

# 37th Annual New Mexico Conference on Aging

August 18-19, 2015



*Supporting Active Aging  
Today - Tomorrow - Beyond*

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Susana Martinez, Governor  
Myles Copeland, Cabinet Secretary Designate

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 37<sup>th</sup> Annual Conference on Aging.

Our Conference on Aging Planning Committee, a dedicated group of experts in different aspects of aging, has constructed a conference agenda that reflects the critical issues of our time. Caregiving, healthy aging, advanced planning, healthcare and benefits, grandparents raising grandchildren, and care transitions are well represented, as are the cultures and traditions of our state. I thank the committee for providing New Mexico's premiere opportunity to understand the challenges and strategies that will have a role in shaping our future as individuals, families and communities.

I thank you, too, for making the effort and investment to join us here today. I hope this proves to be a valuable exchange of ideas, and that we come away with tools to improve life in our own homes and beyond. 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, appearing to read "Myles Copeland".

Myles Copeland  
Cabinet Secretary Designate  
Aging and Long-Term Services Department

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# Conference Schedule

## Tuesday, August 18

**7:00 — 8:00 am**  
SilverSneakers® Yoga

**8:30 — 10:30 am**  
Plenary Session  
Lynn Friss Feinberg  
Raising Awareness of Family  
Caregiving Issues:  
“The Time has Come”  
Grand Ballrooms B & C

**11:00 a.m. — Noon**  
Workshops

**Noon — 1:15 pm**  
Lunch (On your own)

**12:15 — 1:15 pm**  
Move: CYBER-SENIORS  
Tesuque Warriors (Dancers)

**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

## Wednesday, August 19

**8:30 — 10:30 am**  
Plenary Session  
Bob Blancato  
“The Future of Aging Services”  
Grand Ballrooms B & C

**11:00 am — Noon**  
Workshops

**Noon — 1:15 pm**  
Lunch (On your own)

**12:15 — 1:15 pm**  
Movie: Alive Inside  
V Gonzales Comedy Show  
Los Bailadores del Oro  
Capital Outlay Technical Assistance

**11:30 am — 4:00pm**  
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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for providing us with an  
invaluable service.**

# Plenary Schedule

## Tuesday, August 18, 2015

(Times are approximate)

- 8:00 a.m. Mariachi Nuevo Sonido
- 8:30 a.m. Opening Ceremonies
- 8:40 a.m. Welcoming Remarks:  
Myles Copeland, Secretary Designate, NM Aging & Long-Term  
Services Department  
Isleta Pueblo Governor, E. Paul Torres
- 9:00 a.m. Presentation of Conference on Aging Awards
- 9:15 a.m. Keynote Address: Lynn Friss Feinberg
- 9:45 a.m. Door Prizes



## Wednesday, August 19, 2015

(Times are approximate)

- 8:30 a.m. Welcoming Remarks:  
Myles Copeland, Secretary Designate, NM Aging & Long-Term  
Services Department
- 8:45 a.m. Presentation of Conference on Aging Awards
- 8:55 a.m. Governor Martinez
- 9:15 a.m. Keynote Address: Bob Blancato
- 10:00 a.m. Door Prizes

# Conference on Aging Award Recipients



**Connie S. Valencia**

K. Rose Wood Outstanding Older Adult Award

**Edwin “Candy” Candelaria” (Posthumous)**

Lovola Burgess Lifetime Leadership Award



**Sally Bartos**

Gregorita Chavarria Arts Award

**Conway Wood**  
Public Service Award



**Diana Rivera**

Representative Nick Salazar Award



## Conference on Aging Planning Committee

*Top row from left:* Bill Taylor, Sam Martinez, Martha Medina, Crystal Lucero, Evone Gallegos, Janet Popp, Carol Dolan, Ellen Driber-Hassall, Anthony Romero, Ophelia Rinaldi, Maureen Manring, and Gloria Analla.



*Bottom row from left:* Matthew Lopez, Greg Lopez, Lynne Anker-Unnever, Andrea Allen, Stormy Ralstin, and Trish Lopez.

*Not photographed:* Berlinda Trujillo, Cristy Wade, Emily Freede, Geraldine Mascareñas, Michelle Werley, Romy Pierce, Shanna Lapsley, Stephanie Macek, Terri Tobey, Tup Tupper and 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 provided by ATS Resources and are available at the Registration desk.

**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 18 and Wednesday, August 19. 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. Join us for the Conference Reception and Dance on Tuesday evening from 6:00 p.m. – 10:00 p.m. in Ballrooms B & C.

**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.





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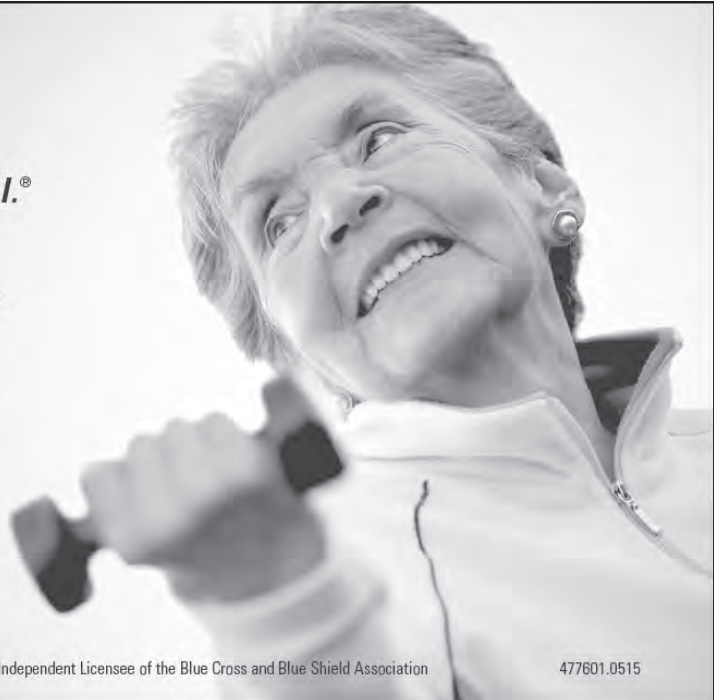
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# Conference Entertainment

Tuesday, August 18, 2015

Wednesday, August 19, 2015

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 Mascareñas

Activity: Music – National Anthem

Location: Ballroom B & C

Time: 11:00 am – Noon

Performer: Chuy Martinez

Activity: Songs of the Chicano Movement

Location: Seminar Room

Time: 12:15 pm – 1:15 pm

Performer: Tesuque Warriors

Activity: Traditional Dance

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: Roberto Mondragon

Activity: Folklore & Music

Location: Seminar Room

Time: 4:00 pm – 5:00 pm

Performer: Raul Sanchez

Activity: Music

Location: Seminar Room

Time: 6:00 pm – 10:00 pm

Performer: Gilbert Lechuga & the Shysterzz

Activity: Evening Reception/Dance

Location: Ballroom B & C

Time: 11:00 am – Noon

Performer: Voices of Our People

Activity: Navajo Story Teller

Location: Seminar Room

Time: 12:15 pm – 1:15 pm

Performer: V Gonzales Comedy Show

Activity: Stand-up Comedy

Location: Ballroom C

Time: 12:15 pm – 1:15 pm

Performer: Los Bailadores del Oro

Activity: Traditional Dance

Location: Seminar Room

Time: 1:30 pm – 2:30 pm

Performer: Dan Sedillo

Activity: Karaoke

Location: Seminar Room

Time: 2:45 pm – 3:45 pm

Performer: Paul Pino & the Tone Daddies

Activity: Music

Location: Seminar Room



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AUGUST 18-19, 2015



"Winter Walk" by Judy Ortiz, Santa Fe, NM



SUSANA MARTINEZ, GOVERNOR

The artist who created the 2015 Conference poster, Judy Ortiz, will be available to sign posters on August 18<sup>th</sup> from 10:00 am to noon and 2:00 pm to 4:00 pm, and on August 19<sup>th</sup> from 1:00 pm- 4:00 pm

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



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**Keynote**  
**Tuesday, August 18th 8:30 a.m.**  
**Grand Ballroom**

**Raising Awareness of Family  
Caregiving Issues:  
“The Time Has Come”**



Family caregiving is one of the least appreciated, but most important, issues we must grapple with as our population ages. As a nation, we must raise visibility and support for caregiving families to keep them from burning out. We must also guard against building a health care and long-term care system that relies too heavily on family and close friends without meaningful, accessible and affordable services and supports. Ms. Feinberg will describe the looming care gap, highlight the economic value of caregiving, and discuss why we need action now.

*Lynn Friss Feinberg is Senior Strategic Policy Advisor at the AARP Public Policy Institute. She conducts research, and provides policy analysis and technical assistance to support public policy on family caregiving and long-term care issues. Ms. Feinberg has over 30 years experience in the field of aging and family caregiving, working in practice, research and policy settings. Ms. Feinberg came to AARP from the National Partnership for Women & Families, where she was the first Director of the Campaign for Better Care, an initiative to improve care for vulnerable older adults with multiple chronic conditions.*

## **Workshops Tuesday, August 18th 7:00 a.m.**

### **1 SilverSneakers® Yoga Demonstration**

Go'Wa Lawn

Tuesday, 7:00 a.m. – 8:00 a.m.

General Audience

SilverSneakers® Yoga will get you moving your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity.

*DeeAnne Peay is a fitness coordinator certified in SilverSneakers® classes. She provides fitness classes for Healthways, SilverSneakers®, and is a group fitness coordinator at Defined Fitness on Mcleod.*

## **Workshops Tuesday, August 18th 11:00 a.m.**

### **2 Live Happy! 5 Habits for Less Stress and More Fun**

Ballroom B

Tuesday, 11:00 a.m. – Noon

General Audience

Author Ellen Wood shares techniques for rejuvenating your life and growing younger and includes big doses of humor. Her presentation combines cutting-edge research in neuroscience and cell biology with ancient esoteric teachings and a deep trust in Spirit and the power of the mind.

*Ellen Wood is a humorous inspirational speaker, columnist and award-winning author who reversed mental decline symptoms similar to early Alzheimer's (she has the gene), survived deep depression, and has kept breast cancer from recurring since 1992. She developed her skills in the marketing and banking industries where she was nationally recognized for both her expertise at the podium and her powerful marketing campaigns.*

### **3 Protecting Yourself from Scams, Frauds and Investment Fraud**

Ballroom C

Tuesday, 11:00 a.m. – Noon

General Audience

A discussion about the latest consumer scams, tips on how to spot them, and the inside scoop on how con artists think, so you can outsmart them before they strike. Specific steps consumers can take to better protect themselves from scams and frauds, including identity theft and investment fraud.

*Jackie Cooper is the State President of AARP New Mexico. She helped pass New Mexico legislation on identity theft, and is an active speaker for Fraudwatch. Bernice Geiger is the Marketing Director and Investor Education Coordinator with NM Regulation and Licensing Department, Securities Division. She develops and implements fraud prevention programs throughout NM. Bill Morrison is a Consumer Education Presenter for AARP New Mexico. He presents to groups throughout the state on frauds, scams and reverse mortgages.*

#### 4 **Songs of the Chicano Movement**

Seminar Room

Tuesday, 11:00 a.m. – Noon

General Audience

In the 1960's and 70's, Mexican-American civil rights activists mobilized their people to struggle for change. The Chicano Movement called itself "La Causa" (The Cause) and was most active in New Mexico, Colorado, Texas and California. Chuy Martinez brings the music and history of "La Causa" alive in the inspiring songs learned in migrant camps and meetings.

*Chuy Martinez is a guitarist, singer, song-writer, folklorist and community cultural worker with more than 30 years' experience playing music, writing songs and doing theatre. He has performed throughout the state of New Mexico.*

#### 5 **Having the Conversation...When and How**

Sunrise Room

Tuesday, 11:00 a.m. – Noon

Professional Audience

Participants will learn about the importance of health care decision making with a focus on advance care planning. Learn specific tools to help facilitate "the conversation", especially within the context of significant milestone events in life that prompt the need for making such decisions.

*Revathi A-Davidson, MA, MPH, is a retired health care and hospital administrator. She has experience in oncology, home health, hospice, adult medicine services and overall hospital administration.*

#### 6 **Getting Help with Medicare Costs**

Manzano Room

Tuesday, 11:00 a.m. – Noon

General Audience

Medicare provides vital health coverage for adults age 65 and older, but they face many out of pocket costs when using it. Find out about programs that help Medicare beneficiaries with low incomes pay for some of those costs, saving them money. This workshop describes those programs, and how to best apply for them.

*Juan A. Martinez, Esq., JD is a Health Rights Specialist with the Senior Citizens' Law Office. Michael Parks, JD, is also a Health Rights Specialist with Senior Citizens' Law Office.*



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**7 Broadening Spirituality in Aging**

Rio Grande Room

Tuesday, 11:00 a.m. – Noon

Professional Audience

This workshop will address research on the connection between the physical and the spiritual; whether an individual is part of an organized faith, or is secular in beliefs. Suggestions on helping a loved one or a client transition to a more positive and peaceful attitude, away from hopelessness and fear, will be offered. Suggestions will also be offered on aiding connection to others, even for the very disabled. Additionally, the impact on caregivers will be discussed.

*Asia Negron-Esposito, MS, is an independent gerontologist. She has worked at all levels of gerontology, including clinical, and developed and managed several older adult wellness programs for New York State.*

**8 Retirement 101**

Bosque Room

Tuesday, 11:00 a.m. – Noon

General Audience

Many think of retirement as something far off in the distant future often leading them to think “someday I’ll get around to making plans for retirement.” Recent studies show that nearly half of Americans are not saving for retirement. The “Someday” campaign motivates people to start planning and saving now for their retirement. Come learn how to start planning YOUR retirement.

*Rhonda Romero is a Public Affairs Specialist for the Social Security Administration.*



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**Special Service**  
**Tuesday, August 18th**  
**11:00 a.m. - 2:30 p.m.**

**Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic**

Boardroom

Tuesday, 11:00 a.m. – 2:30 p.m.

The Legal Resources for the Elderly Program (LREP) is providing POA and AHCD legal clinics at which you can meet one-on-one with an LREP attorney to discuss the need for and purpose of POAs and AHCDs, and execute the documents. You will leave the clinic with fully executed and notarized documents.

*Stormy Ralstin, JD, is the Managing Attorney for LREP. Gayolyn Johnson, JD, is a staff attorney for LREP. Anita Letter, JD, is also a staff attorney at LREP.*

**Lunchtime Events**  
**Tuesday, August 18th**  
**12:15 p.m.**

**Movie: CYBER-SENIORS**

Sunrise Room

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

A humorous and heartwarming feature documentary, CYBER-SENIORS, adds to the important international conversation about the growing generation gap. Focusing on a group of senior citizens who take their first steps into cyber-space under the tutelage of teenage mentors, the film expertly renders a thought-provoking look at a spirited group of men and women who are enriched by digitally re-connecting with their families and each other. Finding their footing rather quickly, the group moves on to compete for the most YouTube views while swiftly building their online inventory of friends.

**Tesuque Warriors**

Seminar Room

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

This dance group from Tesuque will be doing the Buffalo dance which is a representation of the animals that Tesuque Pueblo harvests and dance to honor them. Dancers include both boys and girls between the ages of 5 to 18.



## Workshops Tuesday, August 19th 1:30 p.m.

### 9 New Mexico State Plan for Family Caregivers

Ballroom B

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

This session will present the newly-created *New Mexico State Plan for Family Caregivers*. The product of the Family Caregiver Task Force, which included more than 50 public and private stakeholders, as well as multiple caregiver forums and surveys, this document details the needs of New Mexico's family caregivers and makes recommendations for addressing those needs.

*Myles Copeland is Secretary Designate of the New Mexico Aging and Long-Term Services Department. Gene Varela is the State Director of AARP New Mexico.*

### 10 Education and Training for Caregivers: Using What You Know in the Workforce

Ballroom C

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

This panel discussion includes family and professional caregivers, as well as consumers, who will address how skills as a family caregiver are directly transferable to the direct care workplace. One nurse and two others who lead a statewide coalition representing direct caregivers will talk about how family caregivers can use their skills to start another career or gain part-time employment as direct caregivers.

*Adrienne R. Smith is President and CEO of the New Mexico Direct Caregivers Coalition (NMDCC). Janice Gorman, RN, is a member of the Board of Directors of NMDCC and is its lead trainer. Richard Bela, JD, is also on the Board of Directors of NMDCC and is the President of Caregivers Workforce Development Institute.*

### 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.*



## **12 Words Matter**

Sunrise Room

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

People with dementia, including Alzheimer's disease, are particularly sensitive to language and non-verbal communication. Our conflicts as caregivers often arise from mistakes in communication and approaches. We can improve our relationships and strengthen our bonds with extra awareness of our tones and choice of words. This session discusses effective communication and approaches.

*Jytte Lokvig, Ph. D, is an Alzheimer's specialist and author. She has over 20 years of experience in counseling, training, writing and lecturing on effective caregiving.*

## **13 Conscious Aging in New Mexico, a Growing Trend**

Manzano Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

As the NM population grows older, conscious aging becomes increasingly relevant to those in the second half of life. Among other things, conscious aging encourages elders to be active in community, be of service, grow, learn, and create a legacy for future generations. Join us in this discussion.

*Gary Carlson, PhD, is a certified Sage-ing Leader, board member, and ASW Coordinator of Sage-ing International. He has facilitated over 50 workshops and classes on conscious aging. Clara Farah, PhD, is licensed in Psychology, and is on the Coordinating Council of the Conscious Aging Network of New Mexico and the NMALTS Policy Advisory Committee (appointed by the Governor). She is an adjunct professor at ENMU, and regularly teaches two courses on Creative Aging. David Pease, BA, CPA, is on the Coordinating Council of the Conscious Aging Network of New Mexico. He has 12 years of experience in personal growth and development work.*

## **14 Savvy Caregiver in Indian Country**

Rio Grande Room

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional Audience

This workshop will provide information about current efforts to expand the availability of culturally competent caregiver support services in NM Indian Country. Coordination and collaboration has been a key component of these efforts. The workshop will discuss the steps that have been taken to implement the project and lessons learned.

*Lora Church (Navajo), M.P.A, M.S., is the Director of the Indian Area Agency on Aging through the NM Aging and Long-Term Services Department and monitors state contracts for senior centers and adult day care centers with New Mexico's 19 Pueblos and 2 Apache Tribes. She has over 25 years working in urban, rural and tribal health and human services. Randella Bluehouse, BSW, is the Executive Director of the National Indian Council on Aging. She has 14 years of experience in aging services and advocacy. Chris McCaffrey, has been Program Director for the Alzheimer's Association New Mexico Chapter for six years and currently oversees all of the Chapter's programs and program staff, provides care consultation, caregiver education and training, and coordinates the Chapter's safety programs. Tracy Wohl, MS, is the Director, Office of Alzheimer's and Dementia Care, Aging and Long-Term Services Department.*

**15 Medicare Rights for Seniors**

Bosque Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

The Centers for Medicare & Medicaid Services (CMS) has restructured its Quality Improvement Organization to further enhance the quality of services provided to Medicare beneficiaries. As of August 1<sup>st</sup>, KEPRO is New Mexico’s Beneficiary & Family Centered Care Quality Improvement Organization. This workshop will cover the services offered by KEPRO to protect Medicare rights, including review of Medicare beneficiary complaints and discharge appeals and provision of immediate advocacy for immediate concerns.

*Elena Krafft, MPH, CHES, is the Outreach Specialist with KEPRO.*

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## Workshops Tuesday, August 18th 2:45 p.m.

### 16 Flourish!

Ballroom B

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

In this workshop participants will explore passive stretches to regain posture and play brain games to stimulate neural pathways and protect cognitive function. Discover the latest trend of a lifelong healthy diet of Paleo foods. Practice self-massage techniques to revitalize yourself, and learn the pressure points of ear seeds, based on principles of Oriental Medicine.

*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.*

### 17 Playing and Working Safely in the Southwest Sunshine

Ballroom C

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Health-related illnesses associated with prolonged heat and sun exposure, often referred to as "heat stress", can be very dangerous. This workshop will help individuals identify symptoms of heat-related illnesses and review ways to keep safe during summer activities. Information will include how to choose the correct sunscreen product. Free resources will be available.

*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.*

### 18 Dichos (Sayings) and Songs of New Mexico

Seminar Room

Tuesday, 2:45 p.m. – 3:45 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.

*Roberto Mondragon is a New Mexico politician and activist, former Lieutenant Governor of New Mexico and former state representative.*



**19 Tribal Footprints.org: A Vital Resource for American Indian and Alaska Native Elders**

Sunrise Room

Tuesday, 2:45 p.m. – 3:45 p.m.

Professional/General Audience

Learn about the development of NICOA's new online resource, Tribal Footprints.org. This resource will contain listings of critical wellbeing services to allow elders and caregivers to manage their own care. The resource will feature listings categorized by tribal name, region and community service type.

*Rebecca Owl Morgan, BA, MLS, is the NMAO-TAC Program Coordinator for the National Indian Council on Aging (NICOA). She is an enrolled member of the Eastern Band of Cherokee Indians in North Carolina and is a former librarian. Christine Herman is the NMAO-TAC Project Coordinator for NICOA.*

**20 Depression and the Elderly**

Manzano Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Depression in the elderly is often manifested by memory problems, confusion, social withdrawal, loss of appetite, sleep problems, irritability, and in some cases, delusions and hallucinations. Thus depression is often mistaken for dementia or for the normal aging process.

*Ophelia Rinaldi, MSW, LISW, has over 30 years of experience in aging, veteran's affairs, counseling and training.*

**21 The CARE Act: What's in it for You!**

Rio Grande Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

The 2015 NM Legislature adopted House Bill 139 – Lay Caregiver Aftercare Training, which AARP calls "The CARE Act." The presenter will discuss the key elements of the act, who is affected and how caregivers can benefit from the act. The discussion will also include recent information about the role caregivers play in providing aftercare.

*Gene Varela, MPA, is the State Director of AARP New Mexico. He has experience in advocacy, outreach, and management with AARP and the NMALTS.*

**22 Basics of Alzheimer's and Related Dementias**

Bosque Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Participants will gain an understanding of dementia and the typical progression of the disease. The various stages, and warning signs to be aware of, will also be discussed.

*Maia Sideris, is the Southwestern regional manager for the NM Chapter of the Alzheimer's Association. She has 14 years of experience in the field of Alzheimer's and dementia care.*



**23 Adapted Aquatics**


Swimming Pool

Tuesday, 2:45 p.m.– 3:45 p.m.

General Audience

Participants will be led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Bring your swimsuit and towel!

*Melissa Pochiro is a Health and Wellness Specialist for the City of Albuquerque Department of Senior Affairs. She has experience in facilitating fitness classes for the 50+ population.*



**Governor's Commission on Disability (GCD)**


**GCD Technical Assistance**

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**Online:** [bcbsnm.com/medicare](http://bcbsnm.com/medicare)

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.

HMO, HMO-POS and SNP plans available in Bernalillo, Sandoval, Torrance, and Valencia counties. PPO 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.

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Ballrooms B & C*



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## **Workshops Tuesday, August 18th 4:00 p.m.**

### **24 Grandparents Raising Grandchildren and Guardianship**

Ballroom B

Tuesday, 4:00 p.m.– 5:00 p.m.

Professional/General Audience

This workshop will review what guardianship is and the legal need, process, and requirements for guardianship in New Mexico. The rights and duties of a guardian, alternatives to guardianship, the rights of the children regarding the guardianship and access to school will be discussed. If time allows, grandparent visitation will also be discussed. The issues will be approached with a view of healing the family and providing a safe and stable home for the children with the hope of reducing stress for all involved.

*Larry Kronen, JD, has extensive experience as an advocate for civil rights and the rights of children and youth. Prior to his work as an attorney, Mr. Kronen was a mediator. In private practice, Mr. Kronen was an investigator and advocate for clients with mental disabilities in civil rights cases and also practiced in the areas of civil rights and children's law. Since 2006, Mr. Kronen has been the Director of the Kinship Guardianship Project at Pegasus Legal Services for Children. Mr. Kronen is an active member of the ACLU, National Association of Counsel for Children and the National Lawyers Guild.*

### **25 Start an Alzheimer's Café in Your Neighborhood**

Ballroom C

Tuesday, 4:00 p.m.– 5:00 p.m.

Professional/General Audience

The Alzheimer's Café is a celebration of people with dementia and their caregivers. It focuses on the person, not the disease, and offers socialization to people often deprived of basic leisure and companionship.

*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.*

### **26 Let the Music Soothe your Soul**

Seminar Room

Tuesday, 4:00 p.m. – 5:00 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 10<sup>th</sup> 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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**27 Military TRICARE Health Benefits**

Sunrise Room

Tuesday, 4:00 p.m.– 5:00 p.m.

Professional/General Audience

This workshop targets those who are eligible for the military TRICARE system, including the TRICARE for Life program for those on Medicare. The basics of coverage for both programs will be discussed. Active duty military, retired military, and reservists will all benefit from this workshop.

*Bob Gurney is a TRICARE Health Benefits Advisor with the 377<sup>th</sup> Medical Group at Kirtland Air Force Base. He has 33 years of experience as a military health benefits advisor.*

**28 Engaging Multi-Generational Volunteers in Providing Respite Care**

Manzano Room

Tuesday, 4:00 p.m. – 5:00 p.m.

General Audience

This workshop will provide information on how to engage community members in volunteering to provide respite care for caregivers of veterans, military members and their families.

*Josefina Mata, MS, MPH, MBA, is the Executive Director of Concilio CDS Inc. She has 25 years of experience working in the not-for-profit field. Lizbeth Mata, BFA, BA, is the Outreach Coordinator at Concilio CDS, Inc.*

**29 Discharge Planning and Your Rights**

Rio Grande Room

Tuesday, 4:00 p.m. – 5:00 p.m.

Professional/General Audience

Presenters will explain the legal authority that mandates hospitals and nursing homes to produce discharge plans for each patient/resident. Important questions to ask so that proper transitional supports can be identified and accessed will be discussed.

*Marsha Shasteen, MA, JD, is an attorney with Senior Citizens Law Office (SCLO). She has 25 years of experience practicing law. Michael Parks, JD, is also an attorney at SCLO. He has 46 years of experience practicing law.*

**30 Feet Can Last a Lifetime - Foot Health Boot Camp**

Bosque Room

Tuesday, 4:00 p.m. – 5:00 p.m.

General Audience

Foot health is a keystone in the maintenance of independence and mobility. This workshop will review changes that occur with aging in the feet and lower extremities. Also reviewed will be the pathologies commonly seen with systemic diseases such as diabetes, peripheral arterial/cardiac disease and Parkinson's disease. Practical strategies will be reviewed focusing on maintaining healthy, mobile feet.

*Janet Simon, BA, M.Ed., DPM, is a NM Licensed doctor of podiatric medicine at Foot and Ankle Associates of New Mexico. She has 25 years of clinical podiatric medical practice in Albuquerque.*



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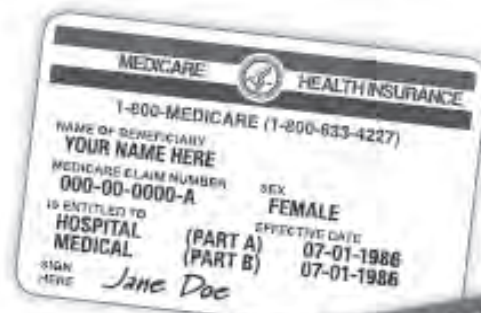
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# Keynote

## Wednesday, August 19th 8:30 a.m.

### Grand Ballroom

### The Future of Aging Services



What is the future of the aging services network as we know it? On this 50<sup>th</sup> anniversary year of the Older Americans Act, we find ourselves at a crossroads. The landscape of aging services is changing with the expansion of managed care, increased demand for services and flat or reduced dollars from federal and state programs. How does the aging network manage through this transitional period? Does it emerge stronger or does it become obsolete? These and other issues, including the emerging field of elder justice, will be discussed.

*Bob Blancato, BA, MPA, is President of Matz Blancato and Associates in Washington D.C. He is the National Coordinator of the bipartisan 3000-member Elder Justice Coalition. He serves as Executive Director of the National Association of Nutrition and Aging Services Programs. Mr. Blancato has more than 20 years of federal government service in the US Congress and the Executive branch, including 13 years on the senior staff of the House Select Committee on Aging and an appointment by President Clinton as the Executive Director of the 1995 White House Conference on Aging. Currently Mr. Blancato is in volunteer leadership roles with top national aging groups including AARP State President in Virginia, member of the Board and Executive Committee for the American Society on Aging, and member of the Board of the National Council on Aging. Mr. Blancato has won numerous awards for advocacy and in 2011 was knighted by the Italian Republic for his commitment to the relationship between the United States and Italy.*

## Workshops Wednesday, August 19th 11:00 a.m.

### 31 The Future of Aging Services

Ballroom B

Wednesday, 11:00 a.m. – noon

General Audience

What is the future of the aging services network as we know it? On this 50<sup>th</sup> anniversary year of the Older Americans Act, we find ourselves at a crossroads. The landscape of aging services is changing with the expansion of managed care, increased demand for services and flat or reduced dollars from federal and state programs. How does the aging network manage through this transitional period? Does it emerge stronger or does it become obsolete? These and other issues, including the emerging field of elder justice, will be discussed further in this workshop.

*Bob Blancato is President of Matz Blancato and Associates in Washington D.C. He is the National Coordinator of the bipartisan 3000-member Elder Justice Coalition.*

### 32 Tai Chi: Moving for Better Balance

Ballroom C

Wednesday, 11:00 a.m. – noon

General Audience

In this evidenced-based program for older adults, the "swing and sway" Tai Chi 8-form routine focuses on enhancing performance of daily functional activities and reducing incidence of falls. The program consists of a set of simple, continuous, rhythmic and functional Tai Chi based actions, including chair-supported progressions from completely seated to chair-assisted to meet the needs of participants with varied capabilities. The program can improve postural stability, body positioning, gait initiation, locomotion, movement symmetry and coordination, and increase range of motion and lower extremity strength. Stress reduction through meditative movement and music is a by-product. The routine will be demonstrated and participants led in a few mini-therapeutic and core movements.

*Terri Tobey, MA Gerontology, MA Teaching, is a certified Personal Trainer (NASM), Senior Fitness Specialist (NASM), Tai Chi: Moving for Better Balance instructor, EnhanceFitness instructor, and CPR/AED. She has presented Tai Chi: Moving for Better Balance at the 2015 American Society on Aging national conference in Chicago; is currently teaching classes at 12 meal sites for the Albuquerque Department of Senior Affairs, and is also teaching classes at several sites in Sandoval County.*

### 33 Voices of Our People: Navajo Storytelling

Seminar Room

Wednesday, 11:00 a.m. – noon

General Audience

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

*Ophelia Spencer is a member of the Navajo Nation.*





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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.**

**34 LGBT Older Adults and Their Providers - Working Together**

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

LGBT older adults do not seek the services and health care they need for fear of encountering aging providers who are not aware of their issues, or who might be hostile. These unique issues will be identified and how providers can best support LGBT older adults in their community will be discussed.

*Katherine Palmer, BA, is the Treasurer of Common Bond New Mexico Foundation. She is a program manager for Sage Albuquerque, and is active in leadership roles within the Lesbian, Gay, Bisexual and Transgender community since 1998. Paul Oostenbrug, MBA, is the Board Chairman for Equality New Mexico Foundation. He helps people plan for their use of long-term care services and is a grant writer specializing in health care.*

**35 Understanding Social Security**

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

Learn about the basics of Social Security including eligibility requirements and how to access services. This presentation will include information on Supplemental Security Income, Medicare Part D prescription drug benefit, and the “Extra Help” program.

*Eva Lujan is a retired Public Affairs Specialist with the Social Security Administration. She has 41 years of experience in Social Security Programs, including 5 years of supervisory experience and 6 years as a Public Affairs Specialist.*

**36 Savvy Caregiver Expansion**

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

Savvy Caregiver is a seven-week class for those providing care to loved ones diagnosed with Alzheimer’s disease and related dementias. The class is offered around the state free of charge by the Alzheimer’s Association, New Mexico Chapter. This presentation will provide an overview of the class goals, as well as a description of the objectives of each of the seven sessions. Also to be discussed is how the Association, with funding from the NMALTS, is expanding the availability of these classes to caregivers in the more rural parts of New Mexico.

*Chris McCaffrey is the Statewide Program director of the Alzheimer’s Association, New Mexico Chapter. He began working with the Association in 2009 as a program coordinator in charge of safety programs, and also served as the Greater Albuquerque Area Regional Manager.*



**37 Beyond the Red, White and Blue Medicare Card**

Bosque Room

Wednesday, 11:00 a.m. – noon

General Audience

Are you or someone you care for covered by Medicare? Do you understand how it works and what your options are? Join us for a step by step illustration of what Medicare covers and how you can get the most out of it. Does it seem intimidating? Let us help you clarify the intricate process.

*Cristy Wade, BA, is the Central Regional SHIP Coordinator for the NM Aging & Long-Term Services Department. She has been a SHIP coordinator for 5 years now and has a wealth of experience working with community members and helping them solve complex Medicare problems. Stephanie Lazarin, BA, is the Southwest Regional SHIP coordinator for the NMALTS. She has more than two years of experience as a SHIP coordinator.*

**38 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.*

**Special Service  
Wednesday, August 19th  
11:00 a.m. - 1:30 p.m.**

**Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic**

Boardroom

Wednesday, 11:00 a.m. –1:30 p.m.

The Legal Resources for the Elderly Program (LREP) is providing POA and AHCD legal clinics at which you can meet one-on-one with an LREP attorney to discuss the need for and purpose of POAs and AHCDs, and execute the documents. You will leave the clinic with fully executed and notarized documents.

*Stormy Ralstin, JD, is the Managing Attorney for LREP. Gayolyn Johnson, JD, is a staff attorney for LREP. Anita Letter, JD, is also a staff attorney at LREP.*

## **Lunchtime Events**

### **Wednesday, August 19th 12:15 p.m.**

#### **Movie: Alive Inside**

Sunrise Room

Wednesday, 12:15 pm – 1:15 pm

General Audience

This powerful film was presented at the 2015 Sundance Film Festival. It demonstrates the beneficial effects of music on residents of senior living facilities.

#### **Los Bailadores del Oro**

Seminar Room

Wednesday, 12:15 pm – 1:15 pm

General Audience

Los Bailadores de Oro is a group of older adult dancers sponsored by the City of Albuquerque Department of Senior Affairs who perform, in full ethnic colorful costuming, a variety of New Mexican Folk and contemporary Latin Dances at public and private events.

#### **V Gonzales Comedy Show**

Ballroom C

Wednesday, 12:15 pm – 1:15 pm

Virginia Gonzales, is the Gold Medal winner of the 2015 “Seniors Got Talent” showcase recently held at the NM Senior Olympics Summer Games. Ms. Gonzales is a comedienne and was named New Mexico Hispanic Entertainer of the Year in 2007.

#### **Capital Outlay Technical Assistance**

Rio Grande Room

Wednesday, 12:15 pm – 1:15 pm

This session will provide technical assistance to grantees about existing capital appropriations. We will also respond to questions about the 2016 Legislative capital request; and the 2017 Capital Outlay Request Application, which is due April 2016.

*Rebecca Martinez is the Capital Projects Bureau Chief with the ALTSD. Barbara Romero is the Capital Outlay Projects Coordinator with the ALTSD.*





## **Workshops      Wednesday, August 19th      1:30 p.m.**

### **39      NM State Dementia Plan Update**

Ballroom B

Wednesday, 1:30 p.m. – 2:30 p.m.

Professional Audience

This workshop will provide an update on the progress of implementing the recommendations contained in the NM State Dementia Plan. A panel of members from the “Leadership Team” that has been established to guide and assist with the Plan’s implementation will discuss the work taking place in NM.

*Gary L. J. Giron, LPCC, MBA, Master of Divinity, is the Executive Director of the Alzheimer’s Association, NM Chapter. He has more than twenty-five years of executive and administrative experience in the areas of health care, operational management and financial management in non-profit and governmental agencies. Janice Knoefel, MD, has been a faculty member at the University of New Mexico and a New Mexico resident for the past 19 years. She has trained and worked in the fields of Neurology and Geriatrics since medical school graduation. Dr. Knoefel has experience in clinical care, teaching and research related to Alzheimer’s disease and other causes of dementia. Tracy Wohl, MS, is the Director, Office of Alzheimer’s and Dementia Care, Aging and Long-Term Services Department. She has worked for the Aging and Long-Term Services Department for over nine years as a program manager in the Senior Services Bureau and as the Director of the newly established Office of Alzheimer’s and Dementia Care, charged with implementing the NM State Dementia Plan.*

### **40      An Experiential Introduction to Lifesongs**

Ballroom C

Wednesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

Lifesongs is an intergenerational arts program that promotes social inclusion and dignity for elders. In this workshop, we will introduce participants to the collaborative creative processes that are at the heart of Lifesongs work. This workshop is designed to engage all conference attendees.

*Acushla Bastible, MFA, BA, is the Director of Lifesongs at the Academy for the Love of Learning. Her work lies at the intersection of arts, aging, health and community. Christine Sandoval is a NM Qualified Activity Professional at the Santa Fe Care Center. She provides quality of life programs for persons with disabilities and for elders. Vanessa Torres, MA, BA, is certified in Grief, Trauma and Loss. She is the facilitating artist of Lifesongs at the Academy for the Love of Learning.*

### **41      Karaoke!**

Seminar Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Are you the next John Lennon or Janis Joplin? Show off your vocal skills and listen to your fellow amateur vocal artists from around New Mexico.

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

#### **42 Gambling Addiction - Destructive Excitement**

Sunrise Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Prevention, Recovery, Wellness, Thriving is possible. Learn the dynamics of various addictions. Learn the subtleties and effects of, and intervention for, gambling addiction. Gambling has increasingly negatively impacted older adults in New Mexico. Prevention is important now and as the aging population grows in our state. Learn more for yourself or for someone you know.

*Rhonda F. Day, LISW, MSSW, is a clinical therapist and the Gambling Addiction Program Coordinator at PeopleWorksNM. She has extensive experience as a wellness professional, community prevention educator and clinical therapist specializing in gambling addiction and trauma recovery. Rosa M. Juarez is the Responsible Gaming Association Coordinator at Sandia Resort and Casino. She develops and coordinates Native casino efforts for gambling prevention and intervention state-wide.*

#### **43 Managing our Emotions as Caregivers**

Manzano Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Emotions are complex and hard to understand for most people. In caregiving, our emotions may magnify as we ride a rollercoaster of emotion! Let's journey together to examine what emotion is, where it comes from and strategies to manage emotions while providing care. Helpful tips for emotional wellbeing for anyone are reviewed.

*Melyssa Agee-Mares, MSW, LISW, is the Dementia Caregiver Program Manager and Psychotherapist at PeopleWorks NM. She has 12 years of experience in the social services field, has implemented dementia programs for the City of Albuquerque, and is a former caregiver.*

#### **44 Clinical Trial Volunteers: Changing the Future of Medical Treatments**

Rio Grande Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Major breakthroughs in future medical treatments could not happen without the generosity of clinical trial volunteers. We invite you to join a discussion about what it means to be a clinical trial volunteer, what to expect as a participant, what your rights are, and how your health is protected. The gift of clinical trial participation may help future generations' lead healthier lives, making clinical trial volunteers "Everyday Heroes". Information is provided in an open forum style. Bring your questions. Share your experiences with others in the group.

*Jonny Salyer, M.D., is an Investigator and Business Developer at Lovelace Scientific Resources, Inc. She has 24 years of experience as a physician supporting new drug and medical device development globally.*

**45 Acupuncture for Anti-Aging**

Bosque Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

This workshop will begin with introducing acupuncture to the audience, including the history of Chinese medicine, and the history of acupuncture in America. How acupuncture can help people for positive and conscious aging will be covered.

*Li Xu, PhD, DOM, is a licensed Acupuncturist at HH Natural Medicine, Inc. Dr. Xu has over 15 years of experience.*

**46 Internet Resources for Senior Health**

Boardroom

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

This session will enable attendees to quickly locate health information. It will help them find free online resources, and give them a better understanding as to how the UNM Health Sciences Library supports professional development and consumer health information.

*Patricia Bradley, BA, MLS, is the Native and Distance Services Librarian at the UNM Health Science Library. She has 40 years of experience as a librarian. Sarah Knox Morley, MLS, PhD, is the Clinical Services Librarian at the UNM Health Sciences Library.*



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- 47 The Eclectic Senior Players Theatre**  
Ballroom B  
Wednesday, 2:45 p.m. – 3:45 p.m.  
General Audience

Come enjoy senior theatre and plays that are sure to charm the audience. Three comedy plays will be performed.

*Barbara LoLordo, BAMA, is the Director of the Senior Readers Theatre Group of the Belen Art League.*

- 48 Pelvic Floor Exercise**  
Ballroom C  
Wednesday, 2:45 p.m. – 3:45 p.m.  
General Audience

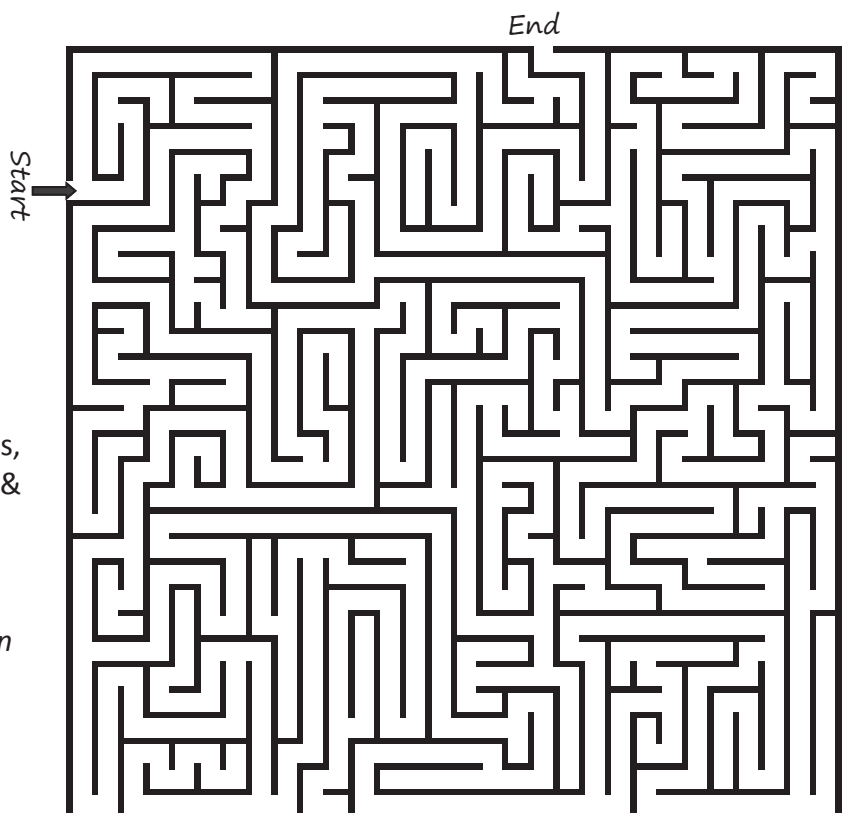
This workshop will discuss the basic anatomy of the pelvic floor, biomechanics of the associated muscles, stress and urge urinary incontinence issues. It will also teach exercises to strengthen the pelvic floor with and without equipment.

*Abigail Ritz, MS, BS, is an exercise physiologist at Presbyterian Healthplex. She has over 14 years of experience working at the Healthplex, and 30 years of experience as a fitness instructor and personal trainer.*

- 49 Paul Pino & the Tone Daddies**  
Seminar Room  
Wednesday, 2:45 p.m. – 3:45 p.m.  
General Audience

The Tone Daddies inspire pride in New Mexico and southwestern cultures while inspiring dancing on tables, creating spontaneous outbursts of revelry, and opening hearts to musical ecstasy. Come listen to Americano roots music, Rancheras, two-steps, cumbias, rock and roll, waltzes & blues.

*The Tone Daddies band members have toured America, Spain and England. Hits on KANW FM 89.1 radio such as "Pasate La Botella" and "Las Estrellas De Nuevo Mejico" reflect New Mexico's enchanted deserts, cool mountains and smoking hot dancehalls.*





**50 National Advocacy for American Indian and Alaska Native Elders**

Sunrise Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop will discuss the mission of the National Indian Council on Aging, Inc. It will also cover the importance of advocating for Native Elders, aging services and supports for Native Elders, as well as the need for communication and collaboration among Tribal, State and Federal agencies.

*Rebecca Owl Morgan, BA, MLS, is the NMAO-TAC Program Coordinator for National Indian Council on Aging (NICOA). She is an enrolled member of the Eastern Band of Cherokee Indians in North Carolina and is a former librarian. Christine Herman is the NMAO-TAC Project Coordinator for NICOA.*

**51 The Grief Cycle and Techniques to Deal with Loss**

Manzano Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

Everybody is affected by a loss, whether it is by death, divorce, health issues or other factors. The grief process is always difficult. Depending on the way it is approached or the support systems that are available, it can be manageable. Learn different techniques used by others to deal with grief.

*Ophelia Rinaldi, MSW, LISW, has over 30 years of experience in aging, veteran's affairs, counseling and training.*

**52 Commitment to Quality: Dementia Care Practice Recommendations**

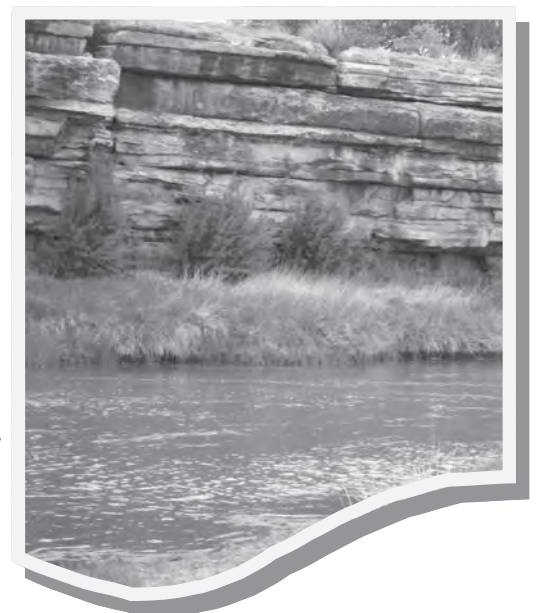
Rio Grande Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop will provide an overview of the Alzheimer's Association Dementia Care Practice Recommendations which address fundamental areas in quality dementia care in residential communities and individual homes. Rationale for adopting the practices will be discussed.

*Tracy Wohl, MS, is the Director, Office of Alzheimer's and Dementia Care, Aging and Long-Term Services Department. She has worked for the Aging and Long-Term Services Department for over nine years as a program manager in the Senior Services Bureau and as the Director of the newly established Office of Alzheimer's and Dementia Care, charged with implementing the NM State Dementia Plan. Chris McCaffrey, has been Program Director for the Alzheimer's Association New Mexico Chapter, for six years and currently oversees all the Chapter's programs and program staff, provides care consultation, caregiver education and training, and coordinates the Chapter's safety programs.*



**53 That's MY Job!**

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

Learn what it takes to land the job you really want. This workshop will focus on the things they DON'T tell you to do in all those pre-employment training classes. You will learn about networking, making the most of a job fair, interviewing and résumé writing secrets.

*Sue Chapman, BA, is a certified job development specialist. She is the Director of the SCSEP program for the National Indian Council on Aging. She has over 18 years of experience in job development with individuals with disabilities and workforce programs.*

**54 What We Remember, What We Forget, Write Your Life On Paper**

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

This workshop will discuss the process of writing your life memoir. Write now. Do it now. You will be instructed as to how to write about your life ten minutes at a time. Rules of writing practice and samples will be given.

*Jeanne Simonoff, LPCC, MA, has 25 years of experience in counseling individuals, and 40 years of experience in writing.*

**55 Adapted Aquatics**

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

Participants will be led through a series of range of motion exercises that will increase joint mobility and develop muscular strength. Bring your swimsuit and towel!

*Melissa Pochiro is a Health and Wellness Specialist for the City of Albuquerque Department of Senior Affairs. She has experience in facilitating fitness classes for the 50+ population.*



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A new law, the Lay Caregiver Aftercare Training law, also known as the CARE Act, now makes New Mexico's family caregivers part of the process when their loved one is admitted into the hospital.

It makes sure caregivers are included in the patient's record and are notified when the patient is discharged or transferred. It also helps ensure they have the instruction they need to safely help their loved one stay at home.

This law should be welcome news to the hundreds of thousands of New Mexicans who are caring for an older parent or loved one, helping them to live independently in their own homes. These family caregivers have a huge responsibility, and the law will provide them with support they deserve.

AARP New Mexico thanks sponsors Rep. Tomás Salazar, Rep. Deborah Armstrong and Sen. Michael Padilla, the leadership of both the House and the Senate, and our legislators, for passing the Lay Caregiver Aftercare Training bill, and Governor Susana Martinez for signing the bill into law.

To learn more about what steps a family caregiver should take when their loved one is admitted into the hospital – and the work AARP New Mexico is doing to support family caregivers, visit: [aarp.org/nm](http://aarp.org/nm).

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## Workshop Schedule at a Glance Tuesday, August 18

### Continued on next page...

Tuesday	7:00 am- 8:00 am	8:30 am- 10:30 am	11:00 am- Noon	12:15 pm - 1:15 pm
Ballroom A	Exhibits			
Ballroom B		<b>Plenary Session</b> <b>Keynote Speaker:</b> <b>Lynn Friss Feinberg</b> <i>Raising Awareness of Family Caregiver Issues "The Time has Come"</i>	<b>Workshop 2</b> <b>Growing Younger</b>	
Ballroom C			<b>Workshop 3</b> <b>Protecting Yourself from Scams</b>	
Seminar			<b>Workshop 4</b> <b>Songs of the Chicano Movement</b>	<b>Tesuque Warriors</b>
Sunrise			<b>Workshop 5</b> <b>Having the Conversation...</b>	<b>Movie:</b> <b>CYBER-SENIORS</b>
Manzano			<b>Workshop 6</b> <b>Getting Help with Medicare Costs</b>	
Rio Grande			<b>Workshop 7</b> <b>Broadening Spirituality in Aging</b>	<b>Capital Outlay Taskforce Meeting</b>
Bosque			<b>Workshop 8</b> <b>Retirement 101</b>	
Boardroom			<b>Power of Attorney &amp; Advance Health...</b>	
Go´Wa Lawn	<b>Workshop 1</b> <b>SilverSneakers®</b> <b>Yoga</b>			
Pool				
Eagle Ballroom			<b>Health &amp; Enrichment Fair 11:30 pm - 4:00 pm</b>	

# Workshop Schedule at a Glance Tuesday, August 18

## ...Continued from previous page

1:30 pm - 2:30 pm	2:45 pm - 3:45 pm	4:00 pm - 5:00 pm	6:00 pm- 10:00 pm
			
<b>Workshop 9</b> NM State Plan for Family Caregivers	<b>Workshop 16</b> Flourish!	<b>Workshop 24</b> Grandparents Raising Grandchildren and Guardianship	<b>Reception:</b> Featuring Gilbert Lechuga & the Shysterzz
<b>Workshop 10</b> Education and Training for Caregivers	<b>Workshop 17</b> Playing and Working Safely in the Southwest Sunshine	<b>Workshop 25</b> Start an Alzheimer's Café in your Neighborhood	
<b>Workshop 11</b> James Bilagody Comedy Show	<b>Workshop 18</b> Dichos & Music	<b>Workshop 26</b> Let the Music Soothe Your Soul	
<b>Workshop 12</b> Words Matter	<b>Workshop 19</b> Tribal Footprints.org: A Vital Resource...	<b>Workshop 27</b> Military TRICARE Health Benefits	
<b>Workshop 13</b> Conscious Aging in New Mexico	<b>Workshop 20</b> Depression and the Elderly	<b>Workshop 28</b> Engaging Multi- Generational Volunteers...	
<b>Workshop 14</b> Savvy Caregiver in Indian Country	<b>Workshop 21</b> The CARE Act: What's in it for You!	<b>Workshop 29</b> Discharge Planning and Your Rights	
<b>Workshop 15</b> Medicare Rights for Seniors	<b>Workshop 22</b> Basics of Alzheimer's & Related Dementias	<b>Workshop 30</b> Feet Can Last A Lifetime: Foot Health Boot Camp	
<b>Care Directive (AHCD) Clinic</b>			
	<b>Workshop 23</b> Adapted Aquatics		
			

## Workshop Schedule at a Glance

### Wednesday, August 19

Wednesday	8:30 am - 10:30 am	11:00 am - Noon	12:15 - 1:15 pm	1:30 pm - 2:30 pm	2:45 pm - 3:45 pm
Ballroom A	<i>Exhibits</i>				
Ballroom B	Plenary Session Keynote Speaker: Robert Blancato <i>The Future of Aging Services</i>	Workshop 31 The Future of Aging Services		Workshop 39 State Dementia Plan	Workshop 47 Senior Readers Theatre
Ballroom C		Workshop 32 Tai Chi: Moving for Better Balance	V Gonzales Comedy Showcase	Workshop 40 An Experiential Intro to Lifesongs	Workshop 48 Pelvic Floor Exercise
Seminar		Workshop 33 Voices of Our People: Navajo Storytelling	Los Bailadores del Oro	Workshop 41 Karaoke	Workshop 49 Paul Pino & the Tone Daddies
Sunrise		Workshop 34 LGBT Older Adults & Their Providers-Working Together	Movie: Alive Inside	Workshop 42 Managing our Emotions as Caregivers	Workshop 50 National Advocacy for American Indian & Alaska Natives
Manzano		Workshop 35 Understanding Social Security		Workshop 43 Addictions-Destructive Excitement	Workshop 51 The Grief Cycle and Techniques to Deal with Loss
Rio Grande		Workshop 36 Savvy Caregiver Expansion	Capital Outlay Technical Assistance	Workshop 44 Changing the Future of Medical Treatments ...	Workshop 52 Commitment to Quality: Dementia Care Practice ...
Bosque		Workshop 37 Beyond the Red, White and Blue Medicare Card		Workshop 45 Acupuncture for Anti-Aging	Workshop 53 That's MY Job!
Boardroom		Power of Attorney (POA) & Advance Health Care Directive (AHCD) Clinic		Workshop 46 Internet Resources for Senior Health	Workshop 54 What We Remember, What We Forget...
Go´Wa Lawn		Workshop 38 Engaging the Creative Mind			
Pool					Workshop 55 Adapted Aquatics
Eagle Ballroom	<i>Health &amp; Enrichment Fair 11:30 pm - 4:00 pm</i>				



# Workshops for Professional Development/ Aging Network Providers

## Tuesday, August 18

### 11:00 am—Noon

- Workshop 5: Having the Conversation
- Workshop 7: Broadening Spirituality in Aging

### 12:15 pm—1:15 pm

- Movie: CYBER-SENIORS

### 1:30 pm—2:30 pm

- Workshop 9: NM State Plan for Family Caregivers
- Workshop 12: Words Matter
- Workshop 14: Savvy Caregiver in Indian Country
- Workshop 15: Medicare Rights for Seniors

### 2:45 pm—3:45 pm

- Workshop 19: Tribal Footprints.org
- Workshop 20: Depression and the Elderly

### 4:00 pm—5:00 pm

- Workshop 25: Start an Alzheimer's Café in Your Neighborhood
- Workshop 28: Engaging Multigenerational Volunteers

## Wednesday, August 19

### 11:00 am— Noon

- Workshop 32: Tai Chi: Moving for Better Balance
- Workshop 34: LGBT Older Adults & Their Providers Working Together
- Workshop 36: Savvy Caregiver Expansion
- Workshop 37: Beyond the Red, White and Blue Medicare Card

### 12:15 pm—1:15 pm

- Movie: Alive Inside
- Capital Outlay Technical Assistance

### 1:30 pm—2:30 pm

- Workshop 39: State Dementia Plan
- Workshop 40: An Experiential Intro to Lifesongs
- Workshop 46: Internet Resources for Senior Health

### 2:45 pm—3:45 pm

- Workshop 48: Pelvic Floor Exercise
- Workshop 50: National Advocacy for American Indian & Alaska Natives
- Workshop 52: Commitment to Quality: Dementia Care Practice Recommendations

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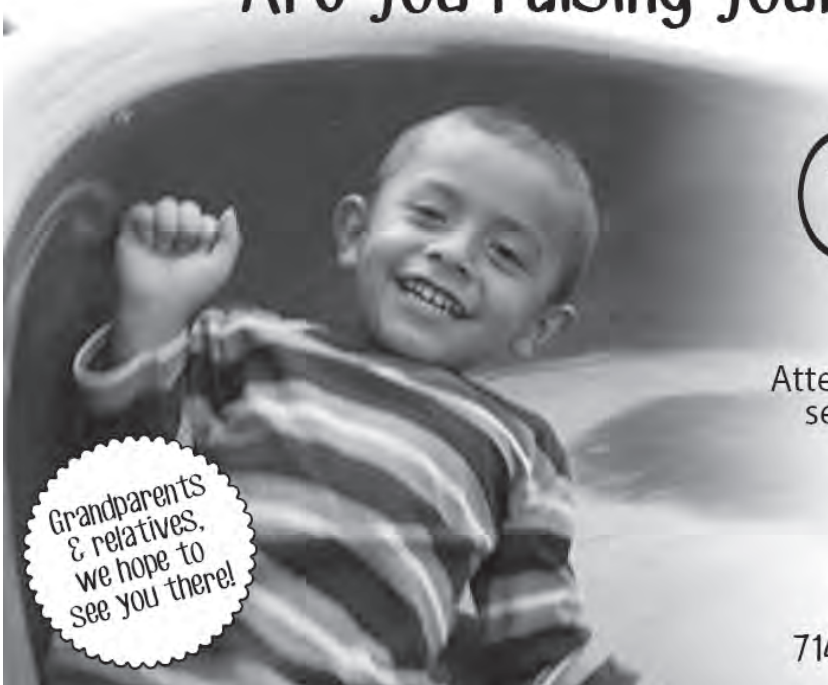
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### ACROSS

- Hallowed place
- Travel guide
- Worship
- Public speaker
- Clamour
- Brownish-purple
- Require
- Part of a ship
- Headwear
- Eternal city
- Donated
- Rudimentary shoot
- Mouth of a volcano
- Church office holder
- Acceptance
- Speaks

### DOWN

- Halts
- Meantime
- Deserve
- Fashion
- Parched
- Female swan
- Groove
- Top card
- Refined and luxurious
- Rodent
- First woman
- Teaching periods
- Govern
- Probability
- Unbleached linen
- Turkish governor

LIVING WITH

# joint pain?

it may be  
time to get  
moving again.



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**New Mexico Conference on Aging 2015  
CONFERENCE EVALUATION**



*Your feedback is important! Please take a minute to share your opinions.*

Name: \_\_\_\_\_ Phone/Email: \_\_\_\_\_

Would you like us to contact you regarding services?  Yes  No

Circle the number for your response:  
(Circle "N/A" if you did not attend)

	Excellent	Good	Fair	Poor	Did Not Attend
Quality of the conference, overall	4	3	2	1	
Opportunity to learn useful information	4	3	2	1	
Variety of workshop topics offered	4	3	2	1	
Plenary sessions (morning keynotes)	4	3	2	1	N/A
Entertainment events (evening and lunchtime)	4	3	2	1	N/A
Health & Enrichment Fair (across the street)	4	3	2	1	N/A
Quality of Workshops you attended	4	3	2	1	N/A

How many workshops did you attend?  None  1-3  4-6  7 or more

Which was the <b>BEST WORKSHOP</b> you attended? -> Why was it valuable for you?	Workshop Title or Description

Which was the <b>LEAST HELPFUL WORKSHOP</b> ? -> Why?	Workshop Title or Description

**COMMENTS** and suggestions for improvement:

(Use back of page for additional comments)

**TOPICS** and ideas for next year's conference:

Place your completed form in any "EVALUATIONS" box, located at the Registration desk and throughout conference area.



New Mexico Conference on Aging 2015  
**CONFERENCE EVALUATION**



*Your feedback is important! Please take a minute to share your opinions.*

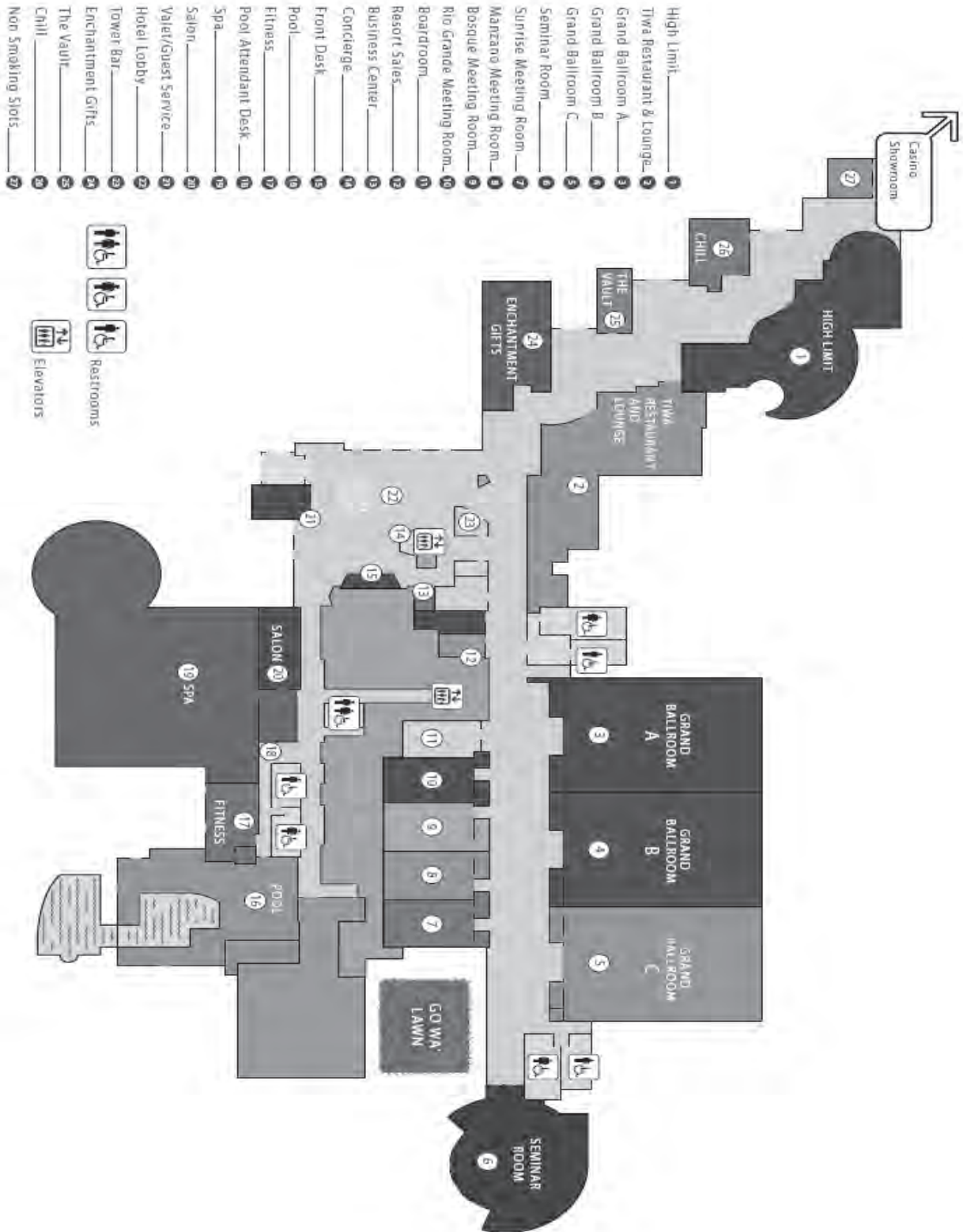
*THANK YOU !!!*

**PLEASE WRITE ANY ADDITIONAL COMMENTS OR SUGGESTIONS BELOW:**

# 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 High Limit
- 2 Tiwa Restaurant & Lounge
- 3 Grand Ballroom A
- 4 Grand Ballroom B
- 5 Grand Ballroom C
- 6 Seminar Room
- 7 Sunrise Meeting Room
- 8 Manzano Meeting Room
- 9 Bosque Meeting Room
- 10 Rio Grande Meeting Room
- 11 Boardroom
- 12 Resort Sales
- 13 Business Center
- 14 Concierge
- 15 Front Desk
- 16 Pool
- 17 Fitness
- 18 Pool Attendant Desk
- 19 Spa
- 20 Salon
- 21 Valet/Guest Service
- 22 Hotel Lobby
- 23 Tower Bar
- 24 Enchantment Gifts
- 25 The Vault
- 26 Chill
- 27 Non Smoking Spots