

Michigan Indian Elders Association
July 14TH, 15TH & 16TH, 2008
Soaring Eagle Casino & Resort
Mt. Pleasant, Michigan
Agenda

Monday, July 14, 2008

6 p.m. - Delegates Dinner & Meeting
(Andahwod Facility)

Tuesday, July 15, 2008

8:00 a.m. - 9:00 a.m. - Breakfast Prayer & Continental Breakfast
9:00 a.m. - 9:30 a.m. - Drum & Color Guard, Smudging
Opening Prayer
Welcome & Address

9:30 a.m. - 11:30 a.m. - MIEA Meeting
11:30 a.m. - 1:00 p.m. - Lunch at Andahwod (SHUTTLE SERVICE AVAILABLE OR ON YOUR OWN)
1:00 p.m. - 3:00 p.m. - MIEA Auction
3:00 p.m. - 3:15 p.m. - Break
3:15 p.m. - 4:30 p.m. - Break Out Sessions :

- | | |
|--|-----------------------------|
| 1. <u>Ziibiwing Language Bingo</u> | 7. <u>STIs</u> |
| 2. <u>Ziibiwing Tour</u> | 8. <u>Chair Aerobics</u> |
| 3. <u>Andahwod Tour</u> | 9. <u>MMAP</u> |
| 4. <u>Isabella Reservation Tour</u> | 10. <u>Stress Reduction</u> |
| 5. <u>PIPE</u> | 11. <u>Fun w/Budgeting</u> |
| 6. <u>Story Writing for Your Grandchildren</u> | |

4:30 p.m. - 5:30 p.m. - Break
5:30 p.m. - 7:30 p.m. - Dinner w/Entertainment

Wednesday, July 16, 2008

8:00 a.m. - 9:00 a.m. - Continental Breakfast & Breakfast Prayer
9:00 a.m. - 10:30 a.m. - Break Out Sessions

1. Andahwod Tour
2. MMAP
3. Native Americans Celebrating Tradition

10:30 a.m. - 10:45 a.m. - Break
10:45 a.m. - 11:00 a.m. - Travel Prayer & Song & Retire thę Colors

**MICHIGAN INDIAN ELDERS ASSOCIATION
BREAKOUT SESSION DESCRIPTIONS
July 15th & 16th**

July 15th – (Shuttle Available) ZIIBIWING CULTURE SOCIETY TOUR

The Ziibiwing Center was created to enlighten and educate all communities in the rich culture, heritage, and history of the Anishinabek people of the Great Lakes. Featuring the Diba Jimooyung: Telling Our Story permanent exhibit, changing exhibits, lectures, and educational workshops, the Ziibiwing Center provides learning opportunities for all ages.

July 15th – (Shuttle Available) ZIIBIWING CULTURE SOCIETY LANGUAGE BINGO

Bonnie Ekdahl & Margaret Flamand, Presentors

Participants will have an opportunity to play bingo in Anishinabemowin. The bingo game will be based on action words. An action will be called out in Ojibwe and acted out similar to charades. If you have it on your card, you cover it as in regular bingo games. It will be great fun and prizes will be given out!

July 15th & 16th – (Shuttle Available) ANDAHWOD TOURS

Rosalie Maloney, Tour Guide

Participants are invited to take a guided tour of Saginaw Chippewa Indian Tribe's brand new Assisted Living facility. The tour lasts approximately 40 minutes and is conducted by a staff member familiar with the planning and construction process. Come see all the "special features" built into the 63,000 square foot senior housing complex. This project is the culmination of years of work on the part of the Tribe's Elder's Advisory Board and is a wonderful example of what a dedicated group of elders can do!

July 15th – (Shuttle Available) ISABELLA RESERVATION TOUR

Chip Neyome, Tour Guide

Take a tour of the Isabella Reservation and view different subdivisions (from HUD half houses to current prosperity), campground, historic powwow grounds (where car bingo started), the Repatriation Cemetery, baseball fields, and if time permits, the old Indian Boarding School in Mt. Pleasant.

July 15th - (Wolf Room) CHAIR AEROBICS
Jayme Green, Fitness Coordinator, Presenter

Participants will perform both cardio and strength training exercises from the comfort of their chair. They will also learn what some of the benefits of exercises are as well as a few safety tips. Come join us. It's a lot of fun!

July 15th – (Moose Room) PIPE (PROTECTION THROUGH INTERVENTION, PREVENTION AND EDUCATION): Developing a Code to Address Elder and Vulnerable Adult Maltreatment

Alice Hotchkiss, SCIT Adult Protective Service Worker, Presenter

The Saginaw Chippewa Indian Tribe has begun efforts to draft an Elder and Vulnerable Adult Protection Code. In November 2007, the PIPE Committee began oversight of this process, which was designed to be community driven and reflect the unique circumstances of this Tribe. This session will provide an update on the status of the PIPE process, highlights of the draft Code to date, outstanding issues, and future plans. Discussion is welcome!

July 15th – (Fox Room) SEXUALLY TRANSMITTED INFECTIONS: FACT OR FICTION: WHAT ELDERS NEED TO KNOW!

Robyn Grinzinger, Presenter

What is a STI? Can I get it from the toilet seat? It used to be called VD; now it is called Sexually Transmitted Infection or STI. Anyone at any age can be infected; actually HIV and STI are on the rise among Elders. We invite you to attend this interactive session and learn how to educate your grandchildren, your children and yourself.

July 15th – (Bear Room) STRESS MANAGEMENT FOR THE SENIOR YEARS
Kathe Martin, RN, Presenter

Everyone has stressors in their lives, both good and bad, but when they become overwhelming it can make you ill. Studies have shown that elders are especially at risk from the effects of chronic stress. In this workshop we will identify common stressors and how they impact our health. We will also spend time discussing ways to prevent or reduce stress before it becomes harmful. This is an interactive workshop which will allow participants to practice specific stress reduction techniques and feel relaxed and rejuvenated at the end of the afternoon

July 15th – (Porcupine Room) FUN WITH BUDGETING
Sherill Kennedy, Presenter

Budgeting can be fun; we will discuss the basics of budgeting, how to keep a spending tracker, attendees will also participate in an energized game to get them through the rest of the afternoon.

**July 15th (Raccoon Room) & 16th (7th Floor Lounge) - MICHIGAN
MEDICARE/MEDICAID ASSISTANCE PROGRAM (MMAP)**

Glynis Lanzetta, Presenter

Participants will gain a better understanding of where to go to get Medicare and Medicaid questions answered. They also will be introduced to an overview of Medicare benefits.

July 15th – (Deer Room) STORY WRITING FOR YOUR GRANDKIDS

Suzanne L Cross, PhD, ACSW, LMSW, Presenter

During this session the Elders are invited to write short stories for their grandchildren or nieces and nephews. They will draw a cover page for their story books and then write short stories about a special time shared with the children, a wish for the children, future plans, a traditional story to pass down, etc. Participants will then share their stories with each other during the session.

July 16th – (Ojibway Room) NATIVE AMERICAN CELEBRATING TRADITION

Emily Proctor, MSW, Presenter

The focus of this 30-minute video is on the celebration and history of culture. Experiences of Native American performers, artisans, and teachers will show how many tribes are returning to the traditions and spirituality of their ancestors. A discussion will follow.