

## Conference Registration Form

The SUNY Retirees Service Corps Second Biennial Conference

# The Power of SUNY Retirees

Thursday, November 3, 2011, 10:00 a.m. - 4:00 p.m.  
SUNY System Administration, Albany, NY

Please complete this registration form and  
submit no later than **Wednesday, October 26, 2011.**

### Three Ways to Register:

**Online** – go to [www.suny.edu/retirees/conferences/coninfo.cfm](http://www.suny.edu/retirees/conferences/coninfo.cfm), click the “Register Now” link, complete the registration form and click “Submit.”

**Via Fax** – print out this form, complete it and fax to 518-320-1546

**Via Mail** – complete the form, print it and mail with check to:

Pierre Radimak, SUNY System Administration, SUNY Plaza - N408, Albany, NY 12246

Name \_\_\_\_\_

Title \_\_\_\_\_

Campus \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone number \_\_\_\_\_ Email Address \_\_\_\_\_

Status (check all that apply): Retiree \_\_\_\_ Non-Retiree \_\_\_\_ Facilitator/Speaker/Presenter \_\_\_\_

**Which 2:15-3:10 p.m. workshop would you like to attend?** See descriptions on the following page. To help us plan seating for the workshops, please indicate your first, second, third, and fourth preferences by circling the appropriate number for each workshop listed below. We will try to accommodate your top preference.

Preference/Rank	Workshop
1 2 3 4	a. Financial & Estate Planning
1 2 3 4	b. Elder Abuse
1 2 3 4	c. Aging & Health-Related Issues
1 2 3 4	d. Memoir Writing

**Conference Registration Fee: \$15, which covers the cost of lunch. We are unable to accept payment via credit card. Please check your payment option below.**

\_\_\_\_\_ **Check** – Made payable to **SUNY System Administration**. Mail with completed registration form to Pierre Radimak, SUNY System Administration, SUNY Plaza – N408, Albany, NY 12246.

\_\_\_\_\_ **Purchase Order**

#### Special Needs

\_\_\_\_\_ Handicapped Assistance      \_\_\_\_\_ Handicapped Parking      \_\_\_\_\_ Other (please explain)

\_\_\_\_\_

**Questions?** Contact Pierre Radimak at [pierre.radimak@suny.edu](mailto:pierre.radimak@suny.edu) or 518-320-1354.

## Hotel and Parking Information

A block of rooms has been booked at the Crowne Plaza Albany at the current State government rate (\$104/night) for the nights of November 2 and 3, 2011 and includes on-site parking. The hotel is within walking distance of System Administration. To make your reservation, call 888-444-0401 or 518-462-6611 and reference the SUNY Retirees Conference. (<http://www.cpalbany.com/>)

**NOTE:** There is no parking in the SUNY Plaza garage unless you require handicapped parking. Information on directions and nearby parking lots will be sent to you separately after you register.

### Description of Concurrent Workshops on Personal Development 2:15-3:10 p.m. (as mentioned on page 3 of conference program)\*

#### a. Financial and Estate Planning: Managing Risk vs. Return in Retirement

##### Presenters

**Brad Sloan**, Wealth Management Advisor, TIAA-CREF Wealth Management Group  
**Colleen Carcone**, JD, CFP, Wealth Planning Specialist, TIAA-CREF

##### Description

This workshop will cover: Managing risk vs. return in retirement; Tax efficient spending of retirement and non-retirement assets; Estate planning and estate tax law

#### b. Elder Abuse

##### Presenters

**Art Mason**, LMSW, Program Director, Lifespan, Rochester, NY  
**Bruce Keiser**, Registered Representative, Cadaret, Grant & Co., Inc.  
**Don Cohen**, Professor Emeritus, Graduate School of Social Welfare, University at Albany

##### Description

This workshop will cover: What is elder abuse?; How elder abuse can effect you; An executive summary of the 2010 prevalence study "Under the Radar"; Two other recent studies on financial exploitation; How to prevent/protect yourself from elder financial abuse; The retiree's stake in the elder abuse issue; What organizations are doing to advance human rights protection and quality of life for the aging

#### c. Aging and Health-Related Issues

##### Presenter

**Michael Wolff, M.D., F.A.C.P.**, practicing geriatrician and physician partner, Capital Healthcare Associates/Community Care Physicians; Residential Services Medical Director, The Eddy

##### Description

This workshop will explore ways you can maximize your health as you age. Healthy behaviors and what is appropriate for a senior's health maintenance will be covered. In addition, some of the "red flags" you should be aware of that require medical attention will be discussed.

#### d. Memoir Writing

##### Presenter

**Iliana Semmler**, Lecturer-Emerita, University at Albany; Secretary, University at Albany Emeritus Center Board

##### Description

The session will open with a discussion of the various reasons people have for writing a memoir. Several important techniques will be discussed, such as the use of description and dialogue. We will examine the differences between memoir and autobiography and will work on developing our earliest memories and creating a timeline of our lives. Handouts giving advice from people who teach memoir writing and examples from successful published memoirs will be distributed.

*\* Notes: 1. There will be a Q & A following each presentation. 2. Facilitator information for each of the above workshops is presented on page 3 of the conference program.*