

MONDAY, SEPTEMBER 11

<p>6:00 p.m. Hinton Centre Foyer</p>	<p>Pre-Registration</p>
<p>6:00 p.m. – 9:00 p.m. Hinton Centre Grand Hall</p>	<p>2017 Grey Matters Conference - Mix & Mingle Trade Show and Poster Sessions</p> <p>Join the 2017 Grey Matters Planning Committee for an evening to ‘Mix & Mingle’, as a warm up to the conference.</p> <p>The trade show will highlight an opportunity to engage with sponsors and exhibitors before the conference begins.</p> <p>Poster sessions will offer delegates an opportunity for discovery as they learn about local, provincial and federal seniors programs.</p> <p>Delegates will be offered a succulent array of food featuring a ‘pig roast’ with all the trimmings, a Hinton specialty! A vegetarian option will be available. Cash bar will be open.</p>

MONDAY, SEPTEMBER 11 – WEDNESDAY, SEPTEMBER 13

<p>Hinton Centre Lions Den</p>	<p>Alberta Seniors and Housing Stakeholder Engagement Advisor Open House Stakeholder Engagement Advisors will be available to answer questions regarding programs and service for seniors.</p> <p>Drop-in and meet your regional advisor or schedule an appointment. Monday, September 11, 6:00 p.m. – 9:00 p.m. Tuesday, September 12, 7:00 a.m. – 8:30 a.m.; 5:00 p.m. – 6:00 p.m. Wednesday, September 13, 7:00 a.m. – 8:30 a.m.; 11:30 a.m. – 12:30 p.m.</p>
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TUESDAY, SEPTEMBER 12

<p>7:00 a.m. Hinton Centre Grand Hall</p>	<p>Registration and Breakfast</p>
<p>8:30 a.m. Hinton Centre Grand Hall</p>	<p>Welcome and Opening Remarks Honorable Lori Sigurdson, Minister of Seniors and Housing</p>
<p>9:15 a.m.</p>	<p>CONCURRENT BREAKOUT SESSIONS</p>
<p>Barrows Safety Services, Training Centre</p>	<p>Age Friendly Edmonton 2.0: Mobilizing for Community Impact Sheila Hallett, BA – Edmonton Seniors Coordinating Council Ingrid Hoogenboom, BSW, RSW – Citizen Services, City of Edmonton</p>
<p>Hinton Centre South Salon</p>	<p>The Office of the Seniors Advocate: What We’re Hearing Sheree T. Kwong See, PhD, Alberta Seniors Advocate; Leslie Sorenson, Seniors Advocate Representative – Office of the Seniors Advocate</p>
<p>Hinton Centre North Salon</p>	<p>Boomers and Balance Dr. Karyn Klut, BSc, DC, DACNB – Gateway Chiropractic</p>





Friendship Centre	Elder Abuse Prevention and Intervention: A Holistic Approach to Supporting Safe Communities for Older Adults Ashley Corcoran, BSW, RSW; Nicole Dowling, MSW, RSW; Jenna Powell, MSW, RSW – Elder Abuse Prevention Program, Carya
10:25 a.m. Hinton Centre	Nutrition Break and Exhibits
10:50 a.m.	CONCURRENT BREAKOUT SESSIONS
Friendship Center	The Blanket Exercise Renay Woelfing, First Nations, Metis, Inuit Facilitator, Grande Yellowhead Public School Division This session extends until 2 pm. Lunch break provided.
Barrows Safety Services, Training Centre	The Importance of Vitamin (N)ature & How to Ensure You Get Your Daily Dose Mandy Johnson, BA – Urban Poling Inc.
Hinton Centre South Salon	Supporting the Mental Health of Seniors in Canada: Mental Health First Aid Seniors Mireille Cyr-Hansen, BSc (PT), MHA, Manger Mental Health First Aid – Mental Health Commission of Canada
Hinton Centre North Salon	Enabling the Mobility of Seniors: Insights from a Provincial Survey and Learnings from Two Rural Community-Based Projects Bonnie Dobbs, PhD, Professor, Director; Tara Lee Pidborochynski, MSc, Assistant Director; Emily Hussey, BSc, Research Assistant - Medically At Risk Driver Centre (MARD) Al Roth, Director of Operations, Town of Pincher Creek; Doug Thornton, Councillor, Town of Pincher Creek - Pincher Creek Transportation Committee
NOON Hinton Centre	Boxed Lunches
NOON – 2:00 p.m.	Footprints Activity Sessions Blanket Exercise , participants must be registered for the 10:50 am session to participate (Friendship Centre) Boardwalks, Beavers & Birdbaths , Continuous bus loop starts at Noon – Last bus 1:45pm Urban Poling: Revolutionizing the Way We Walk , meet at Hinton Centre Yogi Bear Yoga: Hinton Campground Museum Meander: Northern Rockies Museum of Culture & Heritage , Continuous bus loop starts at Noon – Last bus 1:45pm
2:00 p.m. Hinton Centre	Nutrition Break
2:15 p.m. Hinton Centre Grand Hall	Keynote Address – Susan Aglukark Celebrated Canadian Award Winning Singer-Songwriter Inuk Susan Aglukark is one of Canada’s most unique and honoured artists. An Inuk from Arviat, Nunavut. Susan has been walking between two worlds, a defining note in her remarkable career. She is a rare and exotic presence in the mainstream music world—an Inuk woman, a modern woman, a strong woman with something important to say. Susan embodies pure grace, honesty and strength. As her songs climbed the charts, her stories and her candour about the struggles of






	<p>the Inuit and Aboriginal communities have won her an audience beyond that of most pop artists.</p> <p>Aglukark’s musical success is more interesting particularly when you realize she didn’t start her career until she was 24. With no modern musical orthodoxy to draw upon Aglukark was free to respond to the sounds and styles that motivated or inspired her. The (real) appeal of her music is her lyrics and the stories within. “It’s all about the stories”.</p> <p>As much as she writes and sings about her people, the songs Susan Aglukark creates have something in them that speaks to all of us, whether it’s a woman growing old and longing for the traditional life that she was taken away from, (“Bridge of Dreams”) to a gentle anthem for peace and tolerance, (“O Siem”—joy in community). Aglukark’s artistic vision is a universal one.</p>
3:30 p.m. Hinton Centre	Nutrition Break and Exhibits
3:45 p.m. Hinton Centre	CONCURRENT BREAKOUT SESSIONS
Friendship Centre	<p>Scams, Shams and Schemes: How to Protect Yourself Against Investment Fraud David Elzinga, CPA, CA•IFA, CFF, CFE – Alberta Securities Commission</p>
Hinton Centre North Salon	<p>Advance Planning: Your Voice Matters Ray Biggs, BA, BSW, PBD Dip. Gero – Alberta Health Services Lincoln Mar, BSc, LLB; Wendy Florence, LPN – Office of the Public Guardian and Trustee</p>
Hinton Centre South Salon	<p>Behaviours as a Form of Communication in Dementia, and Advice for Interpreting Shawna Reid, MN, RN, GNC (C) – Seniors Health Strategic Clinical Network™ Rose Merke, RN, BScN – Health Link, Alberta Health Services</p>
5:00 p.m. Hinton Centre Grand Hall	Closing Remarks
5:05 p.m. - 6:00 p.m. Hinton Centre Grand Hall	<p>Networking Reception A light snack will be offered while you network. Cash Bar will be open.</p>

WEDNESDAY, SEPTEMBER 13

7:00 a.m. Hinton Centre Grand Hall	Breakfast
7:15 a.m. Hinton Centre Grand Hall	AGM – Alberta Association of Senior Centres (AASC)
8:30 a.m. Hinton Centre Grand Hall	Welcome and Opening Remarks
8:45 a.m. Hinton Centre Grand Hall	<p>Opening Plenary – Dr. Dave Hepburn Physician TV Host Author The Future of Marijuana – Getting Help Without Getting High</p> <p>Dr. Hepburn is a leading expert on using medical marijuana and shares why cannabis has become a source of national debate pitching governments against cities, doctors against regulators and even neighbours against patients.</p> <p>Myth-information abounds and it's the baby boomers and older patients who are battling the hardest for a credible understanding of medical cannabis, what it prevents, why it's effective, what it's best used for, how it can be used and how to obtain access.</p> <p>A key opinion leader, Dr. Hepburn consults to organizations, medical and otherwise, on the intriguing world of cannabis and how to prepare for the impact on medical and pharmaceutical communities.</p>
10:00 a.m. Hinton Centre	Nutrition Break
10:15 a.m.	CONCURRENT BREAKOUT SESSIONS
Friendship Centre	<p>Enhancing the Wellbeing of Immigrant Women Seniors: Insights into Promising Practices for Engagement and Program Design Bronwyn Bragg, PhD Candidate UBC – Bow Valley College Celeste Akinkunmi, MSc, Settlement and Integration Manager; Rekha Gadhia – Calgary Immigrant Women's Society</p>
Hinton Centre South Salon	<p>Plan Now to Age in Place: "Helping seniors plan today for the life they want tomorrow" Carol Ching, BA, Senior Policy Analyst – Alberta Seniors and Housing Bernice Sewell, RSW, Director of Operations – Sage Seniors Association</p>
Hinton Centre North Salon	<p>Elder Abuse Prevention: Rural Perspectives Charlene Sitar, Regional Elder Abuse Prevention Coordinator – FCSS Hinton (Yellowhead Region) Irene Fitzsimmons, BA Hon Psych, Elder Abuse Project Coordinator – Community Action for Healthy Relationships (CAHR) Network (Athabasca/Barrhead/Westlock) Sharon Moore, BSW, RSW, Senior's Project Coordinator – Town of Cochrane</p>
Barrows Safety Services, Training Centre	<p>Linking Social Capital for Sustainable Senior Engagement Shambhu Nath Chowdhury, RSW, BSW, MBA, PhD – Millwoods Seniors Association</p>
11:30 a.m. Hinton Centre	Lunch





12:30 p.m.	CONCURRENT BREAKOUT SESSIONS
Hinton Centre South Salon	Senior Strong: Age-ing to Sage-ing Nicole Smith, MEd; Director of Research and Community Engagement; Shelly Sabo, BA, Community Animator – Sage Seniors Association
Friendship Centre	Keeping Our Seniors Safe Online Shelly Blackburn, CIPP/C, Director – Compliance Director, TELUS Data and Trust Office  TELUS WISE seniors
Hinton Centre North Salon	Harm Reduction for Older Adults Lawrence Braul, MSW, CIHCM, CEO – Trinity Place Foundation of Alberta
1:45 p.m. Hinton Centre	Nutrition Break
2:00 p.m.	END NOTE: Dr. Dave Hepburn Physician TV Host Author Seven Ways to Die Young... at an Old Age There is a fountain of youth and in this endnote, Dr. Dave shares what you must do to die young at an old age. He will expose the facts and stats that are based on medical research, the most current studies of anti-aging from around the world and very practical advice that anyone can follow. Audiences will laugh and learn as Dr. Dave shares how to avoid the big 3 - Why being a grump is more of a disadvantage than the people around you; what 8 numbers you need to know about yourself; and how to enjoy, rather than endure, living to 100!
3:15 p.m. Hinton Centre Grand Hall	Closing Remarks and Door Prizes

