

35th Annual

NEW MEXICO

Conference on Aging



Susana Martinez, Governor
Gino Rinaldi, Cabinet Secretary
Myles Copeland, Deputy Secretary

August 20-21, 2013

The Harvest, Arturo Cisneros, Cuba

Table of Contents

Welcome Letter from Secretary Gino Rinaldi	Page 1
Award Recipients	Page 4
Conference Planning Committee	Page 5
General Conference Information	Page 6
Conference Entertainment	Page 8
Conference Poster	Page 9
Keynote Speakers	Page 12, 25
Conference Workshops	Page 13
Conference Schedule at a Glance	Page 48
Conference Sponsors	Page 50
Conference Exhibitors	Page 51
Tote Bag Item Donors	Page 52
Door Prize Donors	Page 53
Conference Evaluation	Page 56

Welcome



to the 35th Annual New Mexico Conference on Aging. I am happy to have so many people come here from all over the state to learn about healthy aging, caregiving, and ensuring the safety of vulnerable New Mexicans.

We have an exciting event planned for all of you. Each day begins with a keynote speaker, Amy Goyer on

Tuesday, and Michael Hess on Wednesday, followed by workshops which cover a wide array of topics. The conference also provides several health and exercise workshops to keep you energized! At the Isleta Golf Course Eagle Ballrooms we have the Health and Enrichment Fair, where you can get a flu shot, haircut, or massage, and learn different ways to enhance your life. New this year is an art workshop, as well as various entertainment workshops. Also added this year is Speed Dating, where you can meet people and form new relationships.

You will find all the information you will need for the conference inside this program. Should you have any questions about anything please do not hesitate to locate one of the Aging & Long-Term Services Department's very knowledgeable staff.

I appreciate your attendance at this and future conferences, and I hope you find the information both rewarding and educational.

Sincerely,

Dino Renaleli

Conference Schedule

Tuesday, August 20

8:30 — 10:30 a.m.

Plenary Session

Amy Goyer

**“Caring for Loved Ones -
Aren’t We All”**

Grand Ballrooms B & C

11:00 a.m. — Noon

Workshops

Noon — 1:15 p.m.

Lunch (On your own)

Navajo Storytelling

Welcome to Speed Dating!

12:00—4:30 p.m.

Health & Enrichment Fair

Eagle Ballroom at the Golf Course

1:30 — 2:30 p.m.

Workshops

2:45 — 3:45 p.m.

Workshops

4:00 — 5:00 p.m.

Workshops

6:00— 10:00 p.m.

Reception/Dance

Flutist & Acoustic Guitar

Wednesday, August 21

8:30 — 10:30 a.m.

Plenary Session

Michael Hess

**“Wellness and Health
Promotion”**

Grand Ballrooms B & C

11:00 a.m. — Noon

Workshops

Noon — 1:15 p.m.

Lunch (On your own)

NMSO Dance & Talent Showcase

Rio Grande Players

12:00—4:30 p.m.

Health & Enrichment Fair

Eagle Ballroom at the Golf Course

1:30 — 2:30 p.m.

Workshops

2:45 — 3:45 p.m.

Workshops



alzheimer's association
new mexico chapter

- Care Consultation
- Education – Family & Professional
- Advocacy & Public Awareness
- Support Groups
- Information & Referral
- Respite Reimbursement
- Volunteer Opportunities
- Safety Programs

Our Vision... A world without Alzheimer's

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Plenary Schedule

Tuesday, August 20, 2013

(times are approximate)

- 8:00 a.m. Mariachi Nuevo Sonido
- 8:30 a.m. Opening Ceremonies
- 8:40 a.m. Welcoming Remarks:
Gino Rinaldi, Cabinet Secretary, NM Aging & Long-Term Services Department
Isleta Pueblo Governor, E. Paul Torres
- 9:00 a.m. Presentation of Conference on Aging Awards
Gino Rinaldi, Cabinet Secretary & Myles Copeland, Deputy Secretary, NM Aging & Long-Term Services Department
- 9:15 a.m. Keynote Address: Amy Goyer



Wednesday, August 21

(times are approximate)

- 8:30 a.m. Welcoming Remarks:
Gino Rinaldi, Cabinet Secretary, NM Aging & Long-Term Services Department
- 8:40 a.m. Presentation of Conference on Aging Awards
Gino Rinaldi, Cabinet Secretary & Myles Copeland, Deputy Secretary, NM Aging & Long-Term Services Department
- 9:00 a.m. Keynote Address: Michael Hess
- 9:50 a.m. Governor Susana Martinez

2013 Conference on Aging Award Recipients

K. Rose Wood Outstanding Older Adult Award

Mary Lou Lopez, Albuquerque



Lovola Burgess Lifetime Leadership Award

Jenny Martinez, Santa Fe



Gregorita Chavarria Arts Award

Guadalupe Ortiz, Cochiti Pueblo



Public Service Award

Michaelene Ahidley, Mescalero



Representative Nick Salazar Award

Representative Henry “Kiki” Saavedra, Albuquerque

2013 Conference on Aging Planning Committee

Andrea Allen
Anthony Romero
Berlinda Padilla
Bill Taylor
Cristy Wade
Crystal Lucero
Ed Smith
Emily Freede
Evone D. Gallegos
Geraldine Mascareñas
Gloria Analla
Helen Kerschner
Howard Shulman
Janet Popp

Jason Sanchez
Jennifer Harrison-Sanchez
Joie Glenn
Juan Lopez
Judy Ortiz
Judy Spear
Marlene Sena
Martha Medina
Maureen Manning
Michael Wright
Kaven Begay

Lynne Anker-Unnever
Kristin Slater-Huff
Marisa Romero
Michelle Werley
Rachel Lovato
Randal Lucero
Romy Pierce
Ruth Secatero
Sam Martinez
Shanna Lapsley
Stephanie Macek
Stormy Ralstin
Terri Tobey
Vince Gomez

In Loving Memory...

Ruth J. Secatero

March 13, 1945- June 28, 2013



Ruth was an active member of the Conference on Aging planning committee for 10 years.

Conference Information

Meals ~ Lunch is on your own. The Isleta Resort & Casino has a variety of food options and you are welcome to bring a “brown bag” lunch.

Accessible Parking ~ 93 spaces are available throughout the facility.

Assistive Listening Devices ~ Free devices to amplify speakers are available at the ATS Resources exhibit table.

Information ~ For assistance or information related to the Conference, please go to the Conference registration desk. For information on lodging or the Isleta Resort & Casino 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 Isleta Resort & Casino conference area is a 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 the Health & Enrichment Fair in the Eagle Ballroom at the Golf Course area are scheduled to run continuously on both Tuesday and Wednesday beginning at the 12:00 p.m. and ending at 5 p.m. Shuttles will leave from the hotel entrance. 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 Eagle Ballroom. Water stations are located in Grand Ballrooms B & C, Eagle Ballroom at the Golf Course 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 Healthcare Association and the NM Chapter of the National Association of Social Workers for making CEUs available.

Health & Enrichment Fair ~ Visit the Health & Enrichment Fair in the Eagle Ballroom at the Golf Course, from 12:00 p.m. to 4:30 p.m. on Tuesday, August 20 and Wednesday, August 21. Find out about services offered throughout New Mexico, receive free health screening, get wellness information, enjoy a massage or acupuncture, and even get a haircut or a make-over!

Entertainment ~ Enjoy the Conference’s varied entertainment; a schedule is on page 2. Don’t forget to join us for the Conference Reception and Dance on Tuesday evening from 6:00 p.m. – 10:00 p.m. in Ballrooms B & C. Easy listening flute and acoustic guitar from 6:00 p.m. – 8:00 p.m. in Seminar Room.

Exhibitors ~ are located throughout the foyer and in Grand Ballroom A. See Page 51 for a list.

Evaluations ~ We value your opinion. Please 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. You can also fill out an evaluation online at <https://www.surveymonkey.com/s/CoA13>

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

New This Year!

Extended Hours at the Health & Enrichment Fair

Visit the Health & Enrichment Fair in Eagle Ballroom at the Golf Course, from 12:00 p.m. to 4:30 p.m. on Tuesday, August 20 and Wednesday, August 21. Find out about services offered throughout New Mexico, get a flu shot, receive free health screening, get wellness information, enjoy a massage or acupuncture, and even get a haircut or a make-over!

Art Workshop

Engaging in the creative process workshop offers attendees the opportunity to unleash their creative potential. Learn various application techniques. Completed paintings can be entered in the 2014 Conference on Aging poster contest!!!

Entertainment

Enjoy traditional native dances performed by the Walatowa Dancers. Enjoy Tuesday evening flute and acoustic guitar music from Steve Fadden and Robin Easton, and a play by the Rio Grande Players.

Free Legal Helpline

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Conference Entertainment

Tuesday, August 20, 2013

Time: 7:00 a.m. – 8:00 a.m.

Performer: Mariachi Nuevo Sonido

Activity: Music

Location: Ballroom B & C

Time: 8:30 a.m. – 9:30 a.m.

Performer: Geraldine Mascare

Activity: Music – National Anthem

Location: Ballroom B & C

Time: 11:00 a.m. - Noon

Performer: Steve Fadden

Activity: Story Telling

Location: Seminar Room

Time: 12:15 p.m. – 1:15 p.m.

Performer: Ophelia Spencer

Activity: Navajo Perspective on Aging

Location: Ballroom B

Time: 1:30 p.m. – 2:30 p.m.

Performer: Rick Cate

Activity: Comic

Location: Seminar Room

Time: 2:45 p.m.- 3:45 p.m.

Performer: Raul Sanchez - “Oldies but Goodies”

Activity: Music & Song

Location: Seminar Room

Time: 4:00 p.m. -5:00 p.m.

Performer: Walatowa Dancers

Activity: Dance

Location: Ballroom B

Time: 6:00 p.m.-10:00 p.m.

Performer: Gilbert Lechuga & the Shysterzz

Activity: Evening Reception/Dance

Location: Ballroom B & C

Time: 6:00 p.m.-8:00 p.m.

Performer: Steve Fadden & Robin Easton

Activity: Alternate Entertainment Flute & Acoustic Guitar

Location: Seminar Room

Wednesday, August 21, 2013

Time: 11:00 a.m. - Noon

Performer: Roberto Mondragon

Activity: New Mexico Stories through Music

Location: Seminar Room

Time: 12:15 p.m. – 1:15 p.m.

Performer: Rio Grande Players

Activity: Classic Radio Shows – My Favorite Husband

Location: Seminar Room

Time: 1:30 p.m. – 2:30 p.m.

Performer: Joe Blythe- “Sing & Swing”

Activity: Music & Song

Location: Seminar Room



Take a look under our umbrella!

- Information & Assistance
- Recreation
- Education
- Sports & Fitness
- Volunteer Opportunities
- Home Services
- Meals
- Transportation

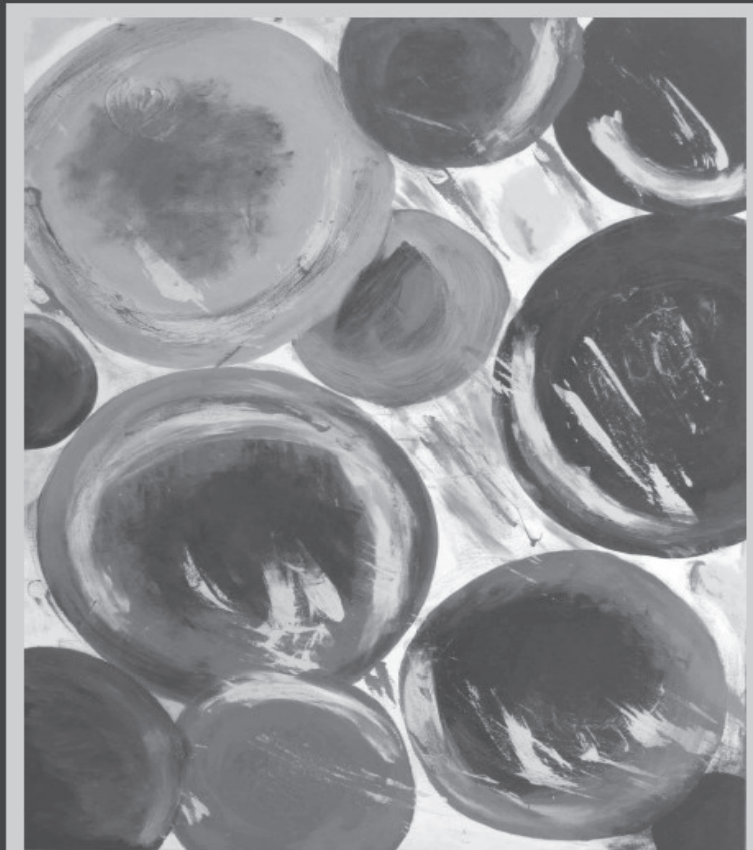
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35TH ANNUAL
NEW MEXICO CONFERENCE ON AGING



Momentary Fate, George Mendoza Las Cruces Blind Artist & Designer



AUGUST 20–21, 2013

SUSANA MARTINEZ, GOVERNOR
GINO RINALDI, CABINET SECRETARY

The artist, George Mendoza, will be available to sign posters on Tuesday
From 11:30 a.m.– 12:30 p.m. and from 1:30 p.m.– 3:00 p.m.

Posters are for sale at \$2.00 each.
Proceeds from poster sales benefit the Conference on Aging.



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Welcome to Speed Dating!



Date: Tuesday August 20

Time: 12:15P.M.-1:15P.M

*Where: Isleta Resort and
Casino in the
Bosque Room*

Speed Dating is a fast fun way to meet new people and
make new friends! Bring a friend!

Light refreshments will be provided!

2013 New Mexico Conference on Aging

Keynote

Tuesday, August 20th

8:30 a.m.

Grand Ballroom

Caring for Loved Ones - Aren't We All?



Are you caring for loved ones? You're joined by millions of Americans, and you know that it takes its toll on the caregiver - from dealing with strokes, Alzheimer's disease and other chronic conditions to managing finances to juggling work and commitments to other family members. Join Amy Goyer, AARP Family and Caregiving Expert, as she shares her personal journey of providing care for her parents who live with her, and her hard-earned tips for navigating the journey and savoring the joyful moments.

Amy Goyer has been an advocate for older adults, children and families for more than 30 years. She has been involved in multigenerational issues and programs at the local, state, national and international levels, including aging services, grandparenting, inter-generational and family relationships and family caregiving. Currently, she is an author and consultant. Her clients have included AARP, Generations United, MetLife, Georgia State University, Penn State University, Old Dog Documentaries and Ohanarama.com. Ms. Goyer serves as AARP's Family Expert, where she provides expertise in the areas of caregiving, grandparenting, parenting and family issues and serves as an AARP media spokesperson.

1 Respite, Family Caregiver Support and the NM Aging Network

Ballroom B

Tuesday, 11:00 a.m. – Noon

Professional Audience

The Aging Network supports a variety of respite and caregiver support services across the state. These services and supports have different funding streams, eligibility requirements, and populations they serve. NM Aging and Long-Term Services Department Secretary Gino Rinaldi, will lead a discussion on coordinating and improving existing services and building sustainable programs to better meet the needs of caregivers.

Gino Rinaldi, MSW, Cabinet Secretary of the Aging & Long-Term Services Department, has more than 23 years of experience administering local, state and federal government programs in New Mexico and Colorado. He served in leadership roles as Manager of Senior Services in Sandoval County, with St. Joseph Health Care System in Albuquerque and with Servicios de la Raza, a nonprofit organization addressing human service needs facing the Latino population in Denver. Additionally, he has extensive background in regional transit program operations in Sandoval County. He is retired from the US Air Force (33 years active and reserve duty), with ribbons for meritorious service and national defense.

2 The Affordable Care Act: What it Means to Seniors

Ballroom C

Tuesday, 11:00 a.m. – Noon

General Audience

AARP staff and volunteers will provide information on how the Affordable Care Act will affect people age fifty and older. They will also discuss how health care exchanges will work, and how individuals can access them.

Mike Donnelly, Associate State Director of Advocacy with AARP, is the staff lead for AARP's state advocacy work. Leonel Garza is a volunteer with AARP's state advocacy work.

3 Storytelling


Seminar Room

Tuesday, 11:00 a.m. – Noon

General Audience

Come listen to traditional stories to 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.



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13



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4 Long Term Care Planning for Caregivers, Baby Boomers and Beyond

Sunrise Room
Tuesday, 11:00 a.m. – Noon
General Audience

This workshop is directed at the growing Baby Boomer population who is currently, or soon to be, experiencing caregiving responsibilities for their aging parents or loved ones. Planning options and resources including family considerations and challenges, government programs, self-funding and insurance alternatives will be discussed so that attendees can take action steps to develop and implement their “own plan” for future long-term care needs.

Leonard C. Salgado, LUTCF, is a Broker/ Advisor with Genworth Financial. He has 24 years of experience in health care, insurance and investments, and is a member of National Association of Insurance and Financial Advisors.

5 Exploring Options: Understanding your Program through Story Network Analysis

Manzano Room
Tuesday, 11:00 a.m. – Noon
Professional Audience

Story Network Analysis is a qualitative research method used to explore relationships. Increasingly, this method is used in organizations to help understand areas in need of improvement. This workshop will help directors and board members pinpoint areas to be changed and to apply for impact based competitive grants.

Sean Davis, MA, is the Program Director of the Chavez County RSVP program. He is the former Chavez County RSVP Foundation Executive Director, a research consultant, and a college instructor and advisor.

6 You Don't Have to Live with Joint Pain

Rio Grande Room
Tuesday, 11:00 a.m. – Noon
General Audience

Learn about arthritis and symptoms, including osteoarthritis, rheumatoid arthritis, post-traumatic arthritis, and avascular necrosis. Understand the causes of joint pain and treatment options; what joint replacement surgery involves and what to realistically expect after joint replacement.

Hugh S. Brock, MD, is an orthopaedic surgeon at Presbyterian Rust Medical Group. He has been an orthopaedic surgeon for four years.

7 Powers of Attorney and Advance Health Care Directives for Unmarried Persons and Persons Whose Marriages are Not Recognized in NM

Bosque Room
Tuesday, 11:00 a.m. – Noon
General Audience


This workshop will highlight the special importance of advance health care directives and financial powers of attorney for individuals in the LGBT community, singles, and unmarried partners. In the absence of these important documents, hospitals and state law will dictate who is to be the designated decision maker when an individual is no longer capable of making decisions on his or her own behalf. This workshop will empower attendees to take control of their future.

Monica Corica, JD, is a staff attorney with Senior Citizen Law Office.

- *8 **Lessons Learned: NM Veterans Savvy Caregiver Project**
Boardroom
Tuesday, 11:00 a.m. – Noon
Professional Audience
*Only 30 seats available

Through federal grant funding, the NM Alzheimer’s Disease Supportive Services Program has provided caregiver education and training to NM veterans and their families. It also has provided culturally competent caregiver education and training to underserved populations in the state. This workshop will review the program outcomes and provide information on the lessons learned in the implementation of the project.

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Tracy Wohl, MS, is a Program Manager with the Aging & Long-Term Services Department. She has provided coordination of Alzheimer’s Disease Supportive Services Programs for the past seven years. Agnes Vallejos, MBA, has been the Executive Director of the New Mexico Chapter of the Alzheimer’s Association for the past five years, and has provided leadership in implementing the project.

- 9 **New Mexico Senior Olympics: EnhanceFitness Rally**
Woodstock Lawn
Tuesday, 11:00 a.m. – Noon
General Audience

Join the fun and get moving as we take you through an EnhanceFitness class. This evidence-based class includes warm-up, cardio, balance, strength, and cool down segments easily modifiable to all fitness levels. This activity is set to upbeat music and led by trained instructors guaranteed to get everyone moving! The EnhanceFitness Rally will last 45-60 minutes in length.

Cecilia Acosta is the Executive Director of the New Mexico Senior Olympics (NMSO). Maegan Sanders, MS, is a wellness instructor and the Event Coordinator for NMSO.

Lunchtime Entertainment
Tuesday, August 20th 12:15 p.m.

Navajo Perspective on Aging
Ballroom B
Tuesday, 12:15 p.m. – 1:15 p.m.
General Audience

Enjoy the traditional stories and history of the people of the Navajo Nation.

Welcome to Speed Dating!
Bosque Room
Tuesday, 12:15 p.m. – 1:15 p.m.
General Audience

Come experience the dating world through speed dating! **Open to the first 24 attendees.**

10 Simple Ways to Transfer Your Possessions and Property upon Your Death

Ballroom B

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Receive information on the legalities of transferring possessions and property upon death. Understand the probate process and whether or not you need probate. Participants will leave with clarity regarding whether or not probate will be needed to transfer their personal property after their deaths.

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

11 The Organized Caregiver: Tips for Staying Sane

Ballroom C

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Caregiving can be overwhelming with so many details to keep track of. This workshop will provide easy, practical tips for managing your time and creating systems that work to gather, store and update key documents and information, use technology to get organized, and access and share information with your caregiving team.

Amy Goyer, AARP Family Expert, has been an advocate for older adults, children and families for more than 30 years. She has been involved in multigenerational issues and programs at the local, state, national and international levels, including aging services, grandparenting, intergenerational and family relationships and family caregiving.

12 Rick Cate Comedy Show

Seminar Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

A single father of three and a former school teacher, Rick addresses family life and the public school system. He includes material on Native issues, but his topics are cross-cultural so that all can relate to how he sees the world.

Rick Cate, comedian, has won the Durango Snowdown comedy competition three years in a row. He has opened for Drew Lacapa and James and Ernie and has hosted shows at Laffs Comedy Club in Albuquerque.

13 Working with Challenging People

Sunrise Room

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional Audience

Working with others can challenge even the most patient and skillful person. Differences in values, behavior and personality styles can lead to breakdown in communication and strained relationships. This session will focus on strategies to build your resilience and efficacy, so that you can better work with clients and co-workers, while keeping your sanity intact!

Shannon Cupka, Ed.M. in counseling psychology, has been the Education and Outreach Coordinator with the Aging & Long-Term Services Department Long-Term Care Ombudsman Program for the past six years. She has more than 18 years of experience in geriatrics and behavioral health as a direct care provider, clinician, consultant and trainer.

14 **The NM Aging Disability Resource Center (ADRC) and the NM Social Services Directory**
Manzano Room
Tuesday, 1:30 p.m. – 2:30 p.m.
General Audience

This presentation will provide a summary of resources available through the NM Aging and Disability Resource Center (ADRC) and the NM Social Services Resource Directory (SSRD). Attendees will learn how to access both the ADRC and the SSRD. The presentation will also include information about the future of the SSRD.

Joe Tschanz, BS, is the ADRC Bureau Chief. He has 20 years of experience in social services and serving consumers. Tony Futch, BS, is the ADRC Web I & A Administrator. He has 15 years working in the fields of geriatrics and disability.

They served with pride. Don't take it away now.

If you are or know a veteran or their surviving spouse who needs help with daily living, you should know there is help.

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15 Hollywood’s Visions of Dying: Trips and Crowded Rooms

Rio Grande Room
Tuesday, 1:30 p.m. – 2:30 p.m.
General Audience

David Kessler’s book, “Visions, Trips and Crowded Rooms”, shares the personal stories of medical professionals who witness death. Some of the dying have remarkable visions, speak of going on a trip, or see people crowding the room. We’ll view scenes from movies to help start conversations with patients and families.

Gail Rubin, BA and Certified Celebrant, The Doyenne of Death®, is the owner of A Good Goodbye.

16 Who Can You Trust? Affinity Fraud

Bosque Room
Tuesday, 1:30 p.m. – 2:30 p.m.
General Audience

In a world of increasing complexity, many people feel the need for a shorthand way of knowing whom to trust. Many fall prey to affinity group fraud, in which a con artist claims to be a member of the same ethnic, religious, career or community-based group. Come learn how to protect yourself.

Frank Mulholland, MPA, is the former Deputy Director of NM Law Enforcement Academy. He is a published author, and is now with F.A. Mulholland & Associates, a consulting company.

17 How Nonprofits Can Build Capacity through Social Enterprise

Board Room
Tuesday, 1:30 p.m. – 2:30 p.m.
Professional Audience

It’s no secret that for many nonprofits securing traditional funding from grants and other sources has become a challenge. Many savvy nonprofits across the US are investing in social enterprise to build their capacity and create unrestricted revenue streams that allow them to continue their important mission work. This fast paced workshop will explore what social enterprise is and what it isn’t, will explain the 7 key steps required to launch a successful social enterprise, and will provide examples of New Mexico nonprofits that have developed enterprises.

Jean Block is the President of Social Enterprise Ventures, LLC. She has 45 years of experience in the nonprofit sector, as a trainer and consultant.

18 Engaging in the Creative Process

Woodstock Lawn
Tuesday, 1:30 p.m. – 3:30 p.m.
General Audience

Learn a low cost art process from start to finish - applying acrylic paints with a palette knife, brayer or a “rag”. Completed paintings can be entered in the 2014 Conference on Aging poster contest!

Judy Ortiz is an artist and former gallery owner. She is also the Employment Programs Human Resource Coordinator at the Aging & Long-Term Services Department.



19 Small Steps to Health and Wealth

Ballroom B

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

The Small Steps to Health and Wealth (SSHW) program is a positive habit improvement program based on the premise that positive changes can be nurtured over time with small, consistent, and cumulative efforts. Since health and wealth are similar in their issues and solutions, SSHW approaches health and wealth improvements in a simultaneous fashion.

Fahzy Abdul-Rahman, PhD, is an assistant professor at New Mexico State University.

20 Elder Safety Course: “How to Protect Yourself and Your Family”

Ballroom C

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

The Isleta Police Department in partnership with the Bureau of Justice Assistance, will present information to help older adults and caregivers understand how to protect themselves from crime. They will provide the tools and information needed to empower elders to avoid becoming victims of scam artists and provide crime safety tips for homes and public places.

Sgt. Juan Reyes of the Isleta Police Department has 24 years of experience in law enforcement. Vince Gomez, BS, is the Tribal Grants Coordinator for the Isleta Treasurer’s Office. He has 12 years of experience in law enforcement and 17 years of experience in senior services programs.

21 “Oldies but Goodies”

Seminar Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

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 sponsored Raul to perform his song “La Pader Negra” (The Black Wall) in Washington, D.C.

22 Living with Diminished Sight

Sunrise Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

The Independent Living/Older Blind Program enables blind persons to live independently in their homes and communities. To accomplish this, direct services are provided with most persons being served in their homes. Learn about basic assistive technology devices that are available. There will be a 20 minute question & answer period.

Pat White, BS, is an IL teacher with New Mexico Commission for the Blind (NMCFB) and has eight years of experience in working in the field of disabilities. Diane Cuccatti, BS, is the Reader/Driver for the NMCFB. Virginia Murphy, MS, is the Deputy Director of the NMCFB.

23 EngAGE New Mexico: An Initiative to Increase Awareness & Support for New Mexico's Aging Population

Manzano Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Do you know that New Mexico will move to 4th in the nation in the percentage of people over the age of 65 by 2030? Come learn about the impact that this growth in the aging population will have in our state and the steps EngAGE New Mexico is taking to address these issues.

Dolores E. Roybal, PhD, is the Executive Director of the Con Alma Health Foundation. She has over 30 years of experience in the nonprofit and philanthropic sector. Jessica Haynie, MBA, is a Project Coordinator with the Con Alma Health Foundation.

24 Depression, Anxiety, and Coping: A Social Gerontology Perspective

Rio Grande Room

Tuesday, 2:45 p.m.– 3:45 p.m.

Professional Audience

Social Gerontologists advance broad causes on behalf of older adults. This workshop seeks to demystify the nature of mental disorders, which affect roughly 20% of U.S. older adults, and eliminate the associated social stigma.

Jack Bishop, MA Gerontology and Ellen Driber-Hassal are the creators of Engaged Aging: Building Fitter Brains©, and the principals of Aging Matters, LLC. They have presented at the American Society on Aging conference and the Canadian Association of Gerontology and Geriatrics conference, are consultants to NM Senior Olympics Health Promotion Programs, and authors of the Adult Falls Prevention Coalition Strategic Plan.

25 Wellness for All: Best Practices

Bosque Room

Tuesday, 2:45 p.m.– 3:45 p.m.

Professional Audience

Learn individualized restorative yoga to regain posture and height and adapted Pilates mat work to improve core strength and balance. Gain a better understanding of integrative therapy offerings such as community acupuncture and lay use of ear acupressure seeds.

Spanda Johnson, BA, is the wellness director at the Good Samaritan Society. Anne Schroeder and Ruth Romancito are wellness assistants with the Good Samaritan Society.

26 Adapted Aquatics

Swimming Pool

Tuesday, 2:45 p.m.– 3:45 p.m.

General Audience

This class will introduce participants to strength building through water exercises, including range of motion exercises specific to arthritic joints and beneficial in general. Bring your swimsuit and towel!

Berlinda Padilla, BA, is a licensed group fitness trainer with the American Council on Exercise. She is a Meal Site Supervisor with the City of Albuquerque, and has 13 years of experience as a fitness instructor for the older adult population.



- 27 Heart Health Campaign: A Statewide Collaboration Effort**
Ballroom B
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

Collaboration is key when working in New Mexico. This project grounds itself in a network of Hispanic/Latina women, Community Health Workers/Representatives and Promotoras/es. It has been established through ongoing internal and external health awareness collaboration. Statewide efforts to spread awareness of the Heart Health Campaign and provide education at regional cultural celebrations, ventanillas de salud, and other venues will be discussed.

Javier Rios, MA, is the Immigrant Health Promotions Coordinator with NM Department of Health. He has 8 years of experience working in health education, program coordination and program management.

- 28 Walatowa Dancers of Jemez Pueblo**
Ballroom C
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

Dancers from the Walatowa (Jemez) Pueblo perform an intergenerational group of dancers. They will perform native dances with singing in the Towa language.

- 29 Relax! Your Life Depends on It**
Seminar Room
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

In the relentless busyness of modern life, we have lost the rhythm between work and rest. The over emphasis on activity extends well into retirement. Together we will explore the cultural roots of our rush. Learn about the impact of relaxation on health. Participate in different relaxation techniques, and let yourself be empowered by the spiritual aspect of rest to live your life effortlessly and joyfully.

Monika Walter, a certified yoga teacher, has ten years of experience as a chaplain, in which she focused on the needs of patients with cancer.

- 30 An Introduction to the Silver Alert Program**
Sunrise Room
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

Silver Alert is a program offered to seniors through a partnership between local senior programs, the NM Alzheimer's Association, and local police departments. Silver Alert is a public notification system to broadcast information about missing persons who suffer from Alzheimer's disease and/or dementia.

Anthony R. Romero, BA, is the Social Services Division Manager with the City of Albuquerque Department of Senior Affairs. He has worked for the City of Albuquerque for more than 14 years. Joy Klotz, BA, is a Program Manager with the City of Albuquerque Department of Senior Affairs. She has over 40 years of experience in social work.



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31 Making Meaning Out of One’s Life through Memoir Writing

Manzano Room
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

Jeanne Simonoff will read from her memoir, SAVING MYSELF, and show you how she wrote her own story, one word at a time, ten minutes at a time, reforming her life through story. She will teach writing practice, rules and how to write your personal story.

Jeanne Simonoff, MA Rehab Counseling, is a Licensed Professional Clinical Counselor, and has 25 years of experience in private practice counseling.

32 GLBTQ: Project Visibility

Rio Grande Room
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

Gay, Lesbian, Bisexual, Transgender and Questioning (GLBTQ) elders are four times less likely to have children and twice as likely to live alone, yet five times less likely to access senior services. Project Visibility’s goal is to co-create a community that is informed, sensitive to, and supportive of GLBTQ elders.

David Stocum, BA, is the Executive Director of NM GLBTQ Centers. He has over 20 years of experience in management and training, and has founded the only statewide GLBTQ human services agency in New Mexico.

33 Basic Medicare Choices

Bosque Room
Tuesday, 4:00 p.m.– 5:00 p.m.
General Audience

The Medicare program has rules governing many important matters of consumer choice, including: when one can sign up for Medicare and prescription drug coverage; how to decide what providers to use; and the best time to purchase “Medigap” supplemental insurance. This workshop will discuss those rules and welcome your questions.

Michael C. Parks, J.D., is the Principal Attorney at the Mandy Pino Center. He has over 36 years of experience working on Medicare issues on behalf of consumers, and is a former attorney at Senior Citizens Law Office.

The logo for Humana, featuring the word "Humana" in a large, bold, black, sans-serif font.A rectangular advertisement with a black border. At the top, the phone number "1-866-805-4589" is displayed in a large, bold, black font. Below it, the text "8:00 a.m. to 8:00 p.m. local time, 7 days a week" is written in a smaller black font. In the center, there is a logo for Amerigroup RealSolutions, which consists of a stylized sunburst icon to the left of the text "Amerigroup RealSolutions" in a bold, black font. Below this, the text "Medicare Advantage Plans" is written in a smaller black font.

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Keynote **Wednesday, August 21st** **8:30 a.m.**
Grand Ballroom

Wellness & Health Promotion

Dr. Hess will discuss the importance of wellness & health promotion throughout our lives. He will draw upon his experience as an athlete and an international marketing specialist who has worked on promotional strategies involving the Olympics, the National Basketball Association and the World Cup. He is currently leading a research project to advance understanding of sports participation motivation among older athletes. Get ready to be motivated!



Michael Hess, PhD is an Athlete, Professor of Sports Marketing & Management, and National Senior Games Association Board Member.



34 What's Normal, and What's Not - Age Related Cognitive Changes

Ballroom B

Wednesday, 11:00 a.m.– noon

General Audience

This workshop will provide an overview of normal age-related cognitive changes versus red flags that may signal something more is happening. Some medical conditions that may mimic or worsen cognitive impairment will be discussed and insight will be offered regarding steps people can take if they are worried about memory changes in themselves or loved ones.

Cindy Brown, LBSW, is the Training and Resource Manager with Home Instead Senior Care. She has nearly 20 years of experience in the area of senior care and is a long-time leader in providing innovative solutions for older adults and their families to the ongoing challenges they face as they age.

35 Know Your Numbers, Change Your Numbers, Change Your Life

Ballroom C

Wednesday, 11:00 a.m.– noon

General Audience

Ellen Driber-Hassall and Jack Bishop from Aging Matters LLC, and fitness instructor Leslie Y. Kranz, with CNM and La Vida Llena, have teamed with NM Senior Olympics, Inc. to raise awareness about meaningful changes through the Know Your Numbers Campaign. In this session, the team will discuss four numbers – waist circumference, body mass index, blood pressure and blood glucose – and why these four numbers are so important to improve overall health. The team will also discuss the benefits of regular physical activity.

Ellen Driber-Hassall, MA Gerontology, and Jack Bishop, MA Gerontology, are the creators of Engaged Aging: Building Fitter Brains©, and the principals of Aging Matters, LLC. Leslie Y. Kranz, BA, is a college instructor and fitness professional with CNM and La Vida Llena.

36 New Mexico Stories through Music

Seminar Room

Wednesday, 11:00 a.m.– noon

General Audience

Join Roberto Mondragon 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: Jugamos Niños, Jugamos - Otra Vez, Asi es Nuevo Mexico/O Fair New Mexico, America (with Consuelo Luz), Que Cante Mondragon, Amigo, and El Milagro de Truchas.

37 Staying Vertical: Preventing Falls

Sunrise Room

Wednesday, 11:00 a.m.– noon

General Audience

What can you do to keep healthy, independent and prevent yourself from falling? Learn about healthy habits, common home safety hazards, and how to positively influence the natural aging process. Find out about exercise and activity to improve your strength and balance. Stay vertical!

Diana Cartwright, PT, is a physical therapist with the NM Adult Falls Prevention Coalition. She has 30 years of experience in physical therapy. Beth Black, PT, GCS, is a physical therapist with the NM Adult Falls Prevention Coalition and has practiced for over 20 years.

38 Adult Families in Conflict - A Light at the End of the Tunnel

Manzano Room
Wednesday, 11:00 a.m.– noon
General Audience

This fast paced session will explore the landscape of elders and families in conflict through an interdisciplinary lens. Participants will learn about the latest innovations, strategies, and resources for assisting adult families solve problems and effectively manage transitions associated with aging.

Margot Keener, JD, is a care manager with Decades LLC. She has 30 years of experience in the field of conflict resolution as a social worker, attorney, mediator, arbitrator, program developer and policy maker.

39 Expanding Opportunities for Caregiver Support: Coordination of Evidence-based Health Promotion and Caregiver Programs

Rio Grande Room
Wednesday, 11:00 a.m.– noon
General Audience

The caregiving experience may have a negative impact on the health of a family caregiver. Participation in evidence-based health promotion and caregiver programs can benefit caregivers by improving their ability to manage their own health and provide opportunities to increase fitness and reduce stress. Coordination between these programs and the ability to access respite services is key in enabling caregivers to attend programs.

Chris Lucero, BS, is a Program Manager with the NM Department of Health Chronic Disease Program. Agnes Vallejos, MBA, is the Executive Director of the NM Chapter of the Alzheimer's Association. Tracy Wohl, MS, is a Program Manager with the Aging & Long-Term Services Department. Carmela Martinez, BS, is the Health and Enrichment Services Manager with the Aging & Long-Term Services Department; she has ten years of experience providing support and coordination of services for elders.

40 Love is...Safe Sex...Get the Facts!!!

Bosque Room
Wednesday, 11:00 a.m.– noon
General Audience

Learn about a healthy approach to sex and relationships in the 21st Century, while educating yourself on HIV facts. This workshop will emphasize how HIV is affecting New Mexico's rural and Native American Indian communities, as well as its effects on the 50 plus population. Participants will be able to ask questions and discuss options for a safe and healthy sex life.

Randal Lucero is the Coordinator of the Aging & Long-Term Services Department HIV Outreach & Advocacy Program. He is a nationally known presenter and advocate with regard to HIV issues. John Tenorio is an advocate with the Pueblo Health Community Center in Pueblo, CO. He is a nationally known HIV advocate and speaker.

41 Let's Play Pickleball!

Woodstock Lawn
Wednesday, 11:00 a.m.– noon
General Audience

Pickleball is “the fastest growing sport in America” and seniors are the most enthusiastic participants of the game. Why is pickleball so popular? You've got to try it for yourself to find out. We've set up a court and we'll show you how to play.

Michael Hess, PhD is an Athlete, Professor of Sports Marketing & Management, and National Senior Games Association Board Member.

Lunchtime Entertainment Wednesday, August 21st 12:15 p.m.

New Mexico Senior Olympics: Dance and Talent Showcase

Wednesday, 12:15 p.m – 1:15 p.m.
Ballroom C

Come and enjoy a showcase of NM Senior Olympics finest dance and talent performers. Entertainment may include comedy acts, ballroom dancing, line dancing, and band performances.

Rio Grande Players

Wednesday, 12:15 p.m – 1:15 p.m.
Seminar Room

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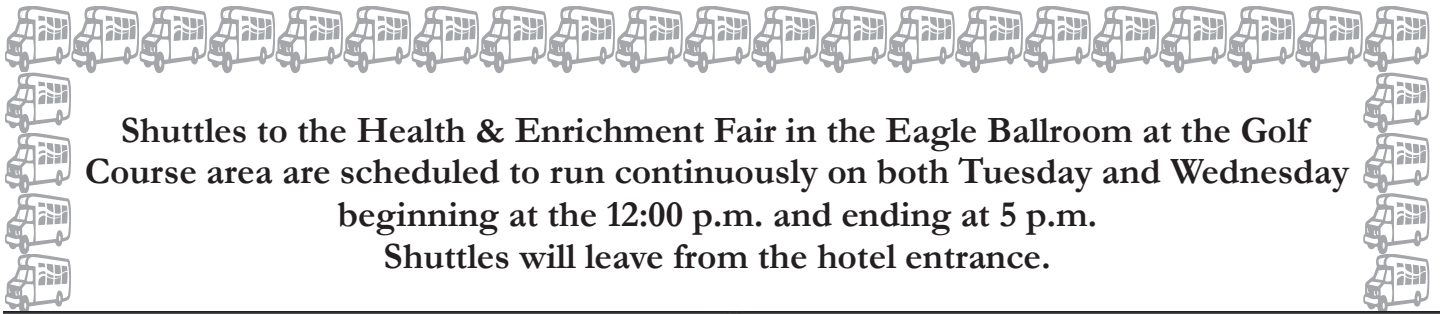
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Shuttles to the Health & Enrichment Fair in the Eagle Ballroom at the Golf Course area are scheduled to run continuously on both Tuesday and Wednesday beginning at the 12:00 p.m. and ending at 5 p.m. Shuttles will leave from the hotel entrance.

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(* Flu Shots will only be given Tuesday, August 20 from 12:00 p.m. till 4:30 p.m.)

- 42 Changes to Medicaid**
Ballroom B
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

Learn about the Human Services Department's 2014 proposed change to its Medicaid plan, particularly on changes that will impact seniors. Also learn about some of the changes under the Affordable Care Act coming up in 2014 and how those will impact older adults.

Claire Dickson, J.D., is a staff attorney with the Senior Citizens Law Office. She is licensed to practice in New Mexico, Colorado, and the Navajo Nation.

- 43 The Health of Hispanic Elders: Mortality, Morbidity, and Barriers to Health Care Access**
Ballroom C
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

Hispanics represent one of the fastest growing segments of America's elderly population. Although Hispanics accounted for only 3.7 percent of the 65 and older population in 1990, their share is projected to increase to 15.5 percent by the middle of the next century. Persistent and growing health disparities indicate that many Hispanic elders are not receiving the level and type of health care and related social services they need to live healthy, productive lives.

J. Roberto Duran, III, MD, is the Medical Director of the Southwest Center on Aging. Tina Cervantes, RN, is the Director of Nursing at Ambercare Hospice. Ann Rodriguez McCollough, RN, is the Director of Nursing at Tender Care Home Health. Ramona Linderman, RN, is the Clinical Case Manager with Village of Northrise/Genesis Healthcare.

- 44 Swing & Sing with Joe Blythe**
Seminar Room
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

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!

- 45 Sex & Aging: Safety, Pleasure and Problem Solving after 60**
Sunrise Room
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

Sexuality educator, Molly Adler, will present a healthy, positive and fun approach to sex and relationships. Learn how to 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.

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46 Financial Exploitation: Prevention and Cleanup

Manzano Room
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

The workshop will present common scenarios surrounding and leading up to the perpetration of financial exploitation of older adults. Become more aware of risk factors for exploitation, and learn to avoid exposure of assets to those who might exploit. Consumer based predatory scams, as well as caretaker perpetrated ones, will be discussed.

Marsha Shasteen, J.D., is a staff attorney with Senior Citizens' Law Office. She has over 20 years of legal experience.

47 Good to Go!

Rio Grande Room
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

Someday you will die, but that's not the problem. What if you leave town, fall into a coma, or lose your marbles altogether? Someone will know exactly which bills to pay and how to feed the cat-right? Answer five questions to learn whether you (or someone you take care of) is truly good to go.

Emily Freede, MA, is a self-employed gerontologist. She has 13 years of experience in providing educational programs and individualized services to support living well in later life.

48 Post-Traumatic Stress Disorder (PTSD) in Military Veterans

Bosque Room
Wednesday, 1:30 p.m.– 2:30 p.m.
General Audience

Each day 22 veterans commit suicide. According to the VA, 10-30% of veterans have PTSD. In this workshop the symptoms of PTSD and an overview of treatment will be discussed. Information will be provided on how to communicate with veterans who have been in combat zones.

Beth Sanchez, PhD, is the Director of Behavioral Health Services with Lovelace Health Plan. She has been practicing psychology for 20 years.

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49 Aging in Place: Shared Networks and “Villages”

Ballroom B

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

Many boomers and elders are considering how to remain in their homes and communities. The presenters will describe voluntary support networks and the “Village” model, which build resilience: the ability to stay healthy, recover, or even thrive in challenging situations. Participants can explore the meaning of “neighbor” during the workshop.

Joanne McEntire, MS, is the Program Coordinator for J. McEntire LLC. Ginger Gipson, BA, is the Chair of Sacramento Mt. Village. Patricia Comer is the co-founder and co-director of the North Campus Community Project for Aging-in-Place for the ABQ Department of Senior Affairs.

50 Squirreling Away Food for Emergencies

Ballroom C

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

When catastrophes occur, grocery shelves empty within days. The US Department of Homeland Security recommends all Americans have a 3-day supply of basics on hand in order to survive. This presentation provides guidelines for long-term food storage. Participants will receive a complimentary food-safety bag. Door prizes will be provided.

Sonja Koukel, PhD, is the Community and Environmental Health Specialist with New Mexico State University (NMSU) Cooperative Extension. She has been with the Cooperative Extension Service for ten years, and was formerly the Co-Director for the Southwest Border Food Safety & Defense Center at NMSU.

51 Aging Well & Healthy: Using Alternative Approaches to Exercise

Seminar Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

The focus will be on Tai Chi and Yoga as alternative forms of exercise with adaptations to fit many common ailments. Learn how these forms of exercise can improve strength, flexibility, endurance, and balance, reduce risk for falls, and improve memory, cognition, and behavioral health. Tai Chi and Yoga can help prevent or manage many chronic diseases.

Lindsey Lopez, MPH, is a COT A/L MPH, with Advantage Home Care. She has nine years of experience in geriatrics.

52 Housing Rights

Sunrise Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop will focus on the landlord-tenant and fair housing legal issues that most affect elders. Landlord-tenant topics will include rent, repairs, and lease termination. Fair Housing reasonable accommodations for persons with disabilities, both in private and subsidized housing, will also be discussed.

Richard Weiner, JD, a staff attorney with Lawyer Referral for the Elderly Program, has over 13 years of experience in law.

53 The Multigenerational Concept

Manzano Room
Wednesday, 2:45 p.m. – 3:45 p.m.
General Audience

Manzano Mesa Multigenerational Center was the first multigenerational center in the State of New Mexico. This presentation will define the multigenerational concept and why the concept is important, discuss the challenges of operating multigenerational centers, and explore the future of multigenerational programs.

Cristin Chavez-Smith, MPA, is a Center Manager with the City of Albuquerque Department of Senior Affairs. She has worked with the City of Albuquerque for 8 years.

54 Introduction to New Mexico Adult Protective Services

Rio Grande Room
Wednesday, 2:45 p.m. – 3:45 p.m.
General Audience

This presentation will provide an overview of Adult Protective Services (APS) in New Mexico - its roles and responsibilities and the population it serves. The workshop will also provide information on how to make reports of adult abuse, neglect and exploitation, as well as the types of cases investigated by APS.

Grace Nailor, MSW, is the Consultant Services and Training Manager with the Aging & Long-Term Services Department Adult Protective Services Division. She has been practicing social work for 20 years. Ed Ackron, MSW, LMSW, is the Training Coordinator for the Aging & Long-Term Services Department Adult Protective Services Division. He has worked in the field of social work for 24 years.

55 Manage Your Chronic Disease (MyCD) Program for People with Chronic Health Conditions

Bosque Room
Wednesday, 2:45 p.m. – 3:45 p.m.
General Audience

This presentation will provide an overview of the evidence-based MyCD Program developed and tested by Stanford University, which is being offered across New Mexico. The MyCD Program is targeted to older adults and adults with disabilities who have chronic health conditions, such as diabetes, arthritis, hypertension, and depression.

Chris Lucero, BS, is a Program Manager with NM Department of Health Chronic Disease Program. He has 9 years of experience with Department of Health programs. Catherine A. Offutt, MBA, is the MyCD Program Director with the City of Albuquerque Department of Senior Affairs.

56 Adapted Aquatics

Swimming Pool
Wednesday, 2:45 p.m.– 3:45 p.m.
General Audience

This class introduces participants to strength building through water exercises, including range of motion exercises specific to arthritic joints and beneficial to the general population. Bring your swimsuit and towel!

Berlinda Padilla, BA, is a licensed group fitness trainer with the American Council on Exercise. She is a Meal Site Supervisor with the City of Albuquerque, and has 13 years of experience as a fitness instructor for the older adult population.



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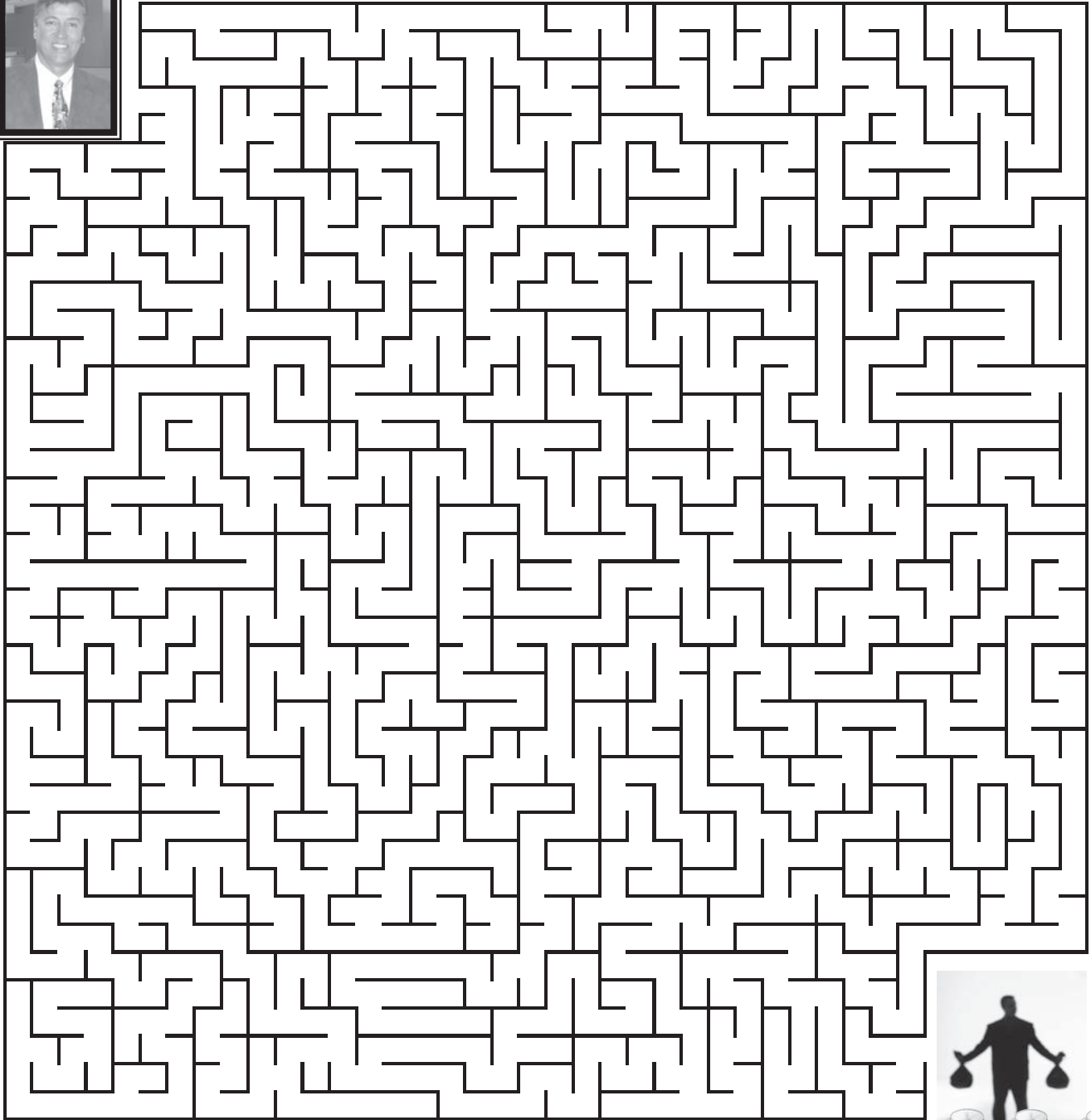
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*Know Your Numbers,
Change Your Numbers,
Change Your Life!*

fitness Workshop

Meaningful change takes time and starts with raising awareness about the need for change – NMSO will partner with local senior programs to conduct a fitness workshop that will include what our numbers are and how we can move to improve our numbers. **Benefits of regular physical activity!**

Cities to host a Know Your Numbers Fitness workshop includes:

 Farmington

 Deming

 Clovis

 Las Vegas

 Carlsbad

 Sandia Pueblo

- Know Your Numbers fitness workshop will be held six different cities, three hour session and the instructor will teach fitness .
- Each K Y N session will include four numbers: waist circumference – body mass index – blood pressure and blood glucose levels.

A typical K Y N session includes:

- Active senior adults 60+
- Free to attend – RSVP will be helpful!
- Aging Matters certified trainers in geriatrics
- A 20 minute workout that gets you moving with a 5 minute cool down!
- Nutrition education – “what does it look like”
- Health screening (where possible)
- Weekly Physical Activity Plan



Contact NMSO at 1-888-623-6676 for more information and visit our website at www.nmseniorolympics.org.

Cecilia J. Acosta, Executive Director



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Tips to Protect Yourself from Health Care Fraud

Health care fraud, errors and abuse cost the US between \$80 and \$160 billion a year. \$1 of every \$10 spent on public insurance programs like Medicare and Medicaid is lost to fraud. Don't Be a Victim! The best protection is preventing people from being scammed or cheated in the first place.

1. Do not give your Medicare number to people you do not know. Guard your Medicare card as you would your Social Security card, credit card, and bank account.
2. Beware of offers for "free" services, unwanted medical equipment, or supplies.
3. Be suspicious of unsolicited insurance agent calls or visits. Never sign anything you do not understand.
4. Use a calendar to record doctor visits, tests, and procedures and compare it to your Medicare Summary Notice.
5. Always read your Medicare Summary Notice (MSN), stamped "This is Not a Bill", or health care billing statement. Your MSN is mailed quarterly after you get Medicare medical care. Look for 3 things on your billing statement:
 - I. Charges for anything you did not receive
 - II. Billing for the same thing twice
 - III. Services that were not ordered by the Doctor
6. Only visit your personal doctor, hospital, or clinic for medical help and/or referrals for special equipment, services, or medicine. Talk to your health care provider before buying or investing in Internet "cure-all"/"miracle" products or services.
7. Never show anyone your medical or prescription records without first talking to your doctor or pharmacist.
8. If someone calls and tries to threaten or pressure you into something – simply hang up the phone.
9. If someone comes to your door and says they are from Medicare or some other health care company shut the door. Remember Medicare does not sell anything.
10. Do not keep mail in your mailbox for more than one day. People steal personal information right out of your mailbox.
11. Rip up or shred your Medicare or other health care papers and other important documents before throwing them away.

If you suspect an error, fraud or abuse related to Medicare/Medicaid health care, gather the facts and report it to NM Senior Medicare /Medicaid Patrol Project at this toll-free number: 1-800-432-2080

Funded by the Administration for Community Living Grant #90SP0031

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Sometimes circles just make sense.

The Get Around Knee system is designed to replace the knee's naturally circular motion. Other knee systems follow an oval motion. Don't just replace your knee. Replace the way your knee moves.

To learn more or to find an orthopaedic surgeon near you, visit getaroundknee.com or call 1-888-Get-Around.

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Total knee replacement is intended for use in individuals with joint disease resulting from degenerative, rheumatoid, and post-traumatic arthritis, and for moderate deformity of the knee.

As with any surgery, knee replacement surgery has serious risks which include, but are not limited to, blood clots, stroke, heart attack, and death. Implant related risks which may lead to a revision include dislocation, loosening, fracture, nerve damage, heterotopic bone formation (abnormal bone growth in tissue), wear of the implant, metal sensitivity, soft tissue imbalance, osteolysis (localized progressive bone loss), and reaction to particle debris.

The information presented is for educational purposes only. Knee implants may not provide the same feel or performance characteristics experienced with a normal healthy joint.

Speak to your doctor to decide if joint replacement surgery is appropriate for you. Individual results vary and not all patients will return to the same activity level. The lifetime of any device is limited and depends on several factors like weight and activity level. Your doctor will help counsel you about strategies to potentially prolong the lifetime of the device, including avoiding high-impact activities, such as running, as well as maintaining a healthy weight. Ask your doctor if the GetAroundKnee is right for you.

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NL12-AD-BS-387

When's the best time to plan for long term care?

Right now. By starting today, you can put a plan in place designed to put you in more control of potential care needs, including who'll provide that care, whether you'll receive it at home or in a facility and how you'll pay for it.

The probability of living a long life makes planning for care a necessity. Please contact me today to discuss the subject of long term care.



Leonard C. Salgado, LUTCF
Long Term Care Insurance Agent
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lsalgado@genworthltc.com
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This is a solicitation of insurance. By responding, an insurance agent will contact you. Details about the costs, benefits, limitations and exclusions will be provided to you by a licensed insurance agent.

143165 09/05/12

Schedule at a Glance

Tuesday, August 20

Tuesday	8:30 a.m.- 10:30 a.m.	11 a.m.- Noon	12:15 p.m. - 1:15 p.m.	1:30 a.m. - 2:30 p.m.	2:45 p.m. - 3:45 p.m.	4 p.m. - 5 p.m.	6:00 p.m.	
Ballroom A	<i>Exhibitors</i>							
Ballroom B	Keynote Speaker: Amy Goyer Caring for Loved Ones - Aren't We All?	Workshop 1 Respite, Family Caregiver Support & the NM Aging Network	Lunchtime Entertainment Navajo Perspective on Aging	Workshop 10 Simple Ways to Transfer your Possessions	Workshop 19 Small Steps to Health and Wealth	Workshop 27 Heart Health Campaign	Reception Featuring Gilbert Lechuga & the Shysterzz 6 p.m.- 10 p.m.	
Ballroom C		Workshop 2 Affordable Healthcare Law:		Workshop 11 The Organized Caregiver	Workshop 20 How to Protect Yourself and Your Family	Workshop 28 Walatowa Dancers from Jemez Pueblo		
Seminar		Workshop 3 Story Telling Steve Fadden		Workshop 12 Rick Cate Comedy Show	Workshop 21 Oldies but Goodies	Workshop 29 Relax! Your Life Depends On It	Easy Listening: by Steve Fadden 6 p.m. - 8 p.m.	
Sunrise		Workshop 4 Long Term Care Planning		Workshop 13 Working with Challenging People	Workshop 22 Living with Diminished Eyesight	Workshop 30 Introduction to the Silver Alert Program		
Manzano		Workshop 5 Exploring Options: Understanding your Program		Workshop 14 Aging & Disability Resource Center	Workshop 23 EngAGE New Mexico	Workshop 31 Making Meaning Out of Loss Through Memoir Writing		
Rio Grande		Workshop 6 You Don't Have to Live with Joint Pain		Workshop 15 Hollywood's Visions of Dying	Workshop 24 Depression, Anxiety, and Coping	Workshop 32 GLBTQ Project Visibility		
Bosque		Workshop 7 Powers of Attorney	Welcome to Speed Dating!	Workshop 16 Who Can You Trust?	Workshop 25 Wellness for All	Workshop 33 Basic Medicare Choices		
Board Room		Workshop 8 NM Veterans Savvy Caregiver		Workshop 17 Non-Profit: Build Capacity through Social Enterprise 3 hour workshop				
Woodstock Lawn		Workshop 9 NMSO: Enhance Fitness Rally		Workshop 18 Engaging in the Creative Process				
Pool					Workshop 26 Adapted Aquatics			
Eagle Ballroom	<i>Health & Enrichment Fair 12:00 p.m. - 4:30 p.m.</i>							

Schedule at a Glance

Wednesday, August 21

Wednesday	8:30 am - 10:30 am	11 am - Noon	12:15 - 1:15 p.m.	1:30 am - 2:30 p.m.	2:45 p.m. - 3:45 p.m.
Ballroom A	<i>Exhibitors</i>				
Ballroom B	Keynote Speaker: Michael Hess Wellness & Health Promotion Welcome from Governor Susana Martinez	Workshop 34 What's Normal In Age Related Cognitive Changes		Workshop 42 Changes to Medicaid	Workshop 49 Aging in Place with Shared Networks and "Villages"
Ballroom C		Workshop 35 Know Your Numbers	Lunchtime Entertainment NMSO Dance & Talent Showcase	Workshop 43 The Health of Hispanic Elderly	Workshop 50 Squirrelling Away Foods for Emergencies
Seminar		Workshop 36 Folklore & Music Roberto Mondragon	Lunchtime Entertainment Rio Grande Players	Workshop 44 Swing & Sing with Joe Blythe	Workshop 51 Aging Well & Healthy: Alternative Approaches
Sunrise		Workshop 37 Staying Vertical: Preventing Falls		Workshop 45 Sex & Aging: Safety, Pleasure & Problem Solving After 60	Workshop 52 Housing Rights
Manzano		Workshop 38 Adult Families in Conflict		Workshop 46 Financial Exploitation	Workshop 53 Multigenerational Concept
Rio Grande		Workshop 39 Coordination of Evidence-Based Health Promotion		Workshop 47 Good to Go!	Workshop 54 Introduction to NM Adult Protective Services
Bosque		Workshop 40 Love is: Safe Sex- Get the Facts!!!		Workshop 48 Post Traumatic Stress Disorder in Military Veterans	Workshop 55 The Manage Your Chronic Disease (MyCD) Program
Board Room					
Woodstock Lawn		Workshop 41 Let's Play Pickleball			
Pool					Workshop 56 Adapted Aquatics
Eagle Ballroom	<i>Health & Enrichment Fair 12:00 p.m. - 4:00 p.m.</i>				

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Thank You!!!

2013 Conference on Aging Exhibitors

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AARP	Healthways, Inc. – Silver Sneakers Fitness Program
Alliance for Area Agencies on Aging	InnovAge Greater NM PACE
Alzheimer’s Association, NM Chapter	Lawyer Referral for the Elderly Program
Ambercare Home Health & Hospice	Lovelace Medicare Plan
AmeriVets	Lovelace Scientific Resources
Amerigroup Real Solutions	Molina Medicare of NM
Amerigroup Community Care New Mexico	NM Aging & Long-Term Services Department
ATS Resources	NM Aging & Disability Resource Center
Bright Ideas Promotional Products	NM Cancer Center
City of ABQ Department of Senior Affairs	NM Governor’s Commission on Disability
Compassion and Choices	NM Regulation & Licensing: Securities Division
Con Alma Health Foundation	NM Senior Olympics, Inc.
Concilio CDS, Inc.	NM Attorney General’s Consumer Protection Division
Cornucopia Adult Day Services & Family Living Provider	Presbyterian Health Plan
Delivery Concepts West/Don Chalmers Ford	Prime Time Monthly
El Mirador	Roberts Bus Center
Emeritus at Sandia Springs	Sandia Hearing Aids/Hospice of NM
Foot Prints Home Care/Fairwinds	Shamrock Foots
Genesis Health Care	Sol Amor Hospice
Genworth Financial	Stryker Orthopaedics
Haven Behavioral Health Senior Care of Albuquerque/Home Instead Senior Care	The Hartford - AARP Auto/Home Insurance Program
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Thank You!!!

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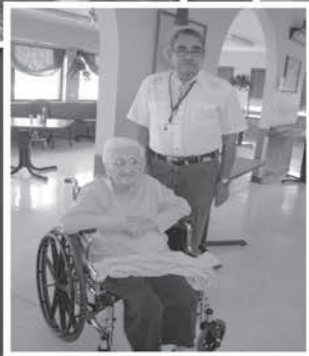
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- **Receive a Living Allowance;**
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Get Involved!



Interested in volunteering?



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*Source: Research & Polling phone survey data, 2003-2012



New Mexico Conference on Aging GENERAL CONFERENCE EVALUATION



Thank you for attending our conference. Please take a few minutes to tell us how we did.
Your comments will help improve future conferences!

Your Age: Under 30 30-39 40-49 50-54 55-59 60-64 65-69
 70-74 75-79 80-89 90-99 100 or more

You are: Male Female

You are attending: for the 1st time for the _____ time

PLEASE PLACE AN "X" IN THE MOST APPROPRIATE BOX.

	YES		NO			<i>Did not attend</i> If you didn't attend, please tell us why
	1	2	3	4	5	
Conference registration was easy						
I enjoyed Tuesday's keynote speaker						
I enjoyed Wednesday's keynote speaker						
I could hear the keynote speakers						
The Health & Enrichment Fair was valuable						
The Conference was valuable						
I enjoyed the Conference entertainment						
Professional development workshops were helpful to me						
Workshops were informative						
I could hear workshop presenters clearly						
Which workshop(s) was most valuable to you?						
Which workshop(s) was least valuable to you?						
Please list ideas for workshop topics for next year						
Please list ideas for Exhibitors for next year						
Please share any thoughts that might help improve next year's Conference						

Notes:

Let us know how we're doing.

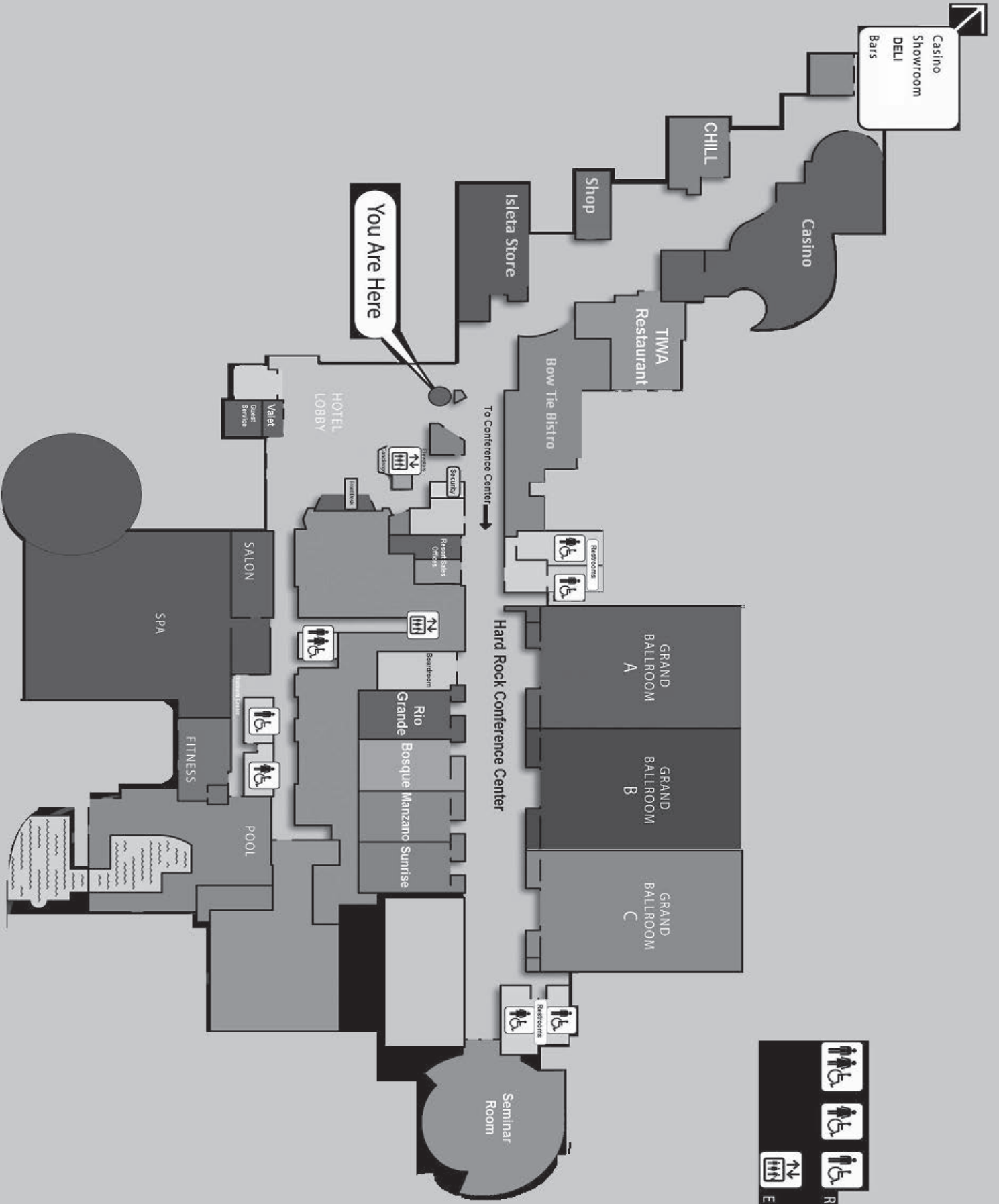
Please fill out a Conference Evaluation form.

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Thank you for attending the Conference on Aging.



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