Registration
IUP Cares

In order to hear the keynote speaker and enjoy lunch courtesy of IUP, please call **724-357-4062**, email ***IUP-cares@iup.edu***, or complete and return this form to:

IUP Cares Reservations
Zink Hall, Room 216
1190 Maple Street
Indiana, PA 15705-1059

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During lunch, there will be a free raffle for the chance to win a Nintendo Wii and Wii Fit.

Schedule

The schedule outlined below is geared to provide an overview of the various topics of interest to every sector of the community.

8:30 a.m.
Registration

9:00 a.m.
Welcome and Introductions
Tony Atwater, IUP President
Gerald Intemann, IUP Provost

9:15 a.m.–10:15 a.m.
Overview - Kimberely Husenits,
Associate Professor, Psychology Department

10:15 a.m.–10:45 a.m.
Vendor Visits (also available all day)

10:45 a.m.–12:00 p.m.
Concurrent Sessions (A, B, C, and D)

12:05 p.m.–1:30 p.m.
Luncheon (registration required)

Keynote Speaker: Eleanor Schano
Topic: *Re-Inventing the Art of Re-Inventing Yourself*

1:40 p.m.–2:55 p.m.
Concurrent Sessions (E, F, and G)

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IUP Cares

Successful Aging: Preparing for Life's Transitions

Friday, April 30, 2010
8:30 a.m.—3:00 p.m.
Ohio Room, Hadley Union Building

Free and Open to the Community
(Lunch is provided with pre-registration)

The Morning Concurrent Sessions
(A, B,C and D) 10:45 a.m.–12:00 p.m.

Concurrent Session (A)
Topic: Staying Connected – Let Technology Change your Life

How technology can help you connect with friends and family, and keep your life organized. Topics include staying in touch through Facebook and other social networking sites, pay your bills and track bank accounts on line, Internet research: medical, family history, financial, interests and hobbies, buying and selling on E-bay.

Concurrent Session (B)
Topic: Changing Family Roles

Discussion of key issues related to assuming one or more new roles in your family. Transforming how you think about your changing role in the family. Availability of community resources designed to assist you through these transitions is addressed. Topics include parenting your grandchildren, caring for loved ones or being cared for by others.

Concurrent Session (C)
Topic: End of Life Issues

Discussion of various topics related to aging and end of life including:

- End of Life Decision Making: goals for care; palliative care legal considerations: durable power of attorney; last will and testament, intestate concerns; advance directives - communicating your wishes
- Financial considerations: staying home; assisted living; SNF care
- Emotional and spiritual concerns: coping with end-of-life illness and disease, patient and family; role-reversal between parent and child; faith and the search for meaning/ existential concerns
- Community resources: home care; hired/ community caregivers; health care providers/home and hospice care; volunteer organizations; aging services; Senior Law Center– free, limited legal consultations by phone (Philadelphia, PA)

Concurrent Session (D)
Topic: Preparing for Long-term Care

With over 6,000 Americans turning 62 every day, how prepared are you for long term care?

- What are my chances of needing long term care?
- How does proper estate planning effect your potential long term care expenses?
- What is the difference between long term care provided by family members vs. skilled nursing facility?
- How do I pay for long term care?

The Afternoon Concurrent Sessions
(E, F and G) 1:40 p.m.–2:55 p.m.

Concurrent Session E
Topic: Lifelong Learning: Finding your Retirement Passion

This session is designed to be especially helpful to soon-to-be retirees and those recently retired – and also to anyone wishing information on continuing education, volunteerism, travel and hobbies. Panelists will discuss, share their perspectives, and interact with the audience on four aspects of retirement as it relates to lifelong learning.

Concurrent Session F
Topic: Living Longer Healthy: Physical Activity and Nutrition

This panel will answer your questions about how to live longer with a better quality of life through health eating habits, enhancing physical mobility and exercise, all the while having fun while maintaining your health!

Concurrent Session G
Topic: Income Security: Hanging on Financially

- Managing Assets Effectively During Retirement
- Generating Employment-Related Income
- Resources and Assistance Available for Starting a Business

Keynote Speaker

Award winning Pittsburgh broadcast professional **Eleanor Schano** has worked for more than five decades in broadcasting. She is the author of *Riding the (Air)Waves: The Life and Televised Times of Eleanor Schano.*

Schano began her broadcast career in 1951 while an undergraduate at Duquesne University. Following her pioneer role as the first woman weathercaster at WDTV, she wrote and produced the syndicated series "Gateway to Glamour," telecast in 286 markets around the country.

By 1958, Schano was on the move to WTAE-TV, where she served as the city's first female general assignment news reporter, for which she received three Golden Quill awards for outstanding news coverage.

From 1970-1979, she was the first solo prime-time anchor woman in Pittsburgh history at WIIC-TV (now WPXI-TV) and also hosted the weekly half-hour public affairs program "Face to Face."

In 1974, she joined the KDKA radio morning team as the newscaster on the "Jack Bogut Show," and also held the post of general assignment reporter for the afternoon drive-time news program "90 to 6." She worked at KDKA-TV from 1975 to 1978 as a news anchor, consumer reporter, general assignment reporter and public affairs host.

From 1978-1982, Schano was both host and executive producer of WPGH-TV's daily program "Good Day Pittsburgh" and "Pittsburgh Women '79", a weekly half-hour program focusing on local women achievers.

In 1982, Schano was solo anchor on the 6 p.m. newscast at WPEC-TV in Palm Beach, Fla. While there, she also established and staffed a South Palm Beach County News Bureau and was named Outstanding Anchor in South Florida. She returned to Pittsburgh in 1982 to assume a post at KQV-News Radio.

From 1991 to 2007, she hosted "LifeQuest," formerly "AgeWise," which aired on WQEX-WQED. In 2008, she returned to WTAE-TV for a series of programs titled "Live Well, Live Long with Eleanor Schano."

Eleanor Schano and Barbara Walters