

2012 WEAC-Retired Annual Membership Meeting/Conference

May 18, 2012 – Sheraton Hotel, Madison

7:30-8:15 am: Registration & Social

8:15 -9:20 am: Welcome and General Session

9:30-10:30 am

SESSION 1 OPTIONS

- A. **“Brain Aerobics”**
Dr. Murali Verdula, Ph.D.
Benefits of physical fitness are well known but what about brain fitness? Brain fitness exercises improve concentration and reduce resistance to learning. Research shows that brain resilience improves when the brain is stimulated. How does your memory work? What can you do to improve it? This presentation answers these questions and more!
- B. **“Marvelous Monarchs”**
Judy Kesser, WEAC-R Educator
Travel to the butterfly sanctuaries in Mexico to see where the monarch butterflies overwinter and learn about the threats to their survival in the US and Mexico. This presentation will focus on the monarch’s life cycle and migration patterns from Canada to Mexico. You will also learn how to create desirable butterfly habitats in your own area.
- C. **“Who Gets Grandma’s Yellow Pie Plate?”**
Mary Lepeska, Retired UW-Extension Family Living Educator
Whether it’s a yellow pie plate, Packer tickets or a fishing pole, everyone has personal possessions that have meaning for their families. Planning to pass on such items can be challenging and may lead to family conflict. Learn practical information about the inheritance of personal property.
- D. **“Your Retirement Health Insurance Options”**
WEA Trust Field Representative
Learn about post-retirement health insurance options, including Medicare and the WEA Trust’s health plan for the Medicare-eligible retirees, WEA-Med Plus.
- E. **“Cook with Steve, Whet your Appetite”****
Steve Voltz, WEAC-Retired Educator
(Refer to the description from Session 2)

10:45-11:45 am

SESSION 2 OPTIONS

- A. **“Brain Aerobics”**
(Repeated from Session 1)
- B. **“Traveling With a Wisconsin Accent”**
Glenn Schmidt, Uniserv Director
We carry our past with us wherever we travel-sometimes a heavy burden, sometimes an airy companion. This session will incorporate travels from my recent past- Cape Town, Amsterdam, New Zealand, and an Irish Castle – with useful information about how you can travel better and save money in the process.
- C. **“Jewelry Making”****
Mary Lamb, WEAC-R Educator
Create a beautiful stone bead bracelet and then use the bracelet taking a 5-minute deep-breathing relaxation exercise by following the script provided. (Alternate scripts will be available.) This is a great beginner’s project.
- D. **WEA Member Benefits**
Michael Goodness, WEA Trust Member Benefits
This session will address the gaps that exist in our health insurance, the need for Long Term Insurance, the importance of adequately protecting our financial security in retirement, and will provide an understanding of the impact that fees and expenses have on retirement investment returns.
- E. **“Cook with Steve, Whet your Appetite”****
Steve Voltz, WEAC-Retired Educator
Many parties begin with appetizers. Yet, these finger foods are often time consuming, last minute and fussy. Appetizers are best when they complement and enhance the menu. In this session, you will find ideas for day-before preparation and several ways to use identical fillings in different serving suggestions.

1:10 – 2:10 pm

SESSION 3 OPTIONS

- A. **“Magic Tricks for Your Grandchildren ”****
Don Lamb, WEAC-R Educator
Be your own magician doing your own magic tricks! Amaze your friends and families, especially your grandchildren. The class includes step-by-step instructions for learning simple tricks using ordinary everyday objects.
- B. **Exploring the WEAC Website**
WEAC Public Relations
In this session, you will learn to effectively navigate the WEAC website, finding information, activities and savings offered through the website.
- C. **“Who Gets Grandma’s Yellow Pie Plate?”**
Mary Lepeska, Retired UW-Extension Family Living Educator (Repeat from Session 1)
- D. **Navigating Your Personal Finances in Retirement**
Michael Goodness, WEA Trust Member Benefits
(Repeated from session 2)
- E. **“Cook with Steve - Just a Trifle”****
Steve Voltz, WEAC-Retired Educator
A baking accident can become a masterpiece! Diced and sliced fruit with pieces of cake, cookies or bars plus pudding or custard can become a beautiful trifle. Let’s explore some possibilities including tried and true recipes and last-minute adjustments, that we can offer our guests.

2:15 pm – Annual Meeting

Sessions with ** need a \$5.00 each additional materials fee added to the registration check.