Southern Regional Conference for Learning in Retirement

JULY 22 - 24, 2024 | HILTON DOWNTOWN LEXINGTON | LEXINGTON, KY







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And we know you feel that way, too. From all of us at Road Scholar, thank you for the work you do enriching the lives of adults in your community through your Lifelong Learning Institutes.

For almost 50 years, Road Scholar has been inspiring adults to learn across the United States and around the world. We are delighted that you share in our dreams and encourage adults to pursue their passions for learning and exploring.

Conference Agenda

Monday

July 22 / 2024

2 - 4 PM	Conference check-in and registration ATRIUM STAIRWAY
4 - 5 PM	Welcome & Keynote - Linda J. Van Eldik GRAND KENTUCKY BALLROOM
5 - 6 PM	Welcome Reception ATRIUM, PRE-FUNCTION AREA
6 - 7 PM	Dinner GRAND KENTUCKY BALLROOM

Tuesday

July 23 / 2024

8 - 9 AM	Breakfast GRAND KENTUCKY BALLROOM
9 - 10 AM	Keynote - Michael Blowen GRAND KENTUCKY BALLROOM
10 - 10:30 AM	Break
10:30 - 11:30 AM	Breakout Sessions 1 (PAGE 12)
11:30 - 1 PM	Lunch GRAND KENTUCKY BALLROOM
1 - 1:30 PM	Line Dance Activity TRIPLE CROWN ROOM
1:30 - 2:30 PM	Breakout Sessions 2 (PAGE 13)
2:30 - 3 PM	Break
3 - 4 PM	Breakout Sessions 3 (PAGE 14)

Wednesday

July 24 / 2024

8 - 9 AM	Breakfast GRAND KENTUCKY BALLROOM
9 - 10 AM	Breakout Sessions 4 (PAGE 15)
10 - 10:15 AM	Break
10:15 - 11:15 AM	Breakout Sessions 5 (PAGE 16)
11:15 - 11:30 AM	Break
11:30 - 12:30 PM	Keynote - Diane Vance GRAND KENTUCKY BALLROOM
12:30 - 1:30	Lunch GRAND KENTUCKY BALLROOM

A helpful, labeled Hotel Map can be found on the back of this booklet. For locations and information on all Breakout Sessions, please visit pages 12-16.



Welcome to Lexington, Kentucky!

Welcome to the 2024 Southern Regional Conference for Learning in Retirement (SRCLR) in beautiful Lexington, Kentucky! Thoroughbred culture, numerous bourbon distilleries and breweries, diverse dining experiences, amazing outdoor attractions, sports culture, creative culture, historical landmarks, and much more are found in our very own city. We hope you enjoy your stay while in town!

For nearly 20 years, the SRCLR has been an incredible professional development opportunity for staff and volunteer leaders in the field of lifelong learning. This conference is one of the few networking and ideasharing opportunities for the lifelong learning field and draws more than 100 participants from around the country annually.

Over the next few days, we will engage in meaningful conversations and share ideas that will help make our programs even better. We hope you will find your time at the conference filled with learning, discovery, and fostering new and renewed relationships.

Thank you for being here with us and for the incredible work that you do!

Conference Planning Committee

A special thank you to our dedicated Conference Planning Committee. Your dedication and hard work have made this event possible. We are truly grateful for all you have done and continue to do!

COMMITTEE CO-CHAIRS

Kempa Turner Sandy Emerson

COMMITTEE MEMBERS

Virginia Gregg Sue Scheff
Gary Hansen Carol Swiderski



Lexington-Fayette Urban County Government OFFICE OF THE MAYOR

Linda Gorton Mayor

July 2024

Hello everyone,

Welcome to Lexington! We are pleased to be the host of the 2024 Southern Regional Conference for Learning in Retirement!

I am thankful to the University of Kentucky Office of Lifelong Learning, which has been a leader in the promotion of continuous learning opportunities, as well as everyone who has worked to bring this conference together.



While at the conference, I know you will have great conversations and learn about new research, education, and programming tools. Together, you are working to promote lifelong learning. Your passion and drive for this subject truly makes lives better by providing opportunities for collaboration, community-building, education, and more.

While you're in town, I hope you'll take in all that Lexington has to offer, including our world class countryside, lively downtown attractions, and much more. If my office can be of assistance during your visit, please let us know.

Sincerely,

Linda Gorton

Mayor









Keynote Speakers

MONDAY, JULY 22 | 4 PM | GRAND KENTUCKY BALLROOM

Linda J. Van Eldik

Professor, Sanders-Brown Center on Aging

University of Kentucky Sanders-Brown Center on Aging:

Overview, Activities, and Resources



The mission of the Sanders-Brown Center on Aging at the University of Kentucky is to enable healthy brain aging for all adults in Kentucky and beyond. For over 45 years, the Center has done pioneering research on the aging process and age-related brain diseases such as Alzheimer's disease and related dementias. The Center also has active educational and training programs, outreach and partnerships, and clinical programs and services for the community. The keynote address will provide an overview of Center activities and resources, and discuss its research, education, outreach, and clinical programs that aim to improve the health and quality of life of all people as they age.

BIOGRAPHY

Linda Jo Van Eldik, PhD, is Director of the Sanders-Brown Center on Aging and Alzheimer's Disease Research Center, Co-Director of the Kentucky Neuroscience Institute, and Professor of Neuroscience, University of Kentucky, Lexington KY. Her background includes a PhD in Microbiology and Immunology from Duke University, postdoc in Virology and Cell Biology at Rockefeller University, NY, and faculty member at Vanderbilt University and Northwestern University, Chicago. She is an AAAS fellow and a National Advisory Council on Aging member. Her research focuses on dysregulated neuroinflammation, identifying potential points of intervention, and developing new small molecule drug candidates to slow the progression of cognitive impairment and neurodegeneration.

Keynote Speakers

TUESDAY, JULY 23 | 9 AM | GRAND KENTUCKY BALLROOM

Michael Blowen

Founder, Old Friends Thoroughbred Retirement

The Story of Old Friends

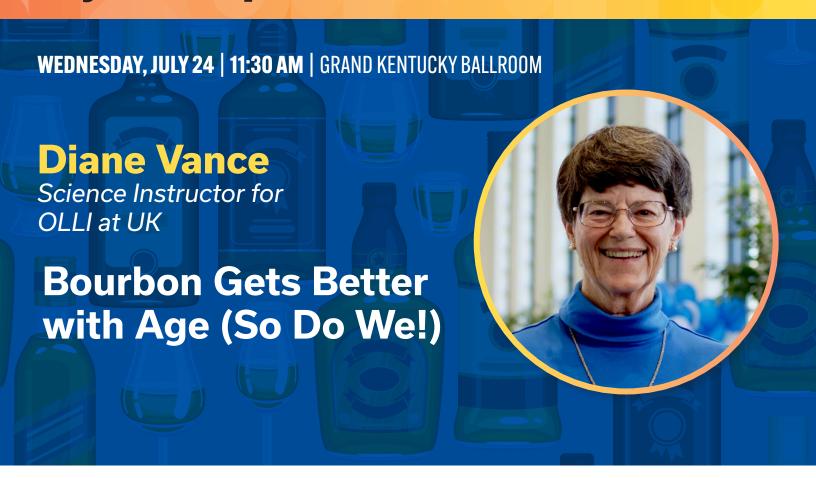


Old Friends provides a dignified retirement to Thoroughbreds whose racing and breeding careers have ended. By promoting these once celebrated horses through a campaign of education and tourism, our goal is to raise awareness of the importance of equine aftercare. In 2003 we started with a leased paddock and one horse. Over the years we have expanded to a 236-acre farm, four satellite locations and a herd of over 280 retired Thoroughbreds. Home to Kentucky Derby winners Silver Charm and I'll Have Another, we are a leading tourist destination in Kentucky. Thousands of fans visit their turf heroes and get up-close-and-personal with racing's superstars and blue-collar horses alike. We are proud to share their stories with you.

BIOGRAPHY

Michael Blowen founded Old Friends, a retirement farm for Thoroughbreds, in 2003. Old Friends is Blowen's third career. For two decades he was movie critic and arts writer for the Boston Globe, and prior to that he taught film at Emerson College and Boston University. Blowen mucked out stalls and hotwalked horses at Suffolk Downs. He imagined that learning about racing from the ground up would help his handicapping. It didn't. Instead, he fell in love with the horses. After retiring from the Globe he moved to Kentucky to work as Operations Director for the Thoroughbred Retirement Foundation. Two years later he started Old Friends, which today cares for over 280 Thoroughbred retirees.

Keynote Speakers



If you ask someone what things they associate with Kentucky one of the likely responses is "bourbon." Alcohol-based beverages have been an important part of human culture for thousands of years. Many of you will "hit the bourbon trail" and take a distillery tour while you are here. This presentation will help you understand some of the science involved in the bourbon-production process that you will see on a tour. It will also illustrate some of the approaches that the presenter has found useful in developing and teaching science-based courses for adult learners.

BIOGRAPHY

Dr. Diane Vance earned a PhD from the University of Kentucky in radioanalytical chemistry. She has science teaching experience at all levels from middle school through graduate chemistry courses and has industrial experience as a training director in the nuclear weapons industry. Diane has been an OLLI instructor and participant since her retirement from Eastern Kentucky University. She has created and taught 15 different science-based courses for OLLI at UK, and knows first-hand the many benefits of OLLI membership as a means of continued cognitive, social, and physical engagement in retirement. Diane is also a volunteer community educator for the Alzheimer's Association and is on the board of the Bluegrass Parkinson's Alliance.









Breakout Sessions

Breakout Sessions 1 Tuesday, July 23, 10:30 - 11:30 a.m.

alon A

Ways to Keep Your Members Engaged Beyond the Classroom

Tarilyn McBride, Coordinator, OLLI at Louisiana State University

Once your classes have ended, are you trying to find ways to keep your members active and engaged? It's sometimes hard to know exactly what will be a success and what won't. OLLI at LSU will share what has worked for them, and there will be time for the group to share ideas as well.

alon D

Courses and Curriculum: Data and Discussion

Kevin Connaughton, Manager of Adult Learning, & Kari Fagin, Associate Director, National Resource Center for Osher Lifelong Learning Institutes, Northwestern University

Utilizing data compiled from the Osher National Resource Center's National Membership Study and Institute director benchmarking survey, this session will present the topic interests of membership and other data related to the formation of courses and curriculum. The data will be presented by the various demographics of Osher Institute Members. Specifically, we will address the topics by the demographics of younger members (50 to 70 year old range), gender, and under-represented groups. Furthermore, we will present and discuss effective and/or unique ideas for courses/curriculum to address these demographics. This session will provide data and ideas to inform LLIs on creation/modification of their curriculum and courses.

luegrass

Lifelong Learning Curricula Challenges and Opportunities

Don M Gash, Ph.D., OLLI at UK Curriculum Committee Chair, Sandy Emerson, OLLI at UK Advisory Board, OLLI at the University of Kentucky, and Penny Lamb, OLLI at UK Instructor

This breakout session will explore effective practices for Curriculum Committees to attract, recruit and retain good instructors for strong lifelong learning classes and shared interest groups SIGs. The importance of mentoring new instructors. How to encourage experimentation and innovation in developing new classes and SIGs. The incentives and personal rewards that help attract and retain instructions. How to implement quality assessments of classes and SIGs. The importance of trust and social interactions for successful programs.

Crimson Clover

From Experience to Influence: Leveraging Personal Narratives for Lifelong Learning Impact

Mary K. Clark, Ph.D., Volunteer Facilitation and Training Team, AARP - Office of Volunteer Engagement

Join us for an engaging and interactive session incorporating components from a storytelling format that explores the impact of personal stories on volunteerism. Discover how sharing your personal "why" and your unique journey as a volunteer can serve as a powerful marketing tool to inspire others to become instructors or to participate as students in lifelong learning. This session serves as an introduction to the storytelling concept and how it can be an effective way to enhance community engagement, contributing to increased interest in lifelong learning as a hub for continuous and personal growth. A subsequent breakout session will provide a hands on opportunity to delve into the art of creating your personal volunteer story.

Breakout Sessions 2 Tuesday, July 23, 1:30 - 2:30 p.m.

Cultivating Greater Community and Belonging for Lifelong Learners

Rachel Ramirez, Executive Director of the Lifelong Learning Institute in Chesterfield, & Tom Deschenes, Director of Partnerships, Nearpeer

Salon A

Socialization is one of the primary reasons that retirees and active adults pursue continued education at their local lifelong learning institute -- the chance to learn communally and collaboratively is so important and enriching, especially for people who may struggle with loneliness and isolation. To help improve community, connection, inclusion, and belonging among its members, LLI in Chesterfield (Virginia) has partnered with Nearpeer to allow their members to find meaningful friendships, share resources and skills, network, and stay informed -- all from an easy-to-use mobile app and website. Nearpeer, a leading technology for fostering peer connections at colleges and corporations, and LLI in Chesterfield, affiliated with Virginia Commonwealth University and one of the largest LLIs in Virginia, will share their joint findings on how their collaborative pilot is improving learning, enriching community, and enhancing the overall LLI experience, especially in this "post-pandemic" era with some members still leery to return to in-person learning. Further, this session will cover how this initiative is helping to increase recruitment, retention, engagement, and the classroom experience at LLI in Chesterfield.

Salon D

Hybrids: Positives and Pitfalls in a Post-Pandemic World

Wayne Cotter, Vice President/Chair, Technology Committee, & Donna Ramer, President/Chair, Membership, Quest Lifelong Learning Community

In this session, the vice-president/chair of technology and president/chair of membership of New York City's Quest Lifelong Learning Community (affiliated with the City College of New York) will discuss the pros and cons of hybrid presentations and the necessary equipment to maximize the hybrid experience. They will describe how they promote their combined in-person and hybrid program; how this model has helped their organization achieve historic increases in membership following two years of decline during the Covid years; and why Quest has largely abandoned the Zoomonly format. In addition, they'll describe how members are selected and trained in hybrid technologies and equipment. They also will discuss how Quest has addressed the yearning for meaningful social interaction among retirees in a post-Pandemic world.

luegras

Zooming Into The Future: Increasing Access for Rural, Isolated, and Mobility Limited Seniors *Lucy Bisson, Executive Director, Lewiston Auburn Senior College*

Classroom regulars disappear. How many of them are no longer physically able to attend in person, isolated by health changes or access to transportation? To address this concern, Lewiston Auburn Senior College had begun exploring the possibilities of online classes when the COVID pandemic began. Suddenly, everyone was mobility restricted, isolated from friends and family. LASC used Zoom to keep classes going and growing through the pandemic, maintaining a thriving senior network in a time when it was critically needed. Even now, many vulnerable seniors prefer to stay away from crowds yet hunger for intellectual stimulation and social interaction. Come and hear how we are bringing meaningful learning and engagement to isolated seniors in Maine.

Crimson Clover

Stories in Action: Transforming Experiences into Impactful Narratives

Marilyn Diaz, Esq. & Suzan Turley, Volunteer Facilitation and Training Team, AARP - Office of Volunteer Engagement

Building on the insights gained from "From Experience to Influence: Leveraging Personal Narratives for Lifelong Learning Impact" presentation, this hands-on workshop invites participants to actively shape and refine their own volunteer stories. Whether you're a seasoned volunteer or just starting your journey, this session will guide you through the process of articulating your experiences in a way that captivates and inspires others. Learn techniques for effective storytelling and the value of sharing your story. Share constructive commentary, known as a "feedback sandwich" with your peers. By the end of the session, you'll have a story outline, ready to share what led you to lifelong learning. Prior attendance in the earlier session is not necessary to participate in this workshop. This session will empower participants to recognize the value of their stories and the significance of leveraging stories as tools for promoting lifelong learning.

Blackberry Lily

What's Next: Planning for Staff and Volunteer Succession in Lifelong Learning Programs Catherine Frank, Executive Director, OLLI at the University of North Carolina, Asheville

Organizational change is inevitable, and planning is critical for smooth transitions. Because lifelong learning programs differ from other organizations in a university setting and often carry on their work independently, It's important to have clear and complete staff job descriptions in place so that the process for hiring and selecting staff is clear and so that potential candidates have a sense of the many hats they will wear. It's important to have clear job descriptions and term limits for volunteers so that they know what to expect and so that more people feel prepared for and invited into the work of advising and serving their organizations. Share your organization's plans for change, and learn from others as we learn to see change as a positive force.

Breakout Sessions 3 Tuesday, July 23, 3 - 4 p.m.

alon A

A Fun Approach to Curriculum Development and Volunteer Satisfaction

Janna Trout, Volunteer Curriculum Chair for LIFE@Elon, & Kathryn Bennett, Assistant Director, Professional & Continuing Studies, Elon University, Elon, North Carolina

While many lifelong learning programs provide "à la carte" short courses on a specific topic, LIFE@Elon takes a different approach; an annual membership provides access to all weekly sessions, presented on a variety of topics. LIFE@Elon offers 12 classes each semester (fall and spring), taught by current and retired Elon faculty and staff members, other area educators, and experts chosen by our Curriculum Committee volunteers. Session attendees will learn how this fun approach sparks interest among participants by expanding their knowledge to topics they wouldn't typically engage, while also learning how to utilize the strengths of each volunteer within the Curriculum Committee to provide successful educational programming for the membership.

alon D

Community Impact

Jennifer Disano, CEO & Executive Director, OLLI at George Mason University

Discover how Lifelong Learning Institutes can significantly influence their communities through partnerships, strategic relationships, and organizational collaborations. This session will explore ways to expand your reach, enhance community impact, raise awareness of your organization, and foster positive outcomes for all involved. Learn how to leverage relationships in the community by initiating impactful projects and programs that address local needs, engage diverse populations, and create sustainable benefits.

luegras

Content Creation for Member Engagement on Social Media

Kristen Suess, Program Coordinator, OLLI at the University of Cincinnati

You have that social media profile...how are you using it? Learn to use some free tools to create adaptable content to engage your members. By the end of this session, you will learn about and see a live demonstration of three free tools that can re-energize your social media presence.

Crimson Clover

Nurturing a Garden of Volunteers to Blossom

Lucy S. Woodhouse, Director, Lifelong Learning at Wofford College

Stepping into a new, young Lifelong Learning program at the beginning of COVID had challenges plenty: no committee structure in place, a founding advisory council that had not changed since its founding, a membership primarily made up of long-term residents of Spartanburg, no opportunity to meet in person and virtual classes. My first year we had 220 members, a drop from 400 before COVID. Flash forward 3 years to a membership of 525 members, an advisory council of 15, 4 committees and hands on deck of over 150 volunteers. How does asking a member to be a class liaison turn them into an Advisory Council member? How does challenging the group for the first time to raise \$10,000 and they raise \$13,000 happen? I'll share secrets, tips and ideas to get your members more engaged so your program can blossom.

Blackberry Lily

Fundraising: Starting and Improving Upon the Journey to Create a Culture of Giving

Amy Edwards, Stewardship Assistant, OLLI at the University of Richmond

In 2017 Osher Lifelong Learning Institute at the University of Richmond started fundraising strategies to ensure our lifelong learning organization could remain financially strong, even if times grew challenging. In this session, we'll discuss the start of our Osher's fundraising in 2017 and how it has changed and grown through today, even through the COVID impacted years.

Breakout Sessions 4 Wednesday, July 24, 9 - 10 a.m.

Salon A

Marketing by the #s

Lucy S. Woodhouse, Director, Lifelong Learning at Wofford College

Our flyers, brochures, and online website go far in publicizing our programs. Word of mouth of course can't be beat. But what if you want to diversify your program? What if you want to reach segments of your community that you are not connecting with? Several useful online tools cost very little money, a little of your time, and some quiet brain power time to take advantage of. A few of these tools include Google Analytics, Facebook Ads, Facebook group targeting, and Google Business. We can also mine our registration data to identify affinity groups within your membership that you can target, market to and enhance. Let me show you a high-level look into these tools that could help your program grow and reach new members!

alon D

Loving Longevity through Lifelong Learning

E. Ayn Welleford, PhD, Associate Professor and Gerontology for Community Voice, Virginia Commonwealth University, & Rachel Ramirez, Executive Director of the Lifelong Learning Institute in Chesterfield

This session will present a glimpse into elder roles and the importance of exploring a "Big Why." Participants will hear about age oppression and how internalized ageism can interfere with the anticipation of elderhood and fulfillment of elder roles. The whole-person lifespan approach to aging and longevity will be introduced, and the tasks of elderhood will be explored. Guided by evidence-based gerontological practice, consideration will be given to the importance of co-creating an elderhood worth anticipating through lifelong learning. Through examples and case studies from the Lifelong Learning Institute in Chesterfield, Virginia, sponsored by Virginia Commonwealth University, best practices for an elderhood worthy of anticipation will be shared.

luegras

Ask Us Anything! Volunteer Engagement Troubleshooting Session

Tara Shaver, Senior Advisor, AARP & AARP Volunteer Facilitation and Training Team

Let's talk about challenges and opportunities in volunteer engagement! Experts from AARP's Office of Volunteer Engagement facilitate a conversation about volunteer engagement, taking questions from the audience and harnessing the wisdom in the room to address challenges and identify opportunities. They'll share the most common challenges they work with; offer tools to address common issues; and facilitate a broader conversation with participants about volunteer engagement in the lifelong learning space.

Crimson Clover

Little Things, Big Impact: Elevating Member Engagement

Stephanie Tarpley, Program Manager, & Annie Nichols, OLLI Program Associate, OLLI at Emory University

While we offer a rich array of courses, lectures, and social activities, it is often the little details that leave a lasting impression on members. These small gestures, contribute significantly to the overall member experience. In recent times, as we navigated challenges such as the COVID-19 pandemic and changes in programming, it became evident that these "little things" played a crucial role in retaining members and fostering a sense of community. Join us as we discuss our journey, what we have implemented and changes we have seen with our efforts. We can delve into what has worked for us and what simple changes you might also be able to implement with little cost but making a big impact and in return see member retention. Let's share ideas!

Blackberry Lilv

Beyond Zoom Lectures: A Case Study of Online, Live and Interactive Exercise *Eric Levitan, Incorporating, Vivo*

The OLLI at Duke strives to provide cutting edge programs that engage and challenge their lifelong learners. Finding a partner who could provide innovative, creative exercise programming that met the needs of their members was key. This session will discuss the recent partnership between the OLLI at Duke and Vivo, a live and interactive, small group exercise program. In this presentation, presenters will discuss why this program is so important, and best practices and partnership strategies from implementation to evaluation. This presentation will also highlight program successes and lessons learned.

Breakout Sessions 5 Wednesday, July 24, 10:15 - 11:15 a.m.

alon A

Making the Most of It: Promoting Learning in Retirement (LIR)

Diana Rast, OLLI Promotions and Marketing Chair, OLLI at the University of Kentucky, & Seetha Subramanian, OLLI at UK Instructor

Participants are invited to an exchange of ideas on how to promote LIR to the general public, potential and current learners, the press and media and within your own institution, with a view to the sustainability of your efforts and given the resources available learners.

lon D

Using Google Suite for Efficient and Effective Volunteer Collaboration

Kristi McMillan, College for Seniors Program Manager, & Hilary Schroeder, Life Transitions and Special Programs Manager, OLLI at the University of North Carolina, Asheville

Staff at OLLI at UNC Asheville uses Google Suite applications and tools extensively for instructor and volunteer management: communication, collaboration, archives, scheduling, evaluation, information-gathering, etc. Google apps are not only designed for ease of use but are also free—whether or not your institution is a Google campus—and available on any internet-connected device. We will discuss some of the apps we regularly use such as Groups, Gmail, Drive, Docs, Forms, Sheets, Slides, Calendar and Sites, and present a number of case studies on how these apps help us work more efficiently and effectively with various groups we serve.

uegrass

One Day Fundraising Campaigns: Planning and Execution

Janice Birdwhistell, Former OLLI Development Chair, OLLI at the University of Kentucky
During the past six years the University of Kentucky has held a "One Day for UK" campaign in mid-April.
Philanthropy creates a tool kit that spells out university-wide guidelines and offers colleges and programs suggestions and assistance. Working together, the OLLI staff and the Development and Marketing Committees develop a "campaign within a campaign" plan. Learn what we have done and how we use this campaign to raise funds, make friends and develop annual donors to support OLLI activities and needs.

Blackberry Lily

Elevating Possibilities: Data Driven Decision Making for Lifelong Learning

Michelle Shideler, Caren Francis, & Tim Thompson, Master the Possibilities

Attend this presentation to see how Master the Possibilities uses daily data inputs to gain insights from its software to drive its overall operational decisions. Examples of a few time-saving reports includes under minimum, wait lists, catalog proofing, print catalog template pull, room conflict report, instructor missing course list, etc. All of this is done with the use of an online database connection through CampusCE.

Thanks to our Community Partner

VisitLEX







CampusCE is the leading provider of enrollment services and membership management for Lifelong Learning and OLLI's, serving over 50 programs nationwide.

Our platform is designed to optimize your operations and enrich the member experience. Let us help improve your lifelong learning program.



Let's talk. solutions@campusCE.com campusce.com/letstalk

