

## Directions

**From the South:** Travel north on M-66 from M-55/M-66 intersection in Lake City for 4+ miles. Timber Wolf Lake entry is on your left.

**From the North:** Travel south from M-72 East/M-66 intersection that is south of Kalkaska for 25+ miles. You'll find the Timber Wolf Lake entrance on your right.

For more details call for directions, use a map, try "Google" or "Mapquest".

**Watch for "Burma-Shave" type signs to let you know you're getting close to Timber Wolf Lake.**

**Need a ride? Contact your County Commission or Council on Aging to learn if transportation is being coordinated from your area.**

## AREA AGENCY ON AGING *of Northwest Michigan*

**Advance registration required  
by September 9, 2011.  
Questions? Call 800-442-1713**

Event hosted by Board of Advisors

Area Agency on Aging of NW MI  
1609 Park Drive, PO Box 5946  
Traverse City, MI 49696-5946

Phone: 800-442-1713

Fax: 231-947-6401

E-mail: [newmandol@aaanm.org](mailto:newmandol@aaanm.org)

"Attitude is a little thing that makes a big difference."  
~Winston Churchill

### About Senior EmPower Day...

Senior EmPower Day is presented by the Board of Advisors of the Area Agency on Aging of Northwest Michigan.

It is fun, affordable, educational and inspirational.

Senior EmPower Day 2011 is our 7th annual event, offered for a second year in Missaukee County.

The Board of Advisors convenes the event at various locations around Northwest Lower Michigan so attendees get a chance to visit other areas each year.



Welcome to Lumberjack Lodge at Timber Wolf Lake. Hey, who said learning can't be fun!!!!?

7th Annual

Senior  
EmPower Day  
2011

The Power of  
Attitude!

Friday, September 23, 2011



# Senior EmPower Day 2011

8:30am—3:00pm

## The Power of Attitude!

**Goal:** Senior EmPower Day (SED), now in its' seventh year, is presented by the Board of Advisors of the Area Agency on Aging of Northwest Michigan. SED is designed to provide accurate and timely information and education in a relaxed setting.

**Location:** SED is being held at Timber Wolf Lake ([www.timberwolf.younglife.org](http://www.timberwolf.younglife.org)) at 4909 North Morey Road (M-66) just north of Lake City, MI.

**Cost:** Generous financial sponsorship and volunteer support keep the registration fee reasonable at \$5 for attendees age 60+ and \$10 for those under age 60. Advance registration by September 9th is required.

### AGENDA

- 8:30-9:15 am.....Sign in, Visit Exhibits, Enjoy Snacks
- 9:15-9:30 am.....Welcome and Opening Remarks**
- 9:30-10:15 am....Keynote Address: ATTITUDE!**
- 10:15-10:30 am.....Attitude Adjustment (aka: break)
- 10:30-11:15 am...Self-Managing Your Own  
Chronic Health Conditions**
- 11:15-11:30 am.....Attitude Adjustment (aka: break)
- 11:30-Noon.....Senior Services Survey**
- Noon-1:00 pm.....Lunch Time/Visit Exhibits/Stretch
- 1:00-1:45 pm.....Eye Fight Back (Self Defense)**
- 1:45-2:00 pm.....Attitude Adjustment (aka: break)
- 2:00-2:30 pm.....Protect Yourself: Fraud & Scams**
- 2:30-3:00 pm.....Closing Remarks, Door Prizes

### Meet Our Guest Speakers

**A positive, pro-active attitude can make all the difference when you are faced with a challenge. Our guest speakers plan to “empower” you.**

#### Morning Speakers

**Bryan E. Graham**, is a principal in the law firm of Young, Graham, Elsenheimer & Wendling, P.C., Bellaire, MI. Bryan was born with no arms. Throughout his life, Bryan has demonstrated a positive attitude to overcome his disability. His keynote will set the tone for the day, demonstrating how powerful the right attitude can be when you're faced with challenges.

**Dawn Ewald, RN**, Director of Community Outreach, Continuing Education and the Medical Library at Mercy Hospital in Cadillac, MI. Dawn has been involved for years in community outreach with a focus on “Improving the Health of the Community”. Dawn will speak to “having the confidence to deal with medical and emotional management of chronic illnesses”.

#### Afternoon Speakers

**Officer Monte Oswald** (Retired MSP) will take us through our paces, getting us mentally and physically prepared in advance of a potential attack. With extensive experience in and around the boxing ring, Monte will share tips from the “Eye Fight Back” self defense program. Learn more at [eyefightback.com](http://eyefightback.com).

**Michigan State Police Trooper Rich Hall** is an Air Force Veteran and 1997 graduate of MSP Academy. Trooper Hall has been stationed with the Kalkaska Post for 14 years and is their Regional Community Resource Trooper. He will provide education on crime trends, safety issues and seniors scams.

### ADVANCE REGISTRATION FORM

Due by September 9, 2011

(Please print all entries clearly)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

City: \_\_\_\_\_

State/ZIP: \_\_\_\_\_

Telephone: (\_\_\_\_\_) \_\_\_\_\_

County of residence: \_\_\_\_\_

Age as of September 9, 2011 (check one):

\_\_\_\_\_ 60+ .....Fee: \$ 5.00

\_\_\_\_\_ 59 or less .....Fee: \$10.00

(Non-refundable fee covers attendance, materials, refreshments, lunch and chance at door prizes!)

Detach registration form and prepare your check or Money Order payable to AAANM.

Mail form and payment by Sept. 9th to:

AAANM

PO Box 5946

Traverse City, MI 49696-5946

Still have questions?

Call 800-442-1713

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**~ Winston Churchill**