

WASHINGTON STATE ASSOCIATION OF

WSASC
SENIOR CENTERS

Enhance, Educate, and Support

2009 WSASC Annual Conference

"In The Work"

May 19 - 21, 2009
The Holiday Inn Express
4525 Convention Place
Pasco, WA

*You're Invited to the
2009 WSASC
Annual Conference!*

Please visit us at www.wsasc.org for more information

Opening Keynote Speaker



Pat Cashman is one of the best-loved humorists in the Northwest. He was recently awarded "Western Washington's Funniest Comedian" in a viewer poll of "Evening Magazine" on KING 5 Television---and has also won numerous newspaper polls as readers' "Favorite Radio Personality."

Beyond his keynote and emceeding work, Pat was a featured performer, writer and producer on the Seattle-based sketch TV show "Almost Live!"---a program that was also syndicated internationally and appeared for two years on Comedy Central.

Cashman was also the announcer and character actor on Disney's much-honored "Bill Nye the Science Guy" Show---as well as PBS's "Eye's of Nye." He is a writer/performer on the nationally syndicated "Biz Kids" TV show---and will soon be seen hosting a new weekly program broadcast locally on KCTS Television.

"Surviving the Senior Center"

Enjoy a funny and inspiring talk about senior issues and working with the public. Pat knows our challenges of never having enough time or money to do the things we want to help seniors, growing older, and dealing with the unexpected. He'll help us look at the bright side of things that seem to just drag us down and help us keep our sense of humor during tough times.

Closing Keynote Speaker



Gail Goeller, age 63, gained her expertise while tending to her aging family of five in Spokane, Washington over the course of 12 years. During this period, she and her husband, John, co-founded the national and Washington state award-winning Directory for Seniors and Their Families, now in its thirteenth year and distributed in the Northwest.

With a Master's Degree in Applied Behavioral Sciences, Goeller left a 16-year career as a management consultant and speaker to take on this publishing challenge, present seminars on eldercare, and author the book, [Coming of Age with Aging Parents](#). In June 2005, her book was a finalist for the Book of the Year contest/Book Expo America sponsored by ForeWord Magazine and featured in New York City at the Jacob Javits Center.

As a volunteer, Gail has served as President of The Board of Trustees for Hospice of Spokane, board member for the Alzheimer's Association/Inland Northwest Chapter, chair for Project Joy, a cultural senior outreach program, and writes a quarterly column on aging for the Spokane Journal of Business. Locally and nationally, she speaks and presents seminars on eldercare issues.

Tuesday May 19, 2009, Banquet Room

11:30am - Conference Registration Desk Opens, Room Check-In at 2:00 pm
1:00pm - Welcome
1:30pm - Opening Keynote Speaker, Pat Cashman

2:45 - 3:45 pm Breakout Session

WCIA Risk Management Presenter Lisa Knapton - Merlot Room

Lisa Knapton with the Washington Cities Insurance Authority will be providing a continuation of the 2008 conference presentation. Last year we didn't have time for the topics of transportation, facilities, etc. We can't wait to hear the rest!

4:00 - 5:00 pm Breakout Session

WCIA Risk Mgt - Questions and Answers Presenter Lisa Knapton - Merlot Room

This is your chance to ask questions on any Risk Mgt. issue you may have. Some things you may want to discuss could be: Special Events, Rentals, New programs, or Volunteers.

Getting the Word Out Presenter Erica Jesberger - Syrah Room

Erica Jesberger, Communications Consultant for Columbia Basin College, will discuss how to promote programs and events by giving you tips for creating effective publications and choosing the correct marketing tools to target specific audiences.

5:30 pm - Dinner at Pasco Senior Center

Dinner will begin at 6 pm with Dancing and Music starting at 7 pm. Shuttle bus will be available at specific times for early hotel departure. Last Shuttle will leave the senior center at 11:30 pm.

Newcomers: There will be a short meeting at 5:40 pm for Newcomers at the center prior to dinner. Any questions, feel free to ask a Board Member!

Wednesday May 20, 2009 8:30 - 9:30 am Breakout Session

99 Seconds Presenters Shawn Daly and Debbie Little - Merlot & Syrah Room

Back by popular demand, Shawn and Debbie are facilitating a structured brainstorm. Learn about great programs in 99 seconds or less! Contact information and notes are available after the session.

9:45 - 10:45 am Breakout Session

Board Responsibilities Presenter Buz Smith - Merlot Room

Boards can play a huge role in how your center is going to fair in difficult and prosperous times. Learning how to deal with boards and the different personalities that come with it can be a huge challenge. Learn to build the proper relationships with your board members to work on challenges that lay ahead.

Stereotypes and Leading Change Presenter Gail Goeller - Syrah Room

All of us are occasionally guilty of stereotyping others. But in a Senior Center, unexamined prejudices can turn up the volume and impact our programs success. By networking and developing strategies to confront negativity we can break through barriers.

11:00 - 11:45 am Breakout Session

Emergency Preparedness Procedures Presenter John Scheer - Merlot Room

Are you prepared for a disaster? In this session learn how to develop a plan for your center. Learn what needs to be included in the plan from important numbers to what to keep on hand. Plus much more!

Stress Relief for the Professional Presenter Barbara Strote - Syrah Room

Stress and its ability to wreak havoc on ourselves and co-workers is a constant threat. Learn what the signs and symptoms are and learn how to deal with what seems to be an ever growing problem.

1:15 - 2:15 pm Breakout Session**Group Dynamics Presenter Gail Goeller - Merlot Room**

Learn how to establish a process for group dynamics, with an emphasis on clarifying roles and expectations, giving and receiving feedback, misinterpretations, give and take, and honesty. In this session you will be asked to consider the theory and practice for gaining program successes and happy campers.

Falls Prevention Presenter Sally York - Syrah Room

Falls and fall injuries account for millions of dollars in medical expenses and loss of life. This session will educate you in the severity of the problem for older adults. You will learn risk factors and fall prevention best practices. Participants will identify how to implement, adapt and evaluate effective fall prevention strategies and programs in community-based senior centers.

2:25 - 3:15 pm Breakout Session**Washington Dental Service Foundation and Oral Health among Seniors**

The Washington Dental Service Foundation will share information about efforts in our state to improve the oral health of seniors and the role of oral health in the health and well-being of seniors. Please join the discussion and contribute your views on how oral health programs and senior centers can work together.

2:15 - 4:15 pm Free Time

Time to get together with new friends and old acquaintances for a chat, a walk/run, a splash in the pool or just a nice game of chicken in the parking lot. Don't forget to get a massage in the Merlot Room. Hospitality Suite is open until 4:15 pm.

Massages Available from 2:15 - 4:15 pm

We have acquired several massage therapists that will be performing 15 minute massages for attendees in the Merlot Room from 2:30 pm to 4:15 pm the cost is \$15 per person. Enter to win a free 15 minute massage? The WSASC will be giving away five 15 minute massages. Drawing will be performed during the Wednesday lunch session. The free massages will performed after the last breakout session starting at 3:20 pm.

Awards Dinner

4:30 pm - Social, Dinner and Silent Auction Opens

6:00 pm - Silent Auction Ends/Live Auction Begins

6:45 pm - Awards and Announcements

7:15 pm - DJ Music and Dance

10:00 pm - Hospitality Suite Open

WSASC Awards

Each year the WSASC honors members in various categories. These categories include: *Professional Award, New Professional Award, Organizational Award and the Best New Senior Center Program/Activity Award*. If you know of a member that has gone above and beyond what is asked of them while representing the senior population let us know by nominating them for the 2009 Conference.

Makeover Grant Information

\$500 and a makeover! This is an opportunity for you to win money to improve your center's appearance with a little paint, or to add some new speakers for that old sound system. There are countless other ways you can use the money so don't be shy, just apply! Applications will be available at the Conference.

Thursday May 21, 2009

10:00 am Check Out and Brunch

10:45 am Announcement of New Board Members, Closing Keynote Speaker: Gail Goeller

11:45 am - Wrap Up and Evaluations Due, Last Minute Auction for Leftovers!

See you at the 2009 WSASC Conference!

2009 Conference Registration Form

Name: _____ Senior Ctr./Organization: _____

Address: _____ Job Title: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

First Time Attendee? Yes No WSASC: Member Non-member

Please See * Note below

Roommate Preference (name and agency): _____

Wednesday May 20th Dinner Preference (check one): Chicken Salmon Vegetarian

WSASC Member Conference Fees:

Received before April 15, 2009

\$295 Double \$395 Single

Received after April 15, 2009

\$335 Double \$435 Single

Daily Rates

\$135 Tuesday \$185 Wednesday

Total Conference Fees: \$ _____

WSASC Non-Member Conference Fees:

Received before April 15, 2009

\$395 Double \$495 Single

Received after April 15, 2009

\$435 Double \$535 Single

Daily Rates

\$235 Tuesday \$285 Wednesday

Total Conference Fees: \$ _____

*** Please Note: If you are not a member but are registering as a member you must send your dues prior to sending your Member Rate Conference Fees. See www.wsasc.org for details.**

Please indicate if you need any special needs such as wheelchair access, special diet, ground room floor, etc. _____



WSASC



Make checks payable to:
WSASC 2009 Conference

Send checks and registration to:
WSASC 2009 Conference
Kent Senior Activity Center
Attn: Cindy VandenBerg
600 E. Smith St.
Kent, WA 98030

Important information

If your registration will not be received by the April 15th deadline please call Cindy VandenBerg at (253) 856-5162

Board committee members from other agencies/centers may register at a member rate provided they are accompanied by a staff member who is a WSASC member from the same agency or center. For additional information on the conference please feel free to contact Vince Guerrero at (509) 545-3459.