

2-day conference planned

Moving toward the art of successful aging

By LORRAINE McCLISH

A two-day conference that will zero in on the art of successful aging is set to run Oct. 19-20 in Mercy Center.

"Aging, The Art Of Living," has been the goal of the Farmington Area Commission on Aging since its inception, "because aging truly is the art of living," said Anita Herman, vice-chairman of the commission and a teacher of gerontology at Madonna College.

There is no charge for guests to sit in on any or all of the events listed on the agenda. The program promises to mix some fun and games with the business at hand.

Freida Gorrecht, executive director of Walter P. Reuther Retiree Centers, sets the tone for the conference with

her keynote talk entitled "Positive Aging." She has been instrumental in establishing senior adult centers throughout the nation.

Another dozen speakers and peer counselors talk and lead discussion groups on senior power, consumer guidance, senior housing, social security and emergency medical techniques.

"It will all be done in Mercy's lounge to make it as comfortable as we can for our participants to consult the experts and those who have achieved comfortable aging," said Lorretta Conway, advisor to the commission.

"We will have updated resources on anything you want to know," Ms. Conway said.

THE TEN MEMBER commission

which worked to put the conference together is operating on the premise that whenever a person enters into a dialogue with someone else, something will be learned on both sides.

"We are putting out information," Mrs. Herman said, "and we will get back information, and this will work for everyone who attends the conference."

She gave as an example the adult child of an aging person who sits in on one of the informal discussions. "They can get the facts about health insurance and the 'med-i-gap' from the experts. But they can also get a real insight into the people who are living with these factors from day to day."

Information on resources and support services available to the older person in maintaining independence and well-being will be given for the asking, "but the insight comes best with the informal exchange of ideas, just talking about it with one who's been there," Mrs. Herman said.

CONFERENCE participants will be invited to a demonstration of the many achievements of older adults in the Farmington area.

They will get an opportunity to learn about new roles through education, employment and volunteer work.

They will learn of a wide variety of alternatives for leisure activities.

"Families who live with an older person can get everything they could use," Ms. Conway said.

"Students in the field of gerontology can use a lot of what we'll offer. We're contacting agencies who deal with older people and asking them to join us



ANITA HERMAN



LORRETTA CONWAY

FARMINGTON AREA COMMISSION ON AGING
31555 Eleven Mile Road
Farmington Hills, Michigan 48018

Name _____	Phone # _____
Address _____	City _____ Zip _____
I plan to attend the conference October 19 _____ October 20 _____	
Plan on me for lunch in nutrition program _____ Saturday brunch _____	
Lunch in the main dining room _____ Dinner dance (\$6.00) _____	



Making the badges for hosts and hostesses who will serve during "Aging, the Art of Living" conference is the job at hand for Rachael Wertz (at left) and Joan LeMieux. Seniors who frequent The Gathering Place have volunteered to take on a dozen such chores to make the conference a success.



A sampling of crafts created in regularly scheduled sessions at The Gathering Place is compiled by Bea Honslain. In addition to the display of crafts, artists are putting the finishing touches on their can-

vases for a display of oil paintings created by Farmington area seniors.



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because their staffs can learn a few things here."

While the conference is in-session, the routine activities at The Gathering Place will continue uninterrupted on Friday. Visitors will be free to shuffle back and forth to view or take part in yoga classes, exercise classes, open swim, dance to a live band or have a private conference with a social worker.

THE CONFERENCE is supported in part by a grant from Michigan Council for the Arts, and in part by the cities of Farmington and Farmington Hills.

All of the activities at The Gathering Place are supported by the Farmington Hills Parks and Recreation Department and its adult education program.

The fire and police departments of Farmington Hills support the conference with sessions on crime prevention and emergency medical techniques.

"Aging, the Art of Living," winds up at 6 p.m. Saturday with a dinner dance and live music furnished by the Farmington Area Seniors Band, a group that plays every Friday in The Gathering Place.

Registrations will be taken at 9 a.m. Friday and Saturday, but registration for meals is requested prior to Oct. 10.

PERSONS OVER the age of 60 and their spouses are invited to lunch Friday without charge.

Those under 60 may eat in Mercy Center's main dining room. The charge for the self-served meal is \$3.75 and includes second helpings.

Brunch on Saturday is without charge to all guests.

The dinner dance on Saturday is part of the regular program at The Gathering Place. Cost is \$6 to those who have pre-registered and pre-paid.

Inquiries will be taken by Mrs. Herman, the conference coordinator, at 477-7254, or by Ms. Conway at the



Margaret White is a name familiar to visitors at local craft shows. She will have a display of her handcrafted dolls on exhibit during the two-day conference.

Farmington Parks and Recreation Office, 476-6115.

An arts and crafts show runs continuously on Friday, and guests can get a

preview of "Musical Madness."

Ms. Conway wrote the script for the musical review that will be produced early in December by seniors who frequent The Gathering Place.

One senior involved in the musical said "It's a hard script to write because there is so much talent to be used. But it is illustrative of what our seniors are capable of doing."

Head count for the Gathering Place during the summer was 150 per day, including those who came in for an hour of cards and coffee and those who spent from 10 a.m. to 3:30 p.m. involved in all activities offered.

The summer attendance was predictably a little less than attendance the rest of the year.

Staff photos
by Randy Borst



Heading up the costume committee for "Musical Madness" are Leo Rammel and Pauline Petricca. The full scale musical will be produced in December, but the costume committee is doing double-duty this month in preparation for the preview visitors will see during "Aging, the Art of Living" conference.