

NM Conference on Aging
38th Annual

August 23 - 24, 2016



Susana Martínez, Governor
Myles Copeland, Secretary
Kyky Knowles, Deputy Secretary

Table of Contents

Welcome Letter from Cabinet Secretary	Page 1
Award Recipients	Page 6
Conference Planning Committee.....	Page 7
General Conference Information.....	Page 8
Conference Entertainment.....	Page 9
Conference Poster	Page 13
Keynote Speakers	Page 14, 28
Conference Workshops.....	Page 15-43
Conference Schedule at a Glance	Page 44-46
Professional Development Workshops.....	Page 47
Conference Sponsors	Page 52
Conference Exhibitors.....	Page 53
Tote Bag Item Donors	Page 54
Health & Enrichment Fair	Page 56
Door Prize Donors	Page 59
Conference Evaluation.....	Page 63





Susana Martinez, Governor
Myles Copeland, Cabinet Secretary
Kyky Knowles, Deputy Secretary

August 23, 2016

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 38th 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 that reads "Myles Copeland".

Myles Copeland
Cabinet Secretary
Aging and Long-Term Services Department

Partners in Lifelong Independence and Healthy Aging
PO Box 27118 • Santa Fe, New Mexico 87502-7118
505-476-4799 • Toll-free 1-866-451-2901 • www.nmaging.state.nm.us

Conference Schedule

Tuesday, August 23

7:00 — 8:00 am
SilverSneakers® Classic Workout

8:30 — 10:30 am
Plenary Session
Dr. Bill Thomas
"What Are Old People For?"
Exploring the Meaning of Age and
Aging in the 21st Century
Grand Ballrooms B & C

11:00 a.m. — Noon
Workshops

Noon — 1:15 pm
Workshops

12:15 — 1:15 pm
Workshops

11:00 am — 3:30 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 24

8:30 — 10:30 am
Plenary Session
Ellen Caylor Schneider
"Successful Strategies to
Reduce Older Adult Fall Risks"
Grand Ballrooms B & C

11:00 am — Noon
Workshops

Noon — 1:15 pm
Workshops

12:15 — 1:15 pm
Workshops

11:00 am — 3:30 pm
Health & Enrichment Fair
Eagle Ballroom at the Golf Course

1:30 — 2:30 pm
Workshops

2:45 — 3:45 pm
Workshops



HOSPICE | HOME HEALTH CARE
DURABLE MEDICAL EQUIPMENT
PERSONAL CARE SERVICES

Tollfree 1.877.861.0060 ambercare.com

Plenary Schedules

Tuesday, August 23

(Times are approximate)

- 7:00 a.m. Mariachi Nuevo Sonido
- 8:30 a.m. Opening Ceremonies
Isleta Color Guard/Geraldine Mascareñas singing the National Anthem
- 8:40 a.m. Welcoming Remarks:
Myles Copeland, Secretary, 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: Dr. Bill Thomas
- 9:45 a.m. Door Prizes

Wednesday, August 24

(Times are approximate)

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





HERITAGE AUDIO VISUAL



> Our Specialty

Galas • Conferences • Conventions

Customer Service Oriented With
On-Site Knowledgeable Staff

Latest Technology • Quality
Equipment • Custom Set Designs

> About

Our first importance is our customers! We ensure to provide the highest quality of customer service with each and every client, no matter the size of the event. In our continued efforts to ensure your event success, we strive to stay updated with the latest technology, equipment and provide continued training to our staff.

Heritage Audio Visual's experience in the audio visual industry includes engineering, designing, operating, project managing, sales, graphic design and day- to-day operations for your audio, video and lighting needs. In our years of experience we understand how each event is unique and can provide a customized package to meet your event needs. No matter how large or small your event may be, we will custom-create a package for you!



CONTACT US TODAY 505.508.4443 | SALES@HERITAGEAUDIOVISUAL.COM

www.HERITAGEAUDIOVISUAL.com



Concilio CDS Inc.

"Making a Difference in Our Community"

Concilio CDS Inc. (Concilio Campesino Del Sudoeste) is a 501(c)3 private community based, state-wide not-for-profit organization that began in 1972.



CIVIC ENGAGEMENT/TIME BANKING
FOSTER GRANDPARENT • SENIOR COMPANION
HEALTH PROMOTION • TOBACCO USE PREVENTION & CONTROL
AMERICORPS LEGACY

Interested in volunteering?

Interesados en ser voluntarios?

**For more information,
please contact our offices at:**

2610 N. Silver St Silver City, NM 88061

(575) 388-2522

2220 S. Solano Drive Las Cruces, NM 88001

(575) 521-9814

104 B E. Aztec Avenue Gallup, NM 87301

(505) 399-5019

Conference on Aging Award Recipients



Mario Quintana
K. Rose Wood Outstanding Older Adult Award



Ernesto Ramos
Lovola Burgess Lifetime Leadership Award



Cedric A. Sandy
Gregorita Chavarria Arts Award

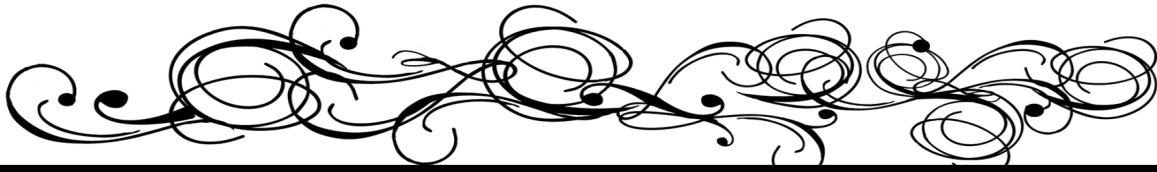


John & Susie Vargas
Public Service Award



Representative Deborah A. Armstrong
Representative Nick Salazar Award

Conference on Aging Planning Committee



Top Row L-R: Richard Bailey, Richard Gregory, Matthew Lopez, Janet Popp,
Michelle Briscoe, Emily Freede, Ellen Driber-Hassall,
Greg Lopez, Andrea Allen, Stormy Ralstin

Bottom Row L-R: Anthony Romero, Evone Gallegos, Lynne Anker-Unnever,
Trish Lopez, Crystal Lucero

Not Pictured: Bill Taylor, Carol Dolan, Geraldine Mascareñas,
Gloria Analla, Judy Spear, Kaven Begay, Marlene Sena, Martha Medina,
Reese Chavarria-Quam, Shanna Lapsley, Stephanie Macek, 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. Please note, this year there is no specific designated lunch break. Feel free to bring food into the workshops and entertainment events.

Accessible Parking ~ 93 spaces are available throughout the facility.

Assistive Listening Devices ~ Free devices to amplify the voices of presenters are provided by the Governor’s Commission on Disability and are available at the registration table.

Information ~ For assistance or information related to the Conference, please go to the Conference registration table. For information on lodging or the Isleta Resort & Casino facilities, please go to the hotel registration or information desk 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 and in designated areas.

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 11:00 a.m. and ending at 3:45 p.m. Shuttles leave from the hotel entrance. Transportation is also available between the hotel and vehicles in the parking lot.

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 \$25 processing charge. The materials must be picked up before attending sessions and signed by a presenter at each approved workshop. You must also sign in at each Plenary session you attend. 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 11:00 p.m. to 3:30 p.m. on Tuesday, August 23 and Wednesday, August 24. Find out about services offered throughout New Mexico, receive free health screening, get wellness information, enjoy a manicure, and even get a haircut!

Entertainment ~ Enjoy the Conference’s varied entertainment; a schedule is on page 9. Join us for the Conference Reception and Dance on Tuesday evening from 6:00 p.m. – 10:00 p.m. in Ballrooms B & C.

Exhibits ~ Tables and displays are located in the foyer and in Grand Ballroom A. See Page 53 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 table.

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.

Conference Entertainment

Tuesday, August 23

Time: 7:00 am – 8:00 am

Performer: Mariachi Nuevo Sonido

Activity: Music

Location: Ballroom B & C

Time: 8:30 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: Ballroom C

Time: 12:15 pm – 1:15 pm

Performer: Thunderknife

Activity: Drum and Dance Exhibition

Location: Ballroom C

Time: 1:30 pm – 2:30 pm

Performer: James Bilagody

Activity: Comedy

Location: Ballroom C

Time: 2:45 pm – 3:45 pm

Performer: Los Bailadores del Oro

Activity: Traditional Dance

Location: Ballroom C

Time: 4:00 pm – 5:00 pm

Performer: Raul Sanchez

Activity: Music

Location: Ballroom C

Time: 6:00 pm – 10:00 pm

Performer: Gilbert Lechuga & the Shysterzz

Activity: Evening Reception/Dance

Location: Ballroom B & C

Wednesday, August 24

Time: 11:00 am – Noon

Performer: Maria Amaya

Activity: Wise Women Do Dance: Lecture & Demo

Location: Ballroom C

Time: 12:15 pm – 1:15 pm

Performer: Roberto Mondragon

Activity: Dichos y Música (Folklore & Music)

Location: Ballroom C

Time: 1:30 pm – 2:30 pm

Performer: Dan Sedillo

Activity: Karaoke

Location: Ballroom C

Time: 2:45 pm – 3:45 pm

Performer: Paul Pino & the Tone Daddies

Activity: Music

Location: Ballroom C





Presbyterian
Medicare
Advantage Plans

Easier

A Presbyterian Medicare Advantage Plan makes staying healthy easier. It goes where you go, with coverage anywhere in the world.

- \$0 premium plan options with prescription coverage
- Primary care office visits for as low as \$5
- \$0 gym membership
- See specialists without referral

It's easy to switch if you already have a Medicare Advantage Plan. And simple to sign up if you don't.

Find out how easy Medicare can be. Call (505) 923-8458 or 1-800-347-4766 (TTY 711), 8 a.m. to 8 p.m. We also offer personal consultations in your home, or you can sign up online at phs.org/medicare.

Presbyterian Senior Care (HMO) and Presbyterian Medicare PPO are Medicare Advantage plans with a Medicare contract. Enrollment in these plans depends on contract renewal. 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 copayments/coinsurance may change on January 1 of each year. You must continue to pay your Medicare Part B premium.



www.phs.org/medicare

Y0055_MPC051507_rev2_Approved_07082015

38th Annual NM Conference on Aging

Fabulous Food Show

**Come sample delicious foods
prepared by vendors from
around the state**

**1:00 p.m. - 4:00 p.m.
in the Seminar Room**





In memory of former Aging & Long-Term Services Department Cabinet Secretary Retta Ward



By Cabinet Secretary, Myles Copeland

When Retta Ward, Cabinet Secretary of the NM Department of Health, passed away in March 2016, we were shocked. Prior to her appointment as Department of Health Cabinet Secretary in 2013, she had served as Cabinet Secretary of the NM Aging & Long -Term Services Department. Beyond the suddenness of her departure and the significance of her position, the loss was keenly felt because Secretary Ward was inspirational to many of us. “Inspirational” is an adjective I wish I attached naturally to more in my life. Inspirational posters, with soaring eagles and cats “hanging in there,” don’t do it for me. To be around Secretary Ward for any length of time left me wanting to be more like her.

If you worked with her, you likely have your own list, but here are a few of the qualities I admired.

—**Secretary Ward made you feel like you mattered.** Despite having one of state’s busiest jobs, Secretary Ward always had time to listen to you. Any interaction with her yielded a sense that she cared about you and your wellbeing.

—**Secretary Ward found inspiration everywhere, and in everyone.** Her status as world-class listener and consumer of information combined with her relentlessly positive attitude, resulting in a remarkable capacity to be inspired. She was able to envision things, not as they are, but as they should be, a technique of the *Investment in Excellence* training program she instituted at the ALTSD.

—**Secretary Ward was bold** in communicating her vision. She did not aim for incremental improvement. She expected New Mexico to become the healthiest state in America. Secretary Ward moved toward this big goal even at the most personal levels. Along with broad public health initiatives, her dedication meant 10,000 steps per day for her, as well as walking meetings and healthy snacks for staff.

Secretary Ward left us with so much. Her legacy is one of raised expectations, and of care for our fellow New Mexicans. We each had our own experience of her and, to me, the gift she left behind is the model of a life well lived.

Conference Poster



The artist who created the 2016 Conference poster, Sally Bartos, will be available to sign posters on August 23rd from 10:00 am - noon and 2:00 pm - 4:00 pm, and on August 24th from 1:00 pm - 4:00 pm. Posters are for sale at \$3.00 each. The original artwork has been donated to the Conference on Aging and will be up for silent auction. Proceeds from poster sales and silent auction benefit the NM Conference on Aging.

Keynote

Tuesday, August 23rd 8:30 a.m.
Grand Ballroom



Dr. Bill Thomas

"What Are Old People For?" Exploring the Meaning of Age and Aging in the 21st Century

The current obsession with youth has changed the experience of aging. Learn how societies around the world and through history have viewed aging, and what you can do to “disrupt” aging. Find out what a new kind of old age might look and feel like.

Bill Thomas, MD, an AARP visiting scholar, is known as one of the most eclectic and creative thinkers working in the field of aging and medicine. Author, entrepreneur, musician, teacher, farmer and physician, Dr. Thomas is internationally known for his health care system innovations. He is the founder of the global non-profit, The Eden Alternative, and creator of The Green House Project - both radical new approaches to reforming long term care. Dr. Thomas recently starred in the Sundance award-winning documentary Alive Inside: A Story of Music & Memory. Inspired by AARP's recent call-to-arms for a sustained effort to “disrupt” aging, he has created an ambitious new approach to growth and aging through a national “non-fiction theater” roadshow called the Age of Disruption Tour. His eclectic career has included two decades living off the grid and running a mixed power farming operation - Summer Hill. Dr. Thomas is a founding faculty member of the University of Maryland, Baltimore College, Erickson School of Aging. He is also the founder of the influential multi-author blog platform, ChangingAging.org. Dr. Thomas continues to write, perform and help Fortune 500 companies and not-for-profits develop new products and services that make the most of normal human aging.

Workshops **Tuesday, August 23rd** **7:00 a.m.**

- 1 SilverSneakers® Yoga Demonstration**
Spa Jar Lawn
Tuesday, 7:00 a.m. – 8:00 a.m.
General Audience

SilverSneakers® Yoga will move 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.

Workshops **Tuesday, August 23rd** **11:00 a.m.**

- 2 A Continuing Discussion with Dr. Bill Thomas: Disrupt Aging & Life Reimagined**
Ballroom B
Tuesday, 11:00 a.m. – Noon
General Audience

In today's Keynote Session, Dr. Bill Thomas began a conversation about how and why we need to change our views about aging. In this workshop Dr. Thomas will continue the conversation about how we view aging in ourselves and others and how changing that view can impact our lives. Come with your questions and your ideas.

Bill Thomas, MD, an AARP visiting scholar, is known as one of the most eclectic and creative thinkers working in the field of aging and medicine. Author, entrepreneur, musician, teacher, farmer and physician, Dr. Thomas is internationally known for his health care system innovations. He is the founder of the global non-profit, -The Eden Alternative, and creator of The Green House Project - both radical new approaches to reforming long term care.

- 3 Songs of the Chicano Movement**
Ballroom C
Tuesday, 11:00 a.m. – Noon
General Audience

In the 1960's and 70's, Mexican-American civil rights activists mobilized 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 this movement 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 performing theatre. He has performed throughout the state of New Mexico.

4 **Please Speak Up! We are Listening**

Sunrise Room

Tuesday, 11:00 a.m. – Noon

General Audience

This listening session will provide an opportunity for workshop participants to share information with members of the NM Aging & Long-Term Services Department Policy Advisory Committee on ways the Department can support older New Mexicans. Trends, issues, recommendations and solutions will also be discussed.

New Mexico Aging & Long-Term Services Department (NM ALTSD) Policy Advisory Committee Members: William Waugh Jr., (Chair), Darel Davenport (1st Vice-Chair), Carol Dolan, Clara Farah, Joie Glenn, Lena Smith Ernst, Richard Griffith, Ron Montoya, Russell Boor, and Dolores E. Roybal.

5 **Hope and Healing for our Community**

Manzano Room

Tuesday, 11:00 a.m. – Noon

General Audience

Storytelling--the Heart of Traditional Community Building--kindles social imagination through creative and personal engagement. At the Gallup Flea Market, elders enact stories in English & Navajo to support learning, healing, and hope among children, parents, and grandparents. Come experience a positive, practical vision of aging that is both meaningful and fun!

The presenters are participants in the NM ALTSD Senior Employment Program and are currently studying at the UNM Gallup Adult Education Center. Harry Lee, Anderson Lee, and Aaron Evans are all Navajo elders, each with over 50 years of experience living in Navajo culture. Diane Butler is an elder veteran actively involved in the Gallup community for more than 20 years.

6 **Take Charge! Completing your Advance Health Care Directive**

Bosque Room

Tuesday, 11:00 a.m. – Noon

General Audience

Talking about one's end of life can be uncomfortable, but also very freeing. Participants will learn the importance of having an Advance Health Care Directive and how to complete this document, which outlines their choices for treatment in the event they can no longer speak for themselves.

Janice Wilson, BA, MSS Management, is an Action Team Facilitator at Compassion & Choices-NM. She has three years' experience presenting workshops concerning end-of-life health care planning and "having the conversation".

KINGSTON
RESIDENCE
of SANTA FE
2400 Legacy Court Santa Fe, NM 87507
(West to Santa Fe Blvd)

Genuine Care - Dedicated To You

- 24/7 Nurses on site
- 3 nutritious meals daily w/ choices
- Recreational activities
- Scheduled transportation
- Laundry
- Housekeeping
- Rehabilitation
- Palliative hospice services available

Our Assisted Living and Home Health Services are tailored for Short Term Respite Care and Longterm Chronic Care.

Secure Memory Care Community is comprised of large private studio apartments with fully equipped ADA bathrooms.

We have several Clinical Services Available Through our Assisted Living and Home Health Venue usually covered by Individual Medicare A/B Benefits. Call us for more information.

www.kingstonhealthcare.com • 505-471-2400

7 Breaking the Myths of Palliative Care

Rio Grande Room

Tuesday, 11:00 a.m. – Noon

General Audience

This interactive workshop will explain what palliative care is, what benefits one is entitled to under Medicare and other insurances, and what one’s rights are regarding care options. Resources, additional information, and referral assistance will be provided.

Loretta Olfield, RN, is the Community Liaison at Alliance Home Healthcare and Hospice.

Special Service

Tuesday, August 23rd 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.



***New Mexico's
FREE
Legal Helpline
for Seniors 55+***



Legal Resources for the Elderly Program

- Available statewide for New Mexico residents 55 and older, regardless of income.
- Free legal advice provided by experienced Elder Law attorneys.

**505-797-6005
1-800-876-6657**



**STATE BAR
of NEW MEXICO**

8 Enhance Your Quality of Life with EnhanceFitness

Ballroom B

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

EnhanceFitness is a low-cost, evidence-based group exercise program that helps older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives. This workshop will review the US Surgeon General's recommendations for physical activity, give overview of the EnhanceFitness program, discuss the importance of exercise in aging, and provide a brief demo of the class.

Connie Tachias is a certified group fitness instructor. She specializes in EnhanceFitness, and has 5 years of experience in fitness instruction and working with older adults.

9 Thunderknife: Drum and Dance Exhibition

Ballroom C

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

This multigenerational workshop will feature dancers from the Pueblo of Isleta. The dances include several traditional dances.

Mike Abeita is the lead dancer for the Thunderknife Drum and Dance group.

10 Stress Management and Chocolate - What's the Connection?***Open to the first 50 attendees***

Sunrise Room

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

Everyone experiences stress. It can be positive, such as the purchase of a dream home. It can be negative, such as the loss of a job. Stress can affect our bodies, minds, emotions, and behaviors. This workshop provides information on stress relieving practices and CHOCOLATE! Join us and discover how this treat can be beneficial. Open to the first 50 attendees.

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.



An Affiliated Entity of The Evangelical Lutheran Good Samaritan Society

**Our services help keep you HEALTHY
and INDEPENDENT in your own HOME**

- Skilled Home Health • Companion Care
- Hospice

505-232-3311www.heritagehomehealthcare.com

11 Adult Protective Services Overview

Manzano Room

Tuesday, 12:15 p.m. – 1:15 p.m.

Professional/General Audience



Valley Services proudly supports the New Mexico Area Agencies on Aging in nourishing our seniors.

Scott Krug, Director of Business Development
skrug@valleyinc.com | 213-999-6679

valleyinc.com | traditionsi.com

This workshop will provide you with an overview of the Adult Protective Services Division of the NM Aging & Long-Term Services Department.

Esperanza Lucero, MSW, MBA, is a Training Manager for the Adult Protective Services (APS) Division of NM ALTSD.

She has 5 years of experience in public health. Matthew Vigil, BS, is a Training Coordinator for the APS Division of NM ALTSD. He has over 15 years of experience in state government.

12 Movie: Cyber Seniors

Bosque Room

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

A humorous and heartwarming feature documentary, CYBERSENIORS 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.

Ann Church and Sheila Doran-Benyon, Co-Founders of the Villages of Santa Fe.

13 You Can Bet on It - Impacts of Problem Gambling

Rio Grande Room

Tuesday, 12:15 p.m. – 1:15 p.m.

General Audience

Gambling has increasingly negatively impacted older adults in New Mexico. Prevention, recovery, wellness, and thriving are possible. Learn the dynamics of various addictions. Learn the subtleties and effects of, and intervention for, gambling addiction. 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 wellness professional, community prevention educator and clinical therapist specializing in gambling addiction and trauma recovery. Lojann Hooee, LADAC, CADX/ADC, is a certified Gambling Addictions Counselor with Acoma Behavioral Health Services. She is a member of the New Mexico Credentialing Board of Behavioral Health Professionals and a board member of the Native American Training Institute. Cindy Anderson, MSW, LISW, is the Founder and Executive Director of PeopleWorks-NM. She has 30 years of experience in the behavioral health field. She was named 2009 New Mexico Social Worker of the Year for her work with the geriatric mentally ill population and received the 2013 Zimmerman Community Service Award from the Rio Rancho Rotary Foundation.

Workshops Tuesday, August 23rd 1:30 p.m.

14 Tai Ji Quan: Moving for Better Balance

Ballroom B

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Tai Ji Quan: Moving for Better Balance is an evidence-based program for older adults. The 8 form techniques are derived from the traditional, well-known 24-form yang style Tai Chi, but are tailored for adults who wish to improve balance and mobility, while reducing the risk of falls.

Ruth Romancito is a USWFA & AFAA Certified Exercise Specialist at Good Samaritan Society Manzano del Sol. Spanda Bavani, BA, is the wellness director at the Good Samaritan Society. Anne Schroeder is a wellness assistant with the Good Samaritan Society.

15 James Bilagody Comedy Show

Ballroom C

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.

16 Are We Really Ready for Retirement?

Sunrise Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Access to an employer-based retirement plan is critical for building financial security later in life. Yet, about 62 percent of New Mexico's private sector employees—roughly 336,000—work for an employer that does not offer a retirement plan. Significant numbers of workers at all levels of earnings and education do not have the ability to use payroll deductions to save for retirement. The panel will discuss policy options that will help increase retirement income as well as allow individuals to build their own economic security. This workshop will also provide an overview of AARP's national effort to protect Social Security and maintain its financial solvency through the "Take a Stand" campaign.

DeAnza Sapien is the Associate State Director for Advocacy with AARP NM.



17 Your Friends and Neighbors: Self-Organizing to Meet Care Needs

Manzano Room

Tuesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

In the Village model, community members form membership-driven, grass-root organizations to coordinate the services needed as they age. This session will detail how the model is working nationwide and in New Mexico. Discussion will include strategies for creating Villages that fit New Mexico's cultural, geographic and economic diversity.

Myles Copeland, MBA, is the Cabinet Secretary of the NM Aging and Long-Term Services Department. Prior to his designation in July, 2015, he spent two years as the Department's Deputy Secretary. He came to the Department from the Alzheimer's Association, New Mexico Chapter, where he served as Director of Communications and Advocacy. Kyky Knowles, B.A. Sociology and Anthropology, Women's Studies, is the Deputy Cabinet Secretary of the NM Aging and Long-Term Services Department. Prior to that, she was Chief of Operations with a publications company focusing on healthy aging, diabetes, arthritis, and hypertension.

18 Manage Your Chronic Disease (My CD)

Bosque Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

The Manage Your Chronic Disease (MyCD) program helps people better manage their health problems, including diabetes, heart disease and blood pressure. Join this interactive workshop to learn how you can gain confidence and motivation; make an action plan; eat healthy; exercise more; manage medications; and communicate better with your care providers.

Susan Yelton, MA, PMP, is a Project Manager at HealthInsight New Mexico. She has experience managing quality improvement for cardiac, diabetes and behavioral health programs. Catherine Offutt, MBA, is the Program Director for the ABQ Manage Your Chronic Disease Program. She is a certified T-Trainer, master trainer and workshop leader for Stanford Chronic Disease and Diabetes Self-Management Programs.

19 Seniors and Smartphones

Rio Grande Room

Tuesday, 1:30 p.m. – 2:30 p.m.

General Audience

Today's smart phones are powerful tools that go far beyond simply placing phone calls. It's like carrying an entire personal computer and entertainment system in your pocket. But in order to take advantage of the features and capabilities, you have to know they exist, how to navigate to them, and how to make them work. Many things are intuitive or self-explanatory, but many are not -- especially for those of us who didn't grow up with technology. This workshop will teach the basics of smartphones.

Trish Lopez, BA, is the CEO and Founder of Teeniors, Inc., Tech Savvy teens who empower older adults through one-on-one coaching.

Workshops

Tuesday, August 23rd

2:45 p.m.

20 Meditation in Motion

Ballroom B

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Meditation in Motion is a hallmark of the Kripalu Yoga lineage and offers a chance to be guided by our body rather than our brain. This fluid, gentle yoga and movement workshop that invites the body to open, the joints to breathe, and the muscles to soften while incorporating soft rhythmic music, lyrical movement, and breath. This class is for any level and movement ability.

Lisa Gulotta, MS, BA, is a licensed Kripalu Yoga teacher. She is an experienced dancer, Yoga teacher E-RYT 500, personal trainer, and cancer exercise specialist. Cecilia Acosta is the Executive Director of NM Senior Olympics. She has over 26 years of experience working with senior programs and older adults.

21 NM Folk Dances

Ballroom C

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

Come enjoy a performance of a variety of New Mexican folk and contemporary Latin dances.

Los Bailadores de Oro is a group of older adult dancers sponsored by the ABQ Department of Senior Affairs who perform in full ethnic colorful costuming.

22 Be Money Smart in Indian Country: Avoid Fraud

Sunrise Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

How can caring family members protect their beloved elders from financial exploitation? What if the family or caregivers are the ones taking advantage? Explore training that can help and strategies for managing finances effectively.

Rebecca Owl Morgan, BA, MLS, is the NMAO-TAC Program Coordinator for National Indian Council on Aging (NICOA). Christine Herman is the NMAO-TAC Project Coordinator for NICOA.

23 Understanding and Supporting Lesbian, Gay, Bisexual, and Transgender Older Adults

Manzano Room

Tuesday, 2:45 p.m. – 3:45 p.m.

Professional/General Audience

This workshop will provide an overview of the unique challenges faced by LGBT older adults, and start a discussion about what we can all do to be more sensitive to the needs of this population. This is particularly true of those who are especially vulnerable, such as those of advanced age.

Katherine Palmer, BA, is the Treasurer at Common Bond New Mexico - SAGE Albuquerque. She has been a program manager at SAGE Albuquerque. Paul Oostenbrug, MBA, is the Board Chairman of Equality New Mexico. He has experience in helping people plan for their use of long-term care services, and writing grants, and specializes in health care.

24 Knowing Your Barriers to Quality of Life

Bosque Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

This interactive workshop will examine barriers to quality of life often encountered by older adults as they age. Barriers may be physical, psychological, or social, and frequently are unrecognized. The workshop will focus on the identification of personal barriers which may have negative consequences for quality of life.

Ellen Driber-Hassall, EdD, and Jack Bishop, PhD, are both Principals at Aging Matters, LLC. They have presented at the NM Conference on Aging, the American Society on Aging, the Canadian Society of Gerontology and the International Health, Wellness, and Society Conference.

25 Care Transition Program and the Aging & Disability Resource Center

Rio Grande Room

Tuesday, 2:45 p.m. – 3:45 p.m.

General Audience

The Aging and Long-Term Services Department Care Transition Bureau serves New Mexicans residing in nursing and assisted living facilities who wish to return to the community. The Bureau provides individuals with a clear pathway to available community-based choices for long-term and short-term services and support. This workshop will focus on the role of the Care Transition Specialist, elements of the transition process, long- and short-term services, and resources available.

Louella Garcia, BSW, is the Care Transition Supervisor at the NM Aging & Long-Term Services Department. She has 20 years of experience working in the profession of helping New Mexicans, including families, children, adults with disabilities and elders.

26 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!

Emilia Chavez teaches aerobics, flex & tone, and gentle chair exercise, as well as adaptive aquatics classes for the City of Albuquerque Senior Affairs Sports and Fitness division. She is a "Better Health" ambassador for the City of Albuquerque.

- 27 Lovelace Resuscitation Rangers - Early Heart Attack Care**
Ballroom B
Tuesday, 4:00 p.m. – 5:00 p.m.
Professional/General Audience

The Lovelace Resuscitation Rangers objective is to improve outcomes for heart attack and cardiac arrest victims by helping to educate the community to recognize the signs and symptoms of a heart attack or cardiac arrest. They also teach the hands-only CPR method, using an automated external defibrillator.

Maria Elena Atencio, RN, is the manager of chest pain/STEMI at Lovelace Heart Hospital. She has over 12 years of experience in the emergency room where she served as a charge nurse.

- 28 Sing Along with Raul Sanchez**
Ballroom C
Tuesday, 4:00 p.m. – 5:00 p.m.
Professional/General Audience

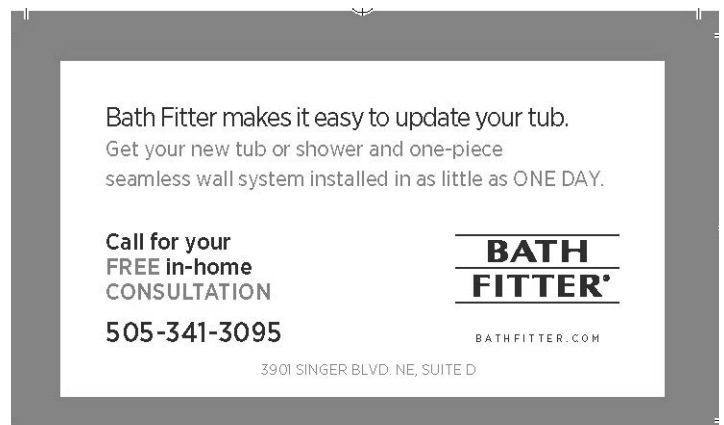
Experience the cultural diversity of music in New Mexico; from Rock & Roll to Blues to Western and even Spanish.

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 Pared Negra” (The Black Wall) in Washington, D.C.

- 29 Senior Scam Jam - Preventing Financial Exploitation**
Sunrise Room
Tuesday, 4:00 p.m. – 5:00 p.m.
Professional/General Audience

Older Americans face many financial challenges as they age. They have opportunities to travel, explore new fields of work or hobbies, or spend time with family and friends. But often scam artists or bad advice take away these opportunities. The FDIC will provide information and tools to navigate safely through financial challenges. Learn how to prevent elder financial exploitation using the Money Smart for Older Adults – Prevent Financial Exploitation curriculum.

Eloy A. Villafranca, MBA, is the Regional Manager, Community Affairs Branch, Dallas Region of the Federal Deposit Insurance Corporation.



Bath Fitter makes it easy to update your tub.
Get your new tub or shower and one-piece
seamless wall system installed in as little as ONE DAY.

Call for your
FREE in-home
CONSULTATION
505-341-3095

**BATH
FITTER®**
BATHFITTER.COM
3901 SINGER BLVD. NE, SUITE D

30 **A Time to Heal: Discovering Meaning Making in Life**

Manzano Room

Tuesday, 4:00 p.m. – 5:00 p.m.

General Audience

As Viktor Frankl introduced, people are creatures of meaning. Using Frankl’s work along with the work of William Breitbart’s group at Memorial Sloan Kettering, as well as others, we will recognize, explore and identify sources of meaning in life and the applications of meaning discovery to enhance quality of life.

Paul Gleason, MDiv, BCC, is a Chaplain and Bereavement Coordinator at Hospice de la Luz. He has over 40 years of experience in health care from acute care to hospice, including long-term care and rehab. Melissa Montoya, MM, is a Chaplain with Hospice de la Luz. She has experience working with individuals during end of life stages.

31 **The Gut Microbiota - A Newly Discovered Organ**

Bosque Room

Tuesday, 4:00 p.m. – 5:00 p.m.

General Audience

This presentation will introduce the audience to what we know about the 100,000,000,000,000+ microbes that inhabit our bodies. By considering the impact of these “hitchhikers” on our digestive, immune, cardiovascular and central nervous systems, attendees will come to understand that a healthy gut microbiota is required for optimal human functioning.

Marvin Smith, DC, is a Nutritional Health Coach with Natural Grocers by Vitamin Cottage. He has over 20 years of clinical practice experience, is licensed in Pennsylvania, and has 5 years of experience as a Nutritional Health Coach for Natural Grocers, Inc.



  **BlueCross BlueShield
of New Mexico**

**Blue Cross and Blue Shield of
New Mexico is Proud to be a
Silver Sponsor at this Year’s
38th Annual Conference on Aging.**

A Division of Health Care Service Corporation, a Mutual Legal
Reserve Company, an Independent Licensee of the Blue Cross
and Blue Shield Association

478667.0516

32 Resolving Family Conflict

Rio Grande Room

Tuesday, 4:00 p.m. – 5:00 p.m.

Professional/General Audience

Sometimes elders and their families have difficulty talking about sensitive topics such as care, independence, finances and other late-life needs, causing painful conflict and heartache. This presentation will provide information on a specialized form of conflict resolution called Elder Mediation, and how to access this vital service.

Kathleen Oweegon is a professional mediator, facilitator and trainer. She has 16 years of experience working with individuals and groups in conflict.

33 Understanding Social Security

Boardroom

Tuesday, 4:00 p.m. – 5:00 p.m.

General Audience

Learn about the basics of Social Security including eligibility requirements and how to access services.

Eva Lujan is a retired Public Affairs Specialist with the Social Security Administration. She has over 40 years of experience in Social Security Programs.

New Mexico Parkinson's Coalition

**Offering Free Information,
Education Meetings, Support
Groups, Social Activities, Exercise
& Service Provider Resources for
Living Well with Parkinson's.**

**NMParkinson.Org
505-219-5065**

WHERE DOES YOUR CANDIDATE STAND ON SOCIAL SECURITY?



Americans work hard and pay into Social Security—and are counting on it to be there. But if our leaders don't act, future retirees could lose up to \$10,000 a year.

That's why everyone who thinks they have what it takes to be President of the United States needs to lead on Social Security and give us real answers about how they'd keep it strong for the future.

Learn more at 2016takeastand.org

AARP[®]
Real Possibilities

Please join us at
the Reception
and dance to the
music of...



Tuesday, August, 23
6:00 pm - 10:00 pm
Ballrooms B&C

**Difficulty hearing
over the phone?**

With Captioned Telephone (CapTel®),
You can see what they say®!

888.269.7477
RelayNM.org



Don't forget to have your
picture taken in the photo
booth sponsored by
Relay NM

Keynote
Wednesday, August 24th 8:30 a.m.
Grand Ballroom

Ellen Caylor Schneider

**Successful Strategies to Reduce
Older Adult Fall Risks**



Falls are the leading cause of fatal and non-fatal injuries in people 65 and older in our country. In response to this escalating issue, the U.S. Administration for Community Living recently awarded grants to 17 state and 4 tribal organizations to disseminate evidence-based programs to older adults and adults with disabilities. These organizations are implementing innovative strategies to deliver proven interventions and to create integrated, sustainable fall prevention networks. This session will discuss the growing magnitude and

impact of older adult falls; proven interventions to prevent falls; and tools for screening, assessing and referring older adults to appropriate resources. The session will also highlight national efforts to address this growing public health issue and successful fall prevention strategies being implemented by state and tribal organizations.

Ellen Schneider is a research scientist with the University of North Carolina at Chapel Hill, Center for Health Promotion and Disease Prevention and a consultant with the National Council on Aging, National Falls Prevention Resource Center. Ms. Schneider co-leads the National Falls Free® Initiative and facilitates the national Falls Prevention Awareness and Advocacy Committee. She has worked extensively with state health departments, the Centers for Disease Control and Prevention, and the aging services network to build infrastructure and implement falls prevention policy and programming. On the state level, Ms. Schneider is a co-founder of the North Carolina Falls Prevention Coalition and is a dissemination leader with the Carolina Geriatric Education Center, working to build North Carolina's falls prevention infrastructure and support efforts to link clinical practice with community-based services. She received an undergraduate degree and a MBA from Penn State University and graduate-level Certificate in Aging from UNC-Chapel Hill.

- 34** **What YOU Can Do to Prevent Falls Part 1: Balance, Age and Fall Risk**
Ballroom B
Wednesday, 11:00 a.m. – Noon
General Audience

Older adult falls are not a normal part of aging and many can be prevented with effective intervention. This presentation will review how the body controls balance as well as possible age and health-related changes that affect balance. Learn about fall risk factors so you can take steps to reduce your risk of falling.

Janet Popp, MS, is a licensed physical therapist employed by Brookdale Home Health and holds a master's degree in gerontology. She is an adjunct lecturer at UNM Health Sciences Center Division of Physical Therapy and is the Chair of the NM Adult Falls Prevention Coalition. Ms. Popp is a fall risk assessment trainer under contract with the NM Department of Health. Sabrina Strong, MPH, is the Adult Fractures Follow-up Coordinator at the New Mexico Department of Health, Office of Injury Prevention. She has worked in the field of public health for twelve years, with a focus on substance abuse, overdose, and suicide prevention.

- 35** **Wise Women Do Dance**
Ballroom C
Wednesday, 11:00 a.m. – Noon
General Audience

This lecture and demonstration of the ancient art form of belly dancing will be led by internationally known, Amaya. She will discuss the history, culture, spiritual and physical aspects of this centuries-old dance form followed by a demonstration of the dance, and a question/answer period. A brief sample lesson will be conducted with the group, if time allows. For extra fun, coin hip scarves will be provided for the sample dance class.

An internationally acclaimed dance performer, Amaya, also known as the "Gypsy of the Desert", has danced all her life in many facets of show business. She recently returned from teaching and performing in Beijing, China. She was a featured performer in the German extravaganza, "Salome" (Germany tour) and also in the theatrical production "Zorba" (Austin, TX). In the early stages of her career, Amaya won 1st place in a competition in Cairo, Egypt. She is also the proud recipient of the Dancer of the Year/ International Academy of Middle Eastern Dance Award (California).



**MAYBERRY
SENIOR SERVICES**
Life Enrichment Center
Adult Day Care
5528 Eubank Blvd NE, Suite 1, ABQ NM 87111
505.271.0000 | Mayberrynm.com



**Central
Desert**
Behavioral Health Center

T. 505.243.3387 | F. 505.247.7986
239 Elm Street NE, Albuquerque, NM 87102



A history of caring. A future of endless possibilities.

As long as there have been New Mexicans, there have been Presbyterian doctors caring for them. As a not-for-profit organization, we've served the area for more than a century and will continue to be here to invest in New Mexico's future.



(505) ASK-PRES (275-7737)

www.phs.org

38th Annual NM Conference on Aging
Supporting Active Aging
Today - Tomorrow - Beyond

Health & Enrichment Fair



Tuesday and Wednesday
August 23 and 24, 2016 11:00 to 3:30 p.m.
Isleta Eagle Golf Course Ballroom

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 11:00 a.m. and ending at 3:45 p.m. Shuttles will leave from the hotel entrance.

36 A Listening Session on Active Aging-in-Place

Seminar Room

Wednesday, 11:00 a.m. – Noon

Professional/General Audience

Aging-in-Place is the ability to live in one's own home and community safely, independently, and comfortably, regardless of age, income, or ability level. According to the AARP, 90 percent of adults over the age of 65 report that they would prefer to stay in their current residence as they age. We are learning about aging in place in New Mexico from national data, but we are still missing the stories behind the numbers. To dig deeper into the challenges and opportunities of active aging in place in our community we need to listen to older adults and their families, caregivers, and professionals involved in the field.

Helen K. Kerschner, BA, MS, PhD, is the Director of the National Volunteer Transportation Center. She has more than 40 years of experience in health, aging, transportation, volunteerism, and international development. Roger Fragua, Jemez Pueblo, is the CEO of COTA Holdings. He has over 25 years of experience in direct and consulting services in Indian Country, including elder and aging issues. Leslie Elgood, BA, MA, is the President of Senior Organizing and Relocation Services of New Mexico. She is experienced in facilitating major life transitions for seniors including how they can remain at home as they age.

37 Cancer Screening for Seniors: Best Practices for Promoting Evidence-Based Screening

Sunrise Room

Wednesday, 11:00 a.m. – Noon

General Audience

Age is the greatest risk factor for cancer and the average age for a cancer diagnosis is 67. A regular screening regimen for individuals over 50 can prevent cancer by finding it early when cancer is easier to treat and beat. Current screening recommendations for breast, cervical, colorectal, lung, prostate and skin cancer show the importance of screening for a lifetime. New evidence-based testing options are available, making it easier for many individuals to comply with screening guidelines.

Dorine Conley, BA, is the Health Systems Manager of state-based systems at the American Cancer Society (ACS). She has eight years of experience as a health educator with the NM Department of Health, and two years of experience as health systems manager with ACS. Dorine is a two-time cancer survivor!

38 Addressing Workforce Needs in Indian Country: National Indian Council on Aging Senior Community Service Employment Program

Manzano Room

Wednesday, 11:00 a.m. – Noon

Professional/General Audience

Countless elders have benefitted from participation in the Senior Community Service Employment Program (SCSEP). The National Indian Council on Aging (NICOA) SCSEP goal is to assist elders in attaining unsubsidized employment. The program targets American Indian elders and their workforce barriers. Helpful interactive techniques can assist elders in gaining insight into their talents to broaden their employment opportunities. Come Learn what NICOA SCSEP can do!

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 in workforce programs.

39 Effective Respite for Caregivers

Bosque Room

Wednesday, 11:00 a.m. – Noon

General Audience

Sometimes caregivers need a break. Respite care can provide caregivers a temporary rest, a time to relax or a chance to take care of personal needs. Caregivers are at increased risk of depression and other health problems as a result of the stress of caregiving challenges. Respite can reinforce caregivers' ability to keep providing support, rather than burning out or becoming ill themselves. This workshop will review current information on respite and how providers of services to caregivers can create programs that may be more effective in reducing caregiver stress.

Tracy Wohl, MS, is the Director, Office of Alzheimer's and Dementia Care, NM Aging and Long-Term Services Department (ALTSD). She has worked for the ALTSD for over ten years as a program manager in the Senior Services Bureau and as the Director of the Office of Alzheimer's and Dementia Care, charged with implementing the NM State Dementia Plan. Chris McCaffrey is the Program Director, Alzheimer's Association, NM Chapter. He has worked for the Alzheimer's Association for seven years and currently oversees the Chapter's programs and staff, provides care consultation, caregiver education and training, and coordinates the Chapter's safety programs. Ellen Teresa Costilla, LCSW, MSW, MPA, CIRS-A, is a licensed clinical social worker who has had professional experiences in New Mexico spanning more than 35 years. She currently serves as the Court Clinical Services Coordinator for the Bernalillo County Metropolitan Courts and works on a part-time basis providing therapy services for Bosque Mental Health Associates.

40 It's Never Too Late: Finding Joy in the Second Half of Life

Rio Grande Room

Wednesday, 11:00 a.m. – Noon

General Audience

It's never too late to experience joy in your life, even in the midst of stressors and anxieties. In this fun and interactive workshop you will learn how to release past hurts and fears so you can live fully in the present moment; the only place where joy exists.

Sue Legacy, MSW, LISW, ACSW, is a psychotherapist, author and speaker. She has over 20 years of experience working with older adults in hospital settings and in private practice.

41 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 24th 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.

Workshops Wednesday, August 19th 12:15 p.m.

42 Building a Falls Prevention Community - Starting with the Feet

Ballroom B

Wednesday, 12:15 p.m. – 1:15 p.m.

Professional Audience

Falls prevention is an interdisciplinary effort. Current evidence-based programs, although recognizing that footwear is a factor, may not include the role of foot and lower extremity structure and functions. This presentation will highlight known foot and lower extremity pathologies that contribute to increased fall risk along with the role that podiatric physicians can fulfill in identifying those at increased risk for falls.

Janet Simon, DPM, M.Ed., BA, is a licensed DPM and is the Executive Director of New Mexico Podiatric Medical Association. She has over 26 years of experience in clinical practice and 10 years of experience as the Chair of the Public Health Committees of the American Podiatric Medical Association and the American Public Health Association.

43 Dichos y Música (Folklore and Music)

Ballroom C

Wednesday, 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 Mondragon is a New Mexico politician and activist, former Lieutenant Governor of New Mexico and former state representative. He is a songwriter and singer with several music recordings; and has produced several radio programs.

44 Senior Hunger & Advocacy
 Seminar Room
 Wednesday, 12:15 p.m. – 1:15 p.m.
 General Audience

The New Mexico Association of Food Banks works with statewide advocacy partners to present the issue of Senior Hunger in New Mexico. Presenters will provide straight forward, proven methods to effectively advocate for programs and issues that can positively impact the issue of hunger.

Kathy Komoll, BA, is the Executive Director of the NM Association of Food Banks. She has over 20 years of experience in hunger and advocacy work.

45 Movies, Medicine and Mortality - Laughing in the Face of Death
 Sunrise Room
 Wednesday, 12:15 p.m. – 1:15 p.m.
 Professional/General Audience

In hospitals, medical professionals, patients and families focus on maintaining life and returning to health. Despite great advances in medical care, humans still have a 100% mortality rate. Using funny films, we'll examine hospital personnel reactions to mortality and offer ways to relieve the pressure of working around death. Films include *Patch Adams, Terms of Endearment, Little Miss Sunshine, Critical Care, The Doctor, Wit, Young Frankenstein, and Death Becomes Her.*

Gail Rubin, CT (Certified in Thanatology: Death, Dying and Bereavement), is the Doyenne of Death®, at A Good Goodbye, LLC. She is a death educator, Certified Celebrant, speaker and award-winning author of A Good Goodbye: Funeral Planning for Those Who Don't Plan to Die and Hail and Farewell: Cremation Ceremonies, Templates and Tips. She has presented at previous NM conferences.

46 Medicare Basics and Current Topics
 Manzano Room
 Wednesday, 12:15 p.m. – 1:15 p.m.
 General Audience

This workshop will provide an introduction to Medicare, the Federally-facilitated Health Insurance Marketplace, Medicaid, and related resources. Topics will include program changes, competitive bidding and premium amounts.

Sylvia Garcia, BA, is a Health Insurance Specialist at the Centers for Medicare & Medicaid Services-Dallas Regional Office. She is a seasoned Medicare train-the-trainer professional who conducts training for partners and beneficiaries whose reach extends to New Mexico.

Alliance
 HOME HEALTH CARE
 Home Care With Heart
 HOME HEALTH CARE & HOSPICE LLC

♥ Home is Where the Heart is ♥

♥ Services we provide:
 Skilled Home Care • In-Home Hospice • Private Duty

♥ Support:
 Bereavement Programs
 Companions
 Volunteers

♥ Licensed Professionals:
State Licensed
 Skilled Nursing
 Physical, Occupational and Speech Therapy
 Social Workers
 Chaplains
 Dieticians
 Home Health Aides

Proud Sponsor of
American Heart, Alzheimer's & Diabetes Association

Licensed, Accredited, Bonded, Staff
 Background Checks,
 Accepting Medicare
 Medicaid, Insurances
 (LTC, HMO's, more), COLTS C, Waiver

Co-Owners
 Gloria Harmon, LISW-R, ACSW, CFO
 &
 Fran Briem, RN, BSHCA, WCC, CEO

1-877-884-4080
 24 Hours a Day, 7 Days a Week
 Website: www.alliancehhcare.com Email: info@alliancehhcare.com
 Albuquerque Home Office: 5981 Jefferson Road NE
 Albuquerque, NM 87109 • (505) 884-4080 • 1-877-884-4080
 Gallup: 1400 South 2nd Street • Suite 5
 Gallup, NM 87301 • (505) 722-7522 • 1-877-884-4080

47 Silver Cyber Safety

Bosque Room

Wednesday, 12:15 p.m. – 1:15 p.m.

General Audience

This presentation encourages New Mexico’s most valued citizens, in their role as Internet users, to be more vigilant about practicing safe online habits. It will provide a basic foundation for older adults to better understand how online predators target their select group, and how they can protect themselves against fraud, scams, malicious emails, identity theft, piracy, and other dangers associated with online and cyber-crimes. Attendees will be provided with extensive resources and valuable contact information.

Patrick Stewart, BA, is the Constituent Affairs Manager at the Office of the New Mexico Attorney General. He has 27 years of experience as a public servant, and served 8 years as Chief Investigator for the Special Investigation Division at the NM State Auditor’s Office.

48 Maximizing Nursing Home Care and Insurance Coverage

Rio Grande Room

Wednesday, 12:15 p.m. – 1:15 p.m.

General Audience

Many older adults will unavoidably experience nursing home stays at some time. This workshop highlights the treatment and insurance coverage rights of nursing home residents, and discusses the steps individuals can take to plan for and optimize nursing home care and insurance coverage they or a loved one will receive.

Michael Parks, JD, is an attorney at Senior Citizens Law Office (SCLO). He has over 40 years of experience practicing law. Jason Halvaei, BS, MA, is a licensed Social Worker. He has several years of experience in assisting elders in securing appropriate care and services.



Haven
BEHAVIORAL HOSPITAL
of Albuquerque

49 What YOU Can Do to Prevent Falls Part 2: Programs & Strategies that Work

Ballroom B

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Older adult falls are a serious public health problem. Many people think nothing can be done to prevent falls as we get older. This is far from the truth. This workshop will review specific evidence-based fall prevention programs and how they can reduce your chances of falling.

Karen Dugas, MPH, is the Adult Falls Prevention Coordinator at NM Department of Health. She has worked as a health educator and adult falls prevention program coordinator with the NM Department of Health Office of Injury Prevention since 2015. Pauline Powell Schneider, B.Sc. Music Therapy, has been the Executive Director of the Los Alamos Retired and Senior Organization for 15 years. Berlinda Trujillo, BA, is a licensed American Council on Exercise Group Fitness Instructor and is a Master Trainer for EnhanceFitness, New Mexico Area with New Mexico Senior Olympics. She has 14 years leading a variety of fitness classes and specializing in Senior Fitness. Marcia Bowman, MPT, PT, CEEAA, ACCL, is the Coordinator of Clinical Education at CHRISTUS St. Vincent Regional Medical Center. She is a physical therapist and certified instructor for the falls prevention program "Steady As You Go". Michael Brown, BS System Engineering, is licensed by the National Academy of Sports Medicine (NASM), Oregon Research Institute, and Tai Chi: Moving for Better Balance. He is the Director, Spa & Fitness Center, at The Montecito, in Santa Fe, New Mexico. He has 10 years of experience in athletic training and functional training for older adults.

50 Karaoke!

Ballroom C

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 Karaoke at many senior centers in Albuquerque.



	ACCENT southwest [™] WINDOWS & DOORS
	FREE IN-HOME CONSULTATION AGING IN PLACE OPTIONS TUB TO SHOWER REMODELING 4730 PAN AMERICAN FWY NE SOUTHWESTWINDOWS.COM 505-797-7330 Luxury Bath Technologies

51 Lifesongs & Creative Aging

Seminar Room

Wednesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

In this workshop participants will be introduced to some basic tools for working with elders, and also explore what aging is for themselves. Facilitators from Lifesongs, a program of the Academy for the Love of Learning, will lead participants through an experiential exploration of these themes using story, song and intergenerational learning. Come as you are, no musical or artistic background necessary.

Acushla Bastible, MFA/BA, is the Lifesongs Director, at Academy for the Love of Learning. Her work lies at the intersection of arts, aging, health and community where, over the last eight years, she has facilitated creative collaborations and storytelling workshops with elders and intergenerational groups. Christine Sandoval is a New Mexico Qualified Activity Professional with Certificate, and is the Activities Director at Santa Fe Care Center. She provides quality of life/programs for persons with disabilities and elders so they can experience the best life has to offer when placed in an extended care facility. Alysha Shaw, MFA/BA, is the Program Coordinator, at Lifesongs Academy for the Love of Learning. She supports the evolving artistic direction and growth of the program. As an interdisciplinary artist, musician and community organizer, Alysha's work explores the intersections of art, social action and folklore.

52 The Alzheimer's Creativity Project

Sunrise Room

Wednesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

People living with Alzheimer's and other dementias still need to have fun and engage in purposeful projects. They may lose their memory, but they can still laugh, sing, and even learn new skills. We show you how to help your care partners be engaged.

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.

53 Joint Pain and Treatment Options

Manzano Room

Wednesday, 1:30 p.m. – 2:30 p.m.

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.

54 Making the Most of Our Days: Improving Patient Quality of Life

Bosque Room

Wednesday, 1:30 p.m. – 2:30 p.m.

Professional/General Audience

Patients diagnosed with serious illnesses can receive supportive (palliative) care beginning at the point of diagnosis, and along with curative treatment. Supportive care focuses on relief of the pain, symptoms, and stress of serious illness and on improving communication with patients and families. How can we increase access to supportive care?

Sandra Adondakis, MS, is the NM Government Relations Director at the American Cancer Society Cancer Action Network. She has over 20 years of experience in health care and health policy, and more than 5 years of experience in adult education.

55 Immunization for Adults


Rio Grande Room

Wednesday, 1:30 p.m. – 2:30 p.m.

General Audience

Over the past ten years, the US Centers for Disease Control & Prevention Advisory Committee on Immunization Practices has recommended several new and improved vaccines for adults. Adults often have lower than optimal rates of vaccination. This session will outline the recommended vaccines and discuss ways to improve uptake including education of both physicians and the public.

Anna Pentler, MPH, MBA, is the Executive Director of the New Mexico Immunization Coalition. She has over 25 years of experience in public health.



**WHERE DOES YOUR CANDIDATE
STAND ON SOCIAL SECURITY?**

Americans work hard and pay into Social Security—and are counting on it to be there. But if our leaders don't act, future retirees could lose up to \$10,000 a year.

That's why everyone who thinks they have what it takes to be President of the United States needs to lead on Social Security and give us real answers about how they'd keep it strong for the future.

Learn more at 2016takeastand.org

AARP®
Real Possibilities



Governor's Commission on Disability (GCD)

GCD Technical Assistance

Physical Accessibility: Plan Review and Site Inspections
Accessible Transportation, Housing and Parking
Americans with Disabilities Act Accommodations

- **Quality of Life Grants - Service Animals -**

- **Disability Outreach and Awareness -**

- **Residential Accessibility Modification Program (RAMP) -**

NM Technology Assistance Program (NMTAP)



Assistive Technology Device Loan Program

Financial Assistance Loan Programs

Device Demonstration

Back-In-Use Program

625 Silver Street, SW Ste. 100 B, Albuquerque, NM 87102

Phone: (505) 841-4464 Toll Free: (877) 696-1470



Brain Injury Advisory Council (BIAC)

Children's Helmet Distribution Program

Brain Injury Prevention Training

Public Awareness

New Mexico Governor's Commission on Disability
491 Old Santa Fe Trail, Santa Fe, NM 87501
(505) 476-0412 / (877) 696-1470 (Toll Free) E-mail gcd@state.nm.us

56 The Best is Yet to Be - Age Wiseley and Fall in Love with Your Life Again

Ballroom B

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This engaging and life-affirming program is designed to inspire and energize you to discover greater self-empowerment at any age. It can help you to re-connect with greater meaning and passion, revitalize your dreams, and experience greater health, vitality and joy as you contribute to a more positive and compassionate future.

George and Sedena Cappannelli are award-winning authors, and experts on individual, organizational and societal change. They are internationally known consultants and coaches who have worked with hundreds of the country's leading organizations in both the private and public sectors including Boeing, NASA, Sun Micro Systems, the Disney Company, PepsiCo, the LA Times, and the U.S. Navy.

57 Dance, Dance, Dance to Paul Pino & the Tone Daddies!

Ballroom C

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 México" reflect New Mexico's enchanted deserts, cool mountains and smoking hot dancehalls.

58 Secrets of Longevity from Traditional Chinese Medicine

Seminar Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This workshop will discuss ways to live healthier, better, and longer according to the principles of Traditional Chinese Medicine. Topics will include Chinese medicine beliefs about aging, how to slow down aging by following the rules of nature, easy acupressure points for pain relief, and tips for healthy eating.

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

59 Exercise as Medicine, and the Ageless Athlete

Sunrise Room

Wednesday, 2:45 p.m. – 3:45 p.m.

Professional/General Audience

The importance of physical activity for older adults cannot be stressed enough, yet there is a lack of health promotion within health care settings and in communities. In study after study, physical activity level is associated with independent functional status over time irrespective of increasing age. Research has also reported that adults older than 60 spend approximately 80% of their awake time in sedentary activities, which represents 8 – 12 hours a day. Bottom-line? Reducing physical inactivity requires a more comprehensive, ‘whole of society’ approach.

Michael Brown, BS System Engineering, is licensed by the National Academy of Sports Medicine (NASM), Oregon Research Institute, and Tai Chi: Moving for Better Balance. He is the Director, Spa & Fitness Center, at The Montecito, in Santa Fe, New Mexico. He has 10 years’ experience in athletic training and functional training for older adults.

60 Active Shooter Preparedness Training

Manzano Room

Wednesday, 2:45 p.m. – 3:45 p.m.

General Audience

This training will give attendees knowledge about active shooter events. The process of dealing with active shooters has changed tremendously throughout the years since the Columbine High School incident in 1999. Attendees will be taught the history of active shooter threat events and how to prepare and act if an active shooter threat situation arises. Learn how to react and what to expect when law enforcement responds to an active shooter incident.

Lorenzo Lujan is an Active Shooter Instructor and Police Officer with the Isleta Police Department. Richard Sedillo is also a Police Officer with the Isleta Police Department.

61 Who’s in Your Wallet? Advance Care Planning for All Ages

Bosque Room

Wednesday, 2:45 p.m. – 3:45 p.m.

Professional/General Audience

This workshop will focus on the role that elders can play in persuading younger people to “Start Talking!” about their health care wishes. Starting in mid-adolescence and continuing throughout life, elders can help young people have these important conversations. Young people may know our wishes. Do we know theirs?

Joan McIver Gibson, Ph.D, is a Consulting Ethicist, professor, and trainer.

Age Independently
in Your Own Home



Greater New Mexico PACE

904 Las Lomas NE Albuquerque, NM 87102

(505) 924-2650 | For TTY dial 711 and request InnovAge at 855-487-6768

62 Meeting the Nutritional Needs of our Elders

Rio Grande Room

Wednesday, 2:45 p.m. – 3:45 p.m.

Professional/General Audience

Our bodies change as we age. Elders have different nutritional need than other adults. Age-related changes affect how one’s body processes and digests food. Physiological changes affect mood and appetite. Food preferences may change. This workshop will bring an awareness to some of the challenges experienced by older adults related to food and how those challenges affect nutrition. It will offer some key insights to mitigating and overcoming those challenges.

Billi Grossman, BS, CDR 859989 LD-0653, is a Registered Dietitian at Sysco New Mexico. She has 17 years of experience as a Registered Dietitian and is an accomplished trainer and public speaker.

63 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!

Emilia Chavez teaches aerobics, flex & tone, and gentle chair exercise, as well as adaptive aquatics classes for the City of Albuquerque Senior Affairs Sports and Fitness division. She is a “Better Health” ambassador for the City of Albuquerque.



His vitality is important to me.

As the nation’s largest provider of specialists in living and rehabilitation, it’s our focus to make sure every day is one of dignity and vitality. From fresh, modern spaces to health specialists for every need, life can be lived as it should - to the fullest, free of guilt, knowing you’re doing all you can. To find a Genesis center near you: **866-745-2273 | genesishcc.com**

Genesis  Vitality for life

Locations: Albuquerque | Belden | Rio Rancho, NM
ShortStay | LongTerm | Senior Living | Independent Living | PowerBack Rehabilitation



Schedule at a Glance for Tuesday, August 23

	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		Keynote Speaker: Dr. Bill Thomas "What Are Old People For?" Exploring the Meaning of Age and Aging in the 21st Century	Workshop 2 A Continuing Discussion with Dr. Bill Thomas: Disrupt Aging & Life Reimagined	Workshop 8 Enhance your Quality of Life with EnhanceFitness
Ballroom C			Workshop 3 Songs of the Chicano Movement	Workshop 9 Thunderknife: Drum and Dance Exhibition
Seminar			→	
Sunrise			Workshop 4 Please Speak Up! We are Listening	Workshop 10 Stress Management and Chocolate
Manzano			Workshop 5 Hope & Healing for our Community	Workshop 11 Adult Protective Services Overview
Bosque			Workshop 6 Take Charge! Completing your Advance Healthcare Directive	Workshop 12 Alive Inside Movie
Rio Grande			Workshop 7 Breaking the Myths of Palliative Care	Workshop 13 You Can Bet on It - Impacts of Problem Gambling
Boardroom			Power of Attorney (POA) & Advance Health Care Directive (AHCD) Clinic	
Spa Jar Lawn	Workshop 1 SilverSneakers® Classic Class			
Pool				
Eagle Ballroom			Health & Enrichment Fair 11:00 pm - 3:30 pm	

Schedule at a Glance for Tuesday, August 23

1:30 am - 2:30 pm	2:45 pm - 3:45 pm	4:00 pm - 5:00 pm	6:00 pm - 10:00 pm
Exhibits →			
Workshop 14 Tai Ji Quan: Moving for Better Balance	Workshop 20 Meditation in Motion	Workshop 27 Lovelace Resuscitation Rangers - Early Heart Attack Care	Reception Featuring: Gilbert Lechuga & the Shysterzz
Workshop 15 James Bilagody Comedy Show	Workshop 21 NM Folk Dances	Workshop 28 Sing along with Raul Sanchez	
Fabulous Food Show 1:00 pm - 4:00 pm →			
Workshop 16 Are We Really Ready for Retirement?	Workshop 22 Be Money Smart in Indian Country: Avoid Fraud	Workshop 29 Senior Scam Jam - Preventing Financial Exploitation	
Workshop 17 Your Friends & Neighbors: Self-Organizing to Meet Care Needs Now & in the Future	Workshop 23 Understanding and Supporting LGBT Older Adults	Workshop 30 A Time to Heal: Discovering Meaning Making in Life	
Workshop 18 Manage Your Chronic Disease	Workshop 24 Knowing your Barriers to Quality of Life	Workshop 31 The Gut Microbiota - A Newly Discovered Organ	
Workshop 19 Seniors and Smartphones	Workshop 25 Care Transition Program & Aging & Disability Resource Center	Workshop 32 Resolving Family Conflict	
POA & AHCD Clinic Continued		Workshop 33 Understanding Social Security	
	Workshop 26 Adapted Aquatics		
Health & Enrichment Fair 11:00 pm - 3:30 pm			

Schedule at a Glance for Wednesday, August 24

	8:30 am - 10:30 am	11 :00 am - Noon	12:15 - 1:15 pm	1:30 am - 2:30 pm	2:45 pm - 3:45 pm
Ballroom A	<i>Exhibits</i>				
Ballroom B	Keynote Speaker: Ellen Caylor Schneider Successful Strategies to Reduce Older Adult Fall Risks	Workshop 34 What YOU Can Do to Prevent Falls: Part 1 Balance, Age & Fall Risk	Workshop 42 Building a Falls Prevention Community- Starting with the Feet	Workshop 49 What YOU Can Do to Prevent Falls: Part 2 Programs & Strategies that Work	Workshop 56 The Best is Yet to Be - Age Wisely & Fall in Love with Your Life Again
Ballroom C		Workshop 35 Wise Women Do Dance Lecture & Demo	Workshop 43 Dichos y Musica (Folklore and Music)	Workshop 50 Karaoke	Workshop 57 Dance, Dance, Dance to Paul Pino & the Tone Daddies
Seminar		Workshop 36 A Listening Session on Active Aging-in-Place	Workshop 44 Senior Hunger & Advocacy	Workshop 51 Lifesongs & Creative Aging: An Inspiring Workshop	Workshop 58 Secrets of Longevity from Traditional Chinese Medicine
Sunrise		Workshop 37 Cancer Screening for Seniors	Workshop 45 Movies, Medicine and Mortality - Laughing in the Face of Death	Workshop 52 The Alzheimer's Creativity Project	Workshop 59 Exercise as Medicine, and the Ageless Athlete
Manzano		Workshop 38 NICOA SCSEP: Addressing Workforce Needs in Indian Country	Workshop 46 Medicare Basic and Current Topics	Workshop 53 Joint Pain and Treatment Options	Workshop 60 Active Shooter Preparedness Training
Bosque		Workshop 39 Effective Respite for Caregivers	Workshop 47 Silver Cyber Safety	Workshop 54 Making the Most of Our Days: Improving Patient Quality of Life	Workshop 61 Who's in Your Wallet? Advance Care Planning for All Ages
Rio Grande		Workshop 40 It's Never too Late: Finding Joy in the Second Half of Life	Workshop 48 Maximizing Nursing Home Care and Insurance Coverage	Workshop 55 Immunizations for Adults	Workshop 62 Meeting the Nutritional Needs of our Elders
Board-room		Power of Attorney (POA) & Advance Health Care Directive (AHCD) Clinic			
Go'Wa Lawn		Workshop 41 Engaging the Creative Mind			
Pool					Workshop 63 Adapted Aquatics
Eagle Ballroom		Health & Enrichment Fair 11:00 pm - 3:30 pm			

Professional Workshops

- | | |
|---|--|
| <p>17 Your Friends and Neighbors: Self-Organizing to Meet Care Needs
Manzano Room
Tuesday, 1:30 p.m. – 2:30 p.m.</p> | <p>51 Lifesongs & Creative Aging
Seminar Room
Wednesday, 1:30 p.m. – 2:30 p.m.</p> |
| <p>23 Understanding and Supporting Lesbian, Gay, Bisexual, and Transgender Older Adults
Manzano Room
Tuesday, 2:45 p.m. – 3:45 p.m.</p> | <p>52 The Alzheimer’s Creativity Project
Sunrise Room
Wednesday, 1:30 p.m. – 2:30 p.m.</p> |
| <p>24 Knowing your Barriers to Quality of Life
Bosque Room
Tuesday, 2:45 p.m. – 3:45 p.m.</p> | <p>54 Making the Most of Our Days: Improving Patient Quality of Life
Bosque Room
Wednesday, 1:30 p.m. – 2:30 p.m.</p> |
| <p>34 What YOU can do to Prevent Falls Part 1: Balance, Age and Fall Risk
Ballroom B
Wednesday, 11:00 a.m. – Noon</p> | <p>59 Exercise as Medicine, and the Ageless Athlete
Sunrise Room
Wednesday, 2:45 p.m. – 3:45 p.m.</p> |
| <p>36 A Listening Session on Active Aging-in-Place
Seminar Room
Wednesday, 11:00 a.m. – Noon</p> | <p>61 Who’s in Your Wallet? Advance Care Planning for All Ages
Bosque Room
Wednesday, 2:45 p.m. – 3:45 p.m.</p> |
| <p>38 Addressing Workforce Needs in Indian Country: National Indian Council on Aging Senior Community Service Employment Program
Manzano Room
Wednesday, 11:00 a.m. – Noon</p> | <p>62 Meeting the Nutritional Needs of our Elders
Rio Grande Room
Wednesday, 2:45 p.m. – 3:45 p.m.</p> |
| <p>42 Building a Falls Prevention Community - Starting with the Feet
Ballroom B
Wednesday, 12:15 p.m. – 1:15 p.m.</p> | |
| <p>49 What YOU Can do to Prevent Falls Part 2: Programs & Strategies that Work
Ballroom B
Wednesday, 1:30 p.m. – 2:30 p.m.</p> | |



70'S ROCK BANDS WORD SEARCH PUZZLE



ALLMAN BROTHERS

BAD COMPANY

BLACK SABBATH

BOSTON

CHICAGO

DEEP PURPLE

DOOBIE BROTHERS

FLEETWOOD MAC

GRATEFUL DEAD

JOURNEY

KANSAS

LED ZEPPELIN

LYNYRD SKYNYRD

PINK FLOYD

QUEEN

ROLLING STONES

SUPERTRAMP

THE EAGLES

THE KINKS

THE WHO

Solution on page 61.

ACROSS

- 1) Hang-out buddy
- 5) Calendar mo.
- 8) One of two berths
- 13) Cause some vexation
- 14) Ignore socially
- 16) Persona non ____
(unwelcome one)
- 17) Sicilian lava source
- 18) Not needing to be broken
- 19) Some Parliament members
- 20) Ding-a-lings
- 23) Feminine pronoun
- 24) Brass that resembles gold
- 25) "Pulp Fiction" character
(with "the")
- 28) Ghostly sound
- 29) "No ____, ands or buts"
- 31) Damage
- 32) Cable sports award
- 35) Target of a tiny arrow
- 38) Make amends
- 40) Create empty-nesters
- 43) Be reckless with a bucket
- 44) "Dynamics" start
- 45) They may get in your hair
- 46) Dine
- 47) Parabola
- 49) Aviate
- 51) Mushroom part
- 53) Pure and virtuous
- 56) Auto group letters
- 59) Common morning fare
- 62) Expenditures
- 64) Shepard who went around
and around
- 65) "Uno, dos" follower
- 66) Dislodges
- 67) Actress Campbell
- 68) Penny
- 69) Axes or cans
- 70) Like many roses
- 71) Movie locations

DOWN

- 1) Leafy salad green
- 2) Unforeseen obstacle
- 3) Some human bones
- 4) Potatoes go-with
- 5) Kuiper Belt object
- 6) Render weaponless
- 7) Louisiana dish
- 8) Jamaican citrus fruit
- 9) Fork feature
- 10) Penny-pinching
- 11) Bus station announcement (Abbr.)
- 12) ____ in rabbit (grade-school lesson)
- 15) Certain German
- 21) "Not a moment ____ soon!"
- 22) "____ Wiedersehen"
- 26) Canine disease
- 27) Try too hard, competitively
- 28) Some tourney draws
- 30) Spotted
- 32) A lot of Mississippi?
- 33) Water balloon-hitting-cement sound
- 34) Sit-in participant
- 36) Male carriage driver
- 37) It shows George's face
- 39) Neat as a pin
- 41) "I figured it out!"
- 42) Started to melt
- 48) "His Master's Voice" of old
electronics
- 50) Was in charge of everyone
- 52) Janis Joplin's "Me and Bobby ____"
- 54) Having more capabilities
- 55) Toil away
- 56) Correspond, grammatically
- 57) Contract negotiator, often
- 58) Admin. aides
- 60) "Dress For Less" chain
- 61) List-ending abbreviations
- 62) Not working today
- 63) Canton in Switzerland

HERE, THERE AND EVERYWHERE

By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12	
13				14			15	16				
17				18				19				
20				21				22				
23				24					25	26	27	
			28				29	30		31		
32	33	34		35	36	37		38	39			
40				41				42				
43					44				45			
46				47	48			49	50			
51			52		53		54	55		56	57	58
			59		60					61		
62	63					64				65		
66						67				68		
69							70			71		

Solution on page 61.



Take a look under our umbrella!

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

...and so much more!

505-764-6400

www.cabq.gov/seniors



CITY OF ALBUQUERQUE  BERNALILLO COUNTY
DEPARTMENT OF SENIOR AFFAIRS



Governor's Commission on Disability (GCD)

GCD Technical Assistance

- Physical Accessibility: Plan Review and Site Inspections
- Accessible Transportation, Housing and Parking
- Americans with Disabilities Act Accommodations
- Quality of Life Grants - Service Animals -
- Disability Outreach and Awareness -
- Residential Accessibility Modification Program (RAMP) -

NM Technology Assistance Program (NMTAP)



- Assistive Technology Device Loan Program
- Financial Assistance Loan Programs
- Device Demonstration
- Back-In-Use Program

625 Silver Street, SW Ste. 100 B, Albuquerque, NM 87102
Phone: (505) 841-4464 Toll Free: (877) 696-1470



Brain Injury Advisory Council (BIAC)

- Children's Helmet Distribution Program
- Brain Injury Prevention Training
- Public Awareness

New Mexico Governor's Commission on Disability
491 Old Santa Fe Trail, Santa Fe, NM 87501
(505) 476-0412 / (877) 696-1470 (Toll Free) E-mail gcd@state.nm.us

Take Control of Your

Joint Pain

Joint pain can make you feel like a different person, keeping you from everyday activities.

Stryker works with Orthopaedic surgeons to develop innovative products for joint replacement surgery.

It's Your Move.

Speak with a surgeon to learn more about joint replacement and see if surgery is right for you.

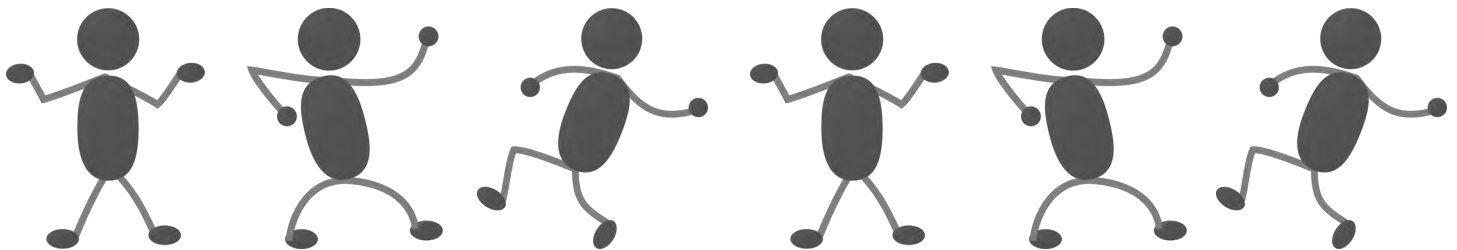
Find a Surgeon Today!

For more information, call **1-888-STRYKER** (1-888-787-9537) or visit patients.stryker.com.



Individual results vary. Not all patients will have the same post-operative recovery and activity level. See your orthopaedic surgeon to discuss your potential benefits and risks.

GSNPS-PE-36



Quality Home Care... With Choices



RETREAT AT HOME
HOME CARE WITH CHOICES

*In-home assessments
by licensed master social worker*

*Caregivers chosen for
their skill and tender hearts*

*24 hour on-call care
team seven days a week*

*Optional wellness nurse
or chaplain visits*

*Locally owned and operated
Alzheimer's and dementia capable*

Care Companions

Mobility Companions

Social Companions

505-938-4652

www.retreathomecare.com

Conference on Aging Financial Sponsors

Premier Sponsors

Concilio CDS, Inc.
Presbyterian Health Plan

Diamond Sponsors

Isleta Resort & Casino
Heritage Audio Visual

Platinum Sponsor

Governor's Commission on Disability

Gold Sponsors

AARP
City of ABQ Department of Senior Affairs
Delivery Concepts West/Don Chalmers Ford
Genesis Healthcare
NM Retiree Healthcare Authority
Presbyterian Healthcare & Hospice
Stryker Orthopedics

Silver Sponsors

Blue Cross Blue Shield of NM
Haven Behavioral Hospital of Albuquerque
NM Senior Olympics Inc.

Bronze Sponsors

Alliance Home Healthcare & Hospice
Legal Resources for the Elderly Program

Turquoise Sponsors

Accent Southwest Windows & Doors	Innovage Greater NM PACE
Ambercare	Kingston Residence of NM
Bath Fitter	Mayberry Senior Services
Central Desert Behavioral Health Center	NM Parkinson's Coalition
Con Alma Health Foundation	Relay New Mexico
Depart With Dignity	Valley Services
Heritage Home Healthcare & Hospice	

Conference on Aging Exhibitors

AARP	Innovage Greater New Mexico PACE
Accent Southwest Windows & Doors	Isleta Resort & Casino
ALTSD – Aging & Disability Resource Center	Kingston Residence of NM
Alliance Home Healthcare & Hospice	Legal Resources for the Elderly Program
Alzheimer’s Association NM Chapter	Lovelace Health System
Ambercare	Mayberry Senior Services
Bath Fitter	NCNMEDD, Non Metro AAA (Hunger Summit)
Blue Cross and Blue Shield of NM	NM Parkinson’s Coalition
Bright Ideas Promotional Products	NM Regulation & Licensing Department, Securities Division
Brookdale Senior Living	NM Retiree Health Care Authority
Caption Call	New Mexico Senior Olympics, Inc.
Central Desert Behavioral Health Center	Non-Metro Area Agency on Aging/Alliance for Area Agencies on Aging
City of Albuquerque Department of Senior Affairs	
Com Alma Health Foundation	Pacifica Senior Living
Compassion and Choices	Premier Hearing Center
Concilio CDS Inc.	Presbyterian Health Plan
Delivery Concepts Inc./Don Chalmers Ford	Presbyterian Healthcare Services
Depart With Dignity	Prime Time Monthly
Energy Employees Compensation Resource Center	Relay New Mexico
Governor’s Commission on Disability	Retreat Healthcare
Haven Behavioral Hospital of Albuquerque	Stryker Orthopedics
Heritage Audio Visual	The Albuquerque Grand Senior Living
Heritage Home Healthcare and Hospice	UnitedHealthcare
Home Instead Senior Care	Valley Services

Conference on Aging Tote Bag Item Donors

Thank you to Presbyterian Health Plan for donating the Conference tote bags and boxes!!

ALTSD
ALTSD Aging Disability Resource Center
Alzheimer's Association, NM Chapter
City of Albuquerque Department of Senior Affairs
Destination Dining
Healthways/Silver Sneakers
Heritage Home Health Care
Isleta Grill @ 47
Isleta Resort & Casino
Lovelace Health Systems
NM Department of Cultural Affairs Museum Resources Division
NM Senior Olympics, Inc.
Rocky Mountain Printing
UNM Osher Lifelong Learning Institute
United Health Care

Transportation Provided By



DELIVERY CONCEPTS, INC.



Real Value...

Real People...

Real Simple.



Concilio CDS Inc.

"Making a Difference in Our Community"

Concilio CDS Inc. (Concilio Campesino Del Sudoeste) is a 501(c)3 private community based, state-wide not-for-profit organization that began in 1972.



CIVIC ENGAGEMENT/ TIME BANKING
FOSTER GRANDPARENT • SENIOR COMPANION
HEALTH PROMOTION • TOBACCO USE PREVENTION & CONTROL
AMERICORPS LEGACY

Interested in volunteering?

Interesados en ser voluntarios?

**For more information,
please contact our offices at:**

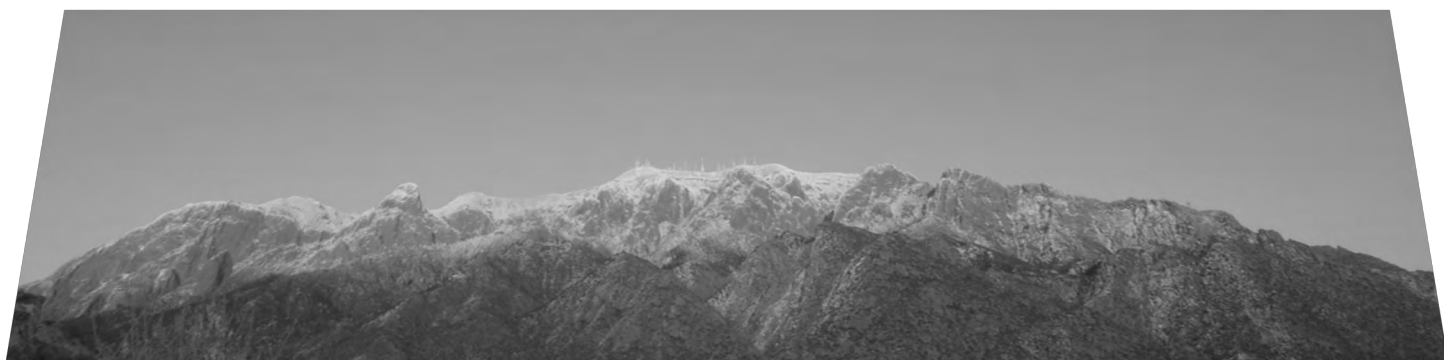
2610 N. Silver St Silver City, NM 88061
(575) 388-2522

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

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

Health & Enrichment Fair Organizations

A&R Medical Supply	New Mexico Primary Care Association
ABQ Health Partners	NM Department of Health –
ALTSD Office of Alzheimer’s Dementia Care	Office of Oral Health
Beauti Control	NM Department of Veterans Service
Bernalillo County Assessor’s Office	NM Human Services Department Medical
Blue Cross Blue Shield Care Van	Assistance Division
Centers for Medicare & Medicaid Services	NM Office of Superintendent of Insurance
doTerra	NM Pharmaceutical Care Foundation
Elmcroft Senior Living	NM State Police
Foot & Ankle Associates of NM	NM State University - Cooperative Extension
H.A.G.G.A.P./ Self Serve	Service
Health Insight	Olympian University of Cosmetology
Healthways Silver Sneakers	SAGE Albuquerque
HH Natural Medicines	Social Security Administration
Isleta Police Department	Teeniors
Koala Center for Sleep Disorders	UNM Center for Life
LegalShield	UNM Health Sciences Library
Marlon Magdalena	UNMH Pulmonary Diagnostic Lab
MCM Elegante	UNMH Senior Health
Meals on Wheels of ABQ	USA Dance Chapter 5047
Navajo Area Agency on Aging	Walgreens



3rd Annual Barelas Fiesta

Barelas Park

(in between the Senior Center and Community Center)



Saturday, September 17, 2016

12:00 pm - 4:00 pm

Come enjoy...

- The music of Black Pearl
- Flu Shots
- Arts & Crafts Fair
- Car Show
- Food
- Kids Activities
- Door Prizes




 CITY OF ALBUQUERQUE
 DEPARTMENT OF SENIOR AFFAIRS
 
 BERNALILLO COUNTY
 DEPARTMENT OF SENIOR AFFAIRS
 
 AARP
 
 ELDER CARE
 
 SENIOR CENTER



NEW MEXICO SENIOR OLYMPICS

You don't stop playing because you grow old, You grow old because you stop playing



2016-2017 Healthy Aging Campaign

SEPTEMBER * OCTOBER * JANUARY * FEBRUARY * MAY

Seniors 50+ can learn to take charge of their health and be able to be more physically active. Visit our website for dates and locations in 5 sites.

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

TEAM TOURNAMENTS

Volleyball - August 19-21, 2016 - Rio Rancho

Softball - September 9-11, 2016 - Las Cruces

Basketball - November 4-6, 2016 - Santa Fe

CONGRATULATIONS
ERNESTO RAMOS
Recipient of the
Lifetime Leadership Award



National Senior Games

June 2-15, 2017

Birmingham, Alabama

SAVE THE DATE!!
State Summer Games
July, 2017



Strength Training Flexibility & Balance Aerobic & Cardio

Classes Held in 12 Locations throughout New Mexico

P.O. Box 2690 • Roswell, NM 88202-2690 * 1-888-623-NMSO (6676)
E-mail: nmseniorolympics.org • www.nmseniorolympics.org

Hot & Cold Food Delivery



Real Value. Real People. Real Simple.



**We
custom
build!**



DELIVERY CONCEPTS, INC.

Tom Cullen

Don Chalmers Ford
Fleet/Commerical Department
2500 Rio Rancho Blvd.
Rio Rancho, NM 87124
(505) 890-2153
tcullen@donchalmersford.com

**Call for
a quote!**

Jay Crawley

Delivery Concepts, Inc.
(858) 675-9500
jay@deliveryconcepts.com
www.deliveryconcepts.com

Door Prize Donors

AARP
Alzheimer's Association, NM Chapter
Alliance Home Care and Hospice
ALTSD ADRC
Ambercare
Anna Manner
Casa Verde
City of Belen – RSVP Program
City of Alamogordo Senior Companion Program
City of ABQ/Bernalillo Co. AAA/
Michelle Briscoe
City of Albuquerque Department of Senior Affairs
Barelas Senior Center Ceramic Class
Barelas Retablos Class
Foster Grandparent Program
Los Volcanes Senior Center
Highland Senior Center
Senior Companion Program
Retired Senior Volunteer Program
Cibola County Senior Programs
City of Santa Fe Volunteer Programs
Charritos
Chavez County J.O.Y Center
Chavez County J.O.Y. Center FGP/SCP
Crystal L. Lucero
Concilio CDS, Inc.
Del Rio Senior Center/Sewing Ladies
Deming/Luna County Commission on Aging
Ed Ackron
Elvis Dimas
Embassy Suites
Evone D. Gallegos
Genesis Healthcare
Gloria Analla
Haven Behavioral Hospital of Albuquerque
Healthways Silver Sneakers
H & B Lente
Inn of the Mountain Gods
InnovAge Greater NM PACE
Isleta Elder Advisory Board Committee
Legal Resources for the Elderly
Medalia Martinez
Mescalero Elderly Program
Miriam Moorhouse
Nana's Gift Shop
NM Senior Olympics, Inc.
NM Railrunner
Patricia Lucero
Presbyterian HealthCare Services
Prime Time Publishing
RSVP Quilters of Los Alamos
Robert Sanchez
Rufina Martinez
Santa Clara Elder Program
Ombudsman Program
Osher Institute
Stryker Orthopedics
Sun Tours
Susie Vargas
The Albuquerque Grand Senior Living
Zuni Pueblo Elderly Program

Lovelace Medical Group invites you to schedule your

annual wellness visit

NO CHARGE | NO CO-PAY | NO DEDUCTIBLE



New to Medicare?

A Welcome to Medicare visit should be scheduled during the first 12 months you have Part B coverage. A Welcome to Medicare visit includes discussions about your:

- Medical and family medical history
- Diet and physical activity
- Alcohol or tobacco use histories
- Hearing impairments
- Fall risks and home safety

Already completed your Welcome visit?

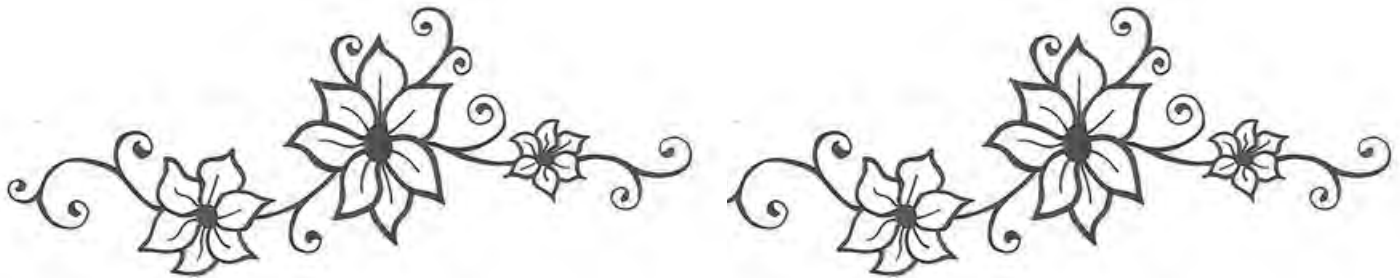
Your annual Wellness visit may be scheduled at least one year after the Welcome visit and should be scheduled each year. An annual Wellness visit will include follow up on your Welcome visit discussions as well as:

- Activities of daily living
- Age and gender appropriate screenings
- Health status
- Risk factors and current conditions
- Lifestyle interventions

Lovelace Medical Group is accepting new Medicare patients.
To schedule your Welcome to Medicare or annual Wellness visit
call Lovelace Care Concierge today 505.727.2727.



Lovelace
Medical Group



Her vitality is important to me.

As the nation's largest provider of specialists in living and rehabilitation, it's our focus to make sure every day is one of dignity and vitality. From fresh, modern spaces to health specialists for every need, life can be lived as it should - to the fullest, free of guilt, knowing you're doing all you can. To find a Genesis center near you: **866-745-2273 | genesishcc.com**

Genesis  Vitality for life

Locations: Albuquerque | Belden | Rio Rancho, NM
ShortStay | LongTerm | Senior Living | Independent Living | PowerBack Rehabilitation



ACROSS

- 1) Hang-out buddy
- 5) Calendar mo.
- 8) One of two berths
- 13) Cause some vexation
- 14) Ignore socially
- 16) Persona non _____
(unwelcome one)
- 17) Sicilian lava source
- 18) Not needing to be broken
- 19) Some Parliament members
- 20) Ding-a-lings
- 23) Feminine pronoun
- 24) Brass that resembles gold
- 25) "Pulp Fiction" character
(with "the")
- 28) Ghostly sound
- 29) "No _____, ands or buts"
- 31) Damage
- 32) Cable sports award
- 35) Target of a tiny arrow
- 38) Make amends
- 40) Create empty-nesters
- 43) Be reckless with a bucket
- 44) "Dynamics" start
- 45) They may get in your hair
- 46) Dine
- 47) Parabola
- 49) Aviate
- 51) Mushroom part
- 53) Pure and virtuous
- 56) Auto group letters
- 59) Common morning fare
- 62) Expenditures
- 64) Shepard who went around
and around
- 65) "Uno, dos" follower
- 66) Dislodges
- 67) Actress Campbell
- 68) Penny
- 69) Axes or cans
- 70) Like many roses
- 71) Movie locations

DOWN

- 1) Leafy salad green
- 2) Unforeseen obstacle
- 3) Some human bones
- 4) Potatoes go-with
- 5) Kuiper Belt object
- 6) Render weaponless
- 7) Louisiana dish
- 8) Jamaican citrus fruit
- 9) Fork feature
- 10) Penny-pinching
- 11) Bus station announcement (Abbr.)
- 12) _____ in rabbit (grade-school lesson)
- 15) Certain German
- 21) "Not a moment _____ soon!"
- 22) "_____ Wiedersehen"
- 26) Canine disease
- 27) Try too hard, competitively
- 28) Some tourney draws
- 30) Spotted
- 32) A lot of Mississippi?
- 33) Water balloon-hitting-cement sound
- 34) Sit-in participant
- 36) Male carriage driver
- 37) It shows George's face
- 39) Neat as a pin
- 41) "I figured it out!"
- 42) Started to melt
- 48) "His Master's Voice" of old
electronics
- 50) Was in charge of everyone
- 52) Janis Joplin's "Me and Bobby _____"
- 54) Having more capabilities
- 55) Toil away
- 56) Correspond, grammatically
- 57) Contract negotiator, often
- 58) Admin. aides
- 60) "Dress For Less" chain
- 61) List-ending abbreviations
- 62) Not working today
- 63) Canton in Switzerland



HERE, THERE AND EVERYWHERE By Timothy E. Parker

1	2	3	4	5	6	7	8	9	10	11	12
C	H	U	M	A	U	G	U	P	P	E	R
13	R	I	L	E	S	N	U	B	G	R	A
17	E	T	N	A	T	A	M	E	L	O	R
20	S	C	A	T	T	E	R	B	R	A	I
23	S	H	E	O	R	M	O	L	U	G	I
28	B	O	O	I	F	S	M	A	R		
32	E	S	P	Y	I	C	O	N	A	T	O
40	S	P	R	E	A	D	O	N	E	S	W
43	S	L	O	S	H	A	E	R	O	D	Y
46	E	A	T	A	R	C	F	L	Y		
51	S	T	E	M	C	H	A	S	T	E	A
59	S	C	R	A	M	B	L	E	D	E	G
62	O	U	T	G	O	A	L	A	N	T	R
66	F	R	E	E	S	N	E	V	E	C	E
69	F	I	R	E	S	R	E	D	S	E	T

SOLUTION TO 70'S ROCK BANDS PUZZLE

A	L	L	M	A	N	B	R	O	T	H	E	R	S	K	N	X	Z	R
N	W	E	H	S	Q	I	T	S	U	P	E	R	T	R	A	M	P	W
U	O	D	S	L	C	A	G	S	N	E	E	U	Q	A	P	L	H	
D	S	T	G	E	B	L	A	C	K	S	A	B	B	A	T	H	L	F
O	K	L	S	N	Z	U	R	R	M	L	T	H	E	W	H	O	R	G
O	N	D	Y	O	L	F	K	N	I	P	K	N	H	G	V	K	R	E
B	I	J	D	T	B	T	M	J	K	W	A	R	A	K	K	A	L	L
I	K	B	Y	S	K	L	M	N	L	A	N	T	S	B	T	P	S	Y
E	E	I	G	G	B	Z	P	L	Y	K	S	R	N	E	R	E	T	N
B	H	B	O	N	J	S	H	M	O	P	A	W	F	U	L	B	Y	Y
R	T	A	B	I	S	C	I	K	T	P	S	U	P	G	W	H	S	R
O	A	D	F	L	W	H	M	P	X	Z	L	P	A	S	F	Q	W	D
T	J	C	G	L	U	I	K	B	F	D	E	E	E	Y	A	L	E	S
H	S	O	P	O	B	C	W	Y	E	E	E	S	V	N	P	V	Y	K
E	K	M	U	R	H	A	N	A	D	H	Z	J	Q	M	N	I	Q	Y
R	R	P	K	R	A	G	D	C	T	H	C	T	Q	E	R	N	C	N
S	N	A	N	R	N	O	L	E	D	Z	E	P	P	E	L	I	N	Y
R	W	N	F	L	E	E	T	W	O	O	D	M	A	C	D	U	D	R
E	M	Y	M	P	K	N	Y	S	T	E	X	F	B	K	O	K	P	D

ONE KIND WORD
can change
someone's
entire day

Notes

*Thank you to all who make this conference possible!
Please take some time to fill out an evaluation.*



New Mexico Conference on Aging 2016 CONFERENCE EVALUATION



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

Name (optional): _____ Phone/Email: _____

<u>CIRCLE the number for your responses below:</u>	Excellent	Good	Fair	Poor	Did Not Attend
Overall quality of the conference	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

Which days of the conference did you attend? Tues only Wed only Both days
How many workshops did you attend? None 1-3 4-6 7 or more

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

Which was the LEAST HELPFUL WORKSHOP? > Why?	_____ Workshop Title or Description
--	--

COMMENTS and suggestions:

(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.

PLEASE WRITE ANY ADDITIONAL COMMENTS OR SUGGESTIONS BELOW:

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

THANK YOU !!!



Sign up to become an Isleta Eagle Players Club Member for your chance to

WIN UP TO \$500

in FREE Slot Play!

Already a Club Member?

Show your Conference on Aging Name Badge/Credentials and receive:

\$10 in Free Slot Play • 20% off any Spa or Salon Service • \$40 Round of Golf

Offers valid Monday, August 22, 2016 through Wednesday, August 24, 2016

Come back and visit us before December 31, 2016 and receive a special Hotel Rate of \$99!

Offer based on availability. Holidays and Special Event dates do not apply.

Membership is FREE. Must be 21 years of age or older. Offer valid one per guest.

Flyer must be mentioned and/or presented to receive discounts. See Players Club for complete details.

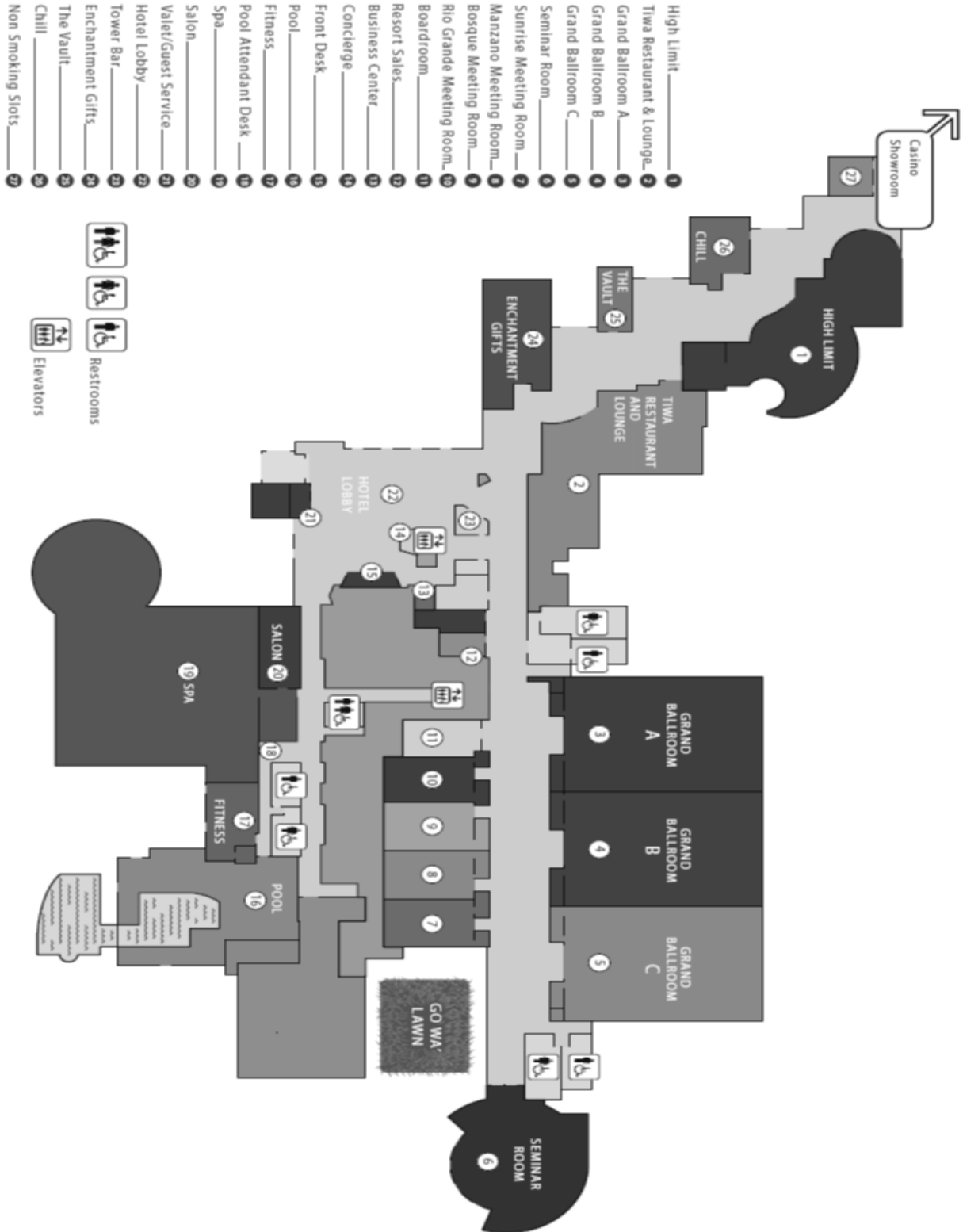


ISLETA™
resort + casino

Only 7 minutes from the Albuquerque International Sunport.

11000 BROADWAY SE | ALBUQUERQUE, NM 87105 | (877) 747-5382 | isleta.com

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 Conclerge
- 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 Chilli
- 27 Non Smoking Slots