

Session 1 | 10:15-11:05 a.m.

Aging...Even Better 24P6620A

Tom Kidd, Balanced Wellness Services

This presentation will be a continuation of the keynote. Tom will address the importance of hope, anticipation, and priorities. He will discuss living for your priorities on a daily basis and setting short-term goals to provide hope and anticipation, as he shares the many physical, social, mental, and emotional benefits of simply laughing!

Exploring the Brain through Stimulating Cases in Neurology 24P6620C

Tom Sather, Associate Professor, UW Eau Claire

Dr. Timothy Young, MD, Neurologist at Mayo Clinic Health System – Eau Claire

We'll explore the inner workings of the brain through select neurology cases, diving into intriguing stories that help to explain memory, language, and cognition. These cases help us understand more about how the brain works and ways to support healthy brain function as we age. Join us to unravel the complexities of the brain in an accessible and enlightening manner.

SOLD OUT- Garden Fairy Wand 24P6620D

Barb Bridell, Thorpe

Design and build your own garden fairy wand. Your fairy wand can be used in an indoor or outdoor planter or garden.

**Additional Fee: \$7*

How Grief and Loss Rewires the Brain and What YOU Can Do About It 24P6620E

Lisa Wells, Aging and Disability Resource Center of Eau Claire County

Grief and loss come in many forms. Whether by the loss of a loved one, illness, injury, divorce, unfulfilled dreams, or another cause, the brain interprets grief as emotional trauma or PTSD. In this presentation, you will learn how grief and loss affect the brain and body, healthy ways to cope, the availability of resources . . . and most importantly, rewiring your brain!

SOLD OUT Nature's Best Hope—Supporting Biodiversity in Chippewa Valley 24P6620F

Jane Mohler, Chippewa Valley Biodiversity Partnership

Ellen Terwiliger, Chippewa Valley Master Gardeners

Wondering where the fireflies, bluebirds and butterflies went? Feeling overwhelmed about the loss of biodiversity and wondering what to do? Don't despair, ACT! Learn how you can become a biodiversity steward by taking eight simple, evidence-based steps to make a real difference; use Professor Doug Tallamy's grassroots call-to-action — "Home Grown National Park" — to regenerate biodiversity and ecosystem function.

Oh, The Things You Find Out When You Start Digging 24P6620G

*Todd Johnson, former Eau Claire Police Officer and Detective;
long-time genealogy enthusiast and researcher*

Discover how an innocent project to research the prior tenants of an Eau Claire home led to a shocking discovery from the 19th century. Mr. Johnson will teach you how to research those who previously lived in your residence, and recount a specific research project about a previous tenant of an Eau Claire residence that led to a police investigation involving heinous felonies and a manhunt in the 1800's.

Welcome to Birding 24P6620S

Steve Betchkal, Ornithologist/Ecologist

Binocs. Field guides. The Merlin App. eBird. Lists. You like birds and want to get to know them better, but where to begin? Why not start right here, with ornithologist Steve Betchkal? Bring your favorite binocs and field guide to the session. There will be extra binocs and field guides to use.

Pickleball — The New Game in Town 24P6620H

Jeff Lorentz

Pickleball is one of the fastest growing sports in the world! Learn more about the game everyone is talking about. It is an easy game to pick up that packs a big punch for enhancing your physical and mental fitness and social wellbeing. You will have a chance to get a paddle and ball in your hands to get a feel for the game, but you will not be playing pickleball during the session.

Systemic Racism: Defining and Confronting Structural Oppression 24P6620I

*Dr. Dale Taylor, President, UW-Eau Claire Emeriti Faculty Association;
Member Board of Directors Wisconsin Board on Aging and Long-Term Care*

Examine the repercussions of systemic racism. Learn how segregated housing sustains racial disparities in education. Explore how surveillance policing leads to further challenges for college eligibility and for depression of household wealth.

Techniques to Navigate Difficult Conversations 24P6620J

Jean Jirovec, Marriage and Family Therapist

Learn how to improve your relationships through more effective communication strategies. Be able to demonstrate empathy and seek to understand others. Remain calm in conflicted situations and feel confident when sharing your thoughts and feelings with others.

What Is Your Legacy? 24P6620K

Renee Liming, Lessons for Tomorrow

The most important writing that you'll ever do is writing your own life story, your legacy. You'll learn the importance of documenting your photos, identifying your core values, writing an ethical spiritual will and writing your life stories for future generations to enjoy. How do you want to be remembered? Everyone has a story. It's time to write yours.

Where The Lilacs Grow: The Story of Happy Island and Old Meridean 24P6620L

Jeanne Anderson, retired elementary music teacher and author

In the Chippewa River, downstream from Eau Claire, lies Happy Island, once home to a lively lumbering town and eight farms. This presentation will tell the history of this unique island — the lumbering town of Old Meridean, the farms, and the people who lived on the island — through stories and pictures that bring it all to life.

Wisconsin Frogs and Toads 24P6620M

Heidi Conde, retired Natural Resources Educator

Pick me! Pick me! That's the meaning of the male calls of the various species of frogs and toads that you hear in spring and summer. Learn about them from someone who has participated in annual surveys of them since 2010. Take home a 44-page full-color book from the WDNR titled "Amphibians of Wisconsin. *Additional Fee: \$4.00

Protect Yourself from Medicare Fraud 24P6620O

*Ingrid Kunderger, Project Manager, Wisconsin Senior Medicare Patrol –
Greater Wisconsin Agency on Aging Resources (GWAAR)
Jim Tripp, Senior Medicare Patrol Volunteer*

Medicare loses billions, yes BILLIONS, of dollars each year due to fraud, errors and abuse. Think it can't happen to you? Unfortunately, think again. EVERYONE has a role to play in detecting health care fraud. With the help of Wisconsin's Senior Medicare Patrol, learn how to prevent, detect and report Medicare fraud, errors, and abuse.

Zumba Gold Dancing and Toning 24P6620XX

*Gloria Godchaux, Certified Zumba Instructor
Emily Boudreau, Owner of Dragonfly Fitness & Training;
Certified Zumba Instructor
Crista Trzebiatowski, Certified Zumba Instructor*

Zumba Gold is perfect for older adults. The class introduces Latin-inspired, low-intensity dance and toning workout choreography that focuses on balance, coordination and range of motion. Zumba Gold dancing and toning incorporates fitness goals such as cardiovascular endurance, muscular conditioning, and flexibility. Chair Zumba Gold will be offered to accommodate those who are unable to dance while standing.

Session 2 | 11:30 a.m.–12:20 p.m.

A Search For a Piece of History — The Omtvedt Flag 24P6620P

Todd Johnson, former Eau Claire Police Officer and Detective; long-time genealogy enthusiast and researcher

This is a story about the search for a lost relic with ties to Eau Claire and World War II. Mr. Johnson will narrate the history of the Omtvedt Flag, a homemade, 48-star United States flag constructed in a Japanese prisoner of war camp in 1945 by Clifford Omtvedt and other fellow prisoners of war. Mr. Johnson will recount his recent efforts to locate the flag.

What Is Your Legacy? 24P6620UU

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Workaways and other Solo Senior Travel 24P6620TT

Daniel Norstedt, Experienced Traveler

From farm work in Scotland to gardening in Hong Kong New Territories — learn about experiences with "workaways" as a unique and adventurous way to travel.

Cancer Journey Roadmap: What We Aren't Told When Diagnosed 24P6620R

Stephanie Miller, Cancer Doula

Discover the hidden truths of a cancer diagnosis. The presenter will shed light on unspoken challenges and uncharted journeys. She will offer insights into the emotional toll, the uncertainties, and the resilience that often goes unmentioned.

Where the Gulls Are 24P660GG

Steve Betchkal, Ornithologist/Ecologist

...And warblers, and shorebirds, and sparrows... it's spring, and you're eager to get outside and watch birds. But where? Ornithologist Steve Betchkal shares tips on the best places and opportunities to find and enjoy birds in Wisconsin.

Living with Grief Associated with Dementia: What It's Like and How to Help 24P6620U

Tom Sather, Associate Professor, UW-Eau Claire

CeCelia Zorn, author and Professor Emerita of Nursing, UW-Eau Claire

This session is for friends, family, and care partners impacted by speech loss and dementia. We explore living with grief and discuss how to use effective strategies to lessen the burden of complicated grief. The presenters, a speech-language pathologist and a care partner who recently lost her spouse to primary progressive aphasia, provide a unique combination of clinical and personal perspectives.

Maple 101 — The Basics of Making Maple Syrup 24P6620V

Will Wanish and Heather Rothbauer-Wanish, Wanish Sugar Bush

Learn how a local 20-year-old started his syrup business, Wanish Sugar Bush, as a 15-year-old entrepreneur. Today, he has approximately 5,000 taps and purchases sap from another 10,000 taps. During this presentation, the presenters will show you the basics of setting up lines, collecting sap, evaporating sap into syrup, and turning it into a finished product for store shelves.

SOLD OUT- Mind the Music 24P6620W

Cathy Reitz, director of Stand in the Light Memory Choir

Singing, playing, and listening to music have always been ways in which people touch and move one another. It is also the way to better health and happiness. Find out how and why music inspires, enlightens, and touches deep parts of us that words alone cannot describe. Find out why music stays in our memories longer than anything else. Share our music and leave happier and healthier. Your mind will appreciate it.

The Nine Boxes of Happiness: Joy and Satisfaction for Life 24P6620Y

Bob Pecor, Bob Pecor Music

Let's talk about happiness! Bob Pecor will engage the audience through discussion, storytelling, and song. Using the Nine Boxes of Happiness, investigate how to find joy and life satisfaction. Think, listen, and share — then walk out with an action plan in hand . . . plus be entertained in the process.

SOLD OUT- Zumba Gold Dancing and Toning 24P6620AA

Gloria Godchaux, Certified Zumba Instructor

Emily Boudreau, Owner of Dragonfly Fitness & Training;

Certified Zumba Instructor

Crista Trzebiatowski, Certified Zumba Instructor

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Protect Yourself from Medicare Fraud 24P6620BB

Ingrid Kunderger, Project Manager, Wisconsin Senior Medicare Patrol –

Greater Wisconsin Agency on Aging Resources (GWAAR)

Jim Tripp, Senior Medicare Patrol Volunteer

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Adventures in Fish Biology: Wisconsin Lakes, Rivers and Streams 24P6620CC

David Lonzarich, Professor, UW-Eau Claire

This presentation will focus on Wisconsin lakes, rivers and streams from the perspective of the fish inhabitants and of a fish biologist who has passionately studied these wonderful creatures for more than 40 years.

Positivity for Life! 24P6620DD

Paula Gibson, Healthcare Workforce Training Institute

Positivity has a powerful effect on the quality of our health and our lives. Learn 6 simple ways to choose the positive each day that will enhance how you feel, what you do, and how you live. Warning — you will leave this presentation with a smile!

What Do You Know About Opioids? 24P6620VV

Sarah Dillivan-Pospisil, Eau Claire City–County Health Department

Opioids range from prescription medications to illegal drugs like fentanyl. Fentanyl-related overdose is now the top cause of death in Wisconsin residents ages 25 to 54. Attend this session to learn more about opioids and how you can help. You will receive a free medication lockbox/bag and other tools to prevent prescription misuse.

SOLD OUT- Garden Fairy Wand 24P6620WW

Barb Bridell, Thorpe

Design and build your own garden fairy wand. Your fairy wand can be used in an indoor or outdoor planter or garden.

**Additional Fee: \$7*

Session Three | 1:35 – 2:25 p.m.

An Introduction to Falconry 24P6620EE

Todd Johnson, former Eau Claire Police Officer and Detective

Mr. Johnson will provide a look into the world of falconry, starting with the process of obtaining a permit, capturing your first bird, training, hunting, and overall care for your feathered hunting companion.

Avoiding Pitfalls in Advance Directives 24P6620FF

Polly Shoemaker, Greater Wisconsin Agency on Aging Resources, Inc. – Guardianship Support Center

Whether working with your own advance directives or those of a loved one, ensure the advance directives are valid and accurately reflect the intended wishes. Additionally, learn when guardianship may be appropriate instead. This presentation will go back to basics to educate you about legal decision-making in Wisconsin and address common questions and concerns.

Emerging Trends in Scams and How You Can Fight Fraud 24P6620HH

Courtney Anclam, Senior Program Specialist at AARP Wisconsin

Join us to learn more about how to spot and avoid the latest scams. After this session, you'll be able to: identify common red flags, determine the best course of action if someone you know is the victim of a scam, and share free resources with your friends, family, and neighbors of all ages.

SOLD OUT- Movement for your New Body 24P6620H

Sandra Mighell, Open Spaces Mindful Movement

In this presentation, you'll discover the body-friendly mindful movement modalities of Qigong and Nia Joyful Cardio Dance. You'll learn how to move in "Now" body and access joy, extra energy, relaxation, and confidence. The basics of Qigong and a brief introduction to the Nia Technique will be covered. And you will have the opportunity to participate in (or observe) a short movement practice!

My Country — Ghana 24P6620JJ

Rev. Fr. Emmanuel Asamoah-Bekoe, Pastor, Triparish, Durand, WI

Learn about tearing down the walls of prejudice and racism while building a "global village" in which a healthy society is formed. Along with this, learn about the country of Ghana's culture and society. This will help inform others of diverse backgrounds and how that can play a role in the inclusion, respect, and acceptance of one another.

SOLD OUT- Neurographic Art 24P6620KK

Geri Krause, Artist and Therapist, UW-Eau Claire Counseling Services

Learn the technique of neurographic art and create your own unique drawing through a guided, yet free and unplanned experience. Neurographic art is for individuals of any age and requires no previous art experience. Express feelings and unconscious thoughts on paper, free of inhibition. This technique can create new neural connections that may help you see truths that can impact future thoughts and decision. *Additional Fee: \$5

SOLD OUT-StrongBodies—Because Calcium and Walking Isn't Enough! 24P6620LL

Deb Bruning, Aging and Disability Resource Center of Eau Claire County

Osteoporosis, dangerous weakening of bones—develops invisibly. Strength training is especially important as we age. The StrongBodies program provides a safe environment for older adults to improve strength and balance with a fun group of peers. Learn about research behind StrongBodies, how to begin strength training safely no matter your age and ability, and where local classes are in Wisconsin.

The Long Walk — From Canada to Mexico on the Continental Divide Trail 24P6620MM

Todd Wellnitz, retired professor, UW-Eau Claire

What is it like to hike 3000 miles across some of the most breathtaking and rugged country of the American West? For 5 months, Todd hiked the Continental Divide Trail from Canada to Mexico. Along the way he met remarkable people,

overcame physical and mental challenges, and learned much about himself and the fascinating people who hike long trails.

Understanding the Different Types of Home Health Care 24P6620NN

Angela Kjellberg, Aveanna Home Health

Learn about the different types of home health care — medical, non-medical, palliative, and hospice. Learn how each type is different from the others, how each type of service is financially covered, and how to make an informed decision about your healthcare journey.

What Do You Know About Opioids? 24P662000

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SOLD OUT What is Pinterest and Why is it SO Much Fun? 24P6620PP

Lisa Wells, Aging and Disability Resource Center

Have you heard of Pinterest but are not sure what it is or why you would use it? If you are looking for fun and easy ways to be inspired, this workshop is for you! You will learn how to create a free account and the countless possibilities to find, create, and save everything you are interested in!

Wisconsin In the Civil War 24P6620QQ

Robert Bodeau, retired businessman, historian, and veteran

Many Wisconsin citizens did their part to preserve the Union. Learn about the battles they fought and the casualties they sustained. You will be proud of our ancestors as you learn about their contributions to our country.

Adventures in Fish Biology: Wisconsin Lakes, Rivers and Streams 24P6620RR

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Music for the Threshold 24P6620X

Kathy Herfel, Threshold Singers of the Chippewa Valley

There are many thresholds in one's life. Members of the local Threshold Choir will talk about their mission to help those in need through song, whether it's an end-of-life situation or to bring comfort and peace. You will be invited to sing some simple songs with us and experience the power of a cappella singing.