24th Annual Arizona Indian Council on Aging Conference
“Elders Holding our Nations Together”
March 12-15, 2012

Call for Workshop Presentations
Deadline: January 2, 2012
The Inter Tribal Council of Arizona, Inc. (ITCA) - Area Agency on Aging, Region 8 (AAA) is seeking workshop proposals for the 24th Annual Arizona Indian Council on Aging (AICOA) Conference. Proposals are being requested for workshops that promote healthy practices and socialization as a means to advancing the well-being of American Indian elders, individuals with disabilities, and caregivers. This annual conference provides current information and education on issues facing American Indian elders, disabled adults, and caregivers.

Conference Theme: “Elders Holding our Nations Together”
The theme encompasses AICOA’s goal of advocating for the American Indian senior community.

Conference Audience
The AICOA conference garners more than 600 conference participants every year and is designed for:

- Elders age 55 and older,
- Individuals with disabilities,
- Aging service providers,
- Informal/formal family caregivers,
- Volunteers,
- Advocates and
- Human Services providers within Arizona tribal communities.

Workshop Topic Areas
This year’s conference focus will be structured around the theme of “Elders Holding our Nations Together”. Proposals that incorporate the conference theme will be given priority. Below are topics which will be highlighted:

- The Aging Process
- Aging & Spirituality
- Talking Book Library
- Budget/Personal Finance
- Cancer
- Compulsive Gambling
- Coping with Depression
- Deaf & Hard of Hearing
- Dementia
- Dialysis
- Elder & Financial Abuse
- Emergency Preparedness
- EnhanceFitness
- Falls Prevention/Home Assessment
- Life after Retirement, What to Expect?
- Vision Impairment
- Medication Management
- Methamphetamine
- Menopause
- Native Plants Uses
- Natural Healing
- Powerful Tools for Caregivers
- Social Security/Medicare
- Stress Reduction
- Tips on How to Keep the Mind Active
- Visualization/Meditation

Proposals focusing on other topics will be considered based on workshop availability and the content of the proposal.
Workshop Guidelines and Information

Workshop Session Format
Workshop sessions will be one hour and 15 minutes in duration and held only on Tuesday, March 13, 2012.

Equipment Information
The following equipment will be provided: laptop computer, LCD projector, screen, flip chart, markers, and wireless internet connection.

The following equipment will not be provided: wireless microphone, CD players, or jump drives. Each presenter will be responsible for providing the aforementioned equipment.

Room Arrangement Style
Most of the workshop rooms will be set up theatre style to accommodate as many senior participants as possible. There will be some rooms set up in classroom style and rectangle configuration. Presenters may request for a specific workshop room setup, however, accommodations will be based on availability.

Presentation Materials
If providing handouts, please bring at least 50-60 copies for participants. The ITCA-AAA will not furnish any paper copying services prior or during workshop sessions.

Confirmation of Workshop Presentation
Presenters will receive confirmation via email by January 3, 2012, upon acceptance of their proposal(s).

Conference Hotel and Location

THE WESTIN LA PALOMA RESORT & SPA
3800 East Sunrise Drive
Tucson, AZ 85718
www.westinlapalomaresort.com

The Westin La Paloma Resort & Spa is delighted to be this year’s host hotel for the 24th Annual Arizona Indian Council on Aging Conference. The Westin La Paloma Resort & Spa is located off of I-10 and Ina Road just 18 miles north of the Tucson International Airport.

Reservations
- A room block is set up for March 12, 2012 through March 15, 2012.
- The room rate is $111.00 single/double plus 13.05% tax. Incidental charges are waived for cash paying guests.
- The cutoff date to make a room reservation is January 11, 2012.
- Each individual is responsible for making their own room reservation by calling (800) 937- (800) WESTIN-1.
- Please mention group name “Inter Tribal Council of Arizona, Inc.” when making reservations to receive the room block rate.
# Conference Agenda

## At-A-Glance

### "Elders Holding our Nations Together"

#### Monday, March 12, 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>12:00 P.M.</td>
<td>Conference Registration</td>
</tr>
<tr>
<td>3:00 P.M.</td>
<td>Opening Ceremonies</td>
</tr>
<tr>
<td>4:00 P.M.</td>
<td>Pre-Conference Activity: Talent Show</td>
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#### Tuesday, March 13, 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>6:30 A.M.</td>
<td>Morning Fitness Activity</td>
</tr>
<tr>
<td>7:30 A.M.</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>8:30 A.M.</td>
<td>Opening Session</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 A.M.</td>
<td>Workshop Session I</td>
</tr>
<tr>
<td>11:30 A.M.</td>
<td>Lunch (On Your Own)</td>
</tr>
<tr>
<td>1:00 P.M.</td>
<td>Workshop Session II</td>
</tr>
<tr>
<td>2:15 P.M.</td>
<td>Individual Health Information and Screenings</td>
</tr>
<tr>
<td>2:30 P.M.</td>
<td>Break</td>
</tr>
<tr>
<td>3:45 P.M.</td>
<td>Workshop Session III</td>
</tr>
<tr>
<td>3:45 P.M.</td>
<td>Individual Health Information and Screenings</td>
</tr>
<tr>
<td>4:00 P.M.</td>
<td>Break</td>
</tr>
<tr>
<td>5:15 P.M.</td>
<td>Workshop Session IV</td>
</tr>
<tr>
<td>6:00 P.M.</td>
<td>Dinner (On Your Own)</td>
</tr>
<tr>
<td>10:00 P.M.</td>
<td>Senior Prom</td>
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#### Wednesday, March 14, 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 A.M.</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>8:30 A.M.</td>
<td>General Session</td>
</tr>
<tr>
<td>9:45 A.M.</td>
<td>Break</td>
</tr>
<tr>
<td>10:15 A.M.</td>
<td>Senior Games- Individual</td>
</tr>
<tr>
<td>12:00 P.M.</td>
<td>Boxed Luncheon</td>
</tr>
<tr>
<td>1:30 P.M.</td>
<td>Senior Games- Individual and Team Chair Volleyball Tournament</td>
</tr>
<tr>
<td>3:00 P.M.</td>
<td>Break</td>
</tr>
<tr>
<td>3:15 P.M.</td>
<td>Senior Games- Team Chair Volleyball Tournament</td>
</tr>
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#### Thursday, March 15, 2012

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30 A.M.</td>
<td>Morning Fitness Activity</td>
</tr>
<tr>
<td>7:30 A.M.</td>
<td>Continental Breakfast</td>
</tr>
<tr>
<td>8:30 A.M.</td>
<td>Closing Session</td>
</tr>
<tr>
<td>10:00 A.M.</td>
<td>Break/Check Out</td>
</tr>
<tr>
<td>10:30 P.M.</td>
<td>Senior Games Awards Ceremony</td>
</tr>
<tr>
<td>12:00 P.M.</td>
<td>Elder and Sponsorship Recognition Luncheon</td>
</tr>
<tr>
<td>2:00 P.M.</td>
<td>Conference Concludes</td>
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WORKSHOP PRESENTATION APPLICATION

Please submit the following documents with this form:

1. **ABSTRACT**- Provide a 50-100 word description of your presentation. If selected, this information will be used in the conference program.
2. **BIOGRAPHICAL SKETCH**- Provide a 50-100 word description of you personally and/or professionally. Include experience related to the topic of your presentation, personal interests and family information you feel comfortable sharing with participants. If selected, this information will be used in the conference program.

**Workshop Time Preferences**: Please specify your preferred time slot by indicating 1\(^{st}\), 2\(^{nd}\), 3\(^{rd}\) or 4\(^{th}\).

- [ ] 10:15 AM – 11:30 AM
- [ ] 1:00 PM – 2:15 PM
- [ ] 2:30 PM – 3:45 PM
- [ ] 4:00 PM – 5:15 PM

**Workshop Title**: ____________________________________________

**Primary Presenter**: ____________________________________________
Name, Title: ____________________________________________
Organization/Agency: ____________________________________________
Address: ____________________________________________
City, State, Zip: ____________________________________________
Work phone: ____________________________________________ Email: ____________________________________________

Co-Presenter (if applicable): ____________________________________________
Name, Title: ____________________________________________
Organization/Agency: ____________________________________________
Address: ____________________________________________
City, State, Zip: ____________________________________________
Work phone: ____________________________________________ Email: ____________________________________________

**Submit Presentation Applications to**: Inter Tribal Council of Arizona, Inc.
ATTN: AICOA Conference
2214 N. Central Avenue, Suite 100
Phoenix, AZ 85004

**Fax**: (602) 258-4825
**Email**: Laurai.atcitty@itcaonline.com

Presenters will be confirmed by email by January 4, 2012.
Contact Laurai Atcitty at (602) 258-4822 or laurai.atcitty@itcaonline.com for more information.