



**MAKING OREGON
VITAL FOR ELDERS**

Busting the Bias: Elders as Individuals

Featuring acclaimed author and speaker Wendy Lustbader

February 7, 2012

1:00 - 4:00 p.m.

Monarch Hotel & Conference Center

12566 S.E. 93rd Ave., Clackamas, OR 97015 503-652-1515

It is time for all of us to discard our negative assumptions about aging, personally and collectively. Too often, we see that *old lady* over there, rather than a woman who has gotten older. When it comes to ourselves, we feel both distinctive and ageless inside. We each want to be seen as an individual, rather than one of *them*. We find it offensive to be thrust into a category called the "elderly" simply on the basis of how long we have been alive. The Culture Change movement, led by the national Pioneer Network, seeks to turn ageism inside out, challenging our societal bias with a focus on elders as individuals. **Wendy Lustbader** will foster a dialogue based on her new book, *LIFE GETS BETTER: THE UNEXPECTED PLEASURES OF GROWING OLDER*.

Who should attend:

All who care about changing the culture of aging including all staff in nursing, assisted living, residential care and senior housing communities.

Presenter

Wendy Lustbader, MSW, is the author of several books that have earned her a national reputation in the field of aging. She is also a popular speaker at conferences throughout the US and Canada, using storytelling to animate complex subjects. Additionally, she is a skilled psychotherapist, having worked almost twenty years with people from all walks of life. Currently, she is an Affiliate Associate Professor at the University of Washington at the School of Social Work in Seattle. Wendy's first book was co-authored with Nancy Hooyman, *Taking Care of Aging Family Members*. Her second book, *Counting on Kindness*, helps readers to comprehend the complex feelings which arise when we become dependent on others for help. Her latest books are *What's Worth Knowing*, a collection of pithy insights gathered from older people, and *Life Gets Better*, which explores how life improves as we get older, on every level except the physical.

Check-in/Networking begins at 12:45 p.m.

CEUs Pending

At the conclusion of this session, participants will be able to:

- Identify at least ten negative assumptions about elders that are commonly held.
- Describe how such assumptions affect our perceptions of older people.
- Depict at least three ways to challenge ageism when we encounter it in our personal and professional lives.
- Explain the ethical underpinnings of autonomy, dignity, and the right to assert one's individuality.

Attend the February 7 M.O.V.E. Program: "Busting the Bias"

Name(s): _____

Organization: _____

Phone: _____ Email: _____

Fees: Individual \$25 Organization/Community Fee: \$100 (up to 5 attendees per organization) Scholarships are available.

Visa MasterCard American Express Check: # _____

Name on Card: _____ Exp. Date: _____

Card Number: _____ 3-Digit Code: _____

Cardholder Signature: _____ Billing zip code: _____

Cancellations must be received no later than 5 working days prior to the event to be refunded.

Enclose check (payable to M.O.V.E.) or credit card information with registration form and mail or fax to:
M.O.V.E., PMB 511, 13500 SW Pacific HWY STE 58, Tigard, OR 97223 or fax (503) 624-0870
 For questions about registration, more information or to opt out of faxes call: (503) 684-3788