

The theme of this year's Aging Well Conference, substance abuse, may be a hard subject to talk about but we felt it necessary to educate our Elders and their caregivers about it. Substance abuse within families and communities is often a taboo subject that we may be afraid to talk about it. We want to offer a safe environment during the conference to learn and talk about what is going on in many native communities. We come together in the spirit of Healing & Hope.

WORKSHOP INFORMATION

- **Keynote Speakers** - current drug trends and substance abuse
- **My Life Story** - an inspirational story of the road to 20 years of sobriety.
- **Fun Exercise Workout** - let the stress out in this fun and non-impact exercise class that will incorporate chair yoga and balloons to keep your body moving. For all fitness levels.
- **Elder Abuse** - how elder abuse can be related to drug and alcohol abuse within our families. How to institute tough love; resources for assistance and coping.
- **Cooking Demo 1** - you don't have to live on microwave meals just because you're cooking for yourself. Learn how to prepare quick, nutritious meals for one that you will love to eat.
- **How To Communicate with Each Other** - communicating effectively with others, avoiding misunderstandings and improving relationships
- **Medicine Wheel** - an introduction to the medicine wheel teachings, and addictions.
- **Cooking Demo 2** - learn how to make various nutritious breakfast smoothies
- **Elder Abuse in Indian Country** - education about the abuse of Indigenous elders and ways to love our elders in a respectful, honorable way.

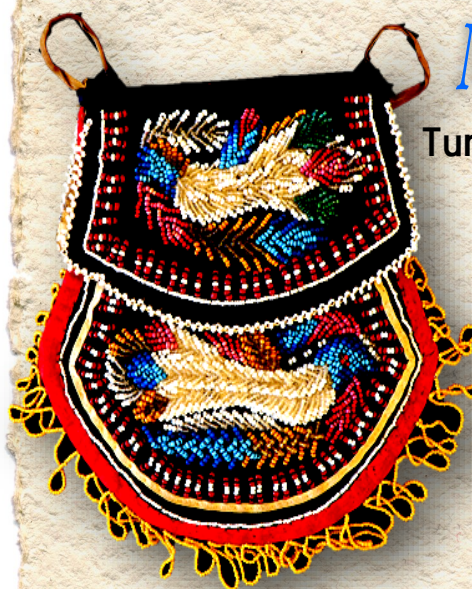
The Oneida Indian Nation presents
the 18th Annual

Aging Well: Healing & Hope

A conference for American Indians and their caregivers

May 24-25, 2018

Turning Stone Resort Casino
Conference Center



REGISTRATION BROCHURE

THURSDAY, MAY 24

Morning

- 8:00 Registration and Breakfast - Mohawk Room
- 8:30 Welcome - Kathy Willard and Tammy Patterson, Mohawk Room
- 8:35 Opening - Mohawk Room
- 8:45 Acknowledgement of Nations - Ice Breaker, Mohawk Room
- 9:00 **KEYNOTE SPEAKER** - "Drug Trends"
Kara Kaplan, Mohawk Room
- 10:15 Coffee Break in the Mohawk Room
- 10:30 **WORKSHOPS**
 - 1. My Life Story - Nonie Waterman, Seneca Room
 - 2. Fun Workout - Darlene Alfred, Tuscarora Room
 - 3. Elder Abuse - Trish Patterson, Cayuga/Onondaga Room
- 11:15 Elders Panel with Q&A - Mohawk Room

Afternoon

- 12:30 Lunch - Mohawk Room
- 1:45 **WORKSHOPS**
 - 1. Cooking Demonstration 1 - Seneca Room
 - 2. How To Communicate With Each Other -
Tewentahawih'tha' Cole, Cayuga/Onondaga Room
 - 3. Medicine Wheel - Joey David, Tuscarora Room
- 3:45 Bus Trip to Sangertown Mall in New Hartford

FRIDAY, MAY 25

Morning

- 8:00 Breakfast - Mohawk Room
- 8:45 **WORKSHOPS**
 - 1. Cooking Demonstration 2 - Seneca Room
 - 2. Elder Abuse - Helen Gray, Cayuga/Onondaga Room
 - 3. Medicine Wheel - Joey David, Tuscarora Room
- 9:30 Coffee Break - Mohawk Room
- 9:45 **KEYNOTE SPEAKER** - "Substance Abuse"
Dr. Darryl Tonemah, Mohawk Room
- 11:00 Social Dancing - Kontiwennenhawi Akwesasne Women Singers, Tuscarora Room

Afternoon

- 12:00 Lunch, Mohawk Room
- 12:45 Evaluations and prize drawing, Mohawk Room
- 1:15 Closing Words, Mohawk Room

**DRESS IN LAYERS; THE ROOMS COULD BE CHILLY
BECAUSE OF THE AIR CONDITIONING**

LODGING

Turning Stone Hotel: reservations accepted until May 11 at a conference rate of \$242 (single) or \$123 (per person, 2 per room), per night, plus tax. Also: The Inn at Turning Stone and Villages at Turning Stone RV Park. For reservations, call 1-800-771-7711. Other accommodations *Oneida Super 8 Motel (315) 363-5168 *Verona Microtel Inn and Suites 1-800-771-7171 *Fairfield Inn (315) 363-8888 *Canastota Days Inn (315) 697-3309