

WASHINGTON STATE ASSOCIATION OF

**WSASC**

SENIOR CENTERS

To enhance, educate, and support professionals working with the aging population.

**Annual Conference**

**May 22 - 24, 2018**

Join us in  
Wenatchee for

**"Back to Basics"**



At the Coast Wenatchee Center Hotel  
and the Wenatchee Convention Center



## “Back to Basics”

Washington State Association of Senior Centers

Annual Conference - May 22 - 24, 2018

All activities take place at the Wenatchee Convention Center and surrounding area

### **Tuesday, May 22, 2018**

---

12:30p Conference Check in

12:45p Welcome

1:00p Ice Breaker/Introductions

1:15p **Inward Bound**

**Theresa D-Litzenberger & Staff, The Ripple Foundation**

Inward Bound is for anyone who seeks a greater sense of self-empowerment and creativity in their life and relationships among family members, coworkers and fellow community members. It provides an opportunity to learn proficient communication in which one receives information, understands and synthesizes it and expresses oneself effectively and efficiently. Communication is most successful when we understand and respond to all the verbal and non-verbal cues. Learn how to respond rather than react in challenging situations.

2:45p Break

3:00p **Benefits of Yoga for Seniors: Mature Movers Yoga . . . not mature sitters**

**Lynda Kennedy, Owner/Director of Yoga Chelan**

There is a group of people that falls through the cracks when it comes to exercise and healthy movement and that is our largest group, Baby Boomers. Capturing this group with my yoga classes, Mature Movers, has afforded the opportunity for this group to become strong, flexible, confident and improve their quality of life, as well as. They still want to move but just move at a different pace and in a different way now dealing with hip replacements, knee replacements, arthritis, back issues, fallen arches, and aching hips. They are not ready to sit down to ‘exercise’. As a Kinesiologist, I have created yoga classes that are challenging yet bio-mechanically safe and improve fundamental movement for quality of life for the active boomers. The result has been growing classes of vibrant, enthusiastic, happy, community oriented, healthy men and women from age 52 to 92.

**Fundraising for Senior Center**

**Dave Tosch, Wenatchee Valley Senior Activity Center Executive Director**

Learn how the Wenatchee Valley Senior Activity Center (WVSAC) has become a self-sustaining organization with little support from local municipalities. WVSAC is an independent non-profit that has resided in the same location for the past 25 years. During that period the organization has developed several “profit centers” to fund its operations, including payroll. The primary component is a thriving thrift store that is generating over \$300,000 in annual sales. Learn ideas to improve your fund raising.

4:00p Break

4:10p

### **Leading Optimistically**

**Jeff Price, Director of Recreation & Cultural Services at the City of Mukilteo**

Rigorous research into optimism has yielded some fascinating results. Optimism is something we cultivate, and not something we are born with. Our level of optimism significantly impacts the people we work with, and the teams that we lead. We will look at several case studies into optimism from the world of business, professional sports, and culture. You'll learn and practice methods to become more optimistic.

### **The "TEAMS for Healthier Living" Program**

**Kathy Moisio, Nursing Care Quality Assurance Commission**

Learn how you can collaborate with nursing education programs for a “win-win-win” partnership that can enhance existing senior programming, support improved health and quality of life for seniors, while helping nursing students hone their skills in community health. The TEAMS acronym stands for: **T**ogether, **E**ating better, **A**ctively **M**onitoring health, **S**elf-managing risk. TEAMS is a structured program that presents an engaging, motivating way for all members of a community to make small, manageable steps toward healthier living. TEAMS has been successfully implemented in Washington since 2013. A free “TEAMS Toolkit” with training support is available to community sites that are partnered with nursing education programs. Come learn about how the program works, see examples from the “TEAMS Toolkit,” and learn how this program links with important initiatives and resources in our state and nationally.

5:00p

Hotel Check-in

6:30p

**Italian Buffet Dinner at Pybus Market**

8:30p

Hospitality Suite

## **Wednesday, May 23, 2017**

---

**Breakfast on your own**

8:30a

### **Philosophy of Recreation & Leisure**

**Charlie Sylvester, Author & Professor Emeritus at Western Washington University**

The presentation explores some of the elements of recreation and leisure that are unappreciated, yet vital to the health, well-being, and flourishing of our participants, as well as ourselves.

### **The "TEAMS for Healthier Living" Program**

**Kathy Moisio, Nursing Care Quality Assurance Commission**

Repeat from Tuesday at 4:10pm

9:30a

Break

9:45a

### **Back to Basics**

**Keynote Speaker: Gene Sharratt, Senior Consultant with HCM Strategists**

This is a period of rapid reinvention for senior centers. Successful centers are revising their mission and adapting to a changing population. Successful aging is more likely when individuals are actively engaged in life. How do we make our centers more accessible, friendly and inexpensive places that offer programs and services that promote active engagement and enjoyment in life by older adults? This keynote will share some of the adaptive strategies used by highly successful centers.

11:15a

Break



## “Back to Basics”

Washington State Association of Senior Centers

Annual Conference - May 22 - 24, 2018

All activities take place at the Wenatchee Convention Center and surrounding area

11:30a **Lunch** - sponsored by People's Memorial

12:45p **90 Second Problem Solving**

**Debbie Little, Recreation Supervisor, Renton Senior Center**

Topics and solutions provided by the audience.

1:45p **Break**

2:00p **Elderspeaks**

**Theresa D-Litzenberger & Staff, The Ripple Foundation**

Elder Speak is an event that honors our Elders by creating a platform from which they can share their life experiences and the wisdom that developed from those experiences. It is a forum for Elders and people of all ages to gather and begin a conversation that connects generations. The value of this exchange, to each generation, is deep and at times life changing. All who participate have the opportunity to be seen as individuals, far beyond the stereotype we often project onto those with whom we are unfamiliar. Learn how you can implement and adapt this activity to fit your setting.

**Time Well Spent: Benefits of Digital Detox**

**Dr. Barbara Brock, Eastern Washington Professor**

Need a little more time in your life? Several ways to “Digitally Detox” (take a mini or extended vacation from some or all of the screens in your life) gathered from several sources will be discussed in this session. You will be encouraged to create a “new normal” and weed out the least important things in life so you can zero in on the most important ones. Good relationships, experiences with nature, and creative time with hobbies make the most cherished and lasting memories and ALL of these take place sans screens. Though the average American spends about 11 hours per day with screens, this does not mean you have to. Virtual friends are nice...but can be distracting from what’s happening before your very own eyes. Digital detoxing is happening all over the world and it’s time we caught up to the trends!

3:00p **Experience Wenatchee**

**Ohme Gardens** - Over 80 years old the Gardens were started in 1929 by Herman and Ruth Ohme as their private backyard, they are now a world-renowned showpiece not only for garden enthusiasts but for anyone to marvel at what hard work, determination and ingenuity can create.

**Rocky Reach Dam & Museum of the Columbia** - Come see the West as it really was—settlers, Native Americans, steam boaters, lumbermen and railroaders at the museum and view the Rocky Reach Hydro Project.

**Self-Guided, Walking Tasting Tour, downtown Wenatchee** - well known for the quality of the local wine, downtown Wenatchee boasts several tasting rooms. A map will be provided for this self paced activity.

- 5:45p      **Silent Auction & Social Hour**
- 7:00p      **Auction and Awards Banquet** sponsored by Puget Sound Attractions  
Trivia Night
- 9:00p      Hospitality Suite

## **Thursday, May 24, 2017**

---

- 8:00a      **Breakfast & WSASC Meeting** sponsored by The Ripple Foundation
- 9:00a      Break
- 9:15a      **Filling the gaps as Social Service Agencies Cut Back: Senior Center Directors Panel**  
Join this panel to discuss the need for more social services at Senior Centers. The needs are varied and considerable: eviction notices; energy bill assistance; veterans benefits; dental care; hygiene; homelessness; food assistance and more. Where does Senior Center staff fit in and how much time should be spent on these issues?
- Time Well Spent: Benefits of Digital Detox**  
**Dr. Barbara Brock, Eastern Washington Professor**  
Repeat from Wednesday at 2:00pm
- 10:45a      Break
- 11:00a      **Wrap up, Road Kill Auction & 50/50 Raffle**

## **Lodging & Location**

---

### **Wenatchee**

The area's natural beauty and abundance of recreational opportunities are two of the many reasons people come to the Wenatchee Valley. With an urban area consisting of 80,000 people, the region offers the perfect balance of larger city amenities with the relaxed and friendly environment of a smaller town. Residents and visitors enjoy the Apple Capital Loop Trail, a pedestrian and bicycle path that meanders along the banks of the Columbia River; Pybus Public Market, a community gathering place with an excellent source of locally grown fruits and vegetables complimented by a quality selection of artisan and ethnic products: and adjacent to the waterfront is beautiful historic downtown Wenatchee, home to numerous unique shopping and dining opportunities

### **Lodging Information**

#### **Coast Wenatchee Center Hotel**

201 North Wenatchee Avenue, Wenatchee, WA 98801

Coast Wenatchee Center is located right at the entrance to historic downtown Wenatchee, within walking distance of great entertainment and shopping as well as loads of riverfront activities, including the new Pybus Public Market, and our sky bridge will take you right to the Wenatchee Convention Center.

### **Conference Site**

#### **Wenatchee Convention Center**

121 North Wenatchee Ave., Wenatchee, WA 98801

Located in the heart of Downtown Wenatchee, the Wenatchee Convention Center facility is a favorite of statewide organizations which utilize Wenatchee's central location, beautiful climate and desirable amenities to provide ideal conventions, meetings and event opportunities for individuals located throughout Washington.



## Scholarship Opportunities

### WSASC 2018 Conference Scholarship Application

Apply for this scholarship if you have exhausted all other funding sources. If your city or organization is willing to pay for the conference but not the lodging [apply for partial-scholarship](#).

The Washington State Association of Senior Centers awards full and partial scholarships to successful applicants. Scholarships are to be used for attending the current WSASC Annual Conference.

#### Selection Criteria and Process:

##### Application Requirements

- Current WSASC Member
- Currently employed in the field of older adults in Washington State or currently enrolled in a college/university in the field of parks, recreation, leisure services, gerontology or any related field.
- Scholarships must be used for the current year's conference.

##### Scholarship Application Process

- Candidate completes application form
- Application forms must be returned no later than March 30, 2018
- Scholarship Review Committee reads applications and makes scholarship awards
- Scholarship recipients will be informed no later than April 6, 2018

##### Scholarship Recipient Expectations

- All award recipients are expected to volunteer *before and/or during* the conference.
- Recipients will be expected to attend all aspects of the conference.
- All recipients will be expected to share a room; there will be no single person room for participants receiving a scholarship.

If you have any questions or *have not received a confirmation regarding your scholarship application by April 6, 2018* please call or email Kristy Dunn at 206-812-4722 or [kristyd@burienwa.gov](mailto:kristyd@burienwa.gov).

Thank you,

**Kristy Dunn, Recreation Supervisor**  
City of Burien  
14700 6th Ave SW  
Burien, WA 98166  
206-812-4722

## Scholarship Application for Professionals and Students

### Section I: (required information)

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Home Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Current Employer or School: \_\_\_\_\_

Employment Title: \_\_\_\_\_ Or Year in School: \_\_\_\_\_

Work or School Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Work/School Phone: \_\_\_\_\_

Major: \_\_\_\_\_ Anticipated Graduation Year: \_\_\_\_\_

### Section II: (required information)

Using a separate sheet of paper be sure to include your name. Please only use one (1) sheet to respond to the following questions.

Describe how this scholarship will benefit or contribute to your educational and/or professional goals?

Describe your involvement and contributions to WSASC, WRPA, your community and/or school.

If awarded a partial scholarship, would you and/or your organization be able to pay the difference of the conference fee?

Have you ever received a scholarship from WSASC organization for any event or conference? If so, when?

### Section III: (required information)

In addition to this application, please provide a current resume and/or transcript. You are welcome to submit any additional supporting document that specifically demonstrates your contributions to WSASC, WRPA, your community and/or school. (Including the applications, respondents cannot send more than five (5) pages.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please return application by March 30, 2018 via mail, fax or E-mail to:

**Kristy Dunn, Recreation Supervisor**

**City of Burien**

14700 6th Ave SW, Burien, WA 98166

206-812-4722

## 2018 WSASC Awards Nomination Form

Each year the Washington State Association of Senior Centers honors outstanding individuals and organizations at our Conference. Award categories are as follows:

### **Professional Leadership Award**

A nominee for this award will have held a senior center position for more than five years and demonstrate through their work efforts, performance and concern that clearly excel beyond their daily responsibilities. These extra efforts can be demonstrated in the area of legislation, professional or community involvement, creative programming, etc.

### **Rising Star Award**

The nominee should embody the essence and spirit of their predecessors, be determined to inspire a change or make a difference in the industry. Intended for individuals who have worked in the senior services arena less than five years, the nominee will exhibit a tremendous amount of energy and possess a great rapport with clients, while working in unison with others.

### **Community Connection Award**

An agency, organization or individual nominated in this category will be a community entity that has provided assistance at their local senior center. This organization or individual will have clearly demonstrated support for their senior population and center by going beyond normal volunteer activities. Community support should be highly valued by their senior center staff, participants and the community.

### **Service Recognition Award**

A program, service or event nominated in this category is creative, meets a specific community need, was on the cutting edge of a recent trend, solved a community problem or highlighted the special uniqueness of the community, the center or the older adults it served.

**The following nomination form must be complete and returned by March 30, 2018**

Please mail, fax or email your nomination for to:

**Kristy Dunn, Recreation Supervisor**

**City of Burien**

14700 6th Ave SW, Burien, WA 98166

206-812-4722 office, 206-243-2784 fax

kristyd@burienwa.gov

## 2018 WSASC Awards Nomination Form

Category: (Select One)

Professional Leadership Award

Community Connection Award

Rising Star Award

Service Recognition Award

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

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

City/State/Zip: \_\_\_\_\_

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

Nominated By: \_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Briefly describe the efforts of your nomination or impact on behalf of your Senior Center's services, programs or participants. (Attach one additional sheet if needed)

---

---

---

---

---

---

---

---

Please describe why you believe these efforts or impact is worthy of recognition? (Attach one additional sheet if needed)

---

---

---

---

---

---

---

---

## Grant Application Form

WSASC wants to make a difference at your center in 2018!

### Grant Criteria:

1. The total grant amount is \$1000. Centers are encouraged to use the funds to increase or enhance programs.
2. Depending on the requests, more than one grant may be awarded.
3. Funds must be used for the benefit of the senior center directly.

### How to apply:

1. Attach a one-page explanation detailing the purpose, benefit and use of the funds granted.
2. Include pictures, if appropriate.
3. Application deadline: June 30, 2018. Recipient(s) will be notified of awarded grant following the WSASC Board Retreat in late summer

Applicants Name: \_\_\_\_\_ Senior Center Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

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

City: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Have you received a WSASC Grant within the last 2 years?    Yes           No

Funds Requested for: \_\_\_\_\_

\_\_\_\_\_

Specific criteria, outline, proposed budget, supplies etc: \_\_\_\_\_

\_\_\_\_\_

Estimated Cost: \_\_\_\_\_

If you have any questions please contact Kristy Dunn by phone, 206-812-4722 or email at [Kristyd@burienwa.gov](mailto:Kristyd@burienwa.gov)  
Send completed grant applications to:

**Kristy Dunn**  
**City of Burien**  
14700 6th Ave SW, Burien, WA 98166  
Or FAX 206-243-2784



# “Back to Basics”

## Washington State Association of Senior Centers

### Annual Conference - May 22 - 24, 2018

All activities take place at the Wenatchee Convention Center and surrounding area

Name: \_\_\_\_\_ Email Address: \_\_\_\_\_

Sr. Center/Organization \_\_\_\_\_

Title: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

First time attendee? Yes  No

If yes, would you like us to assign you a roommate to receive the double occupancy rate? Yes  No

WSASC: Member  Non-Member

Roommate preference (Name & Agency) \_\_\_\_\_

WSASC Member Conference Fees	WSASC Non-Member Conference Fees
Registration received on or before April 6, 2018 <input type="checkbox"/> \$349 Shared <input type="checkbox"/> \$499 Private	Registration received on or before April 6, 2018 <input type="checkbox"/> \$399 Shared <input type="checkbox"/> \$549 Private
Registration received after April 6, 2018 <input type="checkbox"/> \$399 Shared <input type="checkbox"/> \$549 Private	Registration received after April 6, 2018 <input type="checkbox"/> \$449 Shared <input type="checkbox"/> \$599 Private
Daily Rate: \$150 per day <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday	Daily Rate: \$200 per day <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday

Please note: If you are not a member, but are in the process of becoming a member, you must send your membership dues prior to March 30, 2018.

Experience Wenatchee choice:  Ohme Garden     Rocky Reach Dam     Self-guided Walking Tasting Tour

Pybus Italian Buffet:  Regular Pasta     Gluten Free

Banquet Dinner choice:     Wenatchee Orchard Chicken     Vegan Risotto Cakes

\*\*For special dietary needs contact Cindy Robinson at 253-856-5162 or crobinson@kentwa.gov

Please indicate any special needs.

Mobility:             Wheelchair Access     Limited stairs     Close to meeting rooms

Other \_\_\_\_\_

Total Amount Enclosed: \$ \_\_\_\_\_

Make Checks payable to:

**Washington State Association of Senior Centers**

Pay by Credit Card:

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

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Billing Zip-Code: \_\_\_\_\_

You will be contacted for your 3 digit security code to complete your registration payment.

Send registration with payment to:

WSASC

c/o Cindy Robinson, Kent Senior Center

600 E Smith St, Kent, WA 98030

253-856-5162 • crobinson@kentwa.gov

**Scholarships:** Scholarships are available. Please apply. Applications are available on the WSASC web site [www.wsasc.org](http://www.wsasc.org).

**Important information:** If your conference registration will not be received by the April 6, 2018 deadline, please call Cindy Robinson at 253-856-5162 or email [crobinson@kentwa.gov](mailto:crobinson@kentwa.gov)

Board committee members or others from the same agency and/or center may register at the member rate provided they accompany a staff member who is a WSASC member from the same agency/center. For additional information on conference lodging please contact Cindy Robinson at [crobinson@kentwa.gov](mailto:crobinson@kentwa.gov)

**Non-conference Participant:** If you have reserved a private room please let us know if you will be sharing with someone not attending the conference. Additional meals, at a cost, are available upon a 2 week prior reservation. Contact Cindy Robinson, 253-856-5162 or [crobinson@kentwa.gov](mailto:crobinson@kentwa.gov)

**Our Sponsors:**

- Collette
- Liturgical Publishing Incorporated (LPI)
- Mountain View Lodge and Resort
- Patriots Landing
- People's Memorial (PMA)
- Premier World Discovery
- Seattle's Premier Attractions
- The Ripple Foundation
- USS Turner Joy

**Is your City or Agency a member of  
WA Cities Insurance Agency?**

WCIA will reimburse one WSASC Conference registration per WCIA Member, per year.

WCIA reimbursement funding is available upon program completion.

Visit: [www.wciapool.org/education-training/reimbursement](http://www.wciapool.org/education-training/reimbursement).

Scroll to the bottom for WSASC and instruction for reimbursement.