

36th Annual New Mexico Conference on Aging



"Golden Years" by Sally Bartos, Edgewood, New Mexico

August 19-20, 2014

Susana Martinez, Governor

Gino Rinaldi, Cabinet Secretary

Myles Copeland, Deputy Secretary



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Gino Rinaldi, Cabinet Secretary
Myles Copeland, Deputy Secretary

Dear Conference Attendees,

On behalf of Governor Susana Martinez and the New Mexico Aging & Long-Term Services Department, I am pleased to welcome all of you to the 36th Annual Conference on Aging. Whether this is your first time attending or you have attended many times, I hope you enjoy what we have lined up for you. This year, we have Speed Dating, new entertainment and physical fitness sessions, as well as many new workshops on the latest information for both older adults and professionals who work with them. Please take time to visit the Health & Enrichment Fair, where you can find activities to enrich your life, and have important health check-ups performed at no cost. Each year, we try to provide you with a better experience than the last.

A conference of this magnitude could not take place without the year-long planning of the Conference on Aging Planning Committee and the staff of the Aging & Long-Term Services Department. It is because of their dedication that this conference encompasses so many different aspects of aging, and the cultural diversity of the people of New Mexico and other states. I encourage you to fill out your evaluation form and let us know how we're doing, so that we can continue improving this conference for the people of this great State.

Sincerely,

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

Gino Rinaldi
Cabinet Secretary
Aging and Long-Term Services Department

Conference Schedule

Tuesday, August 19

7:00 — 8:00 am

SilverSneakers® Classic Class

8:30 — 10:30 am

Plenary Session

Dr. Barry Ramo/Mark Riker

Grand Ballrooms B & C

11:00 a.m. — Noon

Workshops

Noon — 1:15 pm

Lunch (On your own)

12:15 — 1:15 pm

Move: Alive Inside

New Mexico History Through Music

Welcome to Speed Dating!

11:30 am — 4:00 pm

Health & Enrichment Fair

Eagle Ballroom at the Golf Course

1:30 — 2:30 pm

Workshops

2:45 — 3:45 pm

Workshops

4:00 — 5:00 pm

Workshops

6:00 — 10:00 pm

Reception/Dance

Flutist & Acoustic Guitar

Wednesday, August 20

8:30 — 10:30 am

Plenary Session

Cindy Brown

“Thinking Again:

Exploring Your Own Aging”

Grand Ballrooms B & C

11:00 am — Noon

Workshops

Noon — 1:15 pm

Lunch (On your own)

12:15 — 1:15 pm

You Can Line Dance

Movie: Alive Inside

10:00 am — 4:30 pm

Health & Enrichment Fair

Eagle Ballroom at the Golf Course

1:30 — 2:30 pm

Workshops

2:45 — 3:45 pm

Workshops

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Plenary Schedule

(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
Myles Copeland, Deputy Secretary, NM Aging & Long-Term Services Department
- 9:15 a.m. Keynote Address: Dr. Barry Ramo & Mark Riker



(times are approximate)

- 8:30 a.m. Welcoming Remarks:
Gino Rinaldi, Cabinet Secretary, NM Aging & Long-Term Services Department
- 8:45 a.m. Presentation of Conference on Aging Awards
Myles Copeland, Deputy Secretary, NM Aging & Long-Term Services Department
- 8:55 a.m. Keynote Address: Cindy Brown
- 9:45 a.m. Door Prizes



**Special thanks to the
American Sign Language Interpreters
for providing us with an invaluable service.**

2014 Conference on Aging Award Recipients

K. Rose Wood Outstanding Older Adult Award
Betty Ann Belle, Corona



Lovola Burgess Lifetime Leadership Award
Charlie Phillips, Roswell



Gregorita Chavarria Arts Award
Juanita Sanchez, Albuquerque (Posthumous)



Public Service Award
Don Chalmers, Albuquerque (Posthumous)



Representative Nick Salazar Award
Representative Jim Trujillo, Albuquerque

2014 Conference on Aging Planning Committee

Andrea Allen
Anthony Romero
Berlinda Trujillo
Bill Taylor
Cristy Wade
Crystal Lucero
Ellen Driber-Hassall
Emily Freede
Evone D. Gallegos
Geraldine Mascareñas
Gloria Analla
Helen Kerschner

Howard Shulman
Janet Popp
Judy Spear
Julia Gil
Kaven Begay
Kristin Slater-Huff
Lynne Anker-Unnever

Marlene Sena
Martha Medina
Maureen Manring
Michelle Werley
Rachel Lovato
Romy Pierce
Sam Martinez
Shanna Lapsley
Stephanie Macek
Stormy Ralstin
Terri Tobey
Vince Gomez



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 the voices of presenters, 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.

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 11:30 a.m. and ending at 4:00 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.

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 \$20 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 11:30 p.m. to 4:00 p.m. on Tuesday, August 19 and Wednesday, August 20. Find out about services offered throughout New Mexico, receive free health screening, get wellness information, enjoy a massage, and even get a haircut!

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., or easy listening flute and acoustic guitar from 6:00 p.m. – 8:00 p.m. in the Seminar Room.

Exhibitors ~ are located in 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.

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!

Fitness Workshop

Early risers here's a workshop to get your blood pumping and your heart rate up at Classic Class by SilverSneakers!

Art Workshop

Engaging in the Creative Process workshop offers attendees the opportunity to unleash their creative potential. Learn various painting application techniques.

Entertainment

Enjoy traditional native dances performed by the Crow Dancers.
Perform like a rock star at Karaoke.
Make a friend at Speed Dating!

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Conference Entertainment

Tuesday, August 19, 2014

Time: 7:00 am – 8:00 am

Performer: Mariachi Nuevo Sonido

Activity: Music

Location: Ballroom B & C

Time: 8:30 am – 9:30 am

Performer: Geraldine Cain

Activity: Music – National Anthem

Location: Ballroom B & C

Time: 11:00 am – Noon

Performer: Steve Fadden & Robin Easton

Activity: Story Telling

Location: Seminar Room

Time: 12:15 pm – 1:15 pm

Performer: Roberto Mondragon

Activity: Folklore & Music

Location: Seminar Room

Time: 1:30 pm – 2:30 pm

Performer: James Bilagody

Activity: Comic

Location: Seminar Room

Time: 2:45 pm – 3:45 pm

Performer: Raul Sanchez

Activity: Music & Song

Location: Seminar Room

Time: 4:00 pm – 5:00 pm

Performer: Dan Sedillo

Activity: Karaoke

Location: Seminar Room

Time: 4:00 pm – 5:00 pm

Performer: Zia Pueblo - Crow Dancers

Activity: Dance

Location: Go-Wa Patio

Time: 6:00 pm – 10:00 pm

Performer: Gilbert Lechuga & the Shysterzz

Activity: Evening Reception/Dance

Location: Ballroom B & C

Time: 6:00 pm – 8:00 pm

Performer: Steve Fadden & Robin Easton

Activity: Alternate Entertainment Flute & Acoustic Guitar

Location: Seminar Room

Wednesday, August 20, 2014

Time: 11:00 am – Noon

Performer: Joe D. Lucero- Legends of the Pueblo

Activity: Isleta Story Teller

Location: Seminar Room

Time: 12:15 pm – 1:15 pm

Performer: LaNora Pickel

Activity: Line Dancing

Location: Ballroom B

Time: 1:30 pm – 2:30 pm

Performer: Samuel D

Activity: Music & Song

Location: Seminar Room

Time: 2:45 pm – 3:45 pm

Performer: Joe Blythe- Get up and Boogie!

Activity: Music & Song

Location: Seminar Room





"Golden Years" by Sally Bartos, Edgewood, New Mexico



36TH Annual
New Mexico Conference on Aging

A Diverse Community: Exploring Options, Expanding Horizons

August 19-20, 2014

Susana Martinez, Governor • Gino Rinaldi, Cabinet Secretary

The artist of the 2014 Conference poster, Sally Bartos, will be available to sign posters on August 19th from 10:00 am to 12 noon and from 2:00 pm to 4:00 pm, and on August 20th from 10:00 am to 12 noon.

Posters are for sale at \$3.00 each.
Proceeds from poster sales benefit the Conference on Aging.

Speed Dating



Welcome to Speed Dating
Tuesday 12:15 p.m. - 1:15 p.m.
A Fast Fun Way to Meet New People
Bring a Friend! Make a New Friend!
Sign up at the Registration Desk



Light refreshments will be provided!



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Get Involved!



Interested in volunteering?



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2220 S. Solano Drive Las Cruces, NM 88001
(575) 521-9814

104 B E. Aztec Avenue Gallup, NM 87301
(505) 399-5019

Keynote
Tuesday, August 19th 8:30 a.m.
Grand Ballroom



Healthy aging partners committed to senior health, wellness and quality of life will highlight proven physical activity programs being offered throughout New Mexico. Participation in these programs can help you embark on a journey for optimum health. Come and be motivated to increase your physical activity and reach your personal best.

Barry Ramo, MD, is a Cardiologist practicing at the NM Heart Institute in Albuquerque, NM, and affiliated with the UNM School of Medicine. Dr. Ramo is the Medical Editor at KOAT TV. Marc Riker is the CEO of the National Senior Games Association.

Workshops

Tuesday, August 19th

7:00 a.m.

1 SilverSneakers® Classic Class Demonstration

Go`Wa Lawn

Tuesday, 7:00 a.m. – 8:00 a.m.

General Audience

Have fun and move to music through a variety of exercises designed to increase muscular strength, range of motion and your ability to perform of daily activities. Hand-held weights, elastic tubing with handles and a SilverSneakers ball will be offered to strengthen resistance. Chairs will be available if needed for seated or standing support.

SilverSneakers® staff will lead the exercises.

Workshops

Tuesday, August 19th

11:00 a.m.

2 Update on the NM State Plan for Alzheimer’s Disease & Related Dementias

Ballroom B

Tuesday, 11:00 a.m. – Noon

General Audience

This session will provide an update on the State Plan for Alzheimer’s Disease and Related Dementias, including first year implementation strategies and information for stakeholders who wish to remain, or become, involved in implementation. Come learn about the plan, ask questions and find out how you can get involved.

Tracy Wohl is the Director of the NM Aging & Long-Term Services Department, Office of Alzheimer’s/dementia Care. Jamie Frye is the Communications and Advocacy Director with the NM Alzheimer’s Association. Myles Copeland is the Deputy Secretary of the NM Aging & Long-Term Services Department. Myles came to the Department from the Alzheimer’s Association, New Mexico Chapter, where he managed the Veterans Savvy Caregiver support program, as well as legislative advocacy and public awareness efforts. He has an MBA from the University of New Mexico, and a Bachelor’s in Philosophy from Whittier College in Whittier, California. A graduate of Albuquerque’s St. Pius High School, he grew up in the South Valley of Bernalillo County.

3 President’s Challenge for Adult Fitness

Ballroom C

Tuesday, 11:00 a.m. – Noon

General Audience

Learn about the President’s Challenge for Adult Fitness, the importance of exercise for older adults, and methods for getting people to be more active.

Shellie Pfohl, MS, is an exercise physiologist and fitness leader. She was appointed by President Barack Obama in February 2010 to serve as Executive Director of the President's Council on Fitness, Sports & Nutrition. She manages the activities and operations of the Council and leads the Council's efforts related to First Lady Michelle Obama's "Let's Move!" national initiative to solve childhood obesity within a generation.

4 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. Teaching history through storytelling is creative, optimistic and proactive. Too often we look at history in a passive and observational manner, rather than with an awareness of our participation in cultural and worldly events. By knowing our histories we can understand where we are now, and can work to create a better tomorrow for our children. While we can't change the past, we can shape our futures.



5 The Results of Know Your Numbers: On the Road to Modifying Behavior
Sunrise Room
Tuesday, 11:00 a.m. – Noon
Professional Audience

Research conducted on the Know Your Numbers initiative demonstrates program efficacy and predictive effects on improved health. The focus on increasing health awareness among participants, produced greater understanding of behavior modification effects necessary for positive health outcomes. Know Your Numbers has potential to positively alter the health habits of all New Mexicans.

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. They are consultants to NM Senior Olympics health promotion programs, and authors of the Adult Falls Prevention Coalition Strategic Plan.



6 Live Happy!
Manzano Room
Tuesday, 11:00 a.m. – Noon
General Audience

Learn how to suck the juice out of life with the seven secrets for distressing and rejuvenating your life. Soothe your soul with the music of the masters.

Ellen Wood, Joyfulness Sister, is an award winning author, columnist and speaker. Martha Shepp, BFA, MFA, Joyfulness Sister, has experience as a performing artist, musician and teacher.

7 Internet Resources for Senior Health

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

This session will enable attendees to quickly locate health information on the Internet. Come and gain a better understanding of how the University of NM Health Sciences Library supports professional development and consumer health. Several freely available online resources from the National Library of Medicine will be identified.

Pat Bradley, MLS, is a native and distance services librarian with UNM Health Sciences Library and Informatics Center (HSLIC). She has over 30 years of experience as a health sciences librarian at UNM and Indian Health Services. Sarah Knox Morley, MLS, is the Clinical Services Librarian with UNM HSLIC. She has over 30 years of experience as a librarian.

8 The Benefits and Uses of Scientific Resources

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

Learn about clinical research and how information from clinical research studies may be used to create new medicines and medical devices to benefit future generations. Participation in such studies can help change the treatment of medical conditions for the next generation.

Jonny Salyer, MD, Fellow of the College of American Pathologists, is an investigator with Lovelace Scientific Resources. She has 23 years of experience as a physician supporting new drug and medical device development globally.

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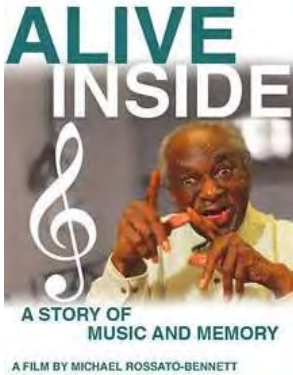
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Phone: 505-892-6603



Lunchtime Entertainment

Tuesday, August 19th

12:15 p.m.



Movie: Alive Inside

Ballroom B
Tuesday, 12:15 p.m. – 1:15 p.m.
General Audience

This powerful film was presented at the 2014 Sundance Film Festival. It demonstrates the beneficial effects of music on residents in senior living facilities.

Movie provided by Ivan Pfieler

New Mexico History through Music

Seminar Room
Tuesday, 12:15 p.m. – 1:15 p.m.
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! He 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; and has produced several radio programs.



Welcome to Speed Dating!

Go`Wa Lawn
Tuesday, 12:15 p.m. – 1:15 p.m.
General Audience

Come experience the dating world through speed dating! Bring a friend.

***Open to the first 24 attendees.
Sign up at Registration desk.**

9 **Balance, Age, and Fall Risk: How to Improve Your Balance**

Ballroom B

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

Balance can change over a lifetime for many reasons. This workshop will describe how the body controls balance, how age related changes and other contributing factors can increase fall risk, and how to improve balance and reduce chances of falling.

Janet Popp, PT, MS, is a physical therapist and gerontologist. She is also the Chair of the NM Adult Falls Prevention Coalition.

10 **Caregiver Open Forum**

Ballroom C

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

If you have served as a family caregiver, your input is needed to inform the work of the New Mexico Family Caregiver Task Force. Convened by the Aging & Long-Term Services Department, the Task Force is responsible for creating a state plan to address the issues of family caregivers. This session is an opportunity to spotlight your caregiving experiences and ideas.

Gino Rinaldi, 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. Myles Copeland is the Deputy Secretary of the NM Aging & Long-Term Services Department. Myles came to the Department from the Alzheimer's Association, New Mexico Chapter, where he managed the Veterans Savvy Caregiver support program, as well as legislative advocacy and public awareness efforts. He has an MBA from the University of New Mexico, and a Bachelor's in Philosophy from Whittier College in Whittier, California. A graduate of Albuquerque's St. Pius High School, he grew up in the South Valley of Bernalillo County. Tracy Wohl is the Director of the NM Aging & Long-Term Services Department, Office of Alzheimer's/Dementia Care.

11 **James Bilagody Comedy Show**

Seminar Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Sit down, relax and get ready to laugh until your cheeks hurt!

James Bilagody, a Navajo Native, has been performing for audiences since 1969.

 **PRESBYTERIAN**

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12 New Mexico Library for the Blind & Physically Handicapped

Ballroom C

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

If you, or someone you know, are having trouble reading printed material due to visual impairment or a physical condition, there is still opportunity to enjoy the pleasure of a good book by listening to a talking audiobook! Learn about the services provided by the NM Library for the Blind & Physically Handicapped.

Amy Boggess, BA, MLS, is a librarian at the NM Library for the Blind & Physically Handicapped. She has 10 years of experience as a professional librarian.

13 Compassion Fatigue and the Path to Wellness

Manzano Room

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

Raising awareness about Compassion Fatigue is the mission of this workshop. Learn to recognize and manage symptoms enabling the facilitation of a “healthy caregiving relationship”. Receive tips on self-care for the caregiver and create a “personal self-care plan”.

Loretta Marie Oldfield, RN, is the Director of Business Development/Clinical Liaison at SolAmor Hospice. She has 18 years of experience as an RN case manager, clinical nurse educator, public speaker and caregiver. Kathy Hoppe, Masters of Divinity, is the Bereavement Coordinator at SolAmor Hospice, and has over 25 years of experience in management, college instruction, public speaking and caregiving. Patsy Garcia, BBA, is the Volunteer Coordinator at SolAmor Hospice. She has experience in caregiving, business ownership, and as a health care provider.

14 What is a Reverse Mortgage?

Rio Grande Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Learn how a reverse mortgage works. Become aware of the risk factors and benefits of taking out a reverse mortgage, including payment options, defaults, payback and pay-off of existing mortgages. Predatory lender cautions will also be discussed.

Clara A. Padilla-Silver, BUS, JD, is a foreclosure attorney with Senior Citizens’ Law Office. She has experience in foreclosure defense and as a foreclosure mediator.

15 Planning for Tomorrow Today: Understanding Long-Term Care Insurance

Bosque Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

There are many misconceptions about what long-term care is and who pays for it. Contrary to what many believe, Medicare and private health insurance programs generally do not pay for the majority of long-term care services that most people need. This presentation will help you understand long-term care “basics” and options for care.

Aliasha Ruiz, BA, is a consultant at Genworth Financial in Seattle, WA.

16 Grandparents Raising Grandchildren

Ballroom B

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop will provide information on the increasing number of grandparents involved in raising their grandchildren, reasons behind the increase, and a discussion of strategies to address this growing trend.

Dolores E. Roybal, PhD, MSW, is the Executive Director of the Con Alma Health Foundation. She has over 35 years of experience in nonprofit philanthropy and is a member of NM Aging & Long-Term Services Department Policy Advisory Committee. Delfinia Romero, MEd, is the Director of Family Educational Services at Las Cumbres Community Services. Patty Shure, MSW, LISW, is the Director of Family and Child Services at Las Cumbres Community Services.

17 Avoiding Financial Fraud

Ballroom C

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Affinity group fraud is when a con artist claims to be a member of the same ethnic, religious, career or community-based group as the intended victim. Many people fall prey to affinity group fraud. In a world of increasing complexity, many feel the need for a way to know whom to trust. This is especially true when it comes to investing money. Unfamiliar with how financial markets work; many people don't know how to research an investment or its seller. Learn how to keep your assets safe and out of the hands of con artists.

Bernice Geiger is an investigator with the NM Securities Division at the NM Regulation and Licensing Department. She is a former Colorado police officer and has many years of experience in investigations and police work.

18 “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 & 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.



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19 Medicare Enrollment Choices – The Basics

Sunrise Room
Tuesday, 2:45 p.m. – 3:45 p.m.
Professional/General Audience

Many find it difficult to make Medicare enrollment and coverage choices. People commonly have questions like: What are my choices? When and how must I make them? What if I have coverage through work? What about purchasing “Medigap” Insurance? This workshop will help answer these questions, as well as other questions you may have.

Michael C. Parks, BA, JD, is principal attorney at the Mandy Pino Center for Life Planning and Benefits Choices. He has specialized in the study of assistance with, and community education regarding, Medicare for over 30 years.

20 Emergency Preparedness Toolkit

Manzano Room
Tuesday, 2:45 p.m. – 3:45 p.m.
Professional/General Audience

The presenter will lead the audience in an interactive activity on planning for a real life emergency using the AARP Emergency Preparedness Tool kit as a guide. Learn the steps to take in planning for a natural disaster or other emergency. Walk away with tools to prepare for action if disaster strikes.

Shanna Lapsley, BA Criminology, is the Associate State Director of Multicultural Outreach at AARP NM.

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

How do we older adults talk with each other about aging? How do younger people talk with older adults and others about growing old? What influence does our culture have on how we understand aging? These and other questions will be explored in this workshop. Using insights from the field of narrative gerontology and from selected poets, we will explore how to help older adults uncover the meaning and purpose of their life stories, the wisdom contained in their stories, and how those stories can revitalize the 6th great adventure of life: Aging.

Wallace Ford, BA, M.Div., D. Min., is the coordinator of NM Elders Mediation Network. He is an independent religious institutions professional with over 20 years’ experience in the field of mediation.

22 Life Reimagined

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

Life Reimagined is a new way of thinking about what’s next in your life - whether you’re focused on work, health, relationships, or finally pursuing your passion. Notions of retirement are changing. Not everyone can retire; baby boomers are becoming caregivers; empty nesters have grown children moving back in with. Life Reimagined can help you focus on “Me”. Hear stories of lives reimagined, and become empowered with guidance, tools and connections to plan your next move in life.

Suzan Turley, King City (OR) Councilor, has trained others and spoken publicly in every position in her career. As an elected official, she speaks to constituents, partners and legislators. She is a speech trainer for Special Olympics and Oregon pageant contestants. Toastmasters International has awarded her advanced leadership certification and designated her as a distinguished toastmaster.

23 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. The class will include range of motion exercises specific to arthritic joints, but also beneficial to all. Bring your swimsuit and towel!

Berlinda Trujillo, 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 14 years of experience as a fitness instructor of older adults.



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The benefit information provided is a brief summary, not a complete description of benefits. For more information contact the plan. Limitations, copayments, and restrictions may apply. Benefits, formulary, pharmacy network, provider network, premium and/or co-payments/co-insurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium. Plans available in Bernalillo, Cibola, Guadalupe, Los Alamos, Mora, Rio Arriba, San Miguel, Sandoval, Santa Fe, Socorro, Torrance and Valencia counties. HMO, HMO-POS and PPO plans are provided by Blue Cross and Blue Shield of New Mexico, a Division of Health Care Service Corporation, a Mutual Legal Reserve Company (HCSC), an independent licensee of the Blue Cross and Blue Shield Association. HCSC is a Medicare Advantage organization with a Medicare contract. Enrollment in HCSC’s plans depends on contract renewal.

- 24 Care Transitions – Returning to the Community from a Nursing Facility**
Ballroom B
Tuesday, 4:00 p.m. – 5:00 p.m.
Professional/General Audience

The NM Aging & Long-Term Services Department Care Transition Program serves New Mexicans residing in assisted living or nursing facilities who wish to return to the community. Care Transition Specialists advocate and coordinate services to facilitate the process. A person-centered approach, and face-to-face assistance, is the foundation of the program.

Louella Garcia, BSW, Criminology, is a Care Transition Specialist with the NM Aging & Long-Term Services Department. She has over 15 years of experience, and extensive knowledge of Medicaid, public assistance, and community-based programs available to elders and New Mexicans with disabilities.

- 25 Traditional Medicine: Honoring Our Elders**
Ballroom C
Tuesday, 4:00 p.m. – 5:00 p.m.
General Audience

Learn about blended allopathic and traditional medicines and how they can help improve health. Over the years, diets and lifestyles have changed and many people are not healthy. Returning to the cultural wisdom of traditional medicine and health modification can be of benefit. In the past 14 years of conducting community outreach, the University of NM Curanderismo program has seen an increase in demand for healthier alternatives to healing.

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Antoinette Gonzales, BS, BA, is licensed through the University of Mexico Morelos. She is a traditional healer, curandera, and affiliated with Tonantzin Traditional Healing and RAICES. Eliseo Torres, EdD, is a professor and administrator of the annual Traditional Medicine class at the University of NM. He is the author of two books on curanderismo, and a researcher of curanderismo.

- 26 Karaoke!**
Seminar Room
Tuesday, 4:00 p.m. – 5:00 p.m.
General Audience

Are you the next Elvis or Loretta Lynn? Show off your vocal skills and listen to your fellow amateur vocal artists from around New Mexico.

Dan Sedillo has performed Karaoke at many senior centers in Albuquerque.

27 Institutional Medicaid & Community Waiver Program Benefits

Sunrise Room
Tuesday, 4:00 p.m. – 5:00 p.m.
Professional/General Audience

Many older adults are concerned about needing nursing facility care in the future and the impact of institutional care on their income and resources. This workshop will focus on government programs that pay for nursing facility care. The presenter will provide information on permissible and impermissible transfers of assets to qualify for Medicaid benefits, as well as how to prevent impoverishment of a spouse who remains in the community when the other spouse enters a nursing facility. Medicaid Community Waiver Programs will also be discussed.

Ellen Leitzer, JD, is the co-founder and Executive Director of the Senior Citizen's Law Office, Inc. in Albuquerque, NM. She has over 30 years of experience as an attorney.

28 "Prepare to Care" – A Caregivers Guide

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

"Prepare to Care" is AARP's premier guidebook on creating a caregiving plan. The presenter will lead a discussion, following the steps in the guidebook, regarding how to create a caregiving plan. Resources, tools, and information to help empower those currently caregiving and those planning on caregiving will be provided.

Shanna Lapsley, BA, Criminology, is the Associate State Director of Multicultural Outreach at AARP NM.



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**Please join us at the
reception
and dance to the music of...**



**Time: 6:00—10:00 p.m.
Ballrooms B & C
Bring your DANCING SHOES!!!**



29 Introduction to American Indian/Alaska Native Aging

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

This presentation will examine the culture and varying needs of American Indian/Alaska Native (AI/AN) elders. Learn about the history of the Indian Health Service and how the current Affordable Care Act with its dual legislation, Indian Healthcare Improvement Act, may improve the health of AI/AN elders. What unique aspects of native life make AI/AN elders susceptible to greater health disparities? How can aging network providers conduct culturally sensitive outreach? Learn best practices to make services available to all Native peoples.

Randella Bluehouse, BA, is the Executive Director of the National Indian Council on Aging (NICOA), Inc. Her career has focused on aging services coordination and advocacy promotion and she is a member of the Navajo (Diné) Nation. Rebecca Owl Morgan, BA, MLS, is the project coordinator for NICOA. She is an enrolled member of the Eastern Band of Cherokee Indians in North Carolina and is a former librarian.

30 Methuselah’s Secret? – Emergency Preparedness for Older Adults

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

Perhaps not Methuselah’s actual secret, but emergency preparedness is important to longevity nonetheless! This workshop will discuss concerns for individual emergency preparedness, including developing a customized plan for your needs (including disabilities), a support network, a health card with a prescription medication list, and a “ready kit, go bag”. The presenter will also address planning for facilities to ensure they’re prepared as well.

Heather Stanton, MPH, BA, Certified Health Education Specialist, is the Access and Functional Needs Coordinator at NM Department of Health.

31 Zia Crow Dancers

Go’Wa Lawn
Tuesday, 4:00 p.m. – 5:00 p.m.
General Audience

Historically, the Zia Crow Dance was created in 1920 and performed originally in order to raise money. Meant to mimic crows, several black and red-painted dancers fly, flit, and gambol like the curious birds they are. Often a white crow enters to become the blunt of playful joking throughout the dance. In 1996, Zia community leaders revived the Crow Dance.

Traditional dancers of Zia Pueblo will perform the Crow Dance.

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Keynote
Wednesday, August 20th 8:30 a.m.
Grand Ballroom

Thinking Again: Exploring Your Own Aging

If people give much thought to their own aging and what they expect for themselves as they age, the pictures in their minds probably do not include Alzheimer's disease or other forms of dementia. Most of us have a frightening view of dementia and what it does to the lives of individuals and their loved ones. This presentation will offer alternative thoughts about aging with dementia. This isn't a clinical presentation with statistics and theories, it is a practical call to challenge the anxiety many people associate with Alzheimer's disease or other forms of dementia.



Cindy S. Brown, LBSW, CDP is the Training and Resource Manager/ Social Worker at Home Instead Senior Care in Albuquerque. At Home Instead, she works closely with elders, families and caregivers to facilitate "aging in place" and serves as an advocate helping elders and families to access resources and services. With nearly 20 years of experience in the area of elder care, Ms. Brown is a leader in providing innovative solutions to elders and their families, as they face the challenges of aging.



Workshops Wednesday, August 20th 11:00 a.m.

- 32 Aging in New Mexico**
Ballroom B
Wednesday, 11:00 a.m. – Noon
General Audience

The New Mexico Aging & Long Term Services Department has grown from a small state agency to a department with over 200 employees. Learn about its history, present initiatives and future ideas for the department from the Aging & Long Term Services Department Cabinet Secretary, Gino Rinaldi.

Gino Rinaldi, 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 has served in leadership roles with Sandoval County Senior Services, St. Joseph Healthcare System in Albuquerque and 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.

- 33 Nutrition for the Golden Years**
Ballroom C
Wednesday, 11:00 a.m. – Noon
Professional/General Audience

Although we live in the Space Age we have a body formed in the Stone Age. The mismatch between the two diets representative of these time periods may be at odds with our ability to enjoy the full potential of what it means to be human. Come and learn new eating habits for a healthier lifestyle.

Marvin Smith, BSc Human Biology, Doctor of Chiropractic, is a nutritional health coach at Natural Grocers by Vitamin Cottage.

- 34 Tales of the Pueblo**
Seminar Room
Wednesday, 11:00 a.m. – Noon
General Audience

Join Joe D. Lucero as he walks you through life in Isleta Pueblo and the rich cultural history passed down from one person to another.

Joe D. Lucero is a Native Elder from the Isleta Pueblo.

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- Foster Grandparent Program 764-6412

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35 NM Department of Health Medical Cannabis Program

Sunrise Room
Wednesday, 11:00 a.m. – Noon
Professional/General Audience

This workshop will provide an overview of the State of New Mexico’s Medical Cannabis Program, including information on the role medical cannabis can play in a patient’s overall health. Learn about the rights and responsibilities of those enrolled in the program, methods of ingestion, and the risks and benefits of using medical cannabis as part of one’s medical treatment.

Andrea Sundberg, BA-CJ, MPA, is the Medical Cannabis Program Coordinator at the NM Department of Health. Kathryn Riter, BS, is a Health Educator with NM Department of Health Medical Cannabis Program.

36 Your Joint Pain and Treatment Options

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

Your joints are involved in almost every activity you perform. Simple movements such as walking, bending and turning require the use of hip and knee joints. Normally, all parts of these joints work together and the joints move easily and without pain. However, when a joint becomes diseased or injured, resulting pain can severely limit your ability to move and engage in daily activities. Come and learn about options for reducing, or even eliminating, joint pain.

Christopher Hanosh, MD, is an assistant professor and surgeon at the University of NM Health Sciences Center. He specializes in adult reconstruction, and is board certified by the American Board of Orthopaedic Surgery. He graduated from Johns Hopkins University Medical School and completed his residency at UNM.

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

Sexuality Educator, Molly Adler, will present a healthy, positive and fun approach to sex and relationships. She’ll 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, Candidate MSW, is a Sex Educator and the Co-Owner of Self Serve Sexuality Resource Center. She has been helping people improve their sex lives and relationships since 2003.



36th Annual NM Conference on Aging
Health & Enrichment Fair

Tuesday and Wednesday
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11:30 to 4:00 p.m.
Isleta Eagle Golf Course Ballroom

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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 11:30 a.m. and ending at 4:00 p.m.
Shuttles will leave from the hotel entrance.**

38 “Old” Lesbians: An Invisible Minority

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

Old Lesbians Organizing for Change (OLOC) confronts ageism in society. They call themselves old with pride to challenge stereotypes and empower themselves. Many old lesbians may be widows, many no longer have family, and some may live in nursing facilities cut off from their lesbian culture. This workshop will present a panel of diverse lesbians from New Mexico’s OLOC chapter who are proud of being old and will share their stories.

Susan S. Turner, MSW, LISW, is a clinical social worker and a member of OLOC. She has over 30 years of experience as a clinical social worker, administrator, clinical supervisor, and graduate school educator. Anna Garden, MLS, is a member of OLOC, and has experience in Oriental Medicine. Ann Nihlen, PhD, is a member of OLOC, has taught at UNM for 30 years in the College of Education, and was a founder of the UNM Women’s Studies Program.



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39 Engaging in the Creative Process

Go Wa Lawn
Wednesday, 11:00 a.m. – Noon
General Audience

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

Judy Ortiz has been an artist for 38 years, and has been featured in many art shows. She owns a gallery in Santa Fe, where she and her son sell their artwork. She is a former employee of the NM Aging & Long-Term Services Department, a former member of the NM Conference on Aging Planning Committee, and has created artwork for the Conference on Aging poster.



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Wednesday, August 20th 12:15 p.m.



You Can Line Dance

Ballroom B
 Wednesday, 12:15 pm – 1:15 pm
 General Audience

The line dancing fad that is taking the nation! It is one of the best exercises for the heart, lungs, brain, and entire body. It helps keep the mind active and alert. This workshop is designed for anyone interested in line dancing – from the beginner to the expert. Come learn to line dance and get your heart rate up!

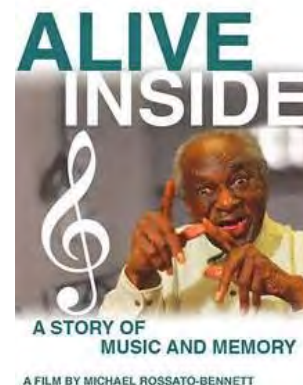
LaNora Pickel, has been a dance instructor for 8 years. Jo Neely and Yolanda Boyd will join her in instruction.

Movie: Alive Inside

Ballroom B
 Tuesday, 12:15 p.m. – 1:15 p.m.
 General Audience

This powerful film was presented at the 2014 Sundance Film Festival. It demonstrates the beneficial effects of music on residents of senior living facilities.

Movie provided by Ivan Pfiefer



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- 40 EnhanceFitness®**
Ballroom B
Wednesday, 1:30 p.m. – 2:30 p.m.
Professional/General Audience

Enhance®Fitness is the talk of the town when it comes to evidence-based older adult exercise programs. Backed by years of solid scientific research, you can find evidence-based Enhance®Fitness classes at over 500 locations around the country, with more opening every day at facilities in your New Mexico community, including senior centers, hospitals, assisted living facilities, and continuing-care communities.

Berlinda Trujillo, 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 14 years of experience as a fitness instructor of older adults.

- 41 Legal Resources for Grandparents**
Ballroom C
Wednesday, 1:30 p.m. – 2:30 p.m.
General Audience

According to the U.S. 2010 Census, approximately 57,000 New Mexican children live with their grandparents. This workshop will address legal resources available to these grandparents, such as caregiver affidavits, powers of attorney, consent forms, custody arrangements, adoption and kinship guardianship. The New Mexico grandparent visitation privileges law and misconceptions surrounding this law, will also be discussed.

Anita Letter, JD, NM Bar, is a staff attorney with the Legal Resources for the Elderly Program. She has been practicing law for over 23 years.

- 42 Samuel D Band**
Seminar Room
Wednesday, 1:30 p.m. – 2:30 p.m.
General Audience

Dancing is a great form of exercise, and it's fun! Get up and dance to the music of the Samuel D Band!

The Samuel D band is a contemporary New Mexican group. They play Country, Spanish, Top-40 & Rock.



Before they worked at the NM Aging & Long-Term Services Department...
Can you match the picture to the name?



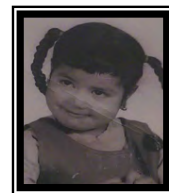
Andrea D. Allen



Evone D. Gallegos



Crystal L. Lucero



Lynne Anker-Unnever

43 Let's Talk NOW! The Importance of Advance Care Planning for Families of All Ages

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

Do you have a living will? Does your family know? What might New Mexico's new Aid in Dying court ruling mean for you? Talking about these issues with young and old alike is difficult, but it's important for quality of life. It's a precious gift we give to each other.

Joan McIver Gibson, PhD., is a philosopher and consultant in applied ethics, bioethics, and values-based decision-making. She has over 30 years of teaching, training, consulting, and administrative experience in a variety of settings: universities, businesses, state and federal government, health care, community, and research organizations.

44 Caregivers for the Caregiver

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

A panel discussion, including family and professional caregivers as well as consumers, will address how family caregiving skills are transferable to the direct care workplace. Learn about current wages and job benefits, what to expect in a workplace environment, how to make yourself marketable, and how to network and interview so that you can use your skills to gain employment as a direct caregiver.

Adrienne R. Smith, MPA, is the Executive Director of the NM Direct Caregivers Coalition. She is licensed in non-profit management. Janice Gorman, RN, is a member of the NM Direct Caregivers Coalition Board of Directors. Richard Bela, JD, is Vice President of Development of the NM Direct Caregivers Coalition.

45 "Doctor, How Long Do I Have?"

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

Having a serious health care conversation with your doctor takes effort to ensure clear communication. Learn how to ask questions and be involved in treatment decisions by watching dramatic and comedy films depicting doctor - patient conversations. Films include Patch Adams, The End, Wit, The Shootist and The Descendants.

Gail Rubin, CT, is a certified death educator, certified celebrant, speaker and award-winning TV/radio host. She is the Doyenne of Death® and author of A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die.

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46 MoneySmart (Bilingual)

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

Older Americans should plan ahead when considering long-term financial security. There are many decision points, and each one can have a significant impact on financial well-being. The U.S. Consumer Financial Protection Bureau offers resources to educate and empower consumers, their loved ones and service providers to make savvy financial decisions throughout their lives.

Hector L. Ortiz, Ph D., is a policy analyst with the Office for Older Americans, U.S. Consumer Financial Protection Bureau.

47 Life Reimagined Check-up

Boardroom
Wednesday, 1:30 p.m. – 3:45 p.m.
General Audience

Whether looking at life changes or just wanting to explore work changes, this “check-up” will help you make that next move. Engage in reflective activities and guided conversation, including focusing in on goals, acknowledging inner strengths, re-igniting passions and more.

Dr. Jim Crawford, PhD, has had a long career in public speaking in both corporate and academic settings in which facilitation was often the foremost tool in bridging knowledge and exchanging information. He is a former Director of Personnel and Training for a national retailer.

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| BIONIC WOMAN | FANTASY ISLAND | LAND OF THE LOST | THE ODD COUPLE |
| BONANZA | GOOD TIMES | NIGHT GALLERY | THE WALTONS |
| BRADY BUNCH | GUNSMOKE | POLICE WOMAN | THREES COMPANY |

48 **How to Simplify Property Transfer following Your Death**

Ballroom B

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop describes the process of how property is transferred to your heirs following your death. Learn about the probate process and variety of alternatives that can be used to transfer property without the need for probate. Leave the workshop with an understanding of whether your personal estate will require probate, or whether alternatives methods are an option for you and your heirs.

Gayolyn Johnson, BA, JD, is a staff attorney with the Legal Resources for the Elderly Program. She has 20 years of experience as an attorney.

49 **“If I Had Known” – Planning to Improve Your Health**

Ballroom C

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

Planning to improve one’s health is often prompted by a current or impending illness. When experiencing such a crisis most individuals state, “If I had known that I would have to go through this, I would have taken better care of myself.” Learn how proactively maintaining health and wellness as an ongoing lifestyle can keep you from having to react to poor health decisions.

Lawrence Story, MSW, MFT, NIPM, is the CEO of Haven Behavioral Hospital and has 25 years of experience in health care administration. He is the author of “Living in Green Pastures”.

50 **Get Up and Boogie!**

Seminar Room

Wednesday, 2:45 p.m. – 3:45 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!



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51 **The Alzheimer's Café: A Start-Up Guide**

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

The Alzheimer's Café is a monthly celebration for individuals with memory loss, their caregivers, friends and/or family. It is a safe, supportive and engaging environment. It's a time and place to interact, laugh, cry, find support, establish friendships, and share concerns without feeling embarrassed or misunderstood.

Jytte Lokvig, Ph D, is an Alzheimer's specialist and author. She has 20 years of experience in counseling, training, writing and lecturing on effective caregiving. Jan Olsen, MA, is a gerontologist, and has 20 years of experience in counseling, in serving as a guardian ad litem for the courts, and as a community organizer.

52 **Know Your Rights: Landlord-Tenant & Fair Housing Laws**

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

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

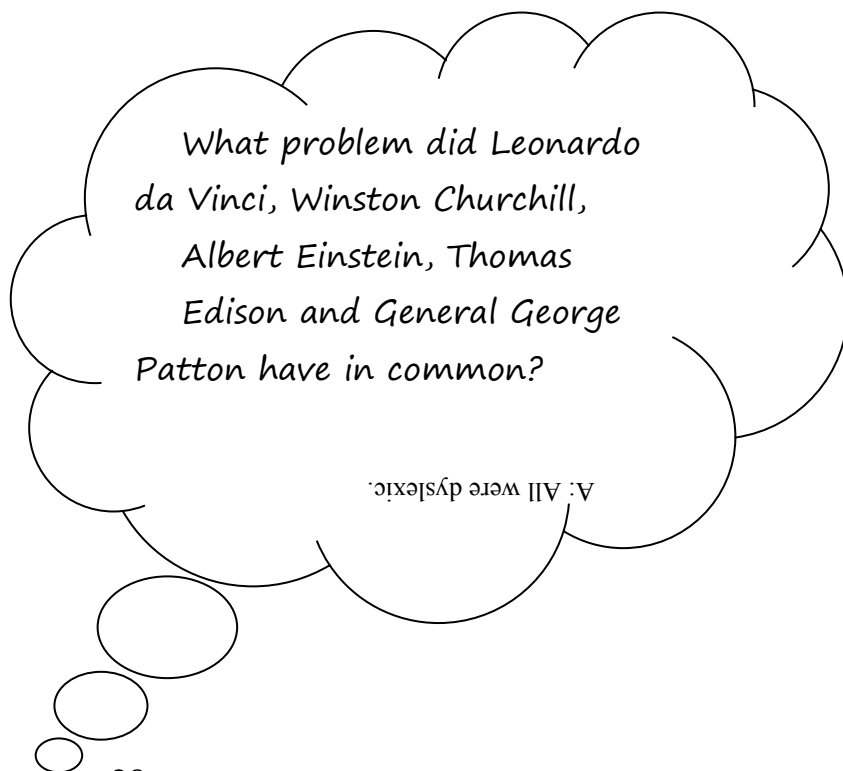
Richard Weiner, JD, is a staff attorney with the Legal Resources for the Elderly Program. He has over 13 years' experience in law.

53 **What's Hiding in Your Personal Care Products?**

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

Are personal care products harmful to overall health? This presentation will provide research that confirms the presence of harmful chemicals in a variety of common consumer products. Bring your personal care products to be used in a hands-on activity!

Dr. Sonja Koukel, BS, MS, PhD, is a community and environmental health specialist with the NM State University Cooperative Extension Service in Las Cruces. She has been with the Cooperative Extension Service for over 10 years.





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54 Free Ways to Connect to Government Benefits & Assistive Technology

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

The need for social service safety nets in New Mexico is greater than in most states in our nation, but the usage rates of public assistance in New Mexico don't measure up to the need, especially the usage by older adults. Many are often unaware that support is available or are stopped in their tracks because the process of applying for government benefits is a daunting task. This workshop will show you how to access benefits and assistive devices you, your loved ones or your clients, may need.

Kenny Sanchez is a certified health care guide for the State of New Mexico, and is a benefits enrollment manager at Adelante Benefits Connection Center. Jim Bullard, BS, Special Education, is the Vice President of Management Services at Adelante Back in Use. He has over 25 years of experience working with people with disabilities including older adults. Jill Beets, BA, is the Vice President of Marketing & Communications with Adelante Development Center. She has over 13 years of experience in working with adults with disabilities.

55 Adapted Aquatics

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

This class will introduce participants to strength building through water exercises. The class will include range of motion exercises specific to arthritic joints, but also beneficial to all. Bring your swimsuit and towel!

Berlinda Trujillo, 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 14 years of experience as a fitness instructor of older adults.

Sudoku

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

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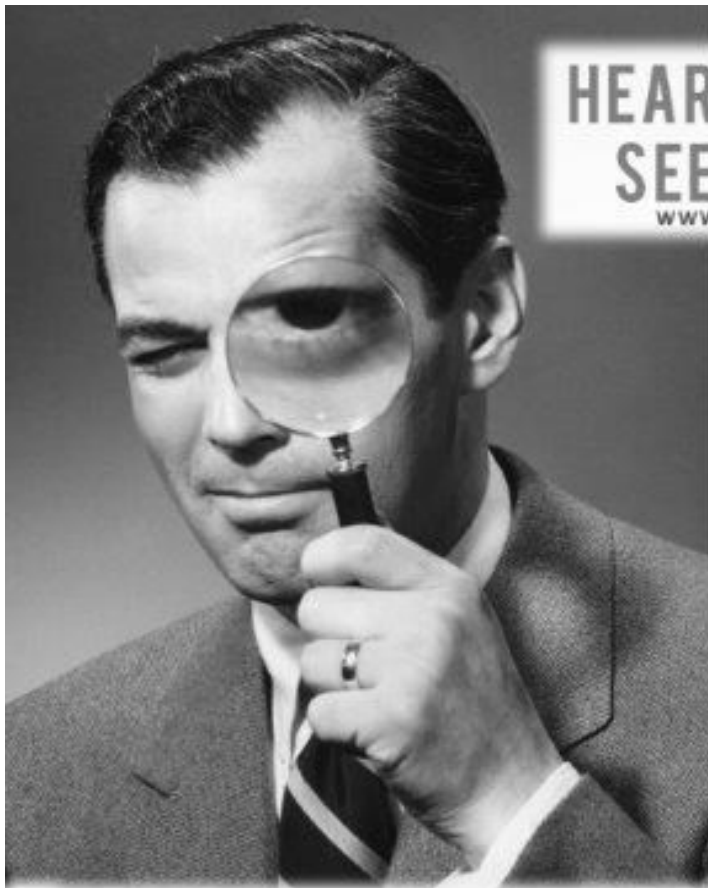
As with any surgery, knee replacement surgery has serious risks which include, but are not limited to, blood clots, stroke, heart attack, and death. Implant related risks which may lead to a revision include dislocation, loosening, fracture, nerve damage, heterotopic bone formation (abnormal bone growth 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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Workshop Schedule at a Glance Tuesday, August 19

Continued on next page...

	7:00 am - 8:00 am	8:30 am - 10:30 am	11:00 am - Noon	12:15 pm - 1:15 pm
Ballroom B		Plenary Session Keynote Speaker: Dr. Barry Ramo & Mark Riker	Workshop 2 Alzheimer's Coordination	Movie: "Alive Inside"
Ballroom C			Workshop 3 President's Challenge for Adult Fitness	
Seminar			Workshop 4 Story Telling	New Mexico History Through Music
Sunrise			Workshop 5 The Results of Know your Numbers	
Manzano			Workshop 6 Live Happy	
Rio Grande			Workshop 7 Internet Resources for Senior Health	
Bosque			Workshop 8 The Benefits and Uses of Scientific Resources	
Boardroom			Capital Outlay Meeting (Invitation only)	
Go'Wa Lawn	Workshop 1 SilverSneakers® Classic Class			Welcome to Speed Dating!
Pool				

Workshop Schedule at a Glance Tuesday, August 19

...Continued from previous page

	1:30 am - 2:30 pm	2:45 pm - 3:45 pm	4:00 pm - 5 pm	6:00 PM
Ballroom B	Workshop 9 Balance, Age & Fall Risk	Workshop 16 Grandparents Raising Grandchildren	Workshop 24 Care Transition	Reception: Featuring Gilbert Lechuga & the Shysterzz 6 pm- 10 pm
Ballroom C	Workshop 10 Caregiver Open Forum	Workshop 17 Avoiding Financial Fraud	Workshop 25 Traditional Medicine: Honoring our Elders	
Seminar	Workshop 11 James Bilagody, Comedian	Workshop 18 "Oldies but Goodies" Raul Sanchez	Workshop 26 Karaoke	Easy Listening: Featuring Steve Fadden 6 pm - 8 pm
Sunrise	Workshop 12 NM Library for the Blind & Physically Handicapped	Workshop 19 Medicare Enrollment Choices	Workshop 27 Institutional Medicaid	
Manzano	Workshop 13 Compassion Fatigue and the Path to Wellness	Workshop 20 Emergency Preparedness Toolkit	Workshop 28 "Prepare to Care": A Caregivers Guide	
Rio Grande	Workshop 14 What is a Reverse Mortgage?	Workshop 21 The Poetics of Aging	Workshop 29 Intro to American Indian/Alaska Native Aging	
Bosque	Workshop 15 Understanding Long Term Care Insurance	Workshop 22 Life Reimagined	Workshop 30 Methuselahs' Secret?	
Boardroom	Capital Outlay Meeting (Invitation only)			
Go'Wa Lawn			Workshop 31 Zia Crow Dancers	
Pool		Workshop 23 Adapted Aquatics		

Workshop Schedule at a Glance

Wednesday, August 20

	8:30 am - 10:30 am	11:00am - Noon	12:15 - 1:15 pm	1:30 am - 2:30 pm	2:45 pm - 3:45 pm
Ballroom B	Plenary Session Keynote Speaker: Cindy Brown	Workshop 32 Aging in New Mexico	You Can Line Dance	Workshop 40 EnhanceFitness	Workshop 48 How to Simplify Property Transfer after Your Death
Ballroom C		Workshop 33 Nutrition for the Golden Years	Movie: "Alive Inside"	Workshop 41 Legal Resources for Grandparents	Workshop 49 "If I had Known" Wellness & Health
Seminar		Workshop 34 Legends of the Pueblo		Workshop 42 Samuel D Band	Workshop 50 Get up and Boogie!
Sunrise		Workshop 35 NMDOH Medical Cannabis Program		Workshop 43 Let's Talk NOW! Advance Care Planning	Workshop 51 The Alzheimer's Café
Manzano		Workshop 36 Your Joint Pain and Treatment Options		Workshop 44 Caregivers for the Caregiver	Workshop 52 Know your Rights: Landlord-Tenant Law
Rio Grande		Workshop 37 Sex in your Third Act		Workshop 45 "Doctor, How Long Do I Have?"	Workshop 53 What's Hiding in your Personal Care Products?
Bosque		Workshop 38 "Old" Lesbians: An Invisible Minority		Workshop 46 Money Smart (Bilingual)	Workshop 54 Free Ways to Connect to Government Benefits ...
Boardroom		Capital Outlay Meeting (Invitation only)		Workshop 47 Life Reimagined Checkup Limited to the first 40 people	
Go'Wa Lawn		Workshop 39 Engaging the Creative Mind			
Pool					Workshop 55 Adapted Aquatics

Workshops for Professional Development/Aging Network Providers

Tuesday, August 19

11:00 am—Noon

- Workshop 2: Alzheimer's Coordination
- Workshop 5: The Results of Know your Numbers
- Workshop 7: Internet Resources for Senior Health

12:15 pm—1:15 pm

- Movie: Alive Inside

1:30 pm—2:30 pm

- Workshop 9: Balance, Age & Fall Risk
- Workshop 12: NM Library for the Blind & Physically Handicapped
- Workshop 13: Compassion Fatigue and the Path to Wellness

2:45 pm—3:45 pm

- Workshop 16: Grandparents Raising Grandchildren
- Workshop 19: Medicare Enrollment Choices: The Basics
- Workshop 20: Emergency Preparedness Toolkit

4:00 pm—5:00 pm

- Workshop 24: Care Transitions
- Workshop 27: Institutional Medicaid
- Workshop 29: Introduction to Indian/Alaska Native Aging

Wednesday, August 20

11:00 am— Noon

- Workshop 32: Aging In New Mexico
- Workshop 35: NMDOH Medical Cannabis Program
- Workshop 38: "Old" Lesbians: An Invisible Minority

12:15 pm—1:15 pm

- Movie: Alive Inside

1:30 pm—2:30 pm

- Workshop 40: EnhanceFitness®
- Workshop 41: Legal Resources for Grandparents
- Workshop 43: Let's Talk NOW! Advance Care Planning

2:45 pm—3:45 pm

- Workshop 51: The Alzheimer's Cafe
- Workshop 52: Know your Rights: Landlord Tenant Law

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- Working to keep utility rates fair and reasonable.
- Sharing knowledge on the latest practices to help you plan a secure financial future.
- Creating Real Possibilities so that you can reach your dreams no matter what age you are.
- AARP New Mexico is working closely with the North Central New Mexico Economic Development District to look at solutions to End Hunger in New Mexico. The End New Mexico Hunger Summit is funded in part by a grant from AARP Foundation.

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2014 Conference on Aging

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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

2014 Conference on Aging Health & Enrichment Fair Organizations & Table Numbers

- | | |
|--|---|
| Absolute Chiropractic (38) | New Mexico Department of Health -
HAI Program (10) |
| Albuquerque Parliamentarian Unit (21) | NM Primary Care Association (29) |
| Bernalillo County Assessor's Office &
Treasurer's Office (33) | NMSU Southwest Border Food & Safety
Protection Center (15) |
| Dr. of Oriental Medicine (34) | Oasis (31) |
| doTerra (3) | Office of Oral Health (24) |
| HealthInsight New Mexico (1) | Old Lesbians Organization
for Change (26) |
| Healthways SilverSneakers Program (32) | Office of the Superintendent of
Insurance (36) |
| H.O.P.E. Alliance (13) | Olympian University of Cosmetology (4) |
| Isleta Police Department (Outside) | Podiatry Associates of New Mexico (25) |
| Kingston Residence of Santa Fe (16) | Presbyterian HealthPlex (5) |
| Lovelace Scientific Resources (8) | SAGE (12) |
| Meals on Wheels of Albuquerque (9) | SAM's Club Optical (30) |
| Navajo Area Agency on Aging (6) | Sweetwater Herbs (37) |
| New Mexico Ageless Living (19) | Tonantzin Healing/ UNM (22) |
| NM DOH Bureau of Health Emergency
Management (11) | USA Dance Chapter 5047 (17) |
| NM Department of Health
Office of Health Equity (20) | Veteran's (14) |
| NM Health Sciences Library (7) | Walgreens (27,28) |
| New Mexico Historic Sites (23) | |

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You have three stoves

A gas stove, a wood stove, and a coal stove

But only one match. Which one should you light first?

Answer: The Match

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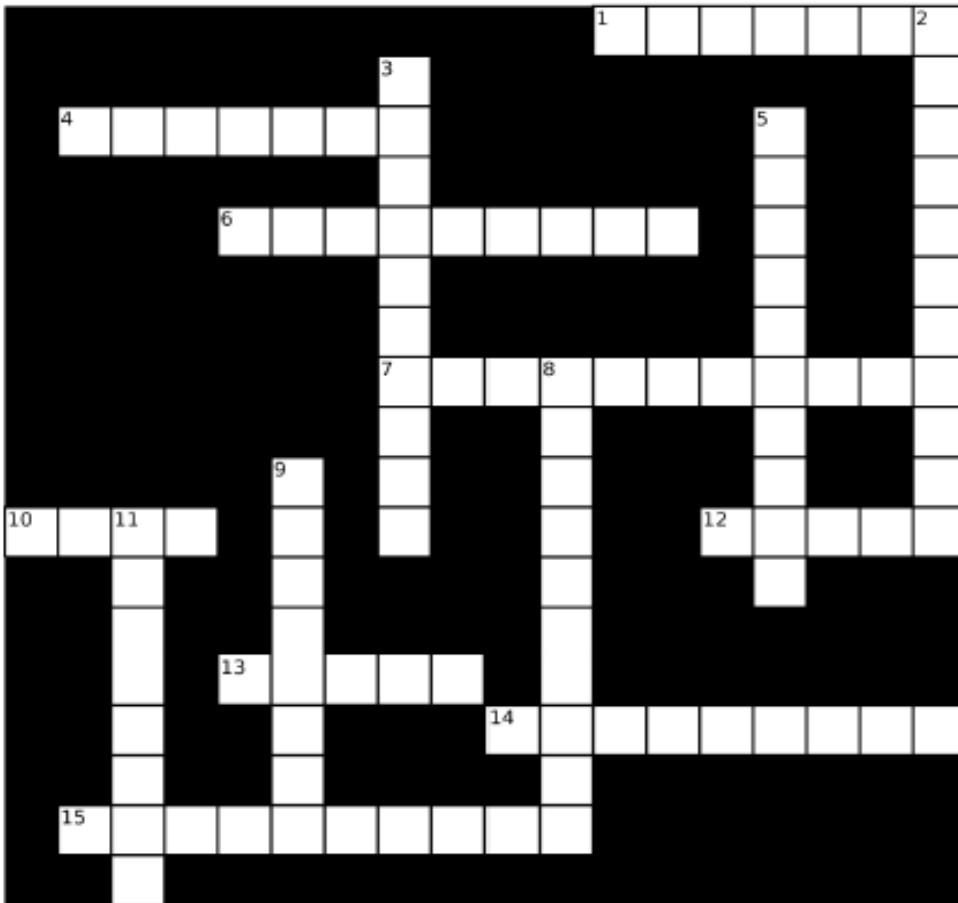
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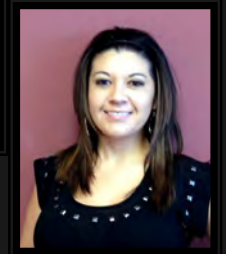


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|----|--------|---|----|------|--|
| 1 | Across | happening or existing in space | 2 | Down | most populous city in California |
| 4 | Across | a passage or sequence selected or quoted from a book, article, film, etc. | 3 | Down | a disorder of the muscles of the eyes |
| 6 | Across | A man who philanders without destroying or depleting natural resources | 5 | Down | by some form of play, amusement, or relaxation |
| 7 | Across | money in the form of coins or banknotes | 8 | Down | the science or study of the practical or industrial arts |
| 10 | Across | any center of activity, attention, etc. | 9 | Down | human speech |
| 12 | Across | to reproduce or repeat | 11 | Down | the act or business transporting goods |
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| 14 | Across | educational institution of the highest level | | | |
| 15 | Across | | | | |

From page 34



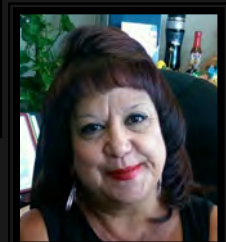
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Governor's Commission on Disability

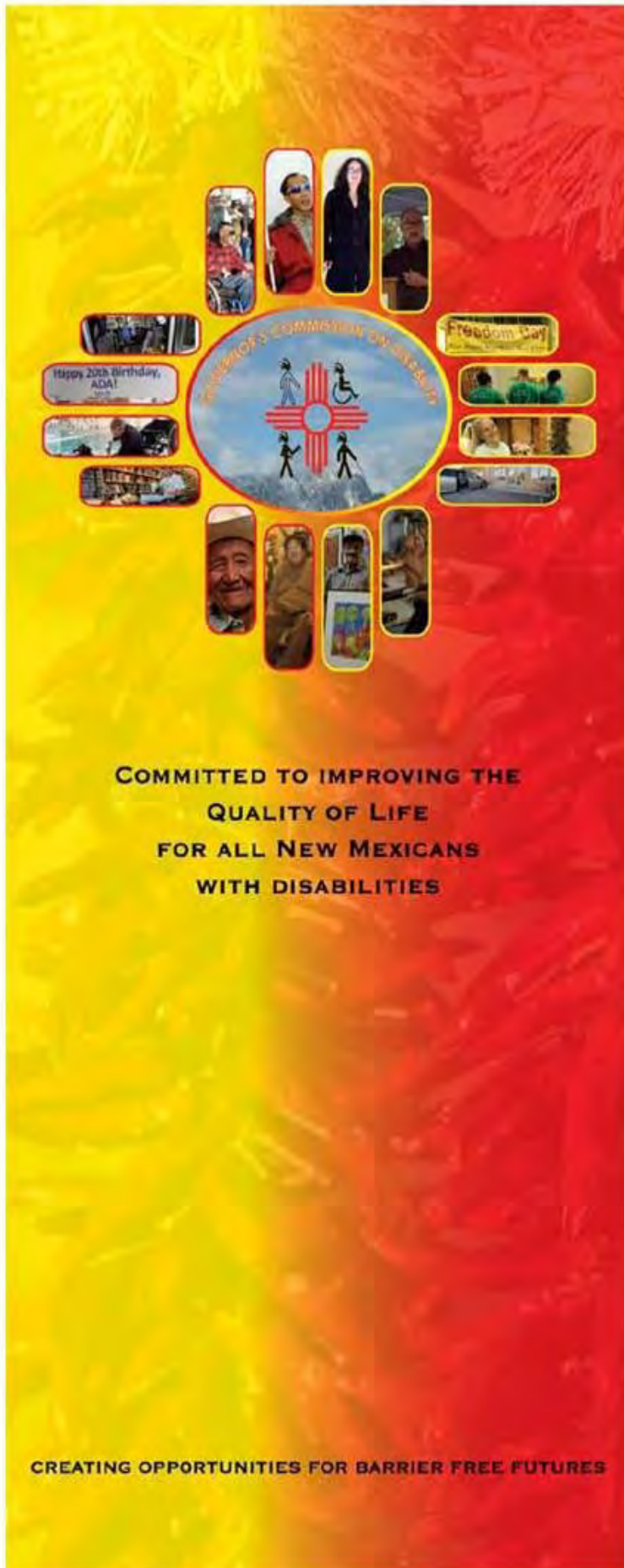
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PLACE AN "X" IN THE MOST APPROPRIATE BOX	YES		NO			<i>Did not attend</i> If you didn't attend, please tell us why
	1	2	3	4	5	
Conference registration was easy						
I enjoyed Tuesday's keynote topic						
I enjoyed Wednesday's keynote topic						
I 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						
Please list ideas for workshop topics and exhibitors for next year						
Please share any thoughts that might help improve next year's Conference						

**Feel free to use the back.
THANK YOU!**



Notes

Thank you to all who make this conference possible!

Please take some time to fill out an evaluation.

Map of Isleta Conference Center



- 1 Casino Showroom Restaurants
- 2
- 3
- 4 Chill
- 5 TIWA RESTAURANT
- 6 THE VAULT
- 7
- 8
- 9 GRAND BALLROOM A
- 10 GRAND BALLROOM B
- 11 GRAND BALLROOM C
- 12 HOTEL LOBBY
- 13 BOARDROOM
- 14 BOSQUE MEETING ROOM
- 15 BUSINESS CENTER
- 16 CONCIERGE
- 17 FITNESS CENTER
- 18 FRONT DESK
- 19 THE VAULT
- 20 MANZANO MEETING ROOM
- 21 NON SMOKING SLOTS
- 22 POOL
- 23 RESORT SALES
- 24 RIO GRANDE MEETING ROOM
- 25 SALON
- 26 SEMINAR ROOM
- 27 SPA
- 28 SUNRIZE MEETING ROOM
- 29 TIWA RESTAURANT
- 30 VALET/GUEST SERVICE
- 31 FITNESS

 Sunrize Meeting Room
 Tiwa Restaurant
 Valet/Guest Service
 Restrooms
 Elevators