

23rd ANNUAL ENRICHMENT DAY CONFERENCE

Tuesday, June 4, 2019

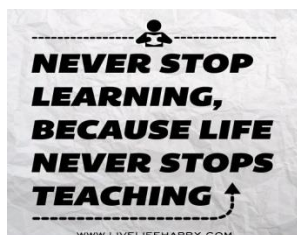
8:00am-3:00pm

at

Corey Union Building

SUNY Cortland

Cortland, NY



Let's all cheer; we are back for our 23rd year! We're excited to present yet another enjoyable day with a wide variety of workshops and interesting topics.

The day will begin with keynote speaker, Greg Olsen, Acting Director of New York State's Office for Aging. His topic will be *Making Your Community Age-Friendly*.

ENRICHMENT DAY WORKSHOPS

Workshop Session I

1. **e-Content: Availability, Accessibility & Introduction to the Mail-It Program.** Discover materials available on the internet with your library card, devices used to access them; and learn about the library's Mail-It and Adult Outreach Programs. *Theresa Mekeel, Assistant Director; Lois Meyer, Circulation Assistant; Cortland Free Library*
2. **Successful Aging in Place.** SSSF has launched Full Circle America, a project designed to transform eldercare utilizing a program developed and tested in Maine by Dr. Allan Teel. *Linda M. Tetor, Executive Director, Steuben County Senior Services Fund, Inc. (SSSF)*
3. **What's In Your Pantry? Natural Remedies Using Food & Spices.** Did you know lemons and beets cleanse the liver? Cinnamon and garlic are natural antibiotics, while turmeric reduces inflammation. Come learn about the natural first aid kit right in your kitchen. *Renee Lobdell, Polarity Therapist & Owner of Elemental Energy Within.*
4. **Shifting From Worry to Joy.** This workshop will focus on transforming your fear and worry to joy. Using awareness techniques, Meditation Mama will increase your awareness of worry and show you specific ways to decrease your fears. *Kimberly Friedman, owner of Meditation Mama.*
5. **Creating the Days of Your Life. What You Do Is What You Get.** Our culture and how we live is robbing us of happiness. Tips on how to reverse the effects with certain patterns of living. *Bill Hopkins, psychologist.*
6. **Innovation Lives Here: Exploring Cortland History at the 1890 House.** Discover the exciting programs at the 1890 House Museum, and learn how you can be a part of Cortland's newest community center. *Jarret Zeman, Assistant Director & Curator.*

Workshop Session II

7. **Fraud Prevention & Detection.** Learn what basic steps may well keep you from becoming a victim of crime and fraud-and save you a great deal of time and trouble. *Mary A. Coye-Robillard, Asst. Vice President/Branch Manager, Tompkins County Trust Company.*
8. **Agriculture Today.** Paul, Adrienne and Amanda will talk about agriculture in Cortland County, with updates on dairy, hemp and conservation. There will be time for a Q&A session. *Paul*

Enrichment Day Schedule:

8:00-8:45am - Registration

Community Resource Fair

8:45-9:45am - Welcome and Introductions

Keynote Presentation: Greg Olsen

9:45-10:00am - BREAK

10:00-10:45 - Workshop Session I

10:45-11:00am - BREAK

11:00-11:45 - Workshop Session II

11:45-1:00 - Lunch

1:00-1:45 - Workshop Session III

1:45-2:00 - BREAK

2:00-2:45 - Workshop Session IV

Fouts, dairy farmer; Adrienne Traub, farmer; Amanda Barber, District Manager, Cortland County Soil & Water.

9. **Chronic Disease Prevention & Management.** Participants will learn about tools and programs to help prevent or manage chronic conditions. *Samantha Metz-Project Coordinator, Seven Valleys Health.*
10. **Community Opportunity.** NY Connects invites Joyce Allen of Cortland County's Community Action Program (CAPCO) to share the County's plan to address poverty using Dr. Donna Beegle's planning model. *Cyndy Van Patten Young-Aging Services Coordinator; Joyce Allen, CAPCO.*

Workshop Session III

11. **Functional Movement Patterns.** Functional training should be thought of in terms of a movement continuum. Such training directly enhances performance of movements for individuals' daily activity. *Christian Berenguer, Graduate Assistant, Personal Training.*
12. **Stability & Fall Prevention.** Stability and fall prevention are crucial to keep on top of. Simple exercises practiced daily can help you feel more confident moving around both at home and out in public. Learn a few of these exercises and methods to help with this. *Valerie Terry, Senior Fitness Specialist, Fitness Nutrition Specialist, Personal Trainer.*
13. **Music & Eldercare: Possibilities for Memory, Joy & Relationship.** This workshop explores the use of music to enhance life for our elders. Music can tap into memory and spark joy. Special attention will be given to the effectiveness of music for those with Alzheimer's and other dementias. *Jayne Demakos, CTHP; Certified Therapeutic Harp Practitioner*
14. **A Retiree and His 'Bucket List'.** Discussion of one man's satisfying career and experience of contentment with checking off his modest "bucket list" during retirement. *Martin A. Sweeney, Historian for the Town & Village of Homer*
15. **Medicare-Wheel of FUN.** Learn more about Medicare while having fun! During my game you will learn about Medicare benefits, costs, eligibility and more. *Sara Hazard, Aging Services Specialist.*

Workshop Session IV

16. **Aphasia Diagnosis Following Brain Injury.** Aphasia is the loss of language after a brain injury. Learn how to identify and best communicate with individuals with aphasia. Common misconceptions and community awareness will be discussed. *Dana Hogan, MS, CCC-SLP; Michele Chisholm, MS, CCC-SLP.*
17. **One Food Five Ways.** Explore ways to make your food last! Meet nutrition expert Carolyn Allen, as she discusses how to use simple ingredients to make multiple meals. *Carolyn Allen, MS, RD, CDN, CLC; Registered Dietitian.*
18. **Crystal'ates- Yoga & Pilates Blend.** Enjoy a relaxing Yoga and Pilates blended routine with the YWCA's Crystal Betters. Be amazed how you can relax and workout at the same time. *Crystal Betters, Fitness Instructor.*
19. **Safety While at Home & Away.** Chief Pitman will discuss personal protection and safety and how not to become a victim. *Robert Pitman, Chief of Police, Homer Village.*

Please contact the Area Agency on Aging at 753-5060 for an Enrichment Day Conference brochure. (Previous participants will be mailed a brochure.)
The registration deadline is May 17, 2019.