session, the speaker invites you to meet your heroic self, face-to-face. | Oralee Wachter |
| | MLK | | 8:00 AM | 9:00 AM | Poster Sessions | Poster Session | Presentation of research, art, and other information by educators, artists, and healthcare professional. Easy, walk-through format that allows for one-to-one or small group presentation and discussion. Poster will be available for viewing through the conference throughout the day during breaks and lunch. | Ann Marie Davis Nancy Thompson |
| | Sanctuary | | 9:00 AM | 9:15 AM | Arts Performance | Jazz Singing | From looking within as well as without, both wisdom and grace can accompany us through these potentially inspiring transitions. Gordon Jenkins "This is All I Ask" and Kurt Weill's "September Song" address the art of caring. | Faith Winthrop |
| | Sanctuary | | 9:15 AM | 9:25 AM | Opening | Dedication & Appreciation | We stand on the shoulders of those who have gone before us. We appreciate, as well, those, who stand before us. | Nader Shabahangi Sally Gelardin |
| | Sanctuary | RN, LCSW, MFT, NCC, GCDF | 9:25 AM | 9:45 AM | Arts Performance | Classic Theater: A Selection from Beckett's *Happy Days* | "The Sands of Time"-- what are we to make of the wear and tear of time? Included will be quotations from Samuel Beckett's "Waiting for Godot" and a performance of a selection from Beckett's *Happy Days.* Classic theater followed by reflections. | Courtney Walsh Rush Rehm |
| | Sanctuary | RN, LCSW, MFT, NCC, GCDF | 10:00 AM | 11:00 AM | Keynote | Evolving Abilities | The traditional view of aging thinks of it in terms of work: measured by whether work is present or absent. Dick Bolles says, "I prefer instead to think of Aging in terms of music: life has four Ages, Stages, or movements, just as a symphony does. So, of course, Aging as music, Aging as poetics, is long overdue for discussion." Followed by a book signing. | Dick Bolles |
| | Front Lobby/Halls | | 11:00 AM | 11:15 AM | BREAK | Book Signing | Authors/Artists/Poets of the Day | |
| | Sanctuary | RN, LCSW, MFT, NHA, NCC, GCDF | 11:15 AM | 12:30 PM | Keynote | Poetic Movement | The decline of the body in aging often brings depression and grief over loss of function, expression, and sense of self. Learn basic principles of leading a structured movement group for the elderly that uses rhythm, imagination, simple movements and props to aid dialogue, interaction, support, expression of feelings, and dealing with existential issues of mortality, control, aloneness and meaning. Followed by a Book Signing. | Ilene Serlin |
| | Star King | | 12:30 PM | 1:30 PM | LUNCH | | Authors/Artists/Poets of the Day | |
| | MLK | | 12:30 PM | 1:30 PM | Creativity Lab | The Hero's Journey: A Visual Memoir | Every life has a story and every story has a hero. In your life, the hero is you. In this session, the speaker invites you to meet your heroic self, face-to-face. | Oralee Wachter |
| | Star King | | | | | Song of the Magpie | A 69-year-old woman who goes out to experience the world as a homeless person. Growing out of the work of the Faithful Fools, a San Francisco-based organization that enables non-homeless people to go out into the streets of the Tenderloin and live there for a day, or in this case a week, the play portrays the dangers, hardships and unexpected humanity that is found there. | Martha Boesing |
| | Star King | | | | | Fifty-Plus, Minus Kids: The Unique Challenges of "Solo Agers" | "Fifty-Plus, Minus Kids" will present the special challenges and considerations for solo agers who need to prepare for their later-life years without the assistance of adult children. A longer life can mean more end-of-life care, so what happens when there are no adult children to manage that care and provide the physical and emotional support so necessary during that time period? | Sara Zeff Geber |
| | Star King | | | | | Sensing the Sacred: Caring for the Soul and Spirit of those with Alzheimer's Disease | "Sensing the Sacred" introduces a small-group worship experience for those with Alzheimer's disease and other dementias. It uses three dimensional figures to tell Biblical stories and creates a sacred time and space for participants to have an experience of encountering the divine, rather than being told about the divine. Participants in the workshop will experience two stories, learn the whys and hows of this program and be given resources to develop such a program in their settings. | Nancy Gordon |
| | Star King | | | | | Keeping the Laughter Alive: Journey from Wife to Caregiver to Widow and the Stops Along the Way. | Caregiving is a 24/7 challenge. Hear the presenter describe how her life changed as she moved from wife to care giver for her husband of 50 years when he was diagnosed with dementia and how she adapted to provide the best quality of life for him and for herself. The attendees will have opportunities for asking questions and sharing experiences. | Joanne Grimm |

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| | Star King | | | | | When the Professional and Personal Cross: Being a Geriatric Care Professional and Caring for Aging Parents. | Geriatric Care Professionals (social workers, public health workers, care managers, psychologists, agency directors etc) face many stresses in working with an aging population including limited resources, increases in the number of clients needing support and complex psychosocial and medical issues. What happens when Geriatric Care Professionals also find themselves as the primary caregivers for their own aging parents? How do they balance caring for other people's parents while also caring for their own parents? How do agencies support both their clients and staff regarding aging issues? | Rob Tufel |
| | Star King | | | | | Fighting Dementia with Active Imagination: From Powerlessness to the Midwifery of an Empowered Death. | Caring for an unresponsive loved one often leaves both the person suffering from dementia and her caregiver feel very isolated and powerless. Through Jule's story, role play, and active imagination anchored in the "here and now", participants will be presented an existential approach and will put together simple ways of connecting with the wholeness of the individual suffering from dementia, and allow for a peaceful and empowered end of life. | Dominique Lambert |
| | Fireside | RN, LCSW, MFT, NHA, NCC, GCDF | | | | (EHI) Inner Elder Training Introduction | All of us can make contact with our own inner elder and thus stay closer to the person we would like to become. Especially in today's world which so easily can get us distracted from our own inner sense of being, this skill of staying close to our own inner elder becomes more and more important for the individual self as well as for the larger planetary community. | Nader Shabahangi EHI Board |
| | Murdock | RN, LCSW, MFT, NHA, NCC, GCDF, RCFE | | | | Mining Your Life Experience: How to Discover, Refine, and Share the Treasure of Your Life Experience Through Personal Stories | "What have you done with your life?" It's a universal question, but most of us would come up with a fairly short list. But even the most "ordinary" life is actually filled with extraordinary, meaningful experiences that deserve to be recalled, savored, and shared, whether it's around the dinner table, at a reunion, or in a public performance or written memoir. Participants will practice three approaches to finding stories in their own life experience, and will take away a kit of tools to make those stories worth sharing with family, friends, and the world. | Jeff Byers |
| | Kincaid | RN, LCSW, MFT, NHA, NCC, GCDF, RCFE | | | | Clarity Through Simple Haiku | This Haiku poetry section is a way to level the playing field of communication and to achieve sweet camaraderie between the elder and the person closest at hand – caregiver, family member, health and activities practitioner. The haiku exercise can be an excellent tool for discharging bad ideas (frustrations, loss of function, fear) and events so that the actual business of life can continue unobstructed, with contentment and maybe even happiness all around! | Regina Brown |
| | Chapel | RN, LCSW, MFT, NHA, NCC, GCDF | 2:30 PM | 3:45 PM | Featured Speaker | The Fatigue Prescription: Four Steps to Renewing Your Energy, Health, and Life | Do you want to regain your purpose and joy... and also keep your energy bucket full, be excellent, enthusiastic and effective...and have guilt-free time for family, friends and yourself,? If so, listen to Dr. Clever share tips from her new book, The Fatigue Prescription, on ways to integrate intellect, soul, body, and relationships into a whole, healthy life. The book discusses health tips ranging from immunizations and herbs to getting a good night's sleep. It addresses values, meaning, and your need for personal peace. | Linda Hawes-Clever |
| | MLK | | | | | 2:30-3:00 PM: Alternatives for Varying Abilities | | Denise Bondy |
| | MLK | | | | | 3:00-3:30 PM: "Old People Driving Documentary" | Old People Driving chronicles the adventures of 96-year-old Milton and 99-year-old Herbert as they confront the end of their driving years. The film follows Herbert as he takes his last drive, hands over his keys and comes to terms with the reality of life without a car. Milton, meanwhile, continues to drive every day and vows to do so until he feels he's no longer safe on the road. Through their stories, and a review of the latest traffic safety research, the film dispels some of the myths about elderly drivers without shying away from the fact that many will outlive their ability to drive safely. | Shaleece Haas |
| | MLK | | | | | 3:30-4:00 PM: "Colors of Aging: Cultural Context and Diversity Issues in Aging" | Films and discussion of a creative approach to working with diverse elders. As our country gets more diverse, it is increasingly important that as providers we strive to be culturally competent. Attitudes and views towards the aging process, as well as social norms related to care for elders vary greatly across cultural and ethnic groups. Current recommendations in the mental health field for evidence-based practices with ethnically diverse elders will be addressed. | My Linh Vo Arielle Shugoll Matthew R. Mock |
| | Sanctuary | | | | | Listen, Speak, Tell | Each weekday, the SpeakEasy features scheduled poets and storytellers followed by an open mike format, where conference participants have an opportunity to share their voices. Come listen, come speak, come tell. | David Meltzer Julie Rogers |
| | Sanctuary | | | | | 2:30-2:55 PM Poems | | |
| | Sanctuary | | | | | 3:00-3:25 PM: Poems from poetess's forthcoming book, Ardor. | Naomi Ruth Lowinsky will read poems about the body and soul of aging: poems about "old love," aches and pains, being a grandmother, having a grandmother, watching a mother lose her orientation, tasting the fruits of a long life's harvest. | Naomi Ruth Lowinsky |

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| | Sanctuary | | | | | 3:30-3:55 PM | Poetry, Storytelling | Impromptu |
| | Front Lobby/Halls | | 3:45 PM | 4:00 PM | BREAK | Book Signing | | |
| | Star King | | 4:00 PM | 5:00 PM | Arts Performance | Harold & Maude | Portrayal of a scene from the play and famous movie about an unconventional intergenerational love story. Discussion will follow on breaking the stereotypes of desire and love. | Joy Carlin |
| | Sanctuary | | 5:00 PM | 6:00 PM | Speakeasy | Listen, Speak, Tell | Each weekday, the SpeakEasy features scheduled poets and storytellers followed by an open mike format, where conference participants have an opportunity to share their voices. Come listen, come speak, come tell. | |
| | | | | | | 5:00-5:30 PM | The poetess will read poems from "Sugar Zone" that deal with aging from many perspectives. She is also planning to read a short prose piece from her novel "The Horses At The Gate" in which a 90-year-old priestess from Africa initiates a young priestess into the mysteries of the Dark Goddess. | Mary Mackey |
| | | | | | | 5:30-6:00 PM | | Judy Grahn |
| | Murdock | RN, LCSW, MFT, NHA, NCC, GCDF | 5:00 PM | 6:00 PM | Workshop | (EHI) Availability and Quality of End-of-Life Care for Persons with Complex Mental Health Conditions | The speaker will share the human experience of one person's poetic journey through a 40-year history of schizophrenia and a terminal illness. She will dispel the misperceptions that people with schizophrenia cannot form meaningful relationship and that they have an inability to interact with other. | Mary Madrigal |
| | Fireside | | 6:00 PM | 7:00 PM | Social Gathering | EHI Reception | Existential Humanistic Institute (EHI) social gathering with cocktails and appetizers open to all conference attendees | Sonja Saltman Orah Krug |