

33rd Annual
New Mexico
Conference on Aging



Hard Rock Hotel Conference Center
August 23-24, 2011



Susana Martínez, Governor
Retta Ward, Secretary-designate

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Susana Martinez, Governor
Retta Ward, Secretary-designate

August 23, 2011

Bienvenidos!

Welcome to the 33rd annual New Mexico Conference on Aging. I am honored and excited to be a part of this ongoing tradition. I want to thank each of you for attending this event and look forward to meeting and talking with you.

This year's Conference on Aging is offering some exciting new events. These include water aerobics workshops on Wednesday afternoon, and free hair-cuts in the Health & Fitness Fair, also on Wednesday afternoon. In addition to the varied workshops and roundtable sessions, the Department is pleased to present two new keynote speakers, whose topics are sure to tug on your heart strings, as well as enlighten your minds.

As Secretary-Designate for the Aging & Long-Term Services Department, I am committed to providing accountability within the Department. I am also committed to promoting the health and wellness of New Mexico's older adults, so that you can remain vital, active members of your local communities. The Department and its staff are here to serve you.

We appreciate your wisdom and legacy of service to our state. You are valuable resources and role models for others. I look forward to joining with you to make this year's conference a memorable one for all!

Sincerely,

A handwritten signature in black ink that reads "Retta Ward". The signature is written in a cursive, flowing style.

Retta Ward
Secretary-designate

Partners in Lifelong Independence and Healthy Aging
Toney Anaya Building • 2550 Cerrillos Road • Santa Fe, New Mexico 87505
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Schedule at a Glance

Tuesday, August 23

9:00 — 10:30 a.m.

Plenary Session

Anna Escobedo Cabral

**“Financial Security:
It’s a Family Matter”**

Grand Ballrooms B & C

10:45 a.m. — Noon

Workshops

Noon — 1:15 p.m.

Lunch (On your own)

12:30—4:30 p.m.

Community Resource
& Volunteer Fair

1:30 — 2:30 p.m.

Workshops

Roundtable Sessions

2:45 — 3:45 p.m.

Workshops

Roundtable Sessions

4:00 — 5:00 p.m.

Workshops

6:30— 9:30 p.m.

Reception

Wednesday, August 24

9:00 — 10:30 a.m.

Plenary Session

Jillian Brasch, OTR

**“The Last Gifts: Creative Ways
to Be with the Dying”**

Grand Ballrooms B & C

10:45 a.m. — Noon

Workshops

Noon — 1:15 p.m.

Lunch (On your own)

12:30—4:30 p.m.

Health & Fitness Fair

1:30 — 2:30 p.m.

Workshops

Roundtable Sessions

2:45 — 3:45 p.m.

Workshops

Conference Entertainment

What would the New Mexico Conference on Aging be without entertainment?
To provide participants with an enjoyable and memorable Conference,
we have scheduled a diverse collection of entertainers including
storytelling, drama, music & dance.

TUESDAY, AUGUST 23

Time: 9:00-10:00 a.m.
Performers: Mariachi Nuevo Sonido
Activity: Music
Location: Ballroom B & C/Ballroom A

**Times: 12:30-1:30 p.m. &
2:30-3:30 p.m.**
Performer: Joe Blythe
Activity: Music and Song
Location: Ballrooms B & C
Community Resource & Volunteer Fair

Time: 1:30-2:30 p.m.
**Performers: Robert Mondragon con
El Mariachi Los Amigos Del Valle**
Activity: Music & Song
Location: Seminar Room

**Times: 1:30-2:30 p.m. &
3:30-4:30 p.m.**
Performers: Albuquerque Senior Theatre
Activity: Singing and Cowboy Poetry
Location: Ballrooms B & C
Community Resource & Volunteer Fair

Time: 4:00-5:00 p.m.
Performers: Ice Mountain Dancers
Activity: Dance
Location: Seminar Room

Time: 6:30-9:30 p.m.
Performers: Castigame
Activity: Evening Reception
Location: Ballrooms B & C

WEDNESDAY, AUGUST 24

Time: 10:45-11:45 a.m.
**Performers: Los Coloniales-
Ben Baca Dancers**
Activity: Dance
Location: Seminar Room

Time: 1:30-2:30 p.m.
Performer: Raul Sanchez
“Oldies but Goodies”
Activity: Music & Song
Location: Seminar Room

Time: 2:45-3:45 p.m.
Performer: Steve Fadden
Activity: Story Telling
Location: Seminar Room



2011 Conference Planning Committee

Andrea Allen	Marilyn Kelley
Bill Taylor	Martha Medina
Carmela Martinez	Mary Ann Jones
Cassandra Vigil	Orlynda Jodie
Crystal Lucero	Patricia Lucero
Evone D. Gallegos	Paula Fisher
Felicia Halford	Rachel Rhoades
Geraldine Mascareñas	Randal Lucero
Heather Amaro	Ron Montoya
Helen Kerschner	Rosie Vargas
Joie Glenn	Ruth Secatero
Juanita Thorne-Connerty	Sally Schwartz
Judy Spear	Salome DeAguero
Kathy Black	Sue K. Thorson
Kathy Grant	Susan Gray
Kristin Slater-Huff	Terri Tobey
Lynne Anker-Unnever	Tup Tupper
Mariano Tixier	Vince Gomez



Grandma's Treasures, Sally Bartos, Edgewood, New Mexico

33rd Annual

New Mexico Conference on Aging

August 23-24 2011

Sponsored by New Mexico Aging and Long-Term Services Department

Artist Sally Bartos will be available to autograph posters during the conference. Also, the original painting has been donated to the Conference on Aging for a silent auction.

Posters are for sale at \$2.00 each.

Proceeds from poster sales and silent auction to benefit the Conference on Aging.

Conference Information

Meals~ This year lunch is on your own. The Hard Rock Hotel & Casino has a variety of food options.

Accessible Parking ~ 93 spaces are available throughout the facility.

Information ~ For assistance or information related to the Conference, please go to the Conference registration desk. For information on lodging or the Hard Rock facilities, please go to the hotel registration or information desks located near the resort entrance.

Telephones ~ Courtesy phones are available throughout the conference area.

Smoking ~ The Hard Rock Conference Center is an alcohol- and tobacco-free environment. Smoking is allowed on the floor of the casino.

Transportation~ Shuttles are available to and from the Golf Course area and the NM Rail Runner station. To ride a scheduled shuttle, please go to the Valet desk. Shuttles to workshops and roundtable sessions at the Golf Course area are scheduled to run 15 minutes before and after the workshop/roundtable beginning and end times. Transportation is also available between the hotel and vehicles in the parking lot. Golf carts make regular rounds - just wait outside the hotel entrance.

Refreshments and Water Stations ~ Refreshments are served in the foyer and in Ballrooms A, B & C throughout the day. Water stations are located in Grand Ballrooms B & C and the foyer.

Continuing Education Units ~ 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. To receive credit, you must be registered for the Conference and pay a \$15 processing charge. The materials must be picked up before attending sessions and signed by a presenter at each approved workshop. We extend our thanks to the NM Association for Home and Hospice Care, the NM Healthcare Association, and the NM Chapter of the National Association of Social Workers for making CEUs available.

Community Resource & Volunteer Fair ~ Visit the Community Resource and Volunteer Fair in Grand Ballrooms B & C from noon to 4:30 p.m. on Tuesday, August 23. Get information about community resources & services available for you, and find out about opportunities to volunteer and remain active in your community.

Health & Fitness Fair~ Visit the Health & Fitness Fair in Grand Ballrooms B & C from noon to 4:30 p.m. on Wednesday, August 24. Play sports, receive free health screening, get wellness information, enjoy a massage, learn about physical fitness, watch demonstrations conducted by Senior Olympics, and even get a haircut or a make-over!

Conference Information

Entertainment ~ Enjoy the Conference's varied entertainment; the schedule is on page 2. Don't forget the Conference Reception and Dance on Tuesday evening from 6:30 p.m. – 9:30 p.m. in Ballrooms B & C.

Exhibitors are located throughout the foyer and in Grand Ballroom A. See Page 61 for a list.

Evaluations ~ We value your opinion. Please complete an evaluation form for each workshop you attend and return it to the workshop presenter before leaving the workshop room. Please also complete a general conference evaluation. If you leave the conference before the close of the final general session, please return your completed evaluation form to the staff at the registration desk, or place it in one of the designated boxes.

Emergencies and First Aid ~ For emergency assistance, please call the Hard Rock Security Dispatch at 724-3800, or speak with one of the Hard Rock security guards.

Workshop or Roundtable: What's the Difference?

Workshops offer a fresh approach to familiar topics and introduce new ideas and concepts in theater-style settings. Each workshop is 60 minutes.

Roundtable discussions provide an opportunity to share ideas in a more informal setting. Roundtables are 60-minute sessions in which facilitators are stationed at round tables in a large ballroom; each facilitates a group of up to 10 in a conversation. Participants may remain at one table or circulate among as many as they wish.

New This Year

Roundtable Sessions in the Eagle Ballrooms

Each roundtable is a 1-hour session at which presenters facilitate a group of up to ten in a conversation. Participants may remain at one table or circulate among as many as they choose. Shuttles will be provided to the Eagle Ballrooms which are located adjacent to the Isleta Eagle Golf Club across the street from the main Conference Center.

Water Aerobics Workshops

Two water aerobics workshops will be presented on Wednesday afternoon in the pool area. Bring your swimsuit!

Lunch on Your Own

The main Hard Rock facility includes a buffet, a salad bar, a coffee shop, a deli and a formal restaurant. The Eagle Ballroom area and the nearby bowling alley also include dining options. Box lunches will be sold on site. You are welcome to bring your own.

In Memory of Salome C. DeAguero



Salome C. DeAguero, of Santa Fe, NM passed away on April 1, 2011. She was a highly valued member of the NM Conference on Aging Planning Committee for many years. She was serving her 9th year on the NM Aging & Long-Term Services Department Policy Advisory Committee. At the 2004 NM Conference on Aging, Salome received the *Outstanding Senior Award*. Also in 2004, she received the *President's Volunteer Service Award*. In 2005, Salome was honored by the Santa Fe New Mexican as one of the *Top 10 People who Make a Difference*. Salome received a BA from NM Highlands University. Her 1st career was as a dedicated educator for 29 years, serving as a teacher and librarian in the public schools in Taos, Pojoaque and Española. After retirement, Salome started a 2nd career as a community activist and leader. She served on the governing council of the Mary Ester Gonzales Senior Center for a decade, and as an advisory committee member for the City of Santa Fe Retired Senior Volunteer Program. Salome was a gubernatorial delegate to the 1995 and 2005 White House Conferences on Aging in Washington, D.C. She was a Senior Olympian, who earned 19 gold medals. Salome will be remembered for her tenacious will - never giving up in the face of adversity, her belief in the power of a single person to effect change, and her caring heart - her love of family, friends, and community. The Conference on Aging Planning Committee is proud to honor Salome with this year's Lovola Burgess Lifetime Leadership Award.

2011 Conference on Aging Award Recipients

Outstanding Senior Citizen Award

Harold Daum, Albuquerque

Outstanding Professional Award

Lori Floyd, Albuquerque

Public Service Award

Robert Munson Senior Center, Las Cruces

Lovola Burgess Lifetime Leadership Award

Salome C. DeAgüero, Santa Fe
(posthumously)

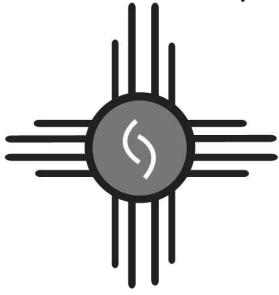
K. Rose Wood Memorial Award

Harold Melnick, Santa Fe

Gregorita Chavarria Arts Award

Monica Sosaya-Halford, Santa Fe

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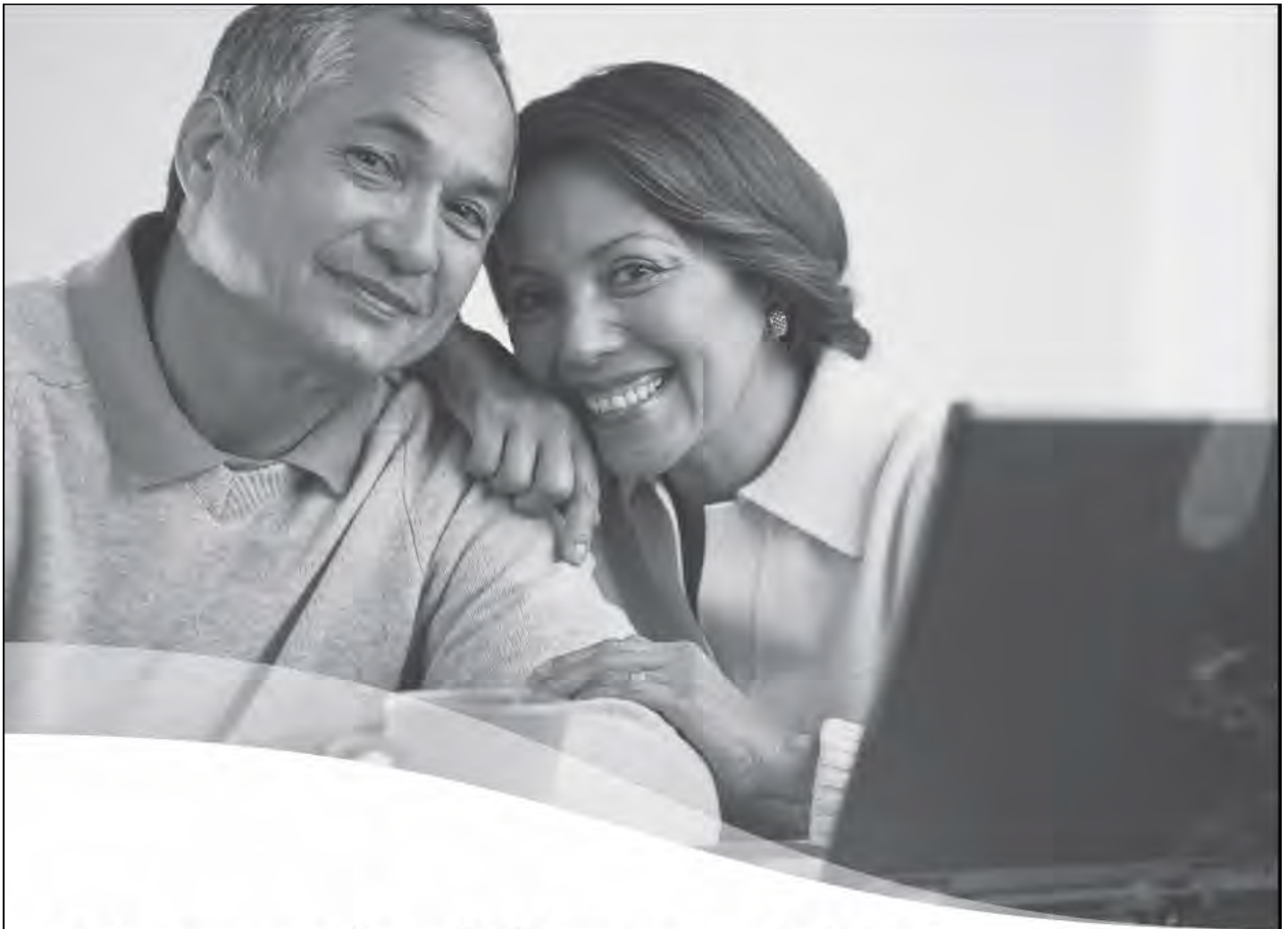


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Josefina Mata, MS, MPH, MBA
Executive Director



Discover the difference AARP can make for you and your community.

For many New Mexicans, keeping an eye on household expenses has become a major necessity. AARP is working hard at the local level on issues that matter most to you and your family. Along with other organizations in New Mexico, AARP worked to oppose a food tax that would have been an unfair burden on low-income families. We also monitor your local utility providers and their requests for any potentially unfair rate increases. AARP Tax-Aide, administered by AARP Foundation, helped put \$23 million in refunds back in New Mexicans' hands. That's money that goes back into your local economy. In these hard economic times, everyone has to give a little. At AARP we want to make sure every penny counts.

**Visit aarp.org/nm to see what we can do for you.
AARP New Mexico – together we can find out
the best of what's next.**



2011 New Mexico Conference on Aging

KEYNOTE

Tuesday, August 23th 9:00 a.m. Grand Ballrooms B & C

Financial Security: It's a Family Matter



Anna Escobedo Cabral, AARP's Ambassador of Family Finance and a former U.S. Treasurer, shares her passion about the importance of the entire family – both younger and older members – understanding effective day-to-day management of personal and family finances. According to Ms. Cabral, “Learning to manage money, spend it wisely, and save and prepare for the future, typically isn't required and often isn't taught in school. Many of us have had to seek out this information on our own. We must continue to improve these critical skills and share them with our younger family members.”

Anna Escobedo Cabral, a second-generation Mexican American, served as U.S. Treasurer from 2004 to 2009, and is leading efforts to increase public understanding of financial issues. In addition to being AARP's Family Finance Ambassador, Cabral is an executive in the Inter-American Development Bank's external relations division. Previously, she was a senior staff director in the U.S. Senate, President and CEO of the Hispanic Association on Corporate Responsibility, and director of the Smithsonian Institution's Center for Latino Initiatives. Inspired by a high school math teacher who helped her find college scholarship money, Cabral later earned a master's degree from Harvard University and a juris doctorate from George Mason University.

“You don't have to die in order to make a living.”

Lynn Johnston

WORKSHOPS**Tuesday, August 23th****10:45 a.m.**

- 1** **Olders vs. Elders**
 Tuesday, 10:45 a.m.
 Audience: General
 Room: Sunrise

It is never too soon or too late to live the dreams we were born to live. Our failure to do so results in the dimming of our spirits as well as the aging of our bodies. In short, we become 'olders'. Only by pursuing our dreams and meeting the obstacles fate presents can we fulfill our destinies and inherit our true position as elders in a world desperately in need of our wisdom and our experience. Learn the strategies of reconnecting with ourselves.

George Cappannelli, BA, is the CEO and co-founder of AgeNation. He is an author, consultant and expert on individual organizational and societal change. Sedena Cappannelli, BA, is one of the co-founders of AgeNation. She is also an author, consultant and expert on individual organizational and societal change.

- 2** **The Heart's Path**
 Tuesday, 10:45 a.m.
 Audience: General
 Room: Manzano

As we approach our elder years, we naturally begin to feel drawn to inner work. Through meditation, spiritual seeking, nature connections and reading, we explore important questions such as "Why am I here? What is the meaning of my life?" This will be an interactive workshop to share wisdom.

Gary Carlson, PhD, is the founding member of the Conscious Aging Network of New Mexico, and is the national leader of the Sage-ing Guild. He has over 14 years experience working with conscious aging including teaching and facilitating workshops.



Ayudando Guardians, Inc.

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3 National Health Care Law - What's Happening?

Tuesday, 10:45 a.m.

Audience: General

Room: Bosque

Review the key elements of the new health care law, and how those elements will be implemented. Learn about how the law impacts key population groups, including older adults.

Leonel Garza is the Chair of AARP's State Legislative Committee and a retired Social Security District Manager. Luciano Baca is a member of AARP's National Legislative Council and a retired educator.

4 You Don't Have to Live with Joint Pain

Tuesday, 10:45 a.m.

Audience: General

Room: Rio Grande

Your joints are involved in almost every activity you do. Normally, all parts of these joints work together and the joints move easily and without pain. But when the joint becomes diseased or injured, the resulting pain can severely limit your ability to move and work. This presentation will discuss the causes of joint pain and treatment options.

Bryan S. Kamps, MD, is employed by Rehoboth McKinley Christian Health Clinic. He is a Board Certified Orthopaedic Surgeon with over 20 years of experience.

5 Aging Gracefully

Tuesday, 10:45 a.m.

Audience: General

Room: Seminar

What does it mean to age well, in a time during which the population is rapidly expanding, and long-term care services and resources are not? Join the NM State Ombudsman in discussing this very important topic. Factors such as choice and independence, safety versus risk, privacy and rights, and resources for long-term care will be addressed. Learn how elders and individuals with disabilities can make their voices heard with regard to the care options they prefer.

Sondra Everhart, BA, is the NM State Long-Term Care Ombudsman with the NM Aging and Long-Term Services Department. She was previously a certified long-term care complaint investigator with the NM Department of Health, director of the Maine Department of Health Genetic Disease Program, and vice president for administration at a non-profit clinical research and education facility.

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6 Preparing and Caring for the Aging Population

Tuesday, 10:45 a.m.

Audience: General

Room: Eagle I

The aging population explosion begs the question: How will we compassionately and effectively care for our elders while maintaining the family unit? This workshop will address the urgency of facing this challenge and explore various creative solutions, including the benefits of one of the “best kept secrets” - adult day services!

Diane Daley, MSW, BSW, Certificate in Aging, is the marketing/volunteer/development liaison for Share Your Care, Inc. She has 40 years experience in social and human services, including 30 years in the field of geriatrics. Dora Verdin-Everett is a program coordinator for Easter Seals.

7 In an Emergency: Are You Living by Default or Design?

Tuesday, 10:45 a.m.

Audience: General

Room: Eagle II

Should an emergency happen, how easily accessible is your information? In this session we will explore how an Emergency Resource Book can be of value to persons helping you, thereby reducing stress for you and all persons involved. This session will give you tools to create an Emergency Resource Book.

Michael Weigand has worked with persons age 60 plus for many years, including as an area agency on aging planner and a case manager. He has taught courses for older adults in job seeking and personal development. He is the founder of In Your Home, an organization which provides care coordination and moving assistance for older adults.

8 Personal Safety 101

Tuesday, 10:45 a.m.

Audience: General

Room: Eagle III

Many people feel more vulnerable as they age, which can lead to reduced activity. This interactive workshop will empower participants by informing them of actual versus perceived risks and what assailants look for statistically. Attendees will practice how to avoid being a target by using awareness skills, body language, and one’s voice.

Alena Schaim, BA, is the executive director and a certified IMPACT instructor at IMPACT Personal Safety. She has worked in the field of violence and violence prevention for over a decade.

**Office of New Mexico Attorney General Gary K. King
Consumer Protection Division**

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Las Cruces Office
201 North Church St. Suite #315
Las Cruces, NM 88001
Phone: (575) 526-2280

9 Striking a Chord: Music, Memory and Meaning

Tuesday, 1:30 p.m.

Audience: General, Boomers, Elders

Room: Sunrise

Music engages our creative spirit at every age. Songs define a generation and express individuality. But how does music capture memories and unlock emotions, even when all else may be forgotten? Explore the magic of music and learn how it reaches elder minds and hearts so profoundly.

Emily Freede, MA Ed., MA Gerontology, has 11 years experience in providing educational programs and individualized services to support living well in later life.

10 Elder Abuse - Aging Shouldn't Hurt

Tuesday, 1:30 p.m.

Audience: General

Room: Manzano

Elder abuse is a common and seldom recognized phenomenon in modern society. While most health care providers receive training in recognizing physical abuse, there are other symptoms of elder abuse that are not always recognized. This presentation will review elder abuse statistics, various forms of abuse and neglect, reporting responsibilities and caregiver resources.

Kym Halliday-Clear RN, CCRN, Lovelace Health System, Women's Hospital, has 31 years of health care experience, 18 of those as an RN. She has worked in emergency departments, critical care, forensics, nursing administration and many other aspects of patient care.

11 Controlling One's Fears Through Awareness

Tuesday, 1:30 p.m.

Audience: Boomers, General

Room: Rio Grande

In today's society, unfortunately, elders have become a far too easy target for the criminals and abusers of the world. At times, it seems as if elders must barricade themselves behind locked doors, as they can become victims just by going to the grocery store or walking in their own neighborhoods. It doesn't have to be that way. This workshop will provide you with information regarding how to avoid becoming a victim. Find out about strategies that you can use to ensure your safety and live more securely.

Kevin Mariano, Captain of Police, Isleta Pueblo Police Department, has fifteen years experience in law enforcement. He is a state/tribal commissioned officer. Vince Gomez, BS, is the Special Projects Manager with the Isleta Pueblo Police Department. He has eight years experience in law enforcement, and seventeen years experience in senior services management.

12 Prescription Drug Assistance

Tuesday, 1:30 p.m.
Audience: General
Room: Bosque

This workshop will include an overview of the various programs and resources available to assist people in obtaining needed medications, with emphasis on free prescription drugs from patient assistance programs. Participants will be able to ask questions and discuss options regarding individual situations.

Juanita Thorne-Connerty, LPN, MA, is the Director of the Prescription Drug & Disease Management Program with the NM Aging and Long -Term Services Department. She has eight years experience managing the program. Harold Melnick, BS, is a prescription drug assistance coordinator with the NM Aging and Long -Term Services Department. He has eight years of experience as prescription drug assistance counselor and as a MEDBANK trainer and tech support provider.

13 The ABC's of Good Health

Tuesday, 1:30 p.m.
Audience: General
Room: Eagle I

This workshop will cover the various ways that people can work towards living a healthy lifestyle. It will include an A to Z approach for acquiring the skills everyone needs to live a healthy, happy life.

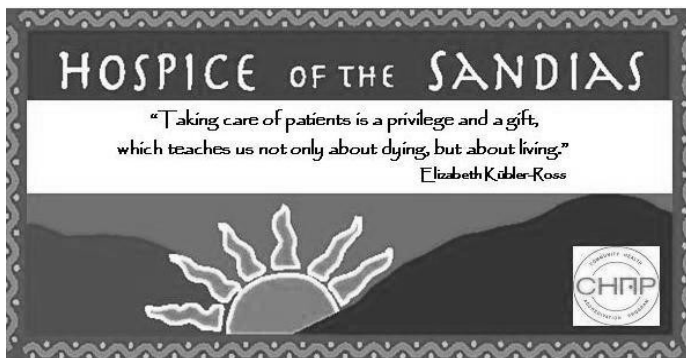
Gary Oppendahl is the CEO of TBAB Health Care. He has several years experience in technology, operations and development, medical devices, and health care services. Mike Oppendahl is the President of Footprints Home Care. He has experience in software development, engineering program management, and health care business development.

14 Roberto Mondragón con el Mariachi Los Amigos del Valle Norte

Tuesday, 1:30 p.m.
Audience: General
Room: Seminar

Join Roberto as he plays guitar and performs songs with New Mexican flair. Roberto has been a Conference favorite for many years!

Roberto Mondragon is a songwriter and singer with several recordings: Juguemos Niños, Juguemos - Otra Vez, Asi es Nuevo Mexico/O Fair New Mexico, America (with Consuelo Luz), Que Cante Mondragon, Amigo, and El Milagro de Truchas. He has produced several radio programs.



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Table 1 **I'm a Con Man**
Tuesday, 1:30 p.m.
Audience: General
Room: Eagle II-III

We all like to believe we're good judges of character, able to spot an honest man by the look in his eye, the tone of his voice, and the strength of his handshake. Unfortunately, appearances can be deceiving, and financial predators are experts at deception. Investment fraud comes in a variety of disguises. Learn to recognize and avoid the most common scams.

Frank Mulholland is a retired law enforcement officer and former investigator with the NM Insurance Fraud Bureau and instructor at the NM Law Enforcement Academy. He currently works for the NM Regulation and Licensing Department Securities Division and has vast knowledge and insight regarding the subjects of fraud and financial abuse.

Table 2 **Improving the Lives of GLBTQ Older Adults**
Tuesday, 1:30 p.m.
Audience: General
Room: Eagle II-III

This roundtable will provide an awareness and knowledge about GLBTQ seniors. Join a conversation on policy issues related to GLBTQ seniors and take the opportunity to network.

Bonnie Zeiler, LPN, is the Alzheimer's Program Director at the Village at Northrise. David Stocum, BA, is the executive director of NM GLBTQ Centers. Katherine Palmer, BA is the secretary/treasurer of NM GLBTQ Centers.

Table 3 **Meeting Spiritual Needs at End of Life**
Tuesday, 1:30 p.m.
Audience: Elders, Professionals
Room: Eagle II-III

The spiritual needs of dying people manifest themselves in veiled ways. Often a dying person is non-responsive or demented; how can his or her spiritual needs be met? This question will be addressed with actual experience from the facilitators' hospice work as related to theories of spiritual needs.

Estelle Olivas, RN, BSN, is a nurse educator at the Hospice of the Sandias. She has over 3 years experience in RN case management and education. Martha Fredrick MDIV, MS, BS, is a Spiritual Care Coordinator at the Hospice of the Sandias. She has over 10 years experience in hospices, hospitals, long-term care facilities, and adult day care centers.



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 **PRESBYTERIAN**

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Table 4 The New Normal: How State & Local Government Services are Changing Due to the Great Recession

Tuesday, 1:30 p.m.
Audience: General
Room: Eagle II-III

The Great Recession has made significant changes in all aspect of our lives, including government programs and services. Learn about trends and developments and what the future may hold for seniors, government employees, students, and the public at large, as government officials begin to grasp what can and can no longer be provided. The “New Normal” may involve significant transformations in how Americans expect to live in the future and in services as currently provided.

Nick Mandel, BS, is the principal at New Mexico Public Strategy. His previous experience includes working as an educator, columnist, and professional consultant involved in public sector issues including health, aging and public policy.

Table 5 Treasures & Transitions: Managing Possessions with Meaning and Value

Tuesday, 1:30 p.m.
Audience: General
Room: Eagle II-III

Nostalgic Value? Artistic merit? What do our “things” mean? My things? My parents’ things? What makes them special? Perhaps they are worth a lot of money! What works in a family’s transition of treasures? An appraiser and a psychotherapist look at these questions together.

Penelope Bowne Perryman, LISW, ACSW, CSW-G, is an eldercare social worker and a personal property appraiser. She is certified in the appraisal of fine and decorative arts, and has 25 years experience facilitating successful aging in place. She is a former Foster Grandparent Program director in Long Island, NY and gerontology instructor at the State University of NY. Caroline Siegel, BA Studio Art, MA Art History, MLS Library Science and UNM law student, has a certificate in appraisal studies. She is the principal appraiser with 20th Century West Art Appraisal in Santa Fe, is an accredited member of the American Society of Appraisers and has 10 years experience in fine art appraisal.

Sudoku

Sudoku is easy to play and the rules are simple. Fill in the blanks so that each row, each column, and each of the nine 3x3 grids contain one instance of each of the numbers 1 through 9.

6	3				1	9		
9		4		5	6	1	3	
					9			8
1				8		7		9
	6					2	1	
2		5	1					
	5					4		
	2	1	7		5			
8		6		1	4		2	

Table 6 Medicare and Medicaid Choices - Q&A

Tuesday, 1:30 p.m.
Audience: Elders, Boomers
Room: Eagle II-III

Seniors and their families must often choose from a dizzying array of Medicare and Medicaid options when making health care coverage decisions. Often decisions are made based on a lack of information or inaccurate information. This roundtable will *not* be a lecture. It will be devoted exclusively to answering questions *you* have about your rights and choices under these programs, so that your choices will be well-informed.

Ellen Leitzer, J.D. and Michael Parks, J.D. are Albuquerque attorneys with a combined experience of over 50 years in these subjects. Ms. Leitzer is a founder, and was for 22 years co-director, of the Senior Citizens Law Office (SCLO). Michael Parks was an SCLO staff attorney who previously worked for the National Health Law Program.

WORKSHOPS **Tuesday, August 23rd** **2:45 p.m.**

15 Entitlement Program Reform: Good for New Mexicans?

Tuesday, 2:45 p.m.
Audience: General
Room: Sunrise

This workshop will provide current information about potential reform of Medicare and Medicaid. Learn how it will impact the residents of New Mexico. Come help identify opportunities for public input.

Michael Donnelly, is the Associate State Director of Advocacy with AARP NM. Gene Varela, MPA, is the Associate State Director for AARP NM. He has more than 25 years experience in the field of aging, including nine years experience with AARP.

16 Guardianship & Conservatorship: Nuts and Bolts for Family Members

Tuesday, 2:45 p.m.
Audience: General
Room: Manzano

This workshop will provide you with an overview of the basics of guardianship and conservatorship. Information on the process used to initiate a guardianship/conservatorship will be presented, as well as the roles and responsibilities of decision-making for others, and the challenges of aging.

Bruce Puma, CPA, JD, is an attorney with Swaim & Finlayson, P.C., and is currently the President of the NM Guardianship Association. Nancy Oriola, MSW, CFP, NMG, LISW, is the CEO and Clinical Director at Decades, LLC. She has 25 years experience working with seniors and has been a certified National Master Guardian in New Mexico for four years.

Start every day off with a smile and get it over with. ~ W. C. Fields

17

Medicare Part D: Update, Appeals Process & Low Income Subsidies

Tuesday, 2:45 p.m.

Audience: Elders

Room: Rio Grande

This workshop will include a brief basic overview of Medicare Part D prescription drug coverage and how the Patient Protection and Affordable Care Act will impact Part D. Participants will learn about their rights under Medicare to challenge denial of coverage for prescription drugs, as well as the Medicare subsidies available through the Medicaid program for persons with low incomes.

Claire Dickson, JD, is a staff attorney with the Senior Citizens Law Office. She has been practicing law since 1993 and provides services to seniors with low incomes on the Navajo Reservation.

Beatles Trivia

1. Name the only song that was recorded by only John and Paul?
2. What was the original title of *Hey Jude* and who was it named for?
3. What the last song all four Beatles' recorded together?

Answers 1. The Ballad of John and Yoko 2. Hey Jules for Julian Lennon 3. Abbey Road



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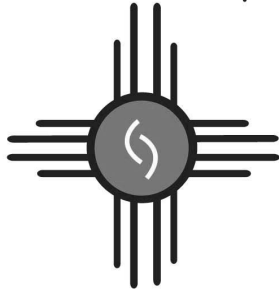
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18 Frauds and Scams

Tuesday, 2:45 p.m.
Audience: Elders
Room: Seminar

Older Americans are the number one target of investment con artists. Additionally, stockholders and financial planners who engage in abusive practices often seek out the elderly. The files of state securities agencies are filled with tragic examples of senior citizens who have been cheated out of savings, windfall insurance payments, and even the equity in their own homes. Fortunately, such victimization can be avoided by following self-defense tips.

Frank Mulholland is a retired law enforcement officer and former investigator with the NM Insurance Fraud Bureau and instructor at the NM Law Enforcement Academy. He currently works for the NM Regulation and Licensing Department Securities Division and has vast knowledge and insight regarding the subjects of fraud and financial abuse.

19 Aging and HIV

Tuesday, 2:45 p.m.
Audience: Elders, General
Room: Bosque

Attend this workshop to gain a better understanding of HIV, the stigma that comes with a diagnosis, and prevention tactics. Also, learn about the HIV/AIDS Network and what it does.

Randal Lucero is a Program Coordinator with the NM Aging & Long-Term Services Department. He became a member of the Board of Trustees to NAPWA in 2011, and has six years experience in HIV/AIDS Advocacy. Juanita Thorne-Connerty, MA, LPN, is the Director of the Prescription Drug Assistance and Disease Management Program with the NM Aging & Long-Term Services Department.

20 Become a Better Informed and Empowered Patient

Tuesday, 2:45 p.m.
Audience: General, Elders
Room: Eagle I

Increasingly, seniors and their families are becoming more involved in their own and their loved ones' health care. Learn about how to take a more active role in improving health care quality, your health, and the health of those you love, from a panel of health care quality improvement experts.

The NM Medical Review Association panel members will consist of: Sheila Conneen, PhD, MPH, MSN, ANP-BC, Director of Prevention; Andy Romero, RHIT, CCS, CPC, Clinical Data Project Manager; Anne Timmins, BChD, MPH, Project Manager, Patient Safety; and Dianne Rivera, MA, Project Manager, Albuquerque Coalition for Healthcare Quality. Jennifer Trotter, MA, Communications Manager, will facilitate the panel.



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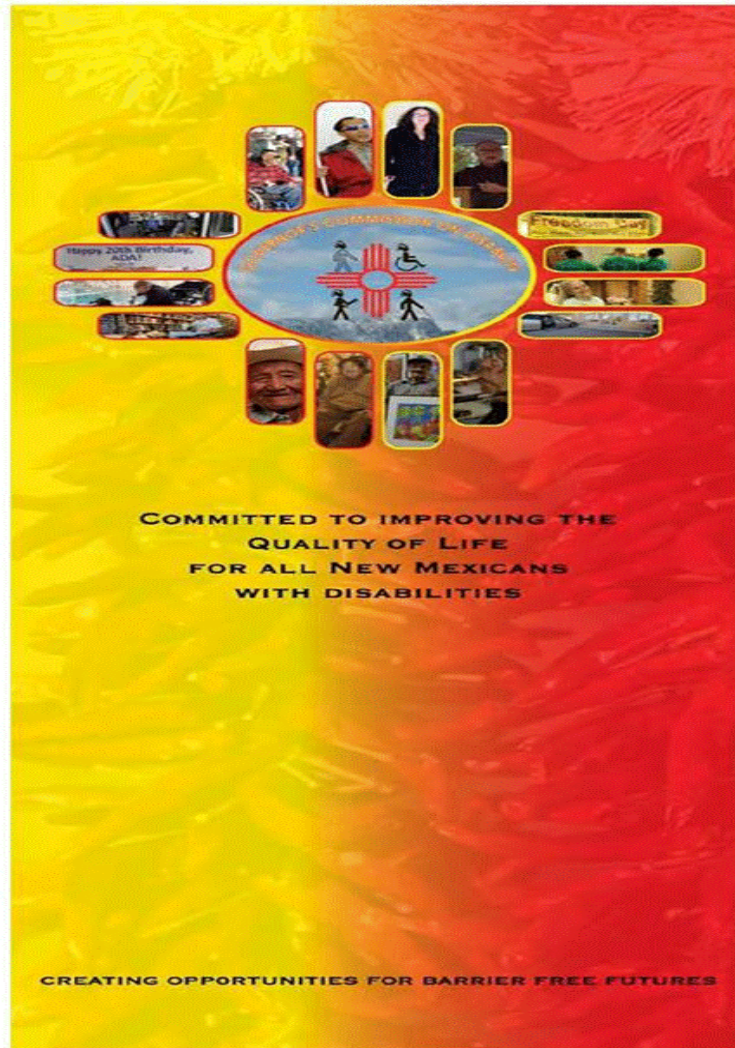
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GCD tackles accessibility issues related to: social integration; economic sufficiency; physical and program accessibility; full participation in the benefits of community living through self-direction and individual choice; and civil and human rights.

ROUNDTABLES**Tuesday, August 23rd
Eagle Ballrooms II-III****2:45 p.m.****Table 1 Cultural Awareness**

Tuesday, 2:45 p.m.
Audience: General
Room: Eagle II-III

Cultural awareness is the foundation of communication; it involves becoming aware of our cultural beliefs, perceptions, and values. It helps us to understand how we see the world and why we respond or react in certain ways. This roundtable will discuss how cultural awareness can pave the way to better communication.

Sue Thorson, MPA, is the President of the Asian American Association of New Mexico. She is a mediator and facilitator and has made presentations on cultural awareness to various government agencies.

Table 2 Financial Planning Needs of Women

Tuesday, 2:45 p.m.
Audience: Elders, Boomers
Room: Eagle II-III

Ninety percent of women will someday need to be in charge of their financial management. This roundtable will discuss the need for financial planning as related to demographic tendencies, lower wages, and lower financial knowledge scores. Important retirement planning issues will also be discussed.

Fahzy Abdul Rahman, Ph.D., is an assistant professor at NM State University. He has experience as a family recourse management extension specialist and as a research associate at Ohio State University.

Table 3 Adult Protective Services Home Based Contracts

Tuesday, 2:45 p.m.
Audience: Professionals
Room: Eagle II-III

Some clients of Adult Protective Services receive home care services following an investigation/assessment. Contractors that provide these services need to fulfill technical requirements that change slightly from year to year. This roundtable will provide the latest updates to the technical contract requirements that affect home-based providers of services.

Thomas Roach has a degree in art and psychology. He is a management analyst with the Adult Protective Services Division of the NM Aging & Long-Term Services Department and has 33 years experience working with persons with developmental disabilities and in the field of adult protection. Tony Louderbough, LMSW, MPA, is the Deputy Director of the Adult Protective Services Division of the NM Aging & Long-Term Services Department. He has over 20 years of experience in governmental and non-governmental social services.

Table 4 Making Meaning out of Loss and Discrimination Through Memoir Writing

Tuesday, 2:45 p.m.

Audience: General

Room: Eagle II-III

Listen to Jeanne Simonoff read from her memoir, *Saving Myself*. Explore the memoir process; learn the principals of writing practices and how to apply those principals in writing a memoir.

Jeanne Simonoff, MA, LPCC, has 25 years experience in the counseling field and 50 years experience writing.

Table 5 Senior Medicare Patrol - Stopping Healthcare Fraud

Tuesday, 2:45 p.m.

Audience: General

Room: Eagle II-III

The national Senior Medicare Patrol (SMP) recruits and trains senior citizens to recognize and report health care billing errors and suspected instances of health care fraud. Since 1997, SMP's community education events have reached more than 18 million people and have resulted in over \$105.9 million in savings from investigations of beneficiary complaints.

Vera E. Watson, BA, is a senior SMP coordinator with the NM Aging and Long-Term Services Department. She has over 6 years experience in serving as a SHIP/SMP counselor, handling complex issues for Medicare beneficiaries statewide.

Table 6 Making Respite More Effective

Tuesday, 2:45 p.m.

Audience: General

Room: Eagle II-III

Studies suggest respite services are requested by caregivers, but may not always be viewed as beneficial. This discussion will present findings from recent studies on the effectiveness of respite services and identify barriers to providing services, as well as strategies to make services more effective.

Barbara Borden is the Executive Director of the Deming/Luna County Commission on Aging. Tracy Wohl, BS, MS, is a Program Manager with the NM Aging & Long-Term Services Department. She has 25 years of experience in administration of state, community and educational services.

NM Trivia

Q. What is New Mexico's longest river, running through the entire length of the state?

A. The Rio Grande



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21 Supporting Families through Cancer

Tuesday, 4:00 p.m.

Audience: General

Room: Sunrise

Cancer impacts an entire family, bringing stress, fear and anxiety. Find strength and comfort in sharing your experience as a survivor or in caring for your loved one with cancer. In this interactive workshop you will learn self-care and find resources to enhance your quality of life. Cancer survivors and caregivers welcome!

Mary Ellen Kurucz, LPCC, is a program director at People Living Through Cancer. She is the former executive director of the Children's Cancer Fund, and has developed and initiated programs in New Mexico for both child and adult cancer patients, survivors and their families.

22 Social Security - A Time to Act

Tuesday, 4:00 p.m.

Audience: General

Room: Manzano

Social Security provides, or will provide, the core retirement income for many New Mexicans. This workshop will cover the basic elements of Social Security and its current funding status, as well as proposed changes to strengthen Social Security.

Leonel Garza is a volunteer with AARP NM. He leads AARP lobbying work, and is a former district manager with the Social Security Administration. Luciano Baca is a volunteer with AARP NM. He is a member of the AARP National Policy Council.

23 Misconceptions About Hospice

Tuesday, 4:00 p.m.

Audience: General

Room: Rio Grande

Hospice is not a place you go to die. This workshop will dispel misconceptions about hospice and provide a clear understanding of services available for patients and families as they face end of life issues.

Barbara Nielsen, RN is the medical director at Hospice of New Mexico.

24 Probate - What It Is and How to Avoid It

Tuesday, 4:00 p.m.
Audience: Elders, General
Room: Bosque

Learn how to develop an estate plan to pass assets to heirs without going through the probate process. Gain information on the easiest and most economical ways to pass assets.

Gayolyn Johnson, BA, JD, is a staff attorney with the Lawyer Referral for the Elderly Program. She has 17 years experience as an attorney.

25 Conscious Aging - Growing Whole, Not Old

Tuesday, 4:00 p.m.
Audience: General
Room: Eagle I

Conscious aging is a philosophy of life that embraces options for living more productive and fulfilling lives as we grow older. In this workshop, five members of the Conscious Aging Network of New Mexico will discuss aspects of conscious aging that have made a difference in their lives.

Stephen Poland, PhD, is the President of the Conscious Aging Network of NM and a psychologist in a private practice. Gary Carlson, PhD, is the founding member of the Conscious Aging Network of NM. Phoebe Girard is a member of the Conscious Aging Network of NM. Stephanie Hiller, MA, is a member of the Conscious Aging Network of NM, and an elder life coach. David Pease, BA, FCCA, is the treasurer of the Conscious Aging Network of NM and is active with the NM Men's Wellness Conference.

26 Culturally Appropriate Service Delivery in Diverse Communities

Tuesday, 4:00 p.m.
Audience: General
Room: Eagle II

This workshop will address unique challenges in serving diverse communities. Best practices, as well as ways to incorporate cultural sensitivity and improve service delivery, will be presented.

Vincent Romero, AA, is a program manager with the Senior Community Service Employment Program (SCSEP) of the National Indian Council on Aging (NICOA). He has over ten years experience in employment and training programs. Deleana Otherbull, BA, has 5 years experience in Indian education and research. She is a program manager with the SCSEP of the NICOA. Dorinda Fox is the SCSEP director at the NICOA. She has over 30 years experience in older worker employment training.



27

Take Charge of Your Arthritis through Action Planning

Tuesday, 4:00 p.m.

Audience: General

Room: Eagle III

This hands-on workshop is for anyone who suffers from Arthritis, anyone who experiences pain and disability. Action plans include written, self-determined, weekly goals for individuals. Everyone who attends will learn the proven benefits of action planning, and will develop a one-week action plan to help them better manage their arthritis.

Eileen Longsworth, MS, is a certified trainer with the Arthritis Foundation. She has 4 years experience as a volunteer trainer for the Arthritis Foundation and has been an arthritis patient for over ten years.

28

Ice Mountain Dancers

Tuesday, 4:00 p.m.

Audience: General

Room: Seminar

This group from Ohkay Owingeh Pueblo started in 2003 when Peter Povijua went to Benny Lujan and Shawn Phillips and suggested putting together a dance to honor Ester Martinez. Ms. Martinez was a story teller from Ohkay Owingeh Pueblo who had just published a book of her stories.

Peter Povijua is a master in the art of creating traditional regalia and has danced with other groups. Benny Lujan and Shawn Phillips both grew up dancing for the tribe and other dance groups. All three gentlemen are, today, singers for the tribe. Mr. Lujan has carried the tribal drum for the past few years.

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Aging Word Scrambler

Unscramble the words below

1. IEEDNSDANLRI _____
2. TARTDERAOGPENFRSN _____
3. PECNNSMNI00IAOR _____
4. NTRSVLDETOEORREEUNRIIE _____
5. RCENLOIOIYSMPS _____
6. LEIZEASRMH _____
7. RNRONCEESTEI _____
8. EEMNTTIRR _____

Answers: Senior Center, Senior Companion,
Alzheimer's, Indian Elders, Foster Grandpar-
ent, Retirement, Senior Olympics,
Retired Senior Volunteer

ENTERTAINMENT

**Tuesday, August 23rd
Noon — 4:30 p.m.**

Ballrooms B&C

Swing & Sing with Joe Blythe

Tuesday, Noon – 1:30 p.m., and 2:30 p.m. – 3:30 p.m.

Audience: General

Room: Ballrooms B/C

Bring a lunch and enjoy the hits of such greats as Frank Sinatra, Dean Martin, Marty Robbins, Bing Crosby, Jim Reeves, Eddy Arnold and Engelbert Humperdink.

Joe Blythe is known as New Mexico's "Sultan of Sing". Joe sings everyone's favorite golden oldies from the 50s!

Albuquerque Senior Theatre

Tuesday, 1:30 p.m. – 2:30 p.m., and 3:30 p.m. – 4:30 p.m.

Audience: General

Room: Ballrooms B/C

Albuquerque Senior Theatre is the city's first live theater program intended specifically for the senior population. Working in space provided by senior centers around town, they write, create, recruit, audition and rehearse productions by and for seniors. The focus is on comedy, mystery, melodrama, and anything that causes laughter!

Jim Franchell, well-known local Cowboy Poet, will present one of his original Poems. Vic Silva will sing some old favorites with a piano accompanist.



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KEYNOTE

Wednesday, August 24th

9:00 a.m.

Grand Ballrooms B & C

The Last Gifts: Creative Ways to Be with the Dying



Jillian Brasch, OTR, author of the award-winning book *The Last Gifts: Creative Ways to Be with the Dying*, will prepare us to creatively engage with dying persons and help them meet final goals. She will provide us with an emotional map of how to be truly helpful, be more present & comfortable, listen more fully, and get in touch with our own values.

Most important, we will learn to open our hearts to hear what those in the final stages of life really want and need. When we fully engage with those who are dying and help them meet final goals, it's as rich and full as any moment can be.

Jillian Brasch has been an occupational therapist since 1978. She has a background in psychiatry and rehabilitation and has worked in a hospice for nine years. Mrs. Brasch has led art classes for AIDS patients and bereavement support groups for six years. She has served on non-profit boards providing education on dying and bereavement and has presented at state and national conferences.

Never part without loving words to think of during your absence. It may be that you will not meet again in this life.

Jean Paul Richter

29 Understanding E-mail and Web Security

Wednesday, 10:45 a.m.

Audience: General

Room: Sunrise

Learn the security risks associated with e-mail and online purchases. Gain knowledge of ways to lower risk when using e-mail and the steps that are necessary to make a reasonably safe online purchase.

Richard Hammer, MS, is a research and development engineer at Los Alamos National Labs. He has over 10 years experience as a senior network administrator in the cyber security field. Greg Rockstroh, BBA, is an IT business analyst with the NM Aging and Long-Term Services Department. He has 15 years experience in the field of information technology.

30 What You Want to Know about Preventing Falls, but Are Afraid to Ask

Wednesday, 10:45 a.m.

Audience: General

Room: Manzano

This workshop will explain risk factors associated with falls. It will include an active learning demonstration and instruction regarding balance activities that are effective in reducing risk of falls.

Robert Wood, Ph.D., is the head professor at the NM State University Department of Human Performance. He has over 26 years experience in clinical exercise and maintaining functional life span.

31 Understanding Diabetic Foot Disorders

Wednesday, 10:45 a.m.

Audience: Elders, General

Room: Rio Grande

This workshop will explain how diabetes affects the feet. Learn how to protect the feet from problems such as ulcers and peripheral vascular disease.

Dr. Raha Mobarak, DPM, is a podiatrist with Orthopaedic Bone and Joint Specialists, in Albuquerque. He completed a residency at the University of NM Hospital.

Laugh Break

Two golden-agers were discussing their husbands over tea.

"I do wish that my Elmer would stop biting his nails. He makes me terribly nervous."

"My Billy used to do the same thing," the other woman replied. "But I broke him of the habit."

"How?"

"I hid his teeth."

32 Reverse Mortgages: What You Should Know

Wednesday, 10:45 a.m.

Audience: Elders, Boomers

Room: Bosque

This workshop will introduce and explain the key concepts behind reverse mortgages. The presenter will discuss the pros and cons of obtaining a reverse mortgage, as well as factors to take into account when considering this type of financial product.

Lucrecia Jaramillo, JD, is an attorney with the Senior Citizens Law Office.

33 Ben Baca y La Sociedad Colonial Española de Santa Fe

Wednesday, 10:45 a.m.

Audience: General

Room: Seminar

Enjoy the traditional dances of La Sociedad Coloniales.

La Sociedad Colonial Española de Santa Fe was established in Santa Fe in 1948 to preserve cultural practices, particularly dances, that were common in the New Mexico territories during the Spanish and Mexican occupation from 1540 to 1848.

34 Helping Hoarders

Wednesday, 10:45 a.m.

Audience: General

Room: Eagle I

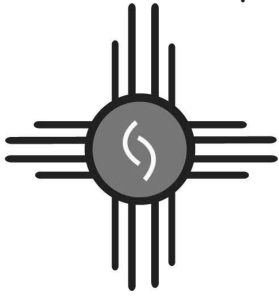
Do you know a pack rat? A friend or family member that hoards? Have you seen the TV hoarding shows and wondered whether their tactics work? Would you like to know how to help hoarders? Come learn from a certified professional organizer who has studied hoarding. Hear what the latest science says, how you can help and what doesn't work.

Katherine D. Anderson, BA, CPO-CD, is a certified professional organizer in chronic disorganization.

Amazing Facts

- ◆ 66% of all home based businesses are owned by women.
 - ◆ Rain contains vitamin B12.
 - ◆ Salmon can jump as high as 6 ft.
 - ◆ Snails breathe through their feet.
 - ◆ A banana cannot reproduce itself.
- ◆ The chances of dying en route to purchase a lottery ticket are greater than the chances of actually winning the lottery.

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Roswell.....	November
Albuquerque KOB Health Fair.....	January
Las Cruces.....	February
All Indian Game Day.....	March
Taos.....	April
Santa Fe.....	May
Conference on Aging.....	August

35 Long-Term Care Services Available through CoLTS Medicaid

Wednesday, 10:45 a.m.

Audience: General

Room: Eagle II

The cornerstone of the Medicaid Coordination of Long Term Services (CoLTS) program is the coordination of care and services. Come learn about recent changes to this important program.

Juan Medina is the CoLTS Program Administrator with the NM Human Services Department. He has over 6 years experience in personal care, care coordination, and information & assistance programs. Sue Burgess, BA, is the CoLTS Provider Enrollment Administrator with the NM Human Services Department. She has over 20 years experience with social service programs and in working with special populations.

36 From Crappy to Happy!

Wednesday, 10:45 a.m.

Audience: General

Room: Eagle III

Life doesn't have to be stressful or unsatisfying. Let's explore fun, easy ways to create happier lives for ourselves, families and friends.

Howard R. Shulman has over 20 years of counseling experience. Currently, he works as an employment case manager with the NM Aging and Long-Term Services Department.

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P369

37 Let's Talk About Low Cost Strategies for Transportation Services

Wednesday, 1:30 p.m.

Audience: Elders, Professionals, Boomers

Room: Sunrise

Senior transportation providers have always worked with tight budgets, but are recently facing unusually hard times, and the need for service has increased. In this session, presenters from a government agency, a non-profit organization and a foundation will provide information on current transportation services in New Mexico and the need to explore low-cost service options. Volunteer driver-based programs, which enable communities to provide quality services and enhance availability, will be highlighted.

Kathy Black, MS, is the Division Manager of Nutrition and Transportation with the City of Albuquerque Department of Senior Affairs. She has 20 years experience managing senior services. Michael Gemme is the executive director of Jewish Family Service (JFS) of New Mexico. JFS provides a wide variety of services to older adults, including transportation. Helen Kerschner, Ph.D., is the CEO of the Beverly Foundation. She has 30 years experience in health, aging and senior transportation.

38 Living a Brain Healthy Lifestyle

Wednesday, 1:30 p.m.

Audience: General

Room: Manzano

This interactive workshop will provide you with an overview of brain function and five important principles to better brain health. Exercises to enhance memory will be included. You will grow new brain cells simply by attending the presentation!

Terri Tobey is a gerontologist. She is the instructor of "Brain Fitness for Seniors" at UNM Continuing Education.

39 Housing Rights of People with Disabilities

Wednesday, 1:30 p.m.

Audience: Elders, Professionals, Boomers

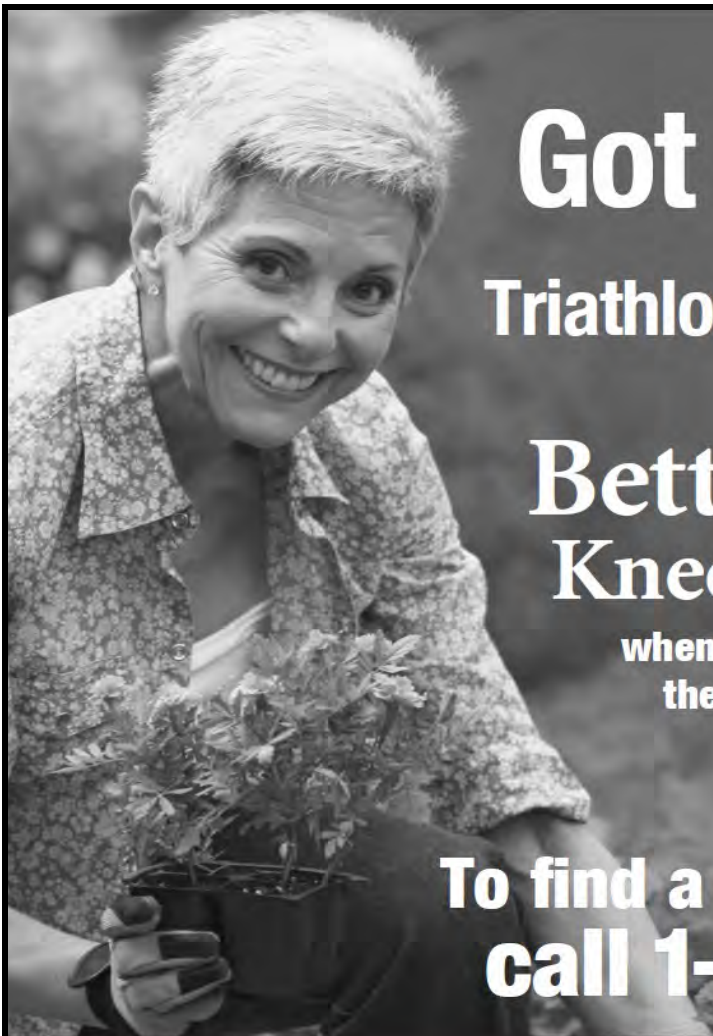
Room: Rio Grande

Learn about fair housing issues that relate to people with disabilities. Landlord/tenant issues will be discussed briefly to provide a context for fair housing. Emphasis will be placed on reasonable accommodations needed for persons with disabilities both in private and public housing.

Rich Weiner, Ph.D., J.D., is a staff attorney for Lawyer Referral for the Elderly. He has experience in fair housing, legal aid, and human rights.

As you get older three things happen. The first is your
memory goes, and I can't remember the other two...

Sir Norman Wisdom



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The information presented is for educational purposes only. Speak to your doctor to decide if joint replacement surgery is right for you. Individual results vary and not all patients will receive the same post-operative activity level. The lifetime of a joint replacement is not infinite and varies with each individual. Your doctor will help counsel you about how to best maintain your activities in order to potentially prolong the lifetime of the device. Such strategies include not engaging in high-impact activities, such as running, as well as maintaining a healthy weight.

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40 Wellness, Strength and Balance: Positive & Healthy Aging

Wednesday, 1:30 p.m.

Audience: General

Room: Bosque

Learn about the six dimensions of wellness and how they fit into everyday life. Hear about three senior fitness and balance programs being conducted in New Mexico – *Enhance Fitness, Strong Women, and A Matter of Balance: Fall Prevention Program*. Learn ways to empower yourself – begin to bring wellness, strength and balance into your life.

Rhonda F. Day, LISW, is the Community Wellness Director for Jewish Family Service (JFS) of New Mexico; she has 20 years experience as a mental health therapist, community developer and wellness programmer. Marica Martinic, BA, is the Wellness Manager at JFS, and a trained instructor for Strong Women and Enhance Fitness. Meredith Root, BA, is a wellness specialist at JFS and has experience in community organization, volunteer program development, and empowerment programming. Catherine Burke, BA, is a wellness specialist at JFS and an accomplished artist with expertise in personal wellness.

41 Raul Sanchez – “Oldies but Goodies”

Wednesday, 1:30 p.m.

Audience: Elders, Professionals, Boomers, General

Room: Seminar

Experience the cultural diversity of music in New Mexico; from Rock and Roll to Blues to Western and even Spanish.

Raul Sanchez is a Vietnam Veteran who performed at the 10th anniversary of the Vietnam Memorial. The US Government sent Raul to Washington D.C. to perform his song “La Pader Negra” (The Black Wall).

42 Avoiding Falls: Older Adults and Caregivers Working Together

Wednesday, 1:30 p.m.

Audience: General

Room: Eagle I

Falls are not a normal part of aging. Older adults and their caregivers can take steps to reduce fall risk. This workshop will provide you with information on how to reduce the chance of falling, fall prevention programs available in New Mexico, and ways to make your home safer.



**The New Mexico Commission
for Community Volunteerism**
www.newmexserve.org

Janet Popp, BS, MS, is a physical therapist and has a MS in gerontology. She is a certified instructor for A Matter of Balance and Tai Chi Moving for Better Balance, and is a Long-Term Care Ombudsman.



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Albuquerque KOB Health Fair	January
Las Cruces	February
All Indian Game Day	March
Taos	April
Santa Fe	May
Conference on Aging	August

**Senior programs are encouraged to bring van loads.
Travel scholarships available, call NMSO Director.**

43

New Mexico Sports and Wellness: Active Aging Aquatics

Wednesday, 1:30 p.m.

Audience: General

Room: Swimming Pool

Come get your feet wet and enjoy an hour of water aerobic exercises.

Mimi Simmons is a certified aquatics instructor with New Mexico Sports and Wellness. She has 10 years experience in aquatics training.

ROUNDTABLES **Wednesday, August 24th** **1:30 p.m.**
Eagle Ballrooms II-III

Table 1 Get Connected with Rio Metro and the NM Rail Runner

Tuesday, 1:30 p.m.

Audience: General

Room: Eagle II-III

Learn about transportation options when using the NM Rail Runner. Discuss the benefits of alternative transportation to include ABQ Ride (Rio Transit).

Irma Ruiz is a marketing specialist with the NM Rail Runner. She has 5 years experience in customer service. Marie Morra is also a marketing specialist with the NM Rail Runner; she has 17 years experience in transportation marketing.

Table 2 Overcoming Barriers to Aging in Place

Wednesday, 1:30 p.m.

Audience: Boomers

Room: Eagle II-III

This roundtable will help you understand your potential need for help at home due to a chronic health condition(s). Explore what types of government benefits are available, learn about the benefits and challenges of using a reverse mortgage and where to go for more information.

Lisa Y. Schatz-Vance, BBA, J.D., is the Executive Director of Senior Citizens Law Office. She has fourteen years experience practicing law and is licensed in New Mexico and District of Columbia.





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Thank you for bringing Senior Olympics to New Mexico.
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Our athletes say it best: *"People in the Senior Olympics tend to be active and have a positive attitude. They're not sit down type of people."*

— Laura Kayser, Mountainair

"Outside of obvious reasons for staying healthy, I work hard to stay in shape to provide a positive role model for my children and other members of the community."

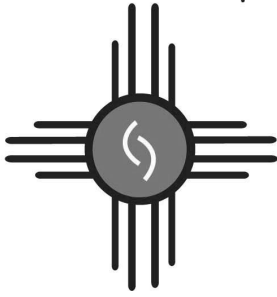
— Rachel Agoyo, Ohkay Owingeh

"Competing in Senior Olympics has helped me stay more active and I am much more careful about what I eat and enjoy meeting new people."

— Jerrett Koenigsberg, Albuquerque



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Josefina Mata, MS, MPH, MBA
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Table 6 Understanding E-Mail and Web Security

Wednesday, 1:30 p.m.
Audience: Elders, Boomers, General
Room: Eagle II-III

Come discuss security risks associated with e-mail and online purchases. Gain an understanding of ways to lower your risk when using e-mail and the steps necessary to make reasonably safe online purchases.

Richard Hammer, MS, is a research and development engineer at Los Alamos National Labs. He has over 10 years experience as a senior network administrator in the cyber security field. Greg Rockstroh, BBA, is an IT business analyst with the NM Aging and Long-Term Services Department. He has 15 years experience in the field of information technology.

WORKSHOPS Wednesday, August 24th 2:45 p.m.

44 Grandparent’s Legal Rights for Visitation and for Kinship/Guardianship

Wednesday, 2:45 p.m.
Audience: Elders, General
Room: Sunrise

This workshop will present basic legal information on how grandparents can obtain visitation privileges and the basic elements of visitation privileges. The legal rights of grandparents who are the major caregivers for their grandchildren and the requirements and possible outcomes of lawsuits will be discussed. Participants will be provided with printed materials and information on resources.

Anita A. Letter, Esq. is a staff attorney with Lawyer Referral for the Elderly Program. She has experience conducting workshops and seminars on legal issues. She is a former sole practitioner on elder law issues.

45 Tune-Up Your Body: Cleanse and Detox!

Wednesday, 2:45 p.m.
Audience: General
Room: Manzano

This workshop will provide you with tips and tools to effectively cleanse your body and mind. Using these techniques will help you to feel better and to “live more”.

Dr. Caroline Colonna, MBA, is a Doctor of Oriental Medicine at Willow Clinic. She has 15 years experience as a D.O.M. and is a professional tri-athlete.

Trivia

1. How many U.S. states border the Gulf of Mexico?
2. What’s the ballet term for a 360-degree turn on one foot?
3. What is the least popular month for U.S. weddings?

Answers: 1. Five 2. Pirouette 3. January

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46 Basics of Alzheimer’s Disease

Wednesday, 2:45 p.m.
Audience: General
Room: Rio Grande

This presentation will provide an overview of statewide and national statistics regarding Alzheimer’s disease and related dementias, as well as information about the services of the New Mexico Chapter of the Alzheimer’s Association. Learn about the disease process and stages of Alzheimer’s, how to differentiate dementia from normal age-related memory changes, and the warning signs and risk factors of the disease.

Chris McCaffrey is the regional manager for the greater Albuquerque area with the Alzheimer’s Association. He has 2 years experience with the Alzheimer’s Association.

47 Sexy at Any Age

Wednesday, 2:45 p.m.
Audience: General
Room: Bosque

Learn about a healthy, positive and fun approach to sex and relationships. Counter the negativity and ignorance surrounding sex after 60, and share techniques and solutions for dealing with erectile dysfunction, menopause, changing libido, terminal illness, fatigue and other joys and challenges that come with aging.

Molly Adler, BA, is a sexuality educator and the co-owner of Self Serve Sexuality Resource Center in Albuquerque.

48 Storytelling Hour

Wednesday, 2:45 p.m.
Audience: General
Room: Seminar

Come listen to traditional stories which will ignite your imagination and increase your understanding of native people.

Stephen Fadden, MA, is an educator, musician, storyteller, and actor. He is a professor at Santa Fe Community College.

Elvis Song Jumbles

Can you unscramble the different Elvis songs?

1. VOEL EM EENTOR 2. REEAATRHBK LEOHT 3. NUDOH GDO 4. PIIUSSCOU ISDMN
5. DRERERSNU

1. LOVE ME TENDER, 2. HEARTBREAK HOTEL, 3. HOUND DOG, 4. SUSPICIOUS MINDS, 5. SURRENDER

49 Enabling Wellness Through Volunteering

Wednesday, 2:45 p.m.
Audience: Elders, Boomers, General
Room: Eagle I

It is important for us, our relationships and our communities, that we give of our time, talent and treasures. This workshop will provide participants with tools to foster wellness and happiness through volunteering.

Gary Oppendahl is the CEO of TBAB Health Care. He has several years experience in technology, operations and development, medical devices, and health care services. Mike Oppendahl is the President of Footprints Home Care. He has experience in software development, engineering program management, and healthcare business development.

50 Strengthening Elder Economic Security

Wednesday, 2:45 p.m.
Audience: General
Room: Eagle II

This workshop will provide individuals with information to help them access all they need to maintain economic security, including benefits, legal services, housing, and employment. Attendees will be provided with tools to empower them to improve their economic security.

Lisa Y. Schatz-Vance, BBA, J.D., is the Executive Director of Senior Citizens Law Office. She has fourteen years experience practicing law and is licensed in New Mexico and District of Columbia.

51 Arthritis: What is Being Done in New Mexico

Wednesday, 2:45 p.m.
Audience: General
Room: Eagle III

This workshop will include information on the burden and cost of arthritis in New Mexico, as well as programs available for individuals with arthritis. Intervention programs, with physical activity and self-management components, available throughout New Mexico, will be highlighted.

Christopher Lucero, BCH, is the Arthritis Program Manager with the NM Department of Health. Marissa Kutzscher, MS, is a health educator with the NM Department of Health.

52 New Mexico Sports and Wellness: Active Aging Aquatics

Wednesday, 2:45 p.m.
Audience: General
Room: Swimming Pool

Come get your feet wet and enjoy an hour of water aerobic exercises.

Mimi Simmons is a certified aquatics instructor with New Mexico Sports and Wellness. She has 10 years experience in aquatics training.

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Notes

Let us know how we're doing.

Please fill out a Conference Evaluation form.

Thank you for attending the 2011 Conference on Aging.



Casino
Showroom
DELI
Bars

505 Fusion
Restaurant

CHILL

THE VAULT

HARD ROCK
STORE

You Are Here

TWA
Restaurant

Eagles Nest
Buffet

HOTEL
LOBBY

Valet
Guest
Service

To Conference Center

Restrooms

SALON

SPA

Resort Sales
Officers

Hard Rock Conference Center

GRAND
BALLROOM
A

GRAND
BALLROOM
B

GRAND
BALLROOM
C

Rio

Bosque

Manzano
Sunrise

FITNESS

POOL

Seminar
Room

Restrooms

Elevators

