

Planning for the Next 100 Years

What will your life and our community look like in the future?

The Maricopa Association of Governments Municipal Aging Services Project is exploring how needs will be met as people age. This project is made possible through the support of the Virginia G. Piper Charitable Trust and hundreds of residents and professionals in this region. The following workshops will be offered on February 15, 2012, at the Phoenix Convention Center. Please indicate your first and second choices on the registration form. For more information, please contact Rachel Brito at rbrito@azmag.gov or (602) 254-6300.

Access to Resources and Community: How do people get the help they need? How do organizations and municipalities communicate with people? Learn from the best through representatives from Atlanta Regional Commission, celebrated nationally for their work in designing housing and communities for people aged 65 years plus. They will be joined by ELDER Initiative, a bold new initiative that is transforming the way Tucson approaches aging.

Exploring Your Future: This hands-on, interactive workshop guides participants through a process to identify the greatest influences in their lives; their skills, talents, passions and interests in their present life; identify practical ways to realize their dreams; and create a more engaging life based on Specific, Measureable, Attainable, Realistic, and Timely (SMART) goals. Explore Your Future is a program developed by Coming of Age.

Intergenerational Programming: Join representatives from faith-based organizations to discover how they support people throughout their entire lives. Representatives from Benevilla and Rehoboth Saints Centers will share information about how intergenerational programming builds support between generations and offers a more holistic environment by serving people from different ages together.

Safety: Learn what it takes to be safe in one's home and community. Experts from the public sector will provide strategies and support to prevent older adults from falling victim to physical injury, identify theft, and other dangers. Learn about the City of Goodyear's, *You are Not Alone Program*, as well as the elder abuse and identify theft programs through the Arizona Attorney General's Office.

Senior Centers: Senior centers have the potential to provide a lifeline for people as they age by keeping them connected with their peers, nutritional meals, and activities. Join a roundtable discussion that will explore how well senior centers in our community are meeting people's needs in a dynamic environment affected by changing demographics and funding. How can the senior centers of today be thriving centers of activity tomorrow? We need your perspective to answer this question.

Transportation: Limited access to transportation can leave people without medical care, food, companionship, and basic necessities of life. This workshop will provide tangible solutions to helping people get to where they need to go from the perspective of a nonprofit agency, a transit agency, and a community outreach program. National best practices will be presented with local success stories. Join representatives from the MAG Transportation Ambassador Program, Regional Public Transportation Authority, Community Transportation Association of America, and others to learn how people can be connected with transportation today.

Volunteering: How do people living in a community help one another? Explore the benefits of having people aged 65 years plus volunteer within your agency or community. What is needed to make sure this meets the expectations of the volunteer and fills a need in the community? Join representatives from the nonprofit and public sector who have learned tips for success.