



PROMOTING PRODUCTIVE AGING THROUGH INFORMATION AND DIALOGUE

The Association of Former International Civil Servants (AFICS(NY)) has conducted a series of workshops and seminars on issues directly concerning older persons, which have had an immediate impact on the lives of present and future retirees associated with the organizations of the UN system.

These encounters were normally structured as follows: presentations by a panel of experts in the field, followed by questions and answers and culminating in a discussion not only with the presenters, but with an auxiliary group of experts known as Resource Consultants.

<u>Year</u>	<u>Theme</u>	<u>Presenters</u>	<u>Highlights</u>
1995	Alternative Living Arrangements	Jewish Home & Hospital Quaker Retirement Home Hyatt Residence, AARP NYC Dept. for the Aging	Focus on importance of place & environment
1996	Rewinding your Clock	Elderhostel New School IRP, CUNY Volunteer organizations	Focus on community participation Learning new skills Sense of humor
1997	Keeping fit in Mind & Body	Mt. Sinai Medical Center Memorial Sloan Kettering YW-YMHA, NY Cornell Beth Israel	Focus on physical & mental activity Demonstrations of Tai Chi, ballroom dance, exercises
1998	Alternatives, old & new, for good health	Mt. Sinai Medical Center Columbia Presbyterian	Focus on herbal medicine Mind/Body connection Homeopathy, Nutrition, Acupuncture
1999	Elder Law Workshop ELDERHOSTEL	Legal specialists Elderhostel team	Wills, power of attorney Travel, leisure, learning
2000	Looking Ahead Independent Living 2000	NYC Dept. For the Aging Cornell Medical College	Community services Safety in the home, Companionship

Continue on next page...

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2000	Emotional Wellbeing	Mt. Sinai Medical Center Bronx VA Medical Center Columbia School of Social Work	Memory & moods Resources for coping
2001	Rewinding your Clock II Untapped Resources	Touch n'Tutor Research UNDP Human Resources Mayor's Voluntary Action Center Service Corps for Retired Executives (SCORE)	Volunteer opportunities Part-time employment New and unusual occupations
2002	The New Older Person	DOROT Senior Centers, Directors <i>Family Reunion</i> , a play reading interns of Global Actions for Aging The new spirit and attitude Connectivity	Looking ahead Setting goals Multiplying contacts in the community
2002	Maximizing your Assets	Precautions on finances Longterm care insurance	Living wills
2003	Down Memory Lane	NYU, Aging and Dementia Research Center Alzheimer's Association	Cognitive impairment Diagnosis, Treatment Future prospects
2003	Nutrition	NY Presbyterian-Cornell Weight Watchers Int'l Beth Israel Medical Center	Balancing the menu Exercise, Enviroment Food supplements, Lifestyle
2004	Caregiving	The play: <i>Caring for me, Caring for you</i> Broadway actors Audience participation	Family complications Empathy, Compromise
2004	Sorting things out: what to keep, what to dump	Anti-clutter recipes	Safety in the home Ordering your assets
2005	Chic at any Age	Eileen Fisher clothes for the mature woman	Fashion Show Looking your best
2006	Nutritional Supplements	Pros and Cons	A healthy Diet Role of FDA

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2006	Living Long & Going Strong	Mt. Sinai Geriatrics JHH Info and Referral	Pastoral Care Alzheimer's
2006	Doctor/patient relationship	Accessibility Trust/openness Time spent	The list of questions An optimistic outlook
2007	Optimizing Wellness in Mind and Body	Real Fulfilment Oldtime Movies An Optimistic outlook	Relieve depression Relaxation thru nostalgia
2007	Memory II	Recalling 2003 speakers Recipe for retention	How memory works in the brain

In connection with the above Seminars, AFICS(NY) organized the following exhibitions and displays to illustrate the CREATIVITY of retired persons and their capacity to learn new skills.

1995 An exhibition of paintings. collages and embroidery

1996 A Book Fair displaying works in prose and poetry

1997 An exhibition of crafts in handwork, woodworking and other materials

2000 A display of paintings by retirees