2-day conference planned

Moving toward the art of successful aging

By LORAINE McCLISH

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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 Ol Living," has been the goal of the Farmington Area Commission on Aging since its inception, and the control of the art of living," and the commission on Aging since its inception, and the commission of a leader of general control of the commission of a leader of general control 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 Reitree Centers, sets the tone for the conference with-

ANITA HERMAN

Audress

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

Another 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



LORRETTA CONWAY FARMINGTON AREA COMMISSION ON AGING

31555 Eleven Mile Road Farmington Hills, Michigan 48018

which worked to put the conference to-gether is operating on the premise that whenever a person enters into a dia-logue 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 confer-ence."

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She gave as an example the adult child of an aging person who sits in one of the informal discussions.

"They can get the facts about health insurance and the 'med-l-agp' 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 achiements 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 old-er people and asking them to join us

Saturday brunch ce___(\$6.00)



ecause their staffs can learn a few

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. Wistors will be free to shuffle Friday that the same that the same yega classes, exercise classes, open swim, dance to a live hand or have a private conference with a social work-er.

er.

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 pm. Saturday with a dinner danger and the massing that have been supported by the Farmington Area Seniors Band, agroup that plays every Friday in The Gathering Registrations will be taken at 9 a.m.. Priday and Saturday, but registration or meals is requested prior to Oct. 10.

PERSONS OVER the ase of 60 and

PERSONS OVER the age of 60 and their spouses are invited to lunch Fri-day 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 in-cludes second helpings.

Brunch on Saturday is without charge to all guests.

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

Inquiries will be taken by Mrs. Her-man, the conference coordinator, at 477-7264, or by Ms. Conway at the



Farmington Parks and Recreation Office, 476-6115.

An arts and crafts show runs continuously on Friday, and guests can get a continuously of the Carlon Cont

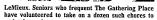
it is illustrativé of what our seniors are capable of doing."
Head count for the Gathering Place during the summer was 150 per day, including those who came in for an hour of cards and coffee and those who spent from 10 a.m. to 3:30 p.m. involved in all activities offered.

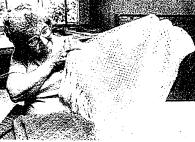
The summer attendance was predictably a little less than attendance the rest of the year.

Staff photos by Randy Borst

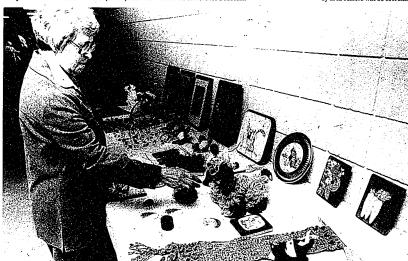


Making the badges for hosts and hostesses who will LeMieux. Seniors who frequent The Gathering Place serve during "Aging, the Art of Living" conference is have volunteered to take on a dozen such chores to the job at hand for Rachael Wertz (at left) and Joan make the conference a success.





Scarves, shawls, mittens, hats and other things crocheted or knitted area seniors will be coordinated for a display by Ann Finkowski.



A sampling of crafts created in regularly scheduled sessions at The Gathering Place is compiled by Bea Honstain. 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.



Heading up the costume committee for "Musical Madness" are Leo-la Rammel and Pauline Petricca. The full scale musical will be pro-duced 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.