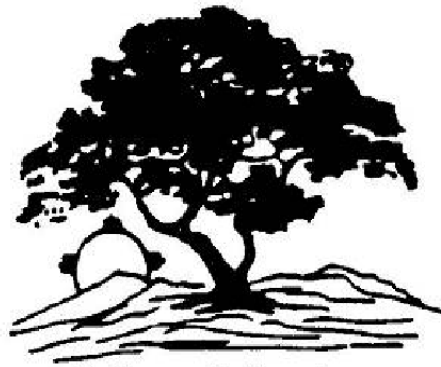


28th Annual New Mexico Conference on Aging

August 15-17, 2006

**“REDEFINING AGING:
CARING, SHARING
AND
GROWING”**



PROGRAM

Sponsored by the
NM Aging and Long-Term Services Department

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We are both humbled and gratified to receive the only national hospital award granted by the people we serve – you. We received the 2005 Consumer Choice Award because more New Mexicans named Presbyterian Hospital as the hospital of choice for their families in an independent study conducted by the National Research Corporation.



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LETTER FROM DEBBIE



Governor Bill Richardson

Governor's Letter

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“Most folks are about as happy as they make up their minds to be”.

Abraham Lincoln

Time Enough

6:30-8:30

Chapel

A play by New Mexico playwright Robert F. Benjamin.

In a rural Bed & Breakfast near a Shakespeare festival, an encounter between an adventurous bachelor and a lively, but conventional, woman leads to talk of love. Their discovery of a forgotten history together is the first of many surprises in this warm, romantic drama.

2006 Conference on Aging Planning Committee



Members Photographed

Lynne, Anker-Unnever, NM Aging & Long-Term Services Department; Andrea Allen, NM Aging & Long-Term Services Department; Joy Armstrong; Gary Carlson, Conscious Aging Network; Evone D. Gallegos, NM Hispanic Council on Aging; Nicole Gillespie, NM Aging & Long-Term Services Department; Andres Hernandez; George Lees; Millie Lees, AARP New Mexico; Elisabeth (Beth) Byers, NM Aging & Long-Term Services Department; Rosella Peña Trujillo; Buffie Saavedra, NM Aging & Long-Term Services Department; Kristin Slater-Huff, City of Santa Fe RSVP Coordinator; Judy Spear, Presbyterian Medicare Administration; Juanita Thorne-Connerty, NM Aging & Long-Term Services Department, Mariano Tixier, City of Santa Fe Senior Services; Tup Tupper, NM Aging & Long-Term Services Department; Matthew Vigil, NM Aging & Long-Term Services Department; Vera Watson, NM Aging & Long-Term Services Department

Members Not Photographed:

John Arnold, NM Aging & Long-Term Services Department; Kathy Black, NM Senior Olympics; Geraldine Cain, NM Indian Title VI Coalition; Ellen Costilla, Department of Senior Affairs; Salome DeAgüero, NM Aging & Long-Term Service Department, Policy Advisory Committee; Mary Fogarty, Crones Unlimited; Roberta Frank, Navajo Area Agency on Aging; Joie Glenn, NM Association for Home & Hospice Care; Patrick Lopez, NM Aging & Long-Term Services Department, Norman Martinez, NM Aging & Long-Term Services Department; Ruth Secatero, Navajo Area Agency on Aging; Shirley K. Tanzola, Conscious Aging Network; Patsy Trujillo-Knauer, NM Aging & Long-Term Services Department

***A
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FROM THE
NM AGING & LONG-TERM
SERVICES DEPARTMENT***

2006 Outstanding Senior Community Service Awards

**Outstanding Contribution by a
Senior Citizen to a Community or the State**

Kay Berry

**Outstanding Achievement or
Contribution by an Individual in the Field of Aging**

Albert Mortimer

**Public Service Award to an Organization,
Business Person or Public Figure**

AARP New Mexico

K. Rose Wood Award

Gloria Bruno



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For Additional Information: Call any of the listed numbers or 1-800-627-3394

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Ursula K. LeGuin

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General Conference Information

Meals

All meals are served cafeteria style. Those registered for rooms at the LifeWay Glorieta Conference Center will receive meal tickets with room keys. Those not staying in Glorieta may purchase individual meal tickets at the lodging registration counter or in the dining hall. Meals are served in the dining hall during the following hours: Breakfast from 6:30 am to 8:30 am, Cost: \$7.00; Lunch from 11:00 am to 1:30 pm, Cost: \$9.00; Dinner from 4:30 pm to 6:30 pm, Cost: \$11.50

Handicapped Access

Red-Hatter Lunch
Bring and wear your red hats to lunch on Wednesday.

The maps at the end of the Program booklet show entrances modified for handicapped access.

Information

If you need assistance or information, go to the registration area in New Mexico Hall or to the Conference Office, in room 5 in the Chapel area. A lost and found box is also located in room 5.

Messages and Telephones

A message board for conference attendees is located in the conference registration area in New Mexico Hall. Telephones are available in all lodging rooms and are also located in New Mexico Hall.

Smoking

LifeWay Glorieta Conference Center is an alcohol and tobacco free environment. Smoking is allowed only inside personal vehicles.

Emergencies and First Aid

If you need emergency assistance, call 757-6161 or report the problem to LifeWay Glorieta staff in New Mexico Hall, or to Conference staff in room 5. If you require first aid between the hours of 8:30 am and 5:00 pm, visit the first aid station in room 19 in the Chapel area. Our thanks to St. Vincent Regional Medical Center for providing nurses to staff the first aid station.

Transportation

Transportation will be provided during meals to carry attendees between lodging and the dining hall. During breaks, a tram will run between the classrooms at the rear of Holcomb Auditorium, the patio and, when workshops are scheduled there, New Mexico Hall. Transportation also will be available on Wednesday night to carry people to and from the dance in Aspen Auditorium. The trams will run during these times:

The Thoreau Senior Center has graciously provided their vans for use by all attendees. Look for the vans with "If

Tuesday

6:00 am- 8:45 am (Breakfast)
 10:00 am- 10:45 am (Workshops)
 11:30 am - 1:45 pm (Lunch)
 3:00 pm- 3:45 pm (Workshops)
 4:30 pm- 7:00 pm (Dinner)

Wednesday

6:00 am- 8:45 am (Breakfast)
 10:00 am- 10:45 am (Workshops)
 11:30 am - 1:45 pm (Lunch)
 3:00 pm- 3:45 pm (Workshops)
 4:30 pm- 8:15 pm (Dinner/dance)
 9:30 pm-11:30 pm (During/after dance)

Thursday

6:00 am- 8:45 am (Breakfast)
 10:00 am- 10:45 am (Workshops)
 11:30 am - 1:45 pm (Lunch)

You Need A Ride, Hop On!! Everyone is Welcome!! Thank you Thoreau Seniors!!

Respite Care

To provide an opportunity for caregivers of persons with Alzheimer's Disease and Related Disorders to attend the conference, respite care is available in room 6 in the Chapel area. Our thanks to the City of Santa Fe Senior Services Division for providing this service.

Refreshments

Refreshments will be served in the exhibit hall and in the flag area outside Holcomb Auditorium throughout the day.

Continuing Education Units (CEUs)

CEUs are provided for some workshops for nursing home administrators, activity directors, and social workers. CEU forms and lists of approved workshops for each group are available at the CEU table in the registration area. The materials must be picked up before attending sessions and must be signed by a presenter at each approved workshop in order to receive credit. Our thanks to NM Association for Home and Hospice Care; NM Healthcare Association and the NM Association for Social Workers.

Roundtable Discussions

Discuss pertinent topics with peers and presenters over lunch on the first two days of the conference. Tuesday's Roundtable topics are *'Conscious Aging: Let's Share our Thoughts and Ideas'* and *'Recognizing and Responding to Elder Abuse.'* Wednesday's topics are and *'What is a Disqualifying Conviction? Discussing the Caregivers Criminal History Screening Act'*, and *'Medicare Part D'* Space is limited. Pre-registration is required; sign up in the conference registration area in NM Hall. More information on this year's roundtables can be found on pages 23 and 32.

Evaluations

We value your opinion. Please complete an evaluation form for each workshop you attend and return it to the workshop presenter prior to leaving the workshop room. Everyone is asked to complete the overall conference evaluation form inserted in the conference program. If you leave the conference before the close of the final general session, please return your completed evaluation form to the staff in the Conference Office in room 5.

ArtBreak

ArtBreak, located in chapel classrooms 20-23, will feature a series of art classes focusing on mandala creations, print-making, crafts and collages. ArtBreak will be open during workshop times, but closed during plenary sessions. Come and explore your untapped artistic talents. Special thanks to the ArtBreak facilitators: Sierra Vista Retirement Community and Southwestern College.

Health Fair

Be sure to visit the Health Fair in Holcomb Auditorium Towers and in Chapel classrooms 1-4, on one day only Wednesday, August 16 from 9:00 am - 4:00 pm. See page 26 for more information.

Exhibit Hall

Exhibits are located in rooms 24 and 25 in the Chapel Area and in the surrounding portal. Exhibits are open from 8:30 am - 5:00 pm on Tuesday and Wednesday, and until 10:30 am on Thursday. Please see pages 13 and 14 for a list of exhibitors.

Morning Fitness Walks

Come and join Senior Olympics VISTA volunteers Nora and Martha as they walk the beautiful grounds of Glorieta from 6:00 am to 7:00 am Wednesday and Thursday. Participants will get a refreshing walk and information on the benefits of exercise, the importance of warm-up and warm-down, and ways to increase the number of your steps. The group will meet at the flag area outside Holcomb Auditorium on both mornings.

QUESTIONS?

*Look for Conference Planning Committee Members wearing green ribbons
and
Aging & Long-Term Services Department staff wearing white ribbons.*

They can help!!!



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Entertainment

Tuesday

10:00 am -10:30 pm (Break)
Los Colonias Choir
Chapel

High Steppers
Outdoor Patio

10:30 am - 11:30 am
Cipriano Vigil, Musicologist
Room 18

11:00 am -12:00 noon
Paul Martinez, Native Flute Music
Dining Area/Outdoor

11:00 am - 1:00 pm (Lunch)
Los Reyes de Albuquerque
Dining Hall/Indoor

3:00 pm - 3:30 pm (Break)
Pueblo Dancers of the North
Flag Area

3:30 pm - 4:30 pm
Paulette Atencio, Story Teller
Room 17

5:00 pm - 6:00 pm (Dinner)
Apple Mountain Music
Dining Hall/Indoor

5:30 pm - 6:30 pm
Janet Bray, Variety Performance
Chapel

6:30 pm - 7:30 pm
Roberto Mondragon, Multi-Cultural Sing Along
Holcomb Auditorium

7:30 pm - 8:00 pm
Rick Anglade, Flamenco
Chapel

7:30 pm - 9:00 pm
Mini Film Festival - 2 Short Films
"Every 21 Seconds - Or Why do I
Scream at my Refrigerator";
"Grandparents Raising Grandchildren:
Aa'so Ke'biyahoaa"
Room 9

8:00 pm - 9:00 pm
Traditional Trio
Chapel

Wednesday

7:00 am
Catholic Morning Mass
Prayer Garden/Outdoor

10:00 am-10:30 am (Break)
Miguel Carro Dance Group
Flag Area

11:30 am - 12:30 pm (Lunch)
Mariachis
Dining Hall/Indoor

3:00 pm - 3:30 pm (Break)
Zuni Pottery Dancers
Flag Area

5:00 pm - 6:00 pm (Dinner)
Aztec Dancers
Dining Area/Outdoor

Kevin Gonzales
Dining Hall/Indoor

6:30 pm - 8:30 pm
Time Enough, Stage Play
Chapel

7:00 pm - 11:00 pm
Dance with Live Music by Quarenta y Cinco (45)
Aspen Auditorium

Mini Film Festival

2 Short Films

"Every 21 Seconds—Or Why do I
Scream at my Refrigerator"

A film documentary that tells the story of eight people
with traumatic brain injury narrated by
Woody Harrelson.

and

"Grandparents Raising Grandchildren:
Aa'so Ke'biyahoaa"

This film captures the stories of several grandparents raising grandchildren on the Navajo Nation, celebrates the cultural and traditional importance of this role, identifies issues faced by these families and points them to a new

Special Meetings/Events

Monday, August 14

10:00 am to 5:00 pm	NMALTSD Policy Advisory Committee	NM Hall M-1
---------------------	-----------------------------------	-------------

Tuesday, August 15

8:00 am to 12:00 noon	NMALTSD Policy Advisory Committee	NM Hall M-1
8:00 am to 10:00 am	Political Action Committee	NM Hall C
6:30 pm to 7:30 pm	Volunteer Recognition: HIBAC/SMP/Money Management	Chapel
7:00 pm to 8:30 pm	WAIORA: Talk by Dr. Rik J. Deitsch	302-303
8:00 am to 5:00 pm	Personalized Internet Health Searches	NM Hall—B

Wednesday, August 16

9:00 am to 12:00 noon	Santa Fe Senior Services Advisory Board (by invitation)	402
10:00 am to 12:00 noon	Senior Employment Trainees (by invitation)	101
12:00 noon to 5:00 pm	GOLD Supervisor's Meeting (by invitation)	102
1:00 pm to 2:00 pm	Senior Employment Host Agencies (by invitation)	101
3:00 pm to 5:00 pm	Ombudsman Staff Meeting (by invitation)	101
8:00 am to 5:00 pm	Personalized Internet Health Searches	NM Hall—B
6:00 pm to 8:00 pm	Volunteer Program Directors' Meeting (by invitation)	302

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Walgreens Home Care

Exhibitors

Albuquerque, City of
Department of Senior Affairs
714 Seventh Street, SW
Albuquerque, NM 87102

Alzheimer's Association, NM Chapter
9500 Montgomery, NE, Suite #209
Albuquerque, NM 87111

AARP New Mexico
535 Cerrillos Rd., Suite A
Santa Fe, NM 87501

Blue Cross/Blue Shield of NM
P.O. Box 27630
Albuquerque, NM 87125-7630

Brain Injury Advisory Council
810 W. San Mateo, Ste. C
Santa Fe, NM 87505

Center for Medicare/Medicaid Services
1301 Young Street
Dallas, TX 75202

Delivery Concepts/Don Chalmers
16776 Bernardo Center Drive, Suite 203
San Diego, CA 92128

Diamond/Heritage Health Services
4201 FM 1960 West #160
Houston, TX 77068

Evercare
4411 The 25Way, Suite 300
Albuquerque, NM 87109

Heart Hospital of New Mexico
504 Elm St., NE
Albuquerque, NM 87102

Heritage Home Healthcare
2006 Botolph Road
Santa Fe, NM 87505

Lawyer Referral for the Elderly
P.O. Box 92860
Albuquerque, NM 87199

Lovelace Senior Services
4101 Indian School Rd., NE
Albuquerque, NM 87110

National Active & Retired Federal
Employees Association,
NM Federation of Chapters
9804 Lorelei Lane NE
Albuquerque, NM 87111

National Committee to Preserve
Social Security & Medicare
4817 Brookwood, NE
Albuquerque, NM 87108

NM Aging & Long-Term Services Dept.
2550 Cerrillos Road
Santa Fe, NM 87505

NM Association for
Home and Hospice Care
3200 Carlisle Blvd. NE Ste 117
Albuquerque, NM 87110

NM Coalition Against Domestic Violence
201 Coal Avenue SW
Albuquerque, NM 87102

NM Commission for Deaf &
Hard of Hearing Persons
P.O. Box 5138
Santa Fe, NM 87502

NM Commission on the Status of Women
4001 Indian School Rd., NE, Suite 300
Albuquerque, NM 87110

NM Department of Health
5301 Central Avenue NE Suite 800
Albuquerque, NM 87108

NM Office of the Attorney General
Consumer Protection Division
P.O. Drawer 1508
Santa Fe, NM 87506

Exhibitors

NM Pain Initiative
2824 Carmel Drive
Alamogordo, NM 88310

NM Regulations & Licensing Dept.
Securities Division
2550 Cerrillos Road
Santa Fe, NM 87505

Presbyterian Medicare Program
5901 Harper Drive, NE, Suite 2010B
Albuquerque, NM 87109

Rainbow Vision Santa Fe
4001 Office Ct. Dr. Ste 403
Santa Fe, NM 87505

Relay New Mexico
3809 Eubank Blvd., NE
Albuquerque, NM 87111

Senior Resource Alliance Santa Fe
648 Chicoma Vista
Santa Fe, NM 87507

St. Vincent Regional Medical Center
455 St. Michael's Drive
Santa Fe, NM 87505

**Total Community Care &
Heartland Hospice**
904 Las Lomas NE
Albuquerque, NM 87102

Value Options
2935 Rodeo Park Drive East
Santa Fe, NM 87505

WAIORA
10534 W. Seldon Lane
Peoria, AZ 85345

Walgreen's
1601 St. Michaels Dr
Santa Fe, NM 87505

Webster University
8500 Menaul NE B-395
Albuquerque, NM 87112



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and access to services.

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 City of Albuquerque Department of Senior Affairs
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 Laguna Rainbow Corporation, Inc.
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 Vitamin Cottage
 Zuni Pueblo Elderly Program
 Art Golore
 Alfred Martinez
 Jean Martin

Tote Stuffers:

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 First National Bank of Santa Fe
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 Humana
 Lawyer Referral for the Elderly Program
 Odyssey Health Care of Albuquerque
 New Mexico Department of Forestry, Bernalillo
 New Mexico Magazine
 New Mexico Tourism Department
 Relay NM
 Santa Clara Pueblo Elderly Program
 Sunland Inc.
 US Forest Service – Southwestern Region

Refreshments:

Trader Joe's

Schedule At-A-Glance

Workshop Tracks

Tuesday, August 15







6:30 am - 8:30 am	Breakfast
7:00 am - 5:00 pm	Conference Registration
8:30 am - 10:00 am	Workshops
10:30 am - Noon	Workshops
11:00 am - 1:30 pm	Lunch
Noon - 1:30 pm	Roundtables
1:30 pm - 3:00 pm	First Plenary Session
3:30 pm - 5:00 pm	Workshops
5:00 pm - 6:30 pm	Dinner
5:30 pm - 9:00 pm	Entertainment

Wednesday, August 16

6:30 am - 8:30 am	Breakfast
7:00 am - 5:00 pm	Conference Registration
8:30 am - 10:00 am	Second Plenary Session
10:30 am - Noon	Workshops
11:00 am - 1:30 pm	Lunch
Noon - 1:30 pm	Roundtables
1:30 pm - 3:00 pm	Workshops
3:30 pm - 5:00 pm	Workshops
5:00 pm - 6:30 pm	Dinner
7:00 pm - 11:00 pm	Entertainment

Thursday, August 17

6:30 am - 8:30 am	Breakfast
8:30 - 10:00 am	Workshops
10:30 am - Noon	Third Plenary Session
Noon	Lunch, depart

Track	Symbol
The Aging Network	
Conscious Aging	
Health & Wellness	
Caregiver Support & Long-Term Care	
Productive Aging & Economic Security	
Public Benefits & Advocacy	



ArtBreak, Open Studio

Tuesday, Wednesday, and Thursday – open throughout conference

(Closed during meals & plenary sessions)

Rooms 20-23

The ArtBreak room will feature a series of art classes focusing on mandala creations, printmaking, crafts and collage. ArtBreak will also include an open studio with art therapists and educators facilitating individual creative projects. Come renew your energy and spirit by being creative.

Ruth Dennis, MA, MFA, activities director at Sierra Vista Assisted Living Center, Kate Rogers, Art Therapy Chair at Southwestern College, Jytte Lokvig, MA, Alzheimer's Communication Specialist and author, and volunteer art therapists from Southwestern College will coordinate the activities.

Daily Schedule



Tuesday, August 15: 8:30 am to 10:00 am

1. The Silent Epidemic: Alcohol and Other Substance Abuse

Among the Aging Population

Tuesday, 8:30 am

Intended audience: General

Room: 202

This workshop will focus on drug and alcohol abuse in the aging population. The presentation will address important issues such as what to do when abuse is suspected, possible effects on health and decision-making and effective interventions. Discussion will follow the presentation.

Jack Pischner, LPCC, Deputy Director, Behavioral Health Services Division, and Olin Dodson, LPCC, Project Manager of the Co-Occurring State Incentive Grant, both at the NM Department of Health.



2. Caring, Sharing and Growing in our Relationships:

Conscious Aging Panel Discussion

Tuesday, 8:30 am

Intended audience: General

Room: 15

Five members of the Conscious Aging Network will provide an overview of some central qualities of relationships for elders. An overview of both opportunities and challenges one may experience in relationships will be provided, with time for the audience to interact in discussion with the panel.

Gary Carlson, Ph.D., leader and participant in human potential activities, and national leader in the Conscious Aging area; Mary Fogarty, MS, managing editor of Crones Unlimited; Ardyth Norem, PhD, private practice in psychotherapy; Steve Poland, Ph.D., school psychologist and a specialist in developmental psychology; and Shirley Tanzola activities director at La Vida Llena Retirement Community.

3. Electronic Health Records & Exchange

Tuesday, 8:30 am

Continued on next page...



4. Treasures in Jars of Clay

Tuesday, 8:30 am
Intended audience: General
Room: 205

The true value of a person is on the inside. This workshop will provide information on biblical teachings that support this concept. Participants will be encouraged to find their own internal value.

Debra Hoffman, ordained minister; Carol Allen, American Sign Language interpreter.



5. Understanding Criminal History Screening

Tuesday, 8:30 am
Intended audience: General
Room: 207

The limitations associated with the criminal history screening process, as well as their impact on the long-term care labor force and overall quality of care will be the focus of this informative workshop. The workshop will explore loopholes related to the screening process and how New Mexico's most vulnerable populations are effected.

Santiago P. Sandoval, Program Manager, NM Department of Health, Division of Health Improvement.



6. Volunteering-- A Way of Life

Tuesday, 8:30 am
Intended audience: General
Room: 208

This workshop will help attendees recruit and retain volunteers. Retention techniques, such as providing stipends and/or incentives to those that volunteer will also be presented.

Elizabeth Thomas, Ph.D., is a Peace Corps volunteer.



7. All Politics is Local (Part 1)

Tuesday, 8:30 am
Intended audience: General
Room: 209

More and more elders in New Mexico are feeling disenfranchised, ignored and powerless. The NM Legislature annually considers issues which directly affect seniors. With today's technology senior citizens can become politically involved using the telephone, email, faxes and blogs. The modern older adult volunteer lobbyist doesn't have to leave his or her own home to create change at the state level.

Ray Lopez, Chief Analyst for the House Taxation and Revenue Committee of the NM Legislature.



8. Someone in My Family Has Diabetes (Part 1)

Tuesday, 8:30 am
Intended audience: General
Room 201

This is a two-part workshop. This first part will be devoted to reviewing the causes, symptoms, and prevention of diabetes.

Elisabeth Byers, RD/LD, CDE, State Nutritionist with the NM Aging & Long-Term Services Department.



9. People, Passion, Pleasure: the Alzheimer's Poetry Project

Tuesday, 8:30 am
Intended audience: General
Room: 10

The Alzheimer's Poetry Project is a simple idea - read a classic poem to people living with dementia that they might have heard as children. This fun and interactive workshop will focus on the simple techniques of reading poems and learning to blend poetry with care giving.

Gary Glazner, BA, Expressive Arts, Director of the Alzheimer's Poetry Project.



10. Nutrition for Seniors

Tuesday, 8:30 am
Intended audience: General
Room: 9

What does healthy aging have to do with nutrition? This workshop will cover some of the basic facts about good nutrition, create awareness of some of the factors that influence how we eat as we age, and encourage simple, healthy changes in eating and cooking.

Sister Linda Chavez, SC, MA, founder of S.E.T. for Health New Mexico; Lynnessa Gallagher, COO of St. Joseph Community Health, and Doreen Brostrom & Adele Frances, health educators at St. Joseph Community Health.



11. Everything You Wanted to Know about Social Security

Tuesday, 8:30 am
Intended audience: General
Room: 12

Audience members will receive information on a variety of social security issues, such as retirement, disability, Medicare and dependent benefits.

Walter Blea, Senior Resource Specialist, Sandoval County Senior Program.

12. Recognizing and Responding to Elder Abuse, Neglect and Exploitation

Tuesday, 8:30 am
Intended audience: General
Room: 16



This workshop will improve the capacity of advocates, senior service providers, law enforcement and legal service providers to recognize, investigate and prosecute abuse, neglect and exploitation against elders.

Karen S. Wells, RN, Medical Investigator; Bette Betts, LISW, Social Services Investigator, both at the NM Aging & Long-Term Services Department.

13. Enhance Fitness: A Partnership

Tuesday, 8:30 am
Intended audience: General
Room: 301



Enhance Fitness is a low cost, evidence based exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

Lauri Wilson, MS, Coordinator of the NM Department of Health's Arthritis & Osteoporosis Prevention and Control Programs.

14. HIV Over 50

Tuesday 8:30 am
Intended audience: General
Room: 14



This presentation will review research on HIV/AIDS with a specific focus on adults over 50 who are one of the subgroups with the fastest growing rates of new HIV infection. It will also address lack of awareness on the part of older adults regarding this critical issue. Workshop attendees will participate in experiential activities and identify attitudes, perceptions and beliefs concerning HIV/AIDS as it pertains to older adults.

Juanita Thorne-Connerty, LPN, MA, Program Manager, NM Aging & Long-Term Services Department; Lilly Foster is an Epidemiology Program Manager, NM Department of Health; and Tony Escudero, Disease Prevention Health Educator, NM Department of Health.

Don't hate, its too be a burden to bear"

Martin Luther King, Sr.

Continued on next page...

Tuesday, August 15: 10:30 am to 12:00 noon



15. All Politics is Local (Part 2)

Tuesday. 10:30 am
Intended audience: General
Room: 209

More and more elders in New Mexico are feeling disenfranchised, ignored and powerless. The New Mexico Legislature annually considers issues which directly affect seniors. With today's technology senior citizens can become politically involved using the telephone, email, faxes and blogs. The modern older adult volunteer lobbyist doesn't have to leave his or her own home to create change at the state level.

Ray Lopez, Chief Analyst for the House Taxation and Revenue Committee of the NM Legislature.

16. Intimate Tangles, the Poetics of Home

Tuesday 10:30 am
Intended audience: General
Room: 10



This workshop will explore the effects of design on those living with dementia, as well as those caring for them. Participants will engage in discussion and hands on experiences that examine the impact of the living environment. Various philosophical approaches, such as the Eden Alternative, writings from the Bauhaus, Frank Lloyd Wright and Jean Barchard's Alzheimer's care will be included. The intention of this workshop is to explore design as a loving dimension of caring for persons who are struggling with Alzheimer's disease and related illnesses.

Velma Arellano, MA, Executive Director Sierra Vista; Ruth Dennis, MA MFA, Social Services Director, Sierra Vista, and Jytte Lokvig, MA, author of "Alzheimer's A to Z, Secrets to Successful Caregiving" and the new edition: "Alzheimer's A to Z, A Quick Reference Guide".

17. The Holding Environment: A Key to Successful Aging

Tuesday 10:30 am
Intended audience: General
Room: 9



Successful aging requires a healthy Holding Environment. A healthy Holding Environment is created when we connect with people who provide us with support and challenge us to grow. Participants will assess their Holding Environment and make a plan to strengthen it.

Stephen F. Poland, Ph.D., private practice.

18. No Wrong Door, NM Aging & Disability Resource Center

Tuesday 10:30 am
Intended audience: General
Room: 12



Did you know that information and assistance in accessing Medicare, Public Benefits, Prescription Drug Assistance, Social Security, veterans benefits, independent living centers, legal services, transportation, or home delivered meals are one phone call away for all New Mexicans? Learn how the state's Aging and Disability Resource Center can help you, your family or your clients.

Buffie Saavedra, Juanita Thorne-Connerty, and Susan Gray, Outreach Coordinators for the NM Aging & Long-Term Services Department, Aging Disability Resource Center.

19. Someone in My Family has Diabetes (Part 2)

Tuesday 10:30 am
Intended audience: General
Room: 201



This is a two-part workshop. This second part will look at "diabetes" food groups, energy and nutrients. We will use the diabetes meal pattern and food groups to build a diabetes meal plan.

Elisabeth Byers, RD/LD, CDE, State Nutritionist, NM Aging & Long-Term Services Department.

Continued on next page...



20. Mentastics: Body Movement

Tuesday 10:30 am
Intended audience: General
Room: 301

Mentastics is an interactive method of teaching and learning slow effortless movements to benefit balance and improve range of motion of arms, legs, neck and trunk. These are self-care movements, which create feelings of lightness, freedom and flexibility. By practicing Mentastics, some seniors are able to regain balance and stop using their canes.
Mickey Sutton, LMT #603, Licensed Massage Therapist.

21. The ARC of NM's Project UP: Alzheimer's and People with Down Syndrome



Tuesday 10:30 am
Intended audience: General
Room: 14

Alzheimer's disease in adults with Down Syndrome (DS) is estimated to be three to five times greater than in the general population. The goal of Project UP is to ensure the best quality for life of older adults with DS by increasing caregiver awareness of noticeable changes which may be due to dementia, especially Alzheimer's, and increasing caregiver ability to support challenging behaviors associated with Alzheimer's.
Randy Costales, Associate Director, The Arc of New Mexico.

22. What Gives Life Meaning: Redefining Retirement

Tuesday 10:30 am
Intended audience: General
Room: 15



Defining your unique gifts can determine your life work. Zest for a life with meaning builds resilience and grace. A life worth living is a life of giving. Join us for this highly interactive workshop as we learn from each other through discussion, exercises and reflection.

Clara Farah, Ph.D., and Chris Gallup, Ph.D., psychologists and life coaches with a special interest in aging.

23. Arming Yourself: Legal Requirements for Nursing Homes

Tuesday 10:30 am
Intended audience: General
Room: 202



We will discuss some of the federal and state legal requirements that address staffing, meals, accident prevention, and level of services required in nursing homes. You will understand how these basic legal requirements affect care in nursing homes.

Carl Bettinger, Attorney at Law, whose practice largely involves lawsuits against long term care facilities.

24. Successful & Creative Aging: The Ageless Health Initiative (Part 1, English)

Tuesday 10:30 am
Intended audience: General
Room: 205



The Ageless Health Initiative of the Paso del Norte Health Foundation is based on the concepts and principles of Successful and Creative Aging as described by Rowe & Kahn and Cohen. The Initiative works to operationalize these concepts and principles by offering funded programs, which encourage older adults to live active and engaged lives.

Joyce Davidoff, Enrique Mata, Merry Koval, and Veronica Ortega represent the Paso del Norte Health Foundation.

25. Making Informed Health Care Decisions

Tuesday 10:30 am
Intended audience: General
Room: 203



This workshop will provide you with information on how to make informed health care decisions, including how to talk to your medical provider about choices you can make. Topics will include questions to ask about drug treatment, life style and other health considerations, and will look at synergistic relationships of drugs, an interactive discussion on various case studies.

Judy Costlow and Mara Taub, The Santa Fe Health Education Project, and have co-authors of "Menopause A Self Care Manual".



26. A Joyful Task: Successful Alzheimer's Communication

Tuesday 10:30 am
Intended audience: General
Room: 207

As caregivers we affect our situations more than many of us recognize. Our tone, choice of words and attitude can alienate our care receivers or strengthen our bonds. The better they feel, the better our lives together will be. This workshop reveals the keys to effective communication.

Jytte Lokvig, MA, author of "Alzheimer's A to Z, Secrets to Successful Caregiving" and the new edition: "Alzheimer's A to Z, A Quick Reference Guide".

27. Maintain YOUR Brain: How to Live a Brain-healthy Lifestyle

Tuesday 10:30 am
Intended audience: General
Room: 302



10 Ways to Maintain Your Brain is NOT a prevention program, as there is no guarantee that brain disease will not develop; however, maintaining a healthy brain is a very good defense. Our goal is to empower everyone to maintain a brain healthy lifestyle ultimately reducing the risk of Alzheimer's and other disorders.

Cathy Murphy, Regional Director, NM Alzheimer's Association.

28. Who Are Caregivers & How Do We Reach Them?

Tuesday 10:30 am
Intended audience: Professional
Room: 17



Caregiver Connections staff will discuss the many faces of family caregiving and share their experiences in outreach and education. Current and future trends in caregiving support and outreach, including serving currently underserved caregiver populations, will also be discussed.

Ellen Costilla, Information and Assistance Program Supervisor; and Ruth Soneral, Caregiver Connections Project Coordinator, both of the City of Albuquerque, Department of Senior Affairs.

Tuesday, August 15: 12:00 noon - 1:30 pm, Dining Hall Pecos Room

ROUNDTABLES

1. Conscious Aging - Lets Share our Thoughts and Ideas

This will be an opportunity for folks to sit down with several members of the Conscious Aging Network of New Mexico, and compare thoughts on ways that we can age consciously.

Gary Carlson, Ph.D., Ardyth Norem, Ph.D., Anne O'Neil, Ph.D., and Steve Poland, Ph.D.

2. Discussion on Elder Abuse

Seniors are at risk for a variety of injustices, ranging from abusive relationships to financial victimization. This roundtable will discuss the many forms of elder abuse, specifically criminal schemes by financial predators, unethical or inappropriate conduct by professionals, and emotion abuse or exploitation by loved ones. Participants will have an opportunity to engage in an interactive exercise called "The Birdcage," which highlights systematic barriers and individual responses of older women living in abusive relationships.

Bruce R. Kohl, Director, NM Securities Division; William J. Verant, Director, NM Financial Institutions Division; Gena Williams, Investment Education Coordinator, NM Securities Division; Karen S. Wells, RN, Medical Investigator; Bette Betts, LISW, Social Services Investigator, both of the Adult Abuse Prevention and Enforcement Section, Consumer and Elder Rights Division, NM Aging & Long-Term Services Department.

Become so wrapped up in something that you forget to be afraid"
Lady Bird Johnson

Continued on next page...



Tuesday, August 15: 1:30 pm to 3:00 pm

First Plenary Session - Holcomb Auditorium

**Dr. William H. Thomas - "What Are Old People For?
Elders Will Save the World"**

Dr. Thomas is an international authority on geriatric medicine and eldercare. Currently he is the president of The Center for Growing & Becoming, Inc., a non-profit organization dedicated to promoting and developing constructive, holistic approaches to aging and the care of elders. He is the founder of The Eden Alternative, a global non-profit organization committed to improving care received by people who live in institutions every where. Most recently, Dr. Thomas developed the Green House, a radical new approach to long-term care. Dr. Thomas graduated from Harvard Medical School in 1986, earned board certification in Family Medicine in 1992 and added a certificate in Geriatrics in 1994. Dr. Thomas lives with his wife and five children on a 250-acre working farm that employs draft horses and solar and wind power. They maintain a small country inn and retreat center, used to teach others about the concepts and practices to which they have devoted their professional lives. Named as an AARP Visiting Scholar in 2005, Dr. Thomas travels the country addressing issues related to aging and longevity, as well as the wise use of prescription drugs. The NM Conference on Aging thanks AARP for its generous sponsorship of Dr. Thomas's presentation

Tuesday, August 15: 3:00 pm to 5:00 pm



29. Successful & Creative Aging : The Ageless Health Initiative (Part 2, Spanish)

Tuesday 3:30 pm
Intended audience: General
Room: 205

The Ageless Health Initiative of the Paso del Norte Health Foundation is based on the concepts and principles of Successful and Creative Aging as described by Rowe & Kahn and Cohen. The Initiative works to operationalize these concepts and principles by offering funded program, which encourage older adults to live active and engaged lives.

Sandra González, Enrique Mata, and Veronica Ortega Hill represent the Paso del Norte Health Foundation.



30. Conversations with Dr. Bill

Tuesday 3:30 pm
Intended audience: General
Room: 304

Take this opportunity to talk with Tuesday's keynote speaker Dr. Bill Thomas. This interactive session will focus on the importance of healthy behaviors and the wise use of medications.

Dr. William Thomas, international authority on geriatric medicine and eldercare and President, The Center for Growing & Becoming Inc.

31. Conscious Aging-- Growing Whole, Not Old

Tuesday 3:30 pm
Intended audience: General
Room 201



Our elder years can be, and often are, the best years of our lives. Conscious Aging is a philosophy that advises us to pay attention to both the positive and the negative aspects of aging. We can't stop the process, but we can enjoy the journey.

Gary Carlson, Ph.D., co-director of the Sage-ing® Group of New Mexico, and leader and participant in human potential activities

Continued on next page...



32. Exploring Transportation Solutions for Older New Mexicans

Tuesday 3:30 pm

Intended audience: General

Room: 202

Find out about the current and future status of public transportation and get an overview of legislative policy and related issues. What are local, state and federal governments doing to ensure transportation needs are met? How are lawmakers spending your dollars? Information will be provided about ways to get involved in improving the quality of transportation in your community.

Jack L. Valencia, Executive Director, NM Passenger Transportation Association.



33. Easy Assessment of your Clients

Tuesday 3:30 pm

Intended audience: Professional

Room: 203

During this workshop, we will identify different ways to conduct nutritional assessments and look at several nutrition screening tools. We will review the components of the DETERMINE checklist nutritional screen. The class will end with a discussion of strategies to help decrease nutritional risk.

Elisabeth Byers, RD/LD, CDE, State Nutritionist; and Matthew Lopez, Program Manager both with the NM Aging & Long-Term Services Department.



34. Growing Wiser

Tuesday 3:30 pm

Intended audience: General

Room: 207

Who says that growing older can't be a positive experience? This workshop on mental wellness for seniors covers memory, mental alertness, and depression, dealing with grief, life changes and celebrating life.

Sister Linda Chavez, SC, MA, founder of S.E.T. for Health New Mexico; Lynnessa Gallagher, COO of St. Joseph Community Health; and Doreen Brostrom & Adele Frances, health educators, St. Joseph Community Health.

35. Moving Day, How to Find a Good Care Facility

Tuesday 3:30 pm

Intended audience: General

Room: 208



Finding a care facility for yourself or a loved one can be extremely traumatic. This session will review different types of residential care facilities and discuss how to visit and evaluate potential homes. We'll also discuss how to make this drastic move as smooth as possible.

Jytte Lokvig, MA, author of "Alzheimer's A to Z, Secrets to Successful Caregiving" and the new edition: "Alzheimer's A to Z, A Quick Reference Guide".

36. Odysseys into Elderhood, Sharing, Empowering, & Growing

Tuesday 3:30 pm

Intended audience: General

Room: 209



In a youth obsessed culture, age and wisdom are sadly underappreciated. During this workshop, elders will share the transitions and insights that manifested for them during the latter stage of life. Through sharing, participants will realize commonalities and walk away feeling more honored and acknowledged for the rich national resource they have become.

Mary Fogarty, Managing Editor of the website Crones Unlimited and member Cultural Enrichment Committee for the UNM-Valencia campus.

Date: Wednesday,
August 16, 2006

Health Fair

*Time: 9 am —
4 pm*

Health Assessments:

Blood Pressure

Emotional Health

Bone Density Testing

Brown Bag Medication Assessments

HIV/AIDS Testing

Yoga

Roadwise Review

Location:
Holcomb
Auditorium Towers
&
Chapel
Classrooms 1 - 4

A Big Thanks to our
Sponsors to date:

- AAA Roadwise Review
- Department of Health
- New Mexico Pharmacy Foundation
- St. Vincent Regional Medical Center
- Wild Oats
- YDI



37. What Can the NM Medical Review Association Do for You?

Tuesday 3:30 pm
Intended audience: General
Room: 302

On behalf of Medicare beneficiaries, the NM Medical Review Association (NMMRA) reviews healthcare quality concerns. NMMRA also reviews appeals of hospital discharge notices. Recently, NMMRA's review activities have expanded to include review of discharge notices in other settings. This presentation focuses on beneficiary rights and NMMRA's services to Medicare beneficiaries.

Warren Bowers, RN, and Catherine Lopez, RN, Utilization Review and Beneficiary Helpline Coordinators, NMMRA.

38. Adaptive Gardening for Older Adults

Tuesday 3:30 pm
Intended audience: General
Room: 15



Gardening is active living! Gardening can help older adults maintain health and vitality. Learn how to continue gardening as you age and how to help older adults in a variety of settings participate in therapeutic, plant-related activities. Topics include fun, inexpensive projects, resources, and adapting tools/techniques to physical limitations.

Laura McGrath, BA, Sociology, Activities Coordinator, Adult Day Services, Open Hands, Inc.

39. MEDBANK-- Obtaining Free Prescription Drugs

Tuesday 3:30 pm
Intended audience: General
Room: NM Hall - A



In this workshop you will learn how MEDBANK is used to help clients obtain free brand name medications through the Prescription Assistance Program, who is eligible for assistance through MEDBANK, how MEDBANK is affected by Medicare Part D, and who is eligible for the State of NM \$300 voucher and how it is administered.

Harold Melnick, PDA Coordinator, NM Aging & Long-Term Services Department.

40. Consumer Issues: Revolving Credit - Revolving Debt

Tuesday 3:30 pm
Intended audience: General
Room: 10



This workshop will focus on consumer issues, including surviving credit card debt, how to determine exemptions; finding help and negotiating with the credit card companies. The workshop will also cover predatory mortgage loans, payday loans and common consumer scams.

Patricia Stelzner, JD, co-fonder of the Senior Citizens Law Office, and Patricia Wagner, JD, staff attorney, Senior Citizens' Law Office.

41. Disaster Preparedness and Pandemic Influenza: What Can You do to Get Ready?

Tuesday 3:30 pm
Intended audience: General
Room: 9



What can you do to prepare yourself and family for a pandemic of influenza? How can you help your community prepare and respond to pandemic influenza or other disaster? This workshop will provide tools for getting ready as well as understanding possible roles for seniors in their communities.

Maggi Gallaher, MD, Medical Director, of the Family Health Bureau; Anne Pascarelli Barraza, Manager of Target Populations Program, both of the NM Department of Health; and Joan Murphy, Health Educator & Population Outreach Coordinator, Office of Health Emergency Management.



- 42. Basic Case Management**
 Tuesday 3:30 pm
 Intended audience: General
 Room: 14

This presentation will provide a basic understanding of what case management is and what to expect from a case manager.
Walter Blea, Senior Resource Specialist, Sandoval County Senior Program.



- 43. Senior Gardening for Healthy Bodies and Minds**
 Tuesday 3:30 pm
 Intended audience: General
 Room: 301

This is a hands-on, interactive workshop where participants will explore various ways that gardening can be beneficial to seniors. Benefits include improved nutrition and mental health, as well as community involvement.
Tomi Jill Folk, President; Hank Bruce, program director, both of Hunger Grow Away.



- 44. Medicare Part D – The Good News**
 Tuesday 3:30 am
 Intended audience: General
 Room: 18

Join us on a captivating journey that will start with Medicare history, take you through the Medicare Modernization Act Prescription Drug program implementation challenges, and bring you to the current status on Medicare Part D. Along the way you will learn why what took years to achieve could not be changed overnight.
Kay Knutson, Vice President of Medicare Plans, Presbyterian Health Plan and Presbyterian Insurance Company.



Wednesday, August 16: 8:30 am to 10:00 am

Second Plenary Session - Holcomb Auditorium

**Joan McIver Gibson, Ph.D. - "Are You Being Framed?
 Managing Values & Perspectives in Our Dialog on Aging"**

Dr. Gibson, is a consulting ethicist and co-author of the recently published, *A Field Guide to Good Decisions*. In 2003 she retired as Director of the University of New Mexico's Health Science Ethics Program. She currently consults nationwide on issues of values based decision-making.

Wednesday, August 16: 6:00 am - 7:00 am

Walking Activity – Fun Fitness Walk

Intended audience: General

Start your day off moving! Meet at the flag area outside Holcomb Auditorium and join other walkers for a fun fitness walk.

Nora Anaya and Martha Dick both Senior Olympic VISTA's

Wednesday, August 16: 10:30 am to 12:00 noon



- 45. Power Over Pain**
 Wednesday 10:30 am
 Intended audience: General
 Room: 15

The "Power Over Pain Campaign" is a grassroots effort to increase public awareness about the impact of pain on health and wellness, responsibilities for good pain management and effective ways to communicate pain to our health care providers.

Dr. Walter B. Forman, professor, Department of Medicine, Division of Geriatrics, UNM Health Science Center; and Nancy N. Wertz, RN, Director of Clinical Services, Alamogordo Home Care/Hospice.



- 46. Everything You Wanted to Know about Reverse Mortgages**
 Wednesday 10:30 am
 Intended audience: General
 Room: 10

This presentation will provide a general overview of reverse mortgages, followed by a detailed analysis of costs and benefits based on a theoretical example.

John Ruybalid, Vice President/Reverse Mortgage Specialist, Quest Mortgage.



- 47. A Comparison of Cultures and the Great Forgetting**
 Wednesday 10:30 am
 Intended audience: General
 Room: 201

About 10,000 years ago, our modern civilization began to develop from people who until that time had been largely hunter-gatherers. This presentation will compare the cultural values of one of the last hunter-gatherer tribes, the Hadza of Tanzania, with Native American and other Western cultures.

Gary Carlson, Ph.D., leader and participant in human potential activities, and national leader in Conscious Aging area; Karen Waconda Lewis, BS, Manager, Traditional and Complementary Healing Program, First Nations Community HealthSource.



- 48. A Real Prescription Plan for Change: The NM Health Security Plan**
 Wednesday 10:30 am
 Intended audience: General
 Room: 202

The problems of our chaotic health system are endless: rising health care costs, fewer choice of physicians, confusing Medicare Part D, disappearing benefits. The Health Security Plan offers a real cure, not a band-aid. Come and discuss this proposal, as well as other policy alternatives that are on the table.

Jo Beth Wolf, Ph.D., retired university professor of political science; and Stephen Werner, retired federal employee.

- 49. Death & Dying**
 Wednesday 10:30 am
 Intended audience: General
 Room: 203



We are rarely comfortable talking about death or dying. This workshop will discuss wills, living wills, and durable powers of attorney, DNR and how we die. Most importantly we will talk about living each day until we die.

Lauri Wilson, MS, Coordinator, Arthritis & Osteoporosis Prevention and Control Program, NM Department of Health.

- 50. Honoring the Aging/ Changing Body**
 Wednesday 10:30 am
 Intended audience: General
 Room: 205



As we age, our bodies' change, often in dramatic ways, as parts wear out, are taken out, sag earthward, or respond to internal processes. This workshop will explore how we experience our bodies as they change with age, using myth, story and touch exercises.

Mary Roemer, MA, a Massage Therapist in private practice and Massage Therapy Instructor at Apollo College.



51. Food or Supplements? Looking at the Current Dietary Guidelines

Wednesday 10:30 am
Intended audience: General
Room: 207

The 2005 USDA Dietary Guidelines for Americans will be reviewed. This workshop will focus on specific recommendations for people over the age of 50. The benefits and risks of diet supplementation will also be discussed.
Elisabeth Byers, RD/LD, CDE, State Nutritionist, NM Aging & Long Term Services Department.



52. Is Memory Overrated?

Wednesday 10:30 am
Intended audience: General
Room: 208

We'll review how memories are made and how memory loss due to Alzheimer's distorts a person's thinking patterns and perceptions of reality. When we can find pathways to bonding and communication outside the normal parameters, we have the opportunity to discover heretofore unimagined rewards in our caregiving

Jytte Lokvig, MA, author of "Alzheimer's A to Z, Secrets to Successful Caregiving" and the new edition, "Alzheimer's A to Z, A Quick Reference Guide".



53. Elderhostel/ Adventures in Life Long Learning

Wednesday 10:30 am
Intended audience: General
Room: 209

Come and learn about the Elderhostel program and the multitude of opportunities for individuals 55 and over to explore stimulating ideas in New Mexico, across the US and around the world. The workshop will include a discussion about Elderhostel and a short video showing seniors participating in programs.

Ed Maglisceau, instructor, management and marketing College of Santa Fe, Elderhostel Ambassador. Elderhostel Organization.

54. Frequently Asked Questions & Answers: Legal Issues for the Elderly in New Mexico

Wednesday 10:30 am
Intended audience: General
Room: 302



Attorneys will provide legal information on general estate planning, including probate and non-probate transfers. Additional topics will include the importance of power of attorney and advanced health care directives, Medicare and Medicaid, and how to deal with consumer debt problems.

Mary Ann Baker-Randall, Gayolyn Johnson, and Wendy Basgall, staff attorneys, Lawyer Referral for the Elderly Program.

55. Disaster Preparedness and Pandemic Influenza: What Can You do to Get Ready?

Wednesday 10:30 am (Repeat)
Intended audience: General
Room: 9



What can you do to prepare yourself and family for a pandemic of influenza? How can you help your community prepare and respond to pandemic influenza or other disaster? This workshop will provide tools for getting ready as well as understanding possible roles for seniors in their communities.

Maggi Gallaher, MD is the Medical Director, Family Health Bureau; Anne Pascarelli Barraza, Manager, Target Populations Program, both at the NM Department of Health; and Joan Murphy Health Educator and Population Outreach Coordinator, Office of Health Emergency Management.



- 56. Grant Writing 101**
 Wednesday 10:30 am
 Intended audience: Professionals
 Room: 16

Geared towards “newbies” to grant writing, this workshop will provide the basic format for both foundation grants and government grants and an introductory overview of what to have on-hand before even starting the grant writing process. The presenter will also walk the participants through the typical formats for foundation grants.

Twila Ky Rutter, Ph.D., General Manager, Interim Healthcare and instructor grantwriting courses, Clovis Community College, and Small Business Development Center.



- 57. Performance Measures for Volunteer Hours**
 Wednesday 10:30 am
 Intended audience: Professionals
 Room: 18

This workshop will provide an overview of performance measurements and clarification of aligned results including outputs and outcomes. Sample instruments will be presented and discussed.

Sue Hyatt, Ph.D., sociologist, Project STAR, Denver, CO.



- 58. Promoting Wellness and Preventing Diabetes in NM Native Americans**
 Wednesday 10:30 am
 Intended audience: General
 Room: 12

This workshop will include current recommendations for healthy eating, weight management and physical activity as a means of promoting wellness and preventing diabetes. The program will also include a testimonial from a tribal member who has had success managing her diabetes.

Terri Prince Elisberg is a nutritionist and certified diabetes educator, Diabetes Program of Isleta.



- 59. Arthritis and Exercise**
 Wednesday 10:30 am
 Intended audience: General
 Room: 301

Arthritis is the leading chronic condition reported by the elderly and can lead to loss of function, independence and unnecessary disability. This interactive workshop provides information on how to safely start and maintain an exercise program. Participants should come prepared to join in.

Lauri Wilson, MS, is the Coordinator, Arthritis & Osteoporosis Prevention and Control Program, NM Department of Health.



- 60. SAMS 2000: User group meeting**
 Wednesday 10:30 am
 Intended audience: Professionals
 Room: NM Hall – A

This will be a question and answer session for basic to advanced SAMS 2000 computerized data collection system users.

Dolph Bunkley, Data Manager, NM Aging & Long-Term Services Department.



- 61. The Benefits of Physical Activity**
 Wednesday 10:30 am
 Intended audience: General
 Room: 17

Physical activity can improve the overall wellbeing of older adults by helping them maintain independence and stay healthy. This workshop will address the impact exercise has on preventing and managing health conditions such as diabetes, heart disease, arthritis, obesity, and depression.

Karen Kienle, BA, Health Promotion & Wellness, Account Manager, Axia Health Management SilverSneakers Fitness Program.

ROUNDTABLES

1. What is a Disqualifying Conviction

The group will take an in-depth look at the Caregivers Criminal History Screening Act's list of disqualifying convictions, which eliminate caregivers from the long-term care labor force, and compare them with various other states. *Santiago P. Sandoval, Program Manager; Brian Royer, Legal Consultant, both of the NM Department of Health, Division of Health Improvement Caregivers Criminal History Screening Program.*

2. Medicare Part D

Join experts in the filed for a discussion and question and answer session about the Medicare prescription drug benefit. *Buffie Saavedra, NM Aging & Long-term Services Department; Kay Knutson, Presbyterian Health Plan.*

Wednesday, August 16: 12:00 noon to 1:30 pm, Dining Hall Pecos Room

Wednesday, August 16: 1:30 pm to 3:00 pm

- 62. Sexuality After 60**
 Wednesday 1:30 pm
 Intended audience: General
 Room: 203

In the past it was believed that as one got older, sexuality and desire for sex disappeared. We know better now. We need to understand ourselves better to appreciate that we are sexual beings, regardless of age.



Lea Wilson, MA, New York University.

- 63. Women in Transition**
 Wednesday 1:30 pm
 Intended audience: General
 Room: 205

The loss of a spouse or loved one can bring dramatic changes that many older women are ill prepared to navigate successfully. Newly widowed or divorced women are frequently the targets of financial predators. Women In Transition is a joint project of the NM Securities Division and the non-profit NM Project for Financial Literacy, funded in part by a grant from the Investor Protection Trust. The aim is to help women gain control of their finances as they face new life challenges.

Gena Wilimiti, former Investment Broker, A.G. Edwards & Sons, Inc.; Vicki Van Horn, Certified Financial Planner and instructor, University of Phoenix; and Karen Young, licensed insurance agent in New Mexico.



- 64. Creativity & Exploration in Caregiving**
 Wednesday 1:30 pm
 Intended audience: General
 Room: 207

Surrounded by a plethora of arts and crafts materials, this workshop will focus on no-fail projects. We will explore how to use various materials for the sheer pleasure of both the caregiver and care receiver and also as tools in daily caregiving situations.

Jytte Lokvig, MA, author of "Alzheimer's A to Z, Secrets to Successful Caregiving" and the new edition: "Alzheimer's A to Z, A Quick Reference Guide".

*"The happiest people seem to be those who have no particular
 cause for being happy except that they are so."*

William Ralph Inge



65. Share Your Wisdom with Intergenerational Programs

Wednesday 1:30 pm
Intended audience: General
Room: 304

Learn how to share your wisdom in discussion groups that include both senior high students and senior citizens. Learn from the younger generation and teach values and experiences that develop with age. Share ideas with professionals in your field. Write to pen pals and follow up with visits to their schools.

Shirley Tanzola, Activities Supervisor, La Vida Llena Retirement Community.



66. A Culture of Safety in Hospitals

Wednesday 1:30 pm
Intended audience: General
Room: 208

Hospital patient safety is a major priority nationally and in NM. Nowhere is this a more daunting challenge than in rural and critical access hospitals. This presentation will demonstrate the use and results of a nationally validated patient safety survey with NM hospitals partnering to improve patient safety.

Carlene Brown, MPH, CPHQ, quality improvement manager for inpatient projects, NM Medical Review Association.



67. Granny's Garden

Wednesday 1:30 pm
Intended audience: General
Room: 10

There are relatively high rates of substance abuse among the baby boom cohort. These rates of substance abuse, in conjunction with the large size of the baby boom generation, are likely to result in a doubling of the need for substance abuse treatment for older adults by the year 2020. Despite this warning, there is little research being done to examine the drug-drug interactions between inhaled marijuana and prescription medications typically used by older adults.

Mich Magness, Gerontologist and Aging Specialist, Oklahoma Department of Mental Health & Substance Abuse Services.



68. Grant Writing Basics (Part 1)

Wednesday 1:30 pm
Intended audience: Professionals
Room: 12

This workshop will outline the basics needed to write a good grant proposal. Attendees will be given information on various places to look for funds. Also, the class will work collectively on a short grant proposal.

Elizabeth Thomas, Ph.D., Peace Corps volunteer.

69. Healthy Aging: You Hold the Key

Wednesday 1:30 pm
Intended audience: General
Room: 302



Seniors have many questions about how to handle health issues. They want to know how to take care of themselves safely and how best to talk with their doctors. Participants will receive a practical self-care guide with big print and learn through interactive exercises how to work as partners.

Sister Linda Chavez, SC, MA, founder of S.E.T. for Health New Mexico; Lynnessa Gallagher, COO of St. Joseph Community Health; and Doreen Brostrom & Adele Frances, Health Educators, St. Joseph Community Health.

70. Common Frauds & Scams

Wednesday 1:30 pm
Intended audience: General
Room: 209



Updated with the latest information from law enforcement agencies nationwide, this presentation will include how to identify and avoid the most common investment frauds. This information could save you or someone you know thousands of dollars in lost savings.

Frank Mulholland, former instructor at the NM Law Enforcement Academy and special agent for the NM Insurance Fraud Bureau.



71. Making Hard Decisions: What is the Right Thing to Do?

Wednesday 1:30 pm
Intended audience: General
Room: 209

Come share the successes and challenges of making hard choices. This session will help you to communicate with elders and learn more about life review, values and ethical wills. It will also help you talk about the ethics of elder care with counselors, social workers and healthcare providers.

Elizabeth C. Etigson, MA, LPCC, Project Director, Sandoval Senior Connection Peer Counseling; and J. Anne O'Neil, Ph.D., MSN, Adjunct Professor at the University of St. Francis.



72. Guardianship and Conservatorship: What Do You Want to Know?

Wednesday 1:30 pm
Intended audience: General
Room: 202

After brief introductory information on legal, ethical and daily practice aspects of guardianship & conservatorship, the workshop will focus on audience questions. Written questions will be requested at the beginning and most of the session will be spent discussing what people want to know. Focus will be on general questions rather than specific cases, to adhere to practices of confidentiality.

Susan K. Tomita, Attorney at Law, Susan M. Stuart, CMC, RG and Susan A. Bennett, LBSW, RG, all of the NM Guardianship Association.



73. Eight Daily Activities to Help Reduce your Blood Pressure

Wednesday 1:30 pm
Intended audience: General
Room: 15

Hypertension is controllable with non-pharmacological approaches. There are at least eight everyday activities that have been demonstrated as effective in helping control high blood pressure in seniors. Through hands-on worksheets, lively Q&A and take-home materials participants will learn how to naturally use these activities to help lower blood pressure.

Francis Rooker, dual-Masters Degree student at NMSU, Nutrition/Dietetics and researcher, hypertension and atherosclerosis.

74. Imagine: Getting Your Couch Through the Door! That's Universal Design

Wednesday 1:30 pm
Intended audience: General
Room: 306



Universal Design is simply good design that increases the usability of a home by people of all ages, sizes and abilities, and allows residents to age in place. This presentation will demonstrate Universal Design features. Participants will receive a brochure that includes the Universal Design Package.

Elizabeth Dwyer, Housing Planner, City of Albuquerque Department of Family and Community Services.

75. Instruments and Data Collection Procedures for Volunteer Programs

Wednesday 1:30 pm
Intended audience: Professionals
Room: 18



This workshop will focus on selecting methods and data collection strategies to measure performance. Data collection instruments that have been proven to work effectively in collecting information and analyzing data will be discussed. Participants will be assisted in developing a data collection plan.

Sue Hyatt, Ph.D., and sociologist, Project Star, Denver, CO.

76. SAMS 2000: Registration and Assessment tools and instructions

Wednesday 1:30 pm
Intended audience: Professionals
Room: NM Hall - A



The workshop will include a review of the SAMS 2000 computerized data collection system registration and assessment tools for SAMS users.

Dolph Bunkley, Data Program Manager at the NM Aging & Long-Term Services Department.



77. Eagle Storybooks Help Native Children Prevent Diabetes

Wednesday 1:30 pm
Intended audience: General
Room: 9

Grandparents play a big role in raising their grandchildren and helping to teach them healthy behaviors. The Eagle storybooks by Georgia Perez, published by the Centers for Disease Control and Prevention, NM Department of Health and Human Services, and the Indian Health Service provide an excellent tool for family members to teach children healthy behaviors.

Georgia Perez, author; Dave Baldrige, Senior Publisher for the Native Diabetes Wellness Program; Eleanor Abeita, Isleta Elder and Kathy Black, Isleta Elderly Program.



78. About Good Health: It Just Make Sense

Wednesday 1:30 pm
Intended audience: General
Room: 16

The first half of this workshop includes a questionnaire and self-analysis regarding the foods we eat and how certain foods can heal certain illnesses. The second half integrates the mind-body connection using a technique called "energy psychology." This technique identifies the negative stressors surrounding a variety of issues.

June Trezza, staff at the SunCenter Medical Offices.

Wednesday, August 16: 3:30 p.m. to 5:00 p.m.

79. Investing for Income

Wednesday 3:30 pm
Intended audience: General
Room: 10



Stretching a fixed income to meet your needs while preserving principal is the dilemma faced by every retired senior. This seminar offers advice on how to effectively manage the risks of investing in stocks, bonds and mutual funds.

Gena Wilimiti, former Investment Broker with A.G. Edwards & Sons, Inc; and currently a Bank/Credit Union examiner, Financial Institutions Division, NM Regulation and Licensing Department.

80. You're as Young as your Spine: Yoga for Successful Aging

Wednesday 3:30 pm
Intended audience: General
Room: 301



Come experience the gentle stretching of chair-based yoga exercise. Perfect for elders with impaired mobility and for office workers suffering from stress, easy yoga poses will help you stretch your way to better health. Yoga will help you by increasing the body's flexibility, balance, and strength while relieving the mind of stress, anxiety and agitation. Workshop participants will learn how to exercise and get some useful tips on how to start a truly elder-friendly exercise group.

Mich Magnes, Gerontologist and Aging Specialist, Oklahoma Department of Mental Health & Substance Abuse Services.

81. On the Road to Wellness: Older Driver Tips

Wednesday 3:30 pm
Intended audience: General
Room: 208



This workshop will include an overview of the issues related to the aging driver and provide useful strategies for driving health and wellness. This interactive workshop will link older driver safety and wellness by providing participants with a better understanding of the physiological and cognitive issues related to driving.

Jeannie Chavez, AAA New Mexico; Anita Lorz, Public Health arena in the areas of injury prevention and traffic safety.



- 82. Fun Thru Line Dancing**
 Wednesday 3:30 pm
 Intended audience: General
 Room: NM Hall – C&D

Persons of all ages, but especially seniors, will have fun exercising both body and mind while learning the steps, patterns, and music used in line dances from basic to advanced. Students then will be encouraged to return to their communities to set up their own line dancing classes. Heath and social interaction are not only aims of the workshop, but serve as great rewards as well.

Mickey Powell, line dance instructor for 15 years, and director of the Rock 'N Rhythm Dance Team the Misfits Dance Team.



- 83. Reverse Mortgages 101**
 Wednesday 3:30 pm
 Intended audience: General
 Room: 14

This workshop will explain the pros and cons of reverse mortgages and how they fit into senior estate planning. The goal is to inform and explain the process of obtaining a reverse mortgage.

John DuRose, MBA, Financial Freedom Senior Funding Corp.



- 84. Nourishing Spirituality**
 Wednesday 3:30 pm
 Intended audience: General
 Room: 209

Many elders continue to search for spiritual fulfillment and nourishment in far-away places and buildings. They miss the richness of their very person. This workshop will facilitate exploration of the gifts within each of us.

Sister Linda Chavez, SC, MA, founder of S.E.T. for Health New Mexico; Lynnessa Gallagher, COO at St. Joseph Community Health; and Doreen Brostrom & Adele Frances, health educators, St. Joseph Community Health.



- 85. Talk Back! Come Share your Opinions on how our NM Resource Center is Serving You**
 Wednesday 3:30 pm
 Intended audience: General
 Room: 202

This is an opportunity for you to participate in a focus group on how well the State's Resource Center is serving elder New Mexicans and their families. Come share your experience and ideas!

Michael Coop, Grant Evaluator, Aging and Disability Resource Center; Susan Gray, Director, Resource Center; and Emily Kaltenbach, Deputy Director, Consumer & Elder Rights Division, all of the NM Aging & Long Term Services Department.



- 86. 2006 Changes to Medicaid Funding for Nursing Home Care**
 Wednesday 3:30 pm
 Intended audience: General
 Room: 203

Attorneys will provide legal information on the changes in Medicaid, effective January 2006, regarding paying for custodial care in nursing homes. Topics will include protecting up to \$500,000 in home equity, protecting a spouse from being impoverished, and the five-year "look back" rule on asset transfers.

Mary Ann Baker-Randall, Gayolyn Johnson, and Wendy Basgall, staff attorneys, Lawyer Referral at the Elderly Program.

"A man is not idle because he is absorbed in thought. There is a viable labor and there is an invisible labor."

-Victor Hugo



87. Theatrical Experiences for Seniors

Wednesday 3:30 pm

Intended audience: General

Room: 15

Live theater at senior residences and centers is fun and entertaining. It is also an effective way to launch stimulating conversation, memory sharing and self-reflection. This hands-on workshop will focus on techniques to use theater performances to stimulate thought and discussion while keeping it a fun activity. Techniques include "playstarters" to develop ideas about where plays can lead, and developing personal vignettes into theatrical drama and comedy. This workshop will be presented in an interactive discussion format; no acting is involved and no prior experience with theater is necessary.

Robert F. Benjamin, Ph.D., playwright and play producer, Senior Theater of NM.



88. The Skinny on Fat

Wednesday 3:30 pm

Intended audience: General

Room: 205

Confused about what kind of oil to buy for salad dressing? Ever wonder what is the difference between extra virgin olive oil and plain virgin olive oil? Learn which oils and solid fats are best to use in cooking and what the smoking point of fat means.

Patricia Aaron, Professor, NM State University in Las Cruces.



89. Growing Old: Questions Shouted in your Good Ear

Wednesday 3:30 pm

Intended audience: General

Room: 207

As a group, the elderly are the fastest growing segment of the population. Recent research has debunked earlier negative stereotypes about increased rates of problems that occur in old age, through aging does result in an accumulation of losses. This workshop will proactively look at growing old through the eyes of the resilient and realistically tackle geriatric issues with a resolve to dispel old, debilitating myths of ageism.

James Martin, NM Regional Manager, Diamond/Heritage Healthcare Services Corporation.

90. Yes, Seniors Can Feel Better w/Self Massage

Wednesday 3:30 pm

Intended audience: General

Room: 9



Learn a few, easy self massage and reflexology techniques to help reduce pain and stiffness, increase energy and flexibility, and promote sound sleep. Learn how to restore calm and feelings of safety to children or vulnerable adults in times of stress. Also learn to recognize and observe personal boundaries.

Ken Hultman, LMT, owner of Body Kneads Massage Therapy Clinic, Clovis.

91. Grant Writing Basics (Part 2)

Wednesday 3:30 pm

Intended audience: Professionals

Room: 12



This workshop will outline the basic information needed to write a good grant proposal. Attendees will be given information on various places to look for funds. Also, the class will work collectively on a short grant proposal.

Elizabeth Thomas, Ph.D., Peace Corps volunteer.



92. VA Welcomes Senior Veterans: Access to Benefits and Health Care

Wednesday 3:30 pm

Intended audience: General

Room: 16

This workshop will focus on senior veterans issues, including topics pertinent to men and women. Information on how to access VA health care, applications for compensation or pension, and information on eligibility requirements will be included. Brochures and pamphlets will be offered.

Milo Garcia, Santa Fe Vet Center; Lou Helwig, NM Department of Veterans Services; Rita Aranda, VA Regional office; and Joe Dean, VA Community Clinic Business Manager.



93. Program Evaluation-- Creating Strong Outcomes

Wednesday 3:30 pm

Intended audience: Professionals

Room: 18

This workshop will concentrate on writing progress reports that communicate the success of a program, making sure that outcomes clearly show the results in reaching stated goals and objectives, as well as identifying areas for improvement.

Sue Hyatt, Ph.D., and sociologist, Project STAR, Denver, CO.



94. Uniting Heaven with Earth, Remembering...

Wednesday 3:30 pm

Intended audience: General

Room: 302

We live in a culture desperately in need of elders to help heal a wounded land, yet seniors are marginalized and diminished in our daily lives. This workshop will allow seniors to experience the earth as a starting point in the taking back of our power, creating a meaningful initiation into elderhood. Come play in the mud and experience the beauty and healing of the Earth.

Robert Francis Johnson MS, LPC, MUD, psychotherapist and teacher specializing in the values of Ecological Psychology, published poet and professional sculptor.

95. SAMS 2000: Recording Title 3e services

Wednesday 3:30 pm

Intended audience: Professionals

Room: NM Hall - A



This workshop will review Older Americans Act Title III E program requirements and the recording of Title III E services in the SAMS 2000 Computerized data base system.

Dolph Bunkley, Data Manager, NM Aging & Long-Term Services Department.

Thursday, August 17: 6:00 am to 7:00 am

Walking Activity – Fun Fitness Walk

Intended audience: General

Start your day off moving! Meet at the flag area outside Holcomb Auditorium and join other walkers for a fun fitness walk.

Nora Anaya and Martha Dick both Senior Olympic VISTA's

Thursday, August 17: 8:30 am to 10:00 am

96. Designing Communities for the Gay and Gray

Thursday 8:30 am

Intended audience: General

Room: 207



RainbowVision has created and opened the doors of its first community designed for the Lesbian, Gay, and Bisexual, Transgender population in its second 50 years. For over 35 years, many types of communities have been planned, some have become operational, and some are currently in development. We will identify and define various options, their strengths and challenges, and explore differences and similarities to those of the mainstream.

Rick Magnussen Marketing & Leasing Director, RainbowVision Santa Fe.



97. Prescription Drug Assistance Program

Thursday 8:30 am
Intended audience: General
Room: 10

This workshop will provide an overview of prescription drug resources, and information on who can help and where to seek assistance. Medicare Part D, discount cards, and the Prescription Drug Assistance Program will be discussed. *Lloyd Deveneau and Johnnie Romero, Prescription Drug Assistance counselors, NM Aging & Long-Term Services Department.*



98. Compare Care: Finding out about Quality of Care

Thursday 8:30 am
Intended audience: General
Room: 12

The NM Medical Review Association partners with consumers and providers to improve healthcare. Free information about the quality of care provided in nursing homes, home health agencies, and hospitals is available through the Centers for Medicare & Medicaid Services. This presentation will help consumers to use quality information to make informed decisions.

Lorri Eberlein, RN, LNHA; and Sheila Conneen, RN-C, PhD, both Nursing Home Quality Improvement Managers, for the NM Medical Review Association.



99. Moving Toward Healthy Living: Taking the Ugh Out of Exercise

Thursday 8:30 am
Intended audience: General
Room: 301

During this workshop, we will review the benefits of the different types of physical activity. We will take an exercise assessment to determine our current fitness levels, and will look at numerous ways to increase activity that doesn't feel like exercise.

Elisabeth Byers, RD/LD, CDE, State Nutritionist, and Carmela Martinez, Program Manager, both with the NM Aging & Long-Term Services Department.

100. Sure Steps: Fall Prevention

Thursday 8:30 am
Intended audience: General
Room: 207



Falls are the leading cause of injuries, death and hospital admissions for trauma among older adults. The "Sure Steps" curriculum is an interactive workshop that allows participants to identify potential areas for falls. It includes information about medical diagnoses and medications that contribute to falls, as well as precautions in the home to safeguard against falls.

Twila Ky Rutter, Ph.D., General Manager, Interim Healthcare and instructed Clovis Community College, and Small Business Development Center.

101. The Hard Stuff: The Impact of Childhood Trauma on Elderly Persons

Thursday 8:30 am
Intended audience: General
Room: 203



Talking about past trauma, whether childhood sexual, emotional or physical abuse, combat incidents, acts of terror, or significant losses, has been taboo in our society. Trauma can significantly impact our memory, behavior and our bodies. Come hear about symptoms of PTSD (post traumatic stress disorder) and strategies to reduce trauma's impact.

Cindy Anderson, LISW, is a Program Manager at the Sandoval Senior.



- 102. The Beauty of Dementia**
 Thursday 8:30 am
 Intended audience: General
 Room: 14

This interactive workshop is an examination of the universal needs of persons with all stages of dementia. It discusses how to identify the "Beauty of Dementia" and add joy to the lives of caregivers and elders suffering from dementia.
Cindy S. Brown, social worker, Day Health Center Supervisor.



- 103. Conducting Personalized Internet Health Searches**
 Thursday 8:30
 Intended audience: General
 Room: NM Hall - B

At least 50% of people who ask questions about a medical condition or procedure are asking for someone else, often answers end up being delivered 2nd or 3rd hand. This session will offer you available resources for finding real answers for real health conditions so that each of us can make informed health decisions. Some of the issues covered will be: descriptions of medical procedures, latest treatment option for "X" condition, "Everything about X" condition, and drug information. There will be time for questions.

Teresa Johansen, Educational Outreach Program Manager, People Living Through Cancer.

- 104. Elder Abuse: Neighbors Helping Neighbors**

Thursday 8:30 am
 Intended audience: General
 Room: 15



This workshop will address the growing issue of elder abuse, including how to recognize elder abuse, how to respond when you suspect it is occurring, and how to provide help and support to friends and neighbors who might confide in you about this serious problem.

Karen S. Wells, RN, Medical Investigator; Bette Betts, LISW, Social Services Investigator, both with the Adult Abuse Prevention and Enforcement Section, Consumer and Elder Rights Division, NM Aging & Long-Term Services Department.

- 105. Will Your Wheel Roll? A Guide to Total Wellness**

Thursday 8:30 am
 Intended audience: General
 Room: 9



This workshop will present an overview of the various components of total wellness and will include ideas for improvement in each. Seniors Olympic participation will also be discussed.

Dr. June I. Decker, Professor Emeritus at Western New Mexico University.

- 106. The Legislative Process**

Thursday 8:30 am
 Intended audience: General
 Room: 17



This session will provide information to help strengthen or develop your legislative advocacy skills, and will give you an opportunity to ask questions and get advice from an experienced former legislator. This session will also begin to answer the question, "What will give your legislative proposal the best chance for success?" Legislative and Executive Policy and Budget Analysts are required to review and make recommendations on all proposals that wind their way through the Legislative process. This session will provide insight into what it takes to convince them and gain their support for advancing your proposal.

Patsy Trujillo-Knauer, former State Legislator, and Michael Spanier, former Executive and Legislative Policy & Budget Analyst, both are the current Deputy Secretaries at the NM Aging & Long-Term Services Department.

*"As long as you can start, you are all right. The juice will come."
 Ernest Hemingway*



- 107. Understanding Depression Symptoms in Older Adults**
 Thursday 8:30 am
 Intended audience: General
 Room 302

Depression disorders in older persons occur in approximately 5% of people age 65 and older. This workshop will cover risk factors that contribute to stress, conditions related to depressive illness, and cultural issues related to depression, as well as prevention and treatment strategies.

Irene Ortiz, Associate Professor, University of New Mexico School of Medicine, and Ophelia Rinaldi, Clinical Therapist, Counseling and Mediation Services.



- 108. Promoting or Developing Senior Olympic Health and Wellness Activities In Your Community.**
 Thursday 8:30 am
 Intended Audience: General
 Room: 305

This workshop will feature a panel discussion with the NM Senior Olympic Health Promotion VISTA Volunteers on ideas for developing and promoting Senior Olympic year-round physical fitness and health promotion activities for seniors in your community.

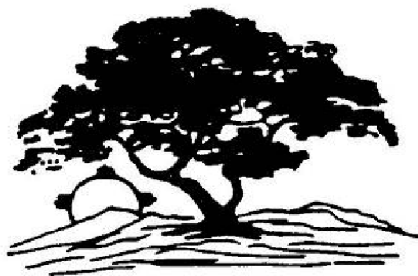
Dorie Sandoval, Cibola County Senior Olympic Coordinator and NM Senior Olympic Board member, will moderate the panel.



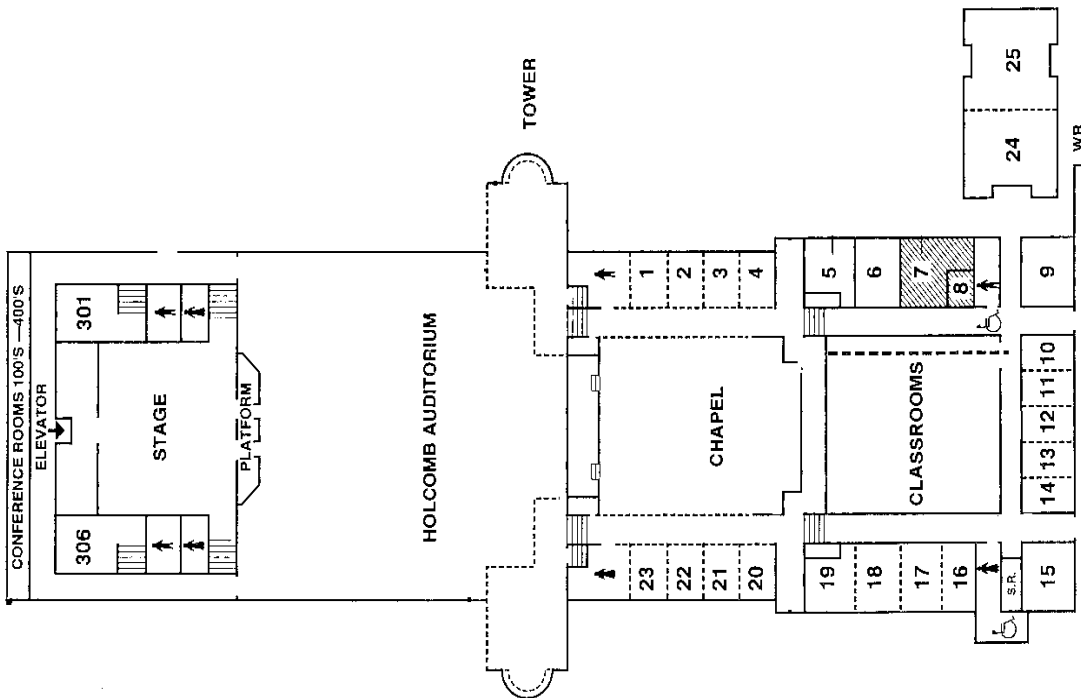
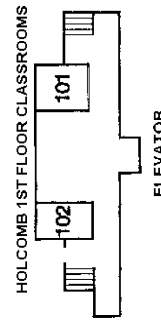
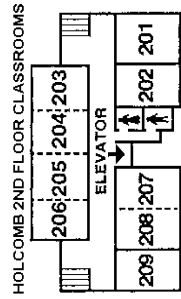
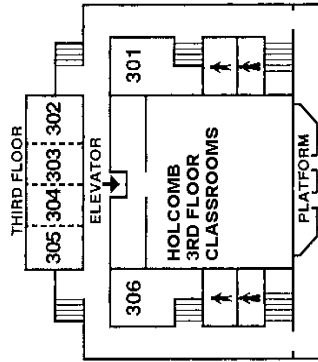
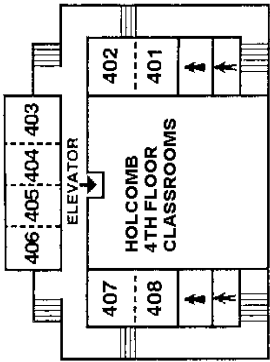
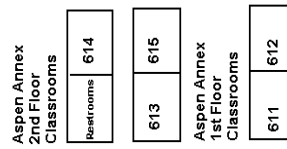
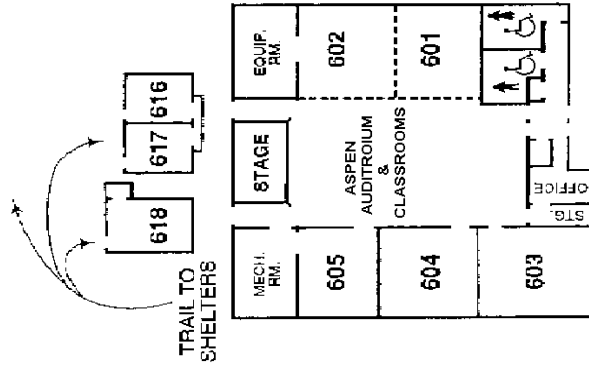
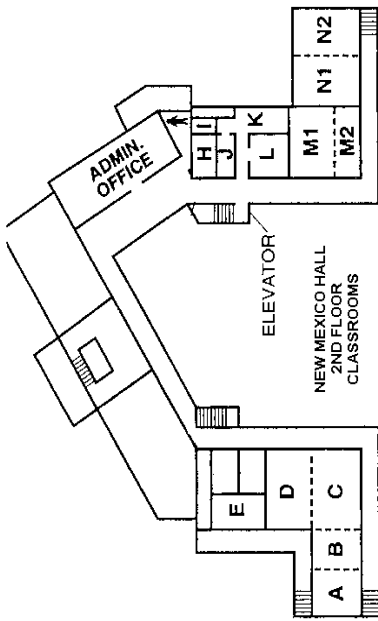
Thursday, August 17, 10:30 a.m.

Secretary, Deborah Armstrong - "The White House Conference on Aging: Bring It Home to New Mexico"

Ms. Armstrong has been with the NM Aging & Long-Term Services Department for more than five years. Prior to assuming her current position as Secretary of the Department, she served as Deputy Secretary and as Director of the Consumer & Elder Rights Division. Nominated as Cabinet Secretary by Governor Richardson in August 2004, Ms. Armstrong was unanimously confirmed as Secretary by the state Senate in February 2005. She is a graduate of the University of New Mexico School of Law, Class of 2001, and received her Bachelor's Degree from the University of Michigan in 1975. Ms. Armstrong has taught graduate level courses on bioethics and issues in contemporary medicine. She has 20 years experience in health care administration, primarily in the areas of rehabilitation, home health, hospice and long-term care. Ms. Armstrong has been a licensed Physical Therapist for almost 30 years. Her clinical experience is primarily in the area of geriatrics and developmental disabilities.

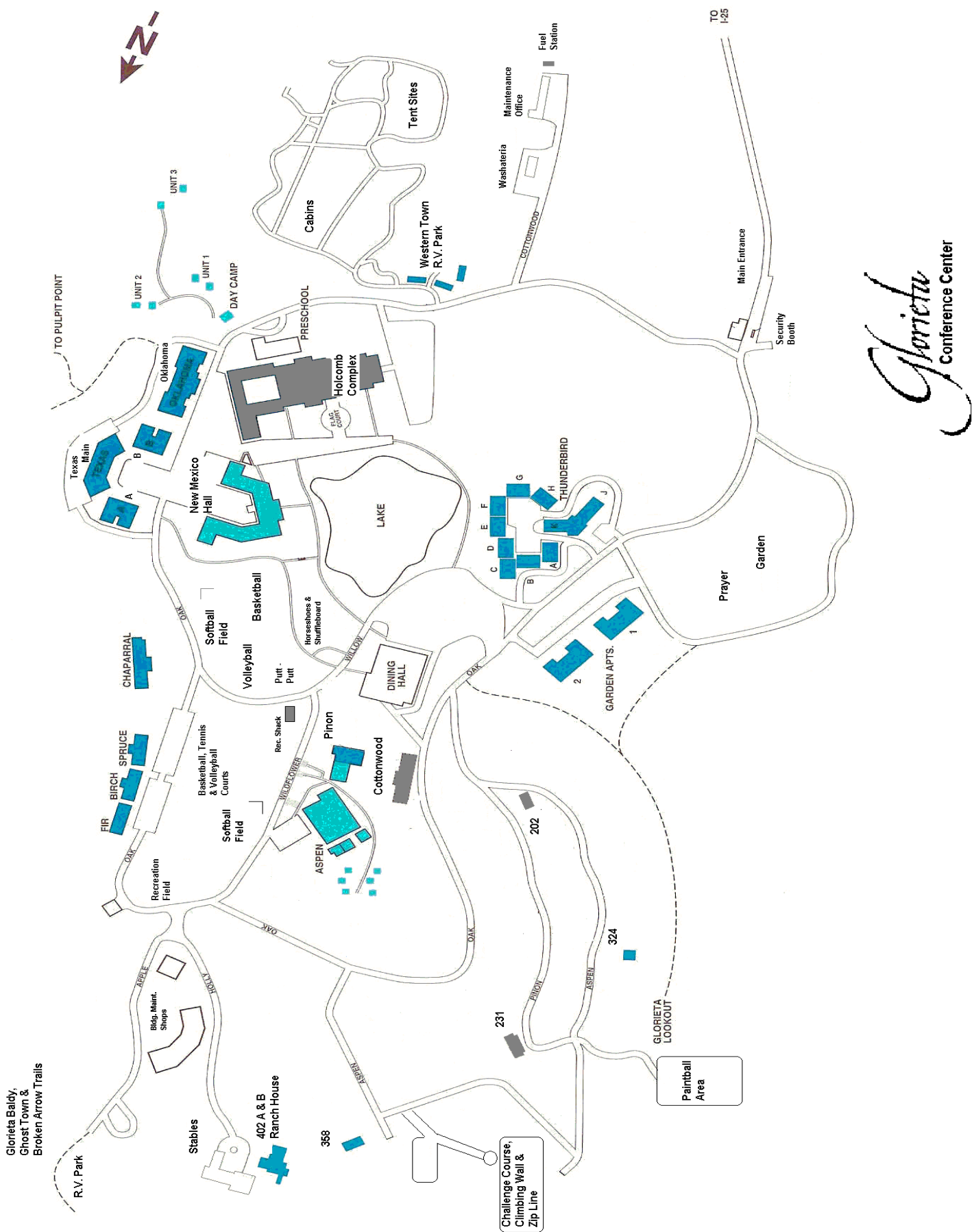


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GLORIETA CONFERENCE SPACE

CONFERENCE ROOMS	LOCATION
A - N	NEW MEXICO HALL 2ND FLOOR
1-23	CHAPEL
101-408	REAR OF HOLCOMB AUDITORIUM
601-605	ASPEN AUDITORIUM
611-615	ASPEN ANNEX



Glorieta
Conference Center

Glorieta Baldy,
Ghost Town &
Broken Arrow Trails

R.V. Park

Stables

402 A & B
Ranch House

358

324

231

202

Paintball
Area

GLORIETA
LOOKOUT

Challenge Course,
Climbing Wall &
Zip Line

TO I-25

TO PULPIT POINT





“Redefining Aging: Caring, Sharing & Growing”

This
Certificate of Participation
is awarded to

in recognition of your attendance at the
2006 New Mexico Conference on Aging
August 15-17, 2006
Glorieta, NM

Lynne Anker-Unnever
Conference-Co-Chair



