

39th Annual NM Conference on Aging



August 15-16, 2017

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Susana Martinez, Governor
Kyky Knowles, Acting Cabinet Secretary



August 15, 2017

Welcome to the 39th Annual New Mexico Conference on Aging!

We are thrilled that so many of you share our vision of lifelong independence and healthy aging. This year's theme, "Today, Tomorrow and Beyond" is especially meaningful to all of us at the Aging and Long-Term Services Department. Our work today is building the future for our seniors and caregivers as we continue to focus on our four agency priorities:

- Safeguard Vulnerable Adults and Elders
- Support Caregivers
- Encourage Healthy and Independent Aging
- Combat Senior Hunger

This conference is the perfect opportunity to cultivate collaboration and build partnerships, sharing stories of service and innovation that's trending throughout our communities. Coming together is more important than ever in meeting the needs of our growing senior and caregiver population. As we all know, New Mexico's senior population will be over thirty percent of our entire state's population by the year 2030 and continuing our mission is beyond critical. We will keep going, keep working, and keep caring no matter what challenges come our way.

Our agency guiding principles lead the way and we remain steadfast in our commitment to:

- Protect the safety and rights of those we serve
- Promote personal choice and self-determination
- Treat all persons with respect, embracing cultural diversity
- Encourage collaborative partnerships
- Provide fiscally responsible services

I look forward to meeting all of you and listening to your ideas, thoughts, and innovations around aging in New Mexico. See you at this year's wide array of workshops, fairs, and maybe even at the car show!

Thank you for joining us and being part of this special conference. Thank you for making seniors a priority and lastly, thank you for your dedication to making a difference in the lives of New Mexicans on a daily basis.

Today and every day, when we come together, we can achieve anything.
See you at the conference!

A handwritten signature in black ink, which appears to read "Kyky Knowles". The signature is written in a cursive style.

Kyky Knowles,
Acting Cabinet Secretary

Partners in Lifelong Independence and Healthy Aging
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The artist who created the 2017 Conference poster, Sally Bartos, will be available to sign posters on August 15th & 16th from 10:00 am to Noon and 2:00pm to 4:00

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.



General 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, there is no specific designated lunch break. Feel free to bring food into the workshops and entertainment events.

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. There is a \$30 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 a.m. to 3:30 p.m. Find out about services offered throughout New Mexico, receive free health screening, get wellness information, and even get a haircut!

Exhibits ~ Tables and displays are located in the foyer and in Grand Ballroom A.

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.

Filming & Recording Crowd Release

Please be advised that filming/taping and photographic recording may be taking place at the NM Conference on Aging for the production of promotional materials. People entering the conference area may appear in pictures and/or videos. Please be aware that by entering the conference, you grant the NM Conference on Aging and its designees the irrevocable right to use your voice, image and likeness, without compensation, in all manners in connection with the image, including composite or modified representations, for advertising, trade or any other lawful purposes, and you release the NM Conference on Aging and its designees from all liability in connection therein.

Keynote

Tuesday, August 15, 2017

8:30 AM Ballrooms B/ C

Engaging in the Future: How Older Adults Enhance Communities



Learn about the AARP Foundation, a charitable affiliate of AARP that helps older adults with low incomes transform their lives through programs, services, and vigorous legal advocacy. They work to ensure that these older adults have nutritious food, functional and affordable housing, steady incomes, and strong and sustaining social bonds.

Lisa Marsh Ryerson has served as president of the AARP Foundation, AARP's affiliated charity, since 2013. She is an experienced and innovative leader who sets the Foundation's strategic direction and leads its efforts to create opportunities for older Americans struggling with poverty and the related issues of hunger, unemployment, inadequate housing and social isolation. Ms. Ryerson has received numerous awards and honors for her leadership and service, both at the AARP Foundation and in previous positions. She has elevated the Foundation's visibility through innovative collaborations with other organizations, such as the NFL's Miami Dolphins. Under her leadership, the Foundation has secured unprecedented funding to help provide programs and services that truly change lives. Before joining the AARP Foundation, Ms. Ryerson served as the president and CEO of Wells College in Aurora, N.Y.

Keynote
Wednesday, August 16, 2017
8:30 AM Ballrooms B/ C



Listening with My Eyes

Author, equestrian and caregiver, Patricia J. Conoway, will discuss her book “Listening with My Eyes”. Communicating with her horse nonverbally was the only way Ms. Conoway could gain the horse's trust and cooperation. She successfully applied that technique to communicating with her mother, a sufferer of Alzheimer's disease, who lost her ability to speak.

Patricia Conoway grew up in Pittsburgh, Pennsylvania and graduated from Indiana University of Pennsylvania with a BA in Psychology. She received a Master's in International Business/Marketing from the American Graduate School of International Management in Glendale, Arizona. After 15 years in the advertising business in Manhattan and Sydney, Australia, she settled in Santa Fe, New Mexico where she ran her own advertising consulting firm and was lucky enough to have found a rekindled passion for horses, places to ride and fellow riders. Presently she lives in Cerrillos, New Mexico where she teaches horsemanship on her ranch, is a volunteer with the local horse shelter and therapeutic riding facility, and has written articles about the healing power of horses. When she's not trail riding or training horses, she enjoys painting (horses, mostly), writing, or traveling, usually somewhere exotic and adventurous. “Listening with My Eyes” is her first book.

Tuesday, August 15, 2017

Start Time	Workshop Title	Room
7:00 AM	SilverSneakers Classic Class	GóWa Lawn
Start Time	Workshop Title	Room
8:30 AM	Keynote Presenter: Lisa Marsh Ryerson, AARP Foundation	Ballroom B/C
Start Time	Workshop Title	Room
11:00 AM	A Conversation with Lisa Marsh Ryerson, AARP Foundation President	Ballroom B
	Come and Share Gyrotonic Movement	Ballroom C
	Songs & Poetic Lyrics of the 60's, 70's & 80's	Seminar
	Ready, Willing, and Able: Your Road to Active Aging	Sunrise
	The Language They Were Forbidden to Speak	Manzano
	Dementia in New Mexico	Bosque
	Speak Up! We are Listening	Rio Grande
	Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic 11:00 AM-2:30 PM	Boardroom
	Finding Your Inner Artist	GóWa Lawn
Start Time	Workshop Title	Room
12:15 PM	Disrupt Aging	Ballroom B
	Yoga and Movement for Back Care: 10 Essential Exercises	Ballroom C
	Bess Seschillie Comedy Show	Seminar
	Bringing the Food to the People-Food Markets in Senior Centers	Sunrise
	Scams: How to Spot Them, How to Avoid Them, and How to (Sometimes) Fix Them	Manzano
	The Power of Storytelling to Engage, Educate and Energize	Bosque
	Transportation Strategies/Innovations	Rio Grande
Start Time	Workshop Title	Room
1:30 PM	Smartphones 101	Ballroom B
	Self-Defense	Ballroom C
	The Navajo Long Walk and a Message of Resiliency	Seminar
	A Garden for All Reasons and All Seasons	Sunrise
	Poetry for Life	Manzano
	The Difference Between Social Security and SSI	Bosque
	Stemming the Tide of Grandparents Raising Grandchildren	Rio Grande

Tuesday, August 15, 2017 Cont...

Start Time	Workshop Title	Room
2:45 PM	Social Media 101	Ballroom B
	Los Bailadores del Oro: Traditional NM Dance	Ballroom C
	Evidence-Based Fall Prevention Program & Senior Olympics	Seminar
	Use it or Lose It!!!	Sunrise
	Care Transition Program and the Aging and Disability Resource Center	Manzano
	The Difference Between Medicare and Medicaid	Bosque
	Gen X is Coming...Is your Program Ready?	Rio Grande
	Look Us in the Eye: The Old Women's Project (Movie)	Boardroom
	Adapted Aquatics/Water Exercises	Pool
Start Time	Workshop Title	Room
4:00 PM	WHO Age Friendly City Initiative	Ballroom B
	Church Family Traditional Dance	Ballroom C
	Guided Imagery: The Journey Within	Seminar
	Cuidando con Respeto	Sunrise
	Things You Wanted to Know About Indian and Alaskan Native Elders but were Afraid to Ask	Manzano
	Adult Protective Services-What We Do and What We Cannot Do	Bosque
	Complete Streets and Self-Sufficiency in New Mexico	Rio Grande
	Nutrition Bingo (ONLY 25 SEATS)	Boardroom



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Networking Reception and Dance
Tuesday, August, 15
6:00 pm-10:00 pm
Ballrooms B&C



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Wednesday, August 16, 2017

Start Time	Workshop Title	Room
8:30 AM	Keynote Presenter: Patricia J. Conoway, Author "Listening with My Eyes"	Ballroom B/C
Start Time	Workshop Title	Room
11:00 AM	Breath & Bones	Ballroom B
	History & Technique of Flamenco Dancing	Ballroom C
	Non-Verbal Communication Techniques	Seminar
	Kitchen Safety and Sanitation	Sunrise
	The Body Quiz: How Body Smart Are You?	Manzano
	Senior Friendliness for Drivers and Transportation Users	Bosque
	Veteran's Wall of Heroes	Rio Grande
	Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic 11:00 AM-2:30 PM	Boardroom
	Walking for Fitness	GóWa Lawn
Start Time	Workshop Title	Room
12:15 PM	Senior Scam Jam-Preventing Financial Exploitation	Ballroom B
	The National Sojourners Building of the Flag: Interactive Program	Ballroom C
	New Mexico History Through Music	Seminar
	Acupressure for Vision Health	Sunrise
	SCSEP in Indian Country	Manzano
	The Power of One-What Does the New World of Volunteering Look Like	Bosque
	Kinship Guardianship Options in New Mexico	Rio Grande
Start Time	Workshop Title	Room
1:30 PM	Positive Behavior Support-Communicating with Difficult People	Ballroom B
	"The Golden Years"-Retirement Planning with a Twist!	Ballroom C
	Wise Women Do Dance	Seminar
	The "D" Word	Sunrise
	Purpose and Joy-Creative Programming in Dementia Care	Manzano
	Exploring Community Indicators with Interactive Maps	Bosque
	Are You Preserving the Power of Antibiotics? Tips to Help You Stay Healthy	Rio Grande

Wednesday, August 16, 2017 Cont...

Start Time	Workshop Title	Room
2:45 PM	Feet Can Last a Lifetime	Ballroom B
	Nutrition Tips with Basic Exercise Activities for Aging Adults	Ballroom C
	Karaoke	Seminar
	Web Information and Assistance from the Aging & Disability Resource Center	Sunrise
	A Call for Help: Engaging the NM Crisis and Access Line	Manzano
	Downsize and Organize for a Better Life (and Death)	Bosque
	Reduce Prescription Drug Abuse, Misuse and Diversion	Rio Grande

Plenary Schedules

Tuesday, August 15 (Times are approximate)

- 7:00 a.m. Marlon Magdalena, Flute Music
- 8:30 a.m. Opening Ceremonies: Isleta Color Guard/Yvonne Acoya-Jiron singing the National Anthem
- 8:40 a.m. Welcoming Remarks: Kyky Knowles, Acting Cabinet Secretary, NM Aging & Long-Term Services Dept.
J. Robert Benavides, Governor of Isleta Pueblo
- 9:00 a.m. Presentation of Conference on Aging Awards
- 9:15 a.m. Keynote Address: Lisa Marsh Ryerson
- 9:45 a.m. Door Prizes

Wednesday, August 16 (Times are approximate)

- 8:30 a.m. Welcoming Remarks: Kyky Knowles, Acting Cabinet Secretary, NM Aging & Long-Term Services Dept.
- 8:45 a.m. Presentation of Conference on Aging Awards
- 9:15 a.m. Keynote Address: Patricia J. Conoway
- 10:00 a.m. Door Prizes



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AmeriHealth Caritas is proud to support

New Mexico Aging and Long-Term Services Department

during its 39th Annual New Mexico Conference on Aging

AmeriHealth Caritas is one of the nation's leaders in health care solutions for those most in need. We're committed to helping more than 5.7 million people in programs such as Medicaid and Medicare get care, stay well, and build healthy communities.

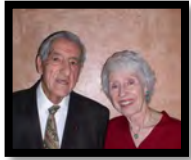
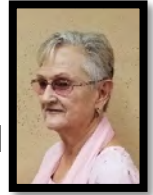
We are proud to support the New Mexico Aging and Long-Term Services Department and its efforts to build a society that values and supports people as they age.



www.amerihealthcaritas.com

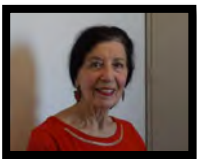
Award Recipients

Flora Seamans
K. Rose Wood Outstanding Older Adult Award



Waldo Anton & Clarice Getz
Lovola Burgess Lifetime Leadership Award

David Hernandez
Gregorita Chavarria Arts Award



Marion Lustig
Public Service Award

Representative Nick Salazar Award
John Aquino



Conference Planning Committee

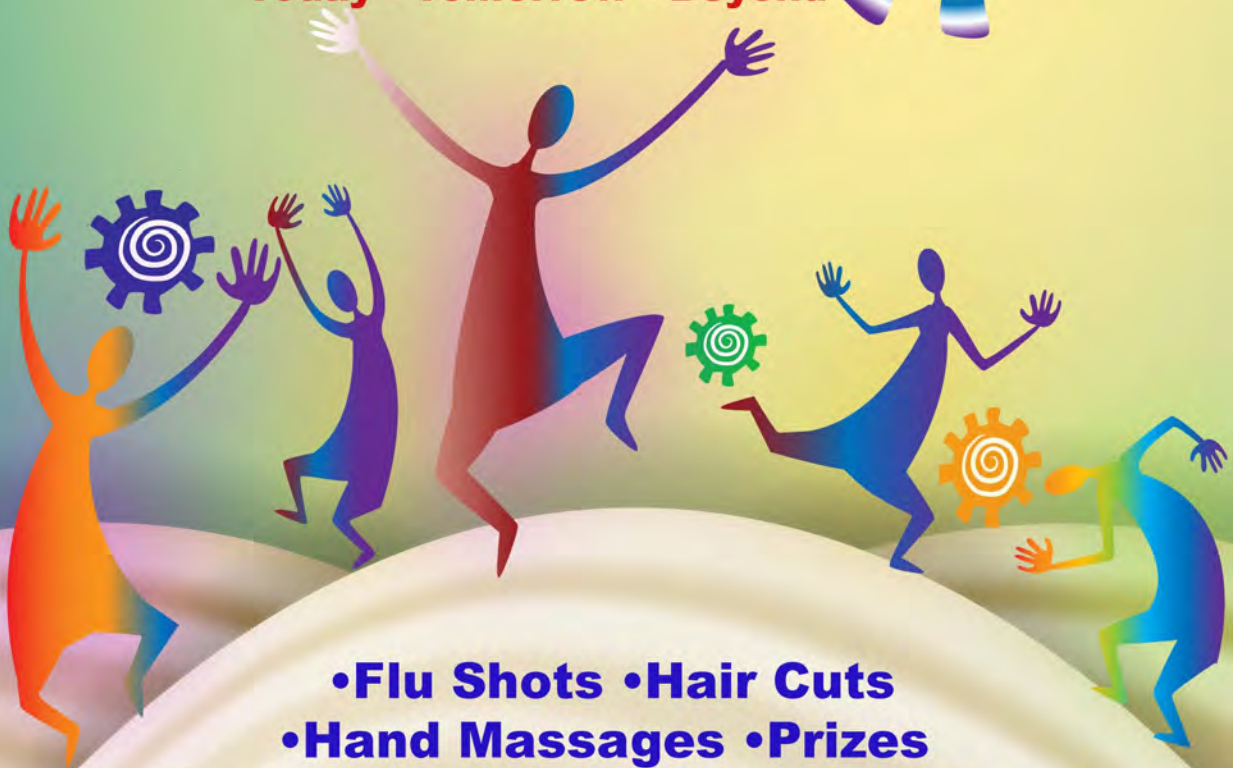
Andrea Allen, NMALTS
Anthony Romero, ABQ Dept. of Senior Affairs
Bill Taylor, NMALTS
Carol Dolan, NMALTS Policy Advisory Committee
Crystal L. Lucero, NMALTS
Ellen Driber-Hassall, Aging Matters, LLC
Emily Freede, Independent Gerontologist
Evone D. Gallegos, NMALTS
Gloria Analla, Pueblo if Isleta
Greg Lopez, Bernalillo Co. Senior Affairs Council
Janet Popp, UNM, Brookdale Home Health
Judy Spear, Presbyterian Government Programs

Kaven Begay, Navajo Area Agency on Aging
Lynne Anker-Unnever, NMALTS
Marlene Sena, Tivity Health-SilverSneakers
Martha Medina, MANA de Albuquerque
Matthew Lopez, ABQ/BernCo AAA
Michelle Briscoe, ABQ/BernCo AAA
Miriam Moorehouse, NMALTS
Richard Gregory, NMALTS
Shanna Lapsley, AARP
Stephanie Macek, NMALTS
Stormy Ralstin, Legal Resources for the Elderly
Trish Lopez, Teeniors

**39th Annual
NM Conference on Aging**

Health & Enrichment Fair

**Supporting Active Aging
Today - Tomorrow - Beyond**



- **Flu Shots • Hair Cuts**
- **Hand Massages • Prizes**
- **Health Screenings and Much More!**

**Tuesday and Wednesday
August 15 and 16, 2017
11:00 to 3:30 p.m.**

**Isleta Eagle Golf Course Ballroom
Shuttles will run from 11:00 a.m.-3:45 p.m.**



Health & Enrichment Fair Participating Organizations

Albuquerque Area SW Tribal Epidemiology Center	NMDOH/Office of Oral Health
Alzheimer's Association NM Chapter	NM Parkinson's Disease Coalition
Center for Community Health-Presbyterian	New Mexico Primary Care Association
dō Terra	NM State Police
Ear & Hearing Specialists of NM	NMSU Border Food Protection & Emergency Preparedness
El Paraiso Management Home Care Services	Off Center Community Arts Project
Foot & Ankle Associates of NM	Office of the Superintendent of Insurance
Grandparents Raising Grandchildren Community Alliance	Olympian University of Cosmetology
HealthInsight NM	Organ Transplant Awareness
Help New Mexico	Rose Baca
HH Natural Medicines	SAGE Albuquerque
Jemez Historic Site	Social Security Administration
Law Access NM	Teeniors
Reiki Therapy	Tivity Health-SilverSneakers Fitness Program
Meals on Wheels Albuquerque	UNM Senior Health Care
Modere Collagen Services	UNM Health Sciences Library
NM Crisis & Access Line	UNM Health Services
NMHSD/Medical Assistance	Walgreens NM Pharmacist Association

Transportation Provided By



Workshop Descriptions

Tuesday, August 15, 7:00 AM

GóWa Lawn

SilverSneakers Classic Class

Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on his or her fitness level and abilities. It is suitable for beginning to intermediate skill levels.

DeeAnne Peay is the Instructor Coordinator for SilverSneakers Fitness Program. She is a Group Fitness Coordinator, certified in SilverSneakers, Les Mills, Body Flow and Bodylam.

Tuesday, August 15, 11:00 AM

Ballroom B

A Conversation with Lisa Marsh Ryerson, AARP Foundation President

Join Lisa Marsh Ryerson to hear more about the AARP Foundation priorities and efforts. Attendees will have an opportunity to ask questions and share comments.

Lisa Marsh Ryerson has served as president of the AARP Foundation, AARP's affiliated charity, since 2013. She is an experienced and innovative leader who sets the Foundation's strategic direction and leads its efforts to create opportunities for older Americans struggling with poverty and the related issues of hunger, unemployment, inadequate housing and social isolation.

Ballroom C

Come and Share Gyrotonic Movement for Balance & Gait

Gyrokinesis movement opens the breath pathways crating stability, flexibility, and balance. Spinal movements teach proper gait, lengthen reach and support functional movement patterns. This is a fun class designed to teach the body to move through the world with joy, grace and freedom.

Julieann Neely, BMP, is a licensed Gyrotonic Practitioner. She is the owner of Sandia Spirals and has 25 years of experience in fitness, senior fitness, Pilates and Gyrotonics.

Seminar Room

Songs & Poetic Lyrics of the 60's, 70's & 80's

Elvis Presley, the Beatles, the Rolling Stones, and Fleetwood Mac were some of the top musical artists of their time. Often, the songs written by these musicians served not only as entertainment, but to educate and protest. This workshop will explore the stories and music behind many of the great artists of the 60's, 70's and 80's

Chris Nolan, One Man Band, has over 37 years of experience in the music business. He is also an instructor for many musical continuing education classes in the Albuquerque area.

Sunrise Room

Ready, Willing, and Able: Your Road to Active Aging

This interactive workshop will acquaint attendees with the active aging process. Using pilot study data gathered from New Mexicans age 50 and older, attendees will learn about barriers that may affect active aging. The road to active aging intersects personal behavior change.

Ellen Driber-Hassall, EdD, MA, BA, is a principal with Aging Matters, LLC. She has over 15 years of experience in gerontology and over 30 years of experience in management and leadership. John (Jack) Bishop, PhD, MA, BA, is a principal with Aging Matters, LLC. He has over 45 years of experience in gerontology, management and leadership.

Manzano Room

The Language They Were Forbidden to Speak

For many years, when Navajo children were removed from their homes and taken to boarding school, they were forbidden to speak their language. This presentation will introduce the Navajo Language through the Code made famous in WWII. Several traditional stories to provide cultural and historical context to the Code Talkers and their legacy will be offered, with the hope of inspiring Navajo adults and elders to share their language, culture, and beliefs with the next generation.

Harry Lee is a mentor for the Senior Community Service Employment Program (SCSEP) program at UNM Gallup Adult Education. Aaron Evans and Diane Butler are also mentors for the SCSEP program at UNM Gallup.

Bosque Room

Dementia in New Mexico

It is estimated over 36,000 persons in New Mexico have Alzheimer's disease or related dementias, and 106,000 caregivers are providing them with support and care. This workshop will provide basic information about the disease, the importance of early detection, the impact of the disease on the health care system, services and supports available to assist caregivers and their loved ones with dementias, and the importance of self-care for caregivers.

Janice Knoefel, M.D., M.P.H., a faculty member at the University of New Mexico and a New Mexico resident for the past 20 years, has trained and worked in the fields of Neurology and Geriatrics since medical school graduation. Gary L. J. Giron, LPCC, MBA, Master of Divinity, is the Executive Director of the Alzheimer's Association, NM Chapter. He has more than twenty-five years of executive and administrative experience in the areas of health care, operational management and financial management in non-profit and governmental agencies. Ellen Teresa Costilla is a licensed clinical social worker who has had professional experiences in New Mexico spanning more than 35 years.

Rio Grande Room

Speak up! We are Listening

This 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.

PAC Members: William M. Waugh, Jr., Darel Devenport, Carol Dolan, Lena Smith Ernst, Ph.D., Clara Farah, Ph.D., Joie Glenn, RN, MBA, CAE, Richard Griffith, Ron Montoya, Dolores E. Roybal, PhD, MSW, and Deanette Shields.

Boardroom

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

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 at LREP. Anita Letter, JD, is also a staff attorney at LREP.

GóWa Lawn

Finding your Inner Artist

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.

Tuesday, August 15, 12:15 PM

Ballroom B

Disrupt Aging

What is aging? How does one define “old?” Disrupt Aging is a call, to all of us, to shape the future of aging. Aging is about growth, not decline. This interactive workshop will challenge outdated beliefs about what it means to age, and spark new solutions so we can all choose how we live as we age.

Eugene Varela, MPA, is the State Director of AARP NM. He has over 40 years of experience in the field of aging. Shanna Lapsley, BA, is the Associate State Director of Multicultural Outreach for AARP NM. She has 10 years of experience working in the field of gerontology, including 7 years with AARP NM.

Ballroom C

Yoga and Movement for Back Care: 10 Essential Exercises

Our 21st century lifestyle guarantees that we unintentionally practice unhealthy movement patterns. As we begin to age ligaments and tendons become less elastic, disks thin, muscles lose mass and bones become fragile. This workshop will cover the basic anatomy of alignment and help participants establish a back maintenance regime with 10 exercises accessible to any level and movement ability.

Lisa Gulotta, MS, BA, is a licensed E-RYT-500 yoga instructor, personal trainer, cancer exercise specialist and diabetes lifestyle coach. Cecilia Acosta is the Executive Director of NM Senior Olympics and has over 26 years of experience working with senior programs, older adults and Senior Games.

Seminar Room

Bess Seschillie Comedy Show

Come enjoy an hour of fun and laughter with comical renditions as they relate to real life experiences.

Bess Seschillie is a native of Crownpoint, and has been providing fun and laughter to the people of New Mexico for many years.

Sunrise Room

Bringing the Food to the People

Millions of seniors are at risk for hunger, and food insecurity is growing among older adults. The City of Albuquerque Department of Senior Affairs is partnering with Silver Horizons to help combat senior hunger by “bringing the food to the people” in senior and multigenerational centers.

Rhonda Methvin, MS, is a licensed professional engineer. She is a division manager for the City of Albuquerque Department of Senior Affairs and has over 11 years of experience managing centers.

Manzano Room

Scams: How to Spot Them, How to Avoid Them, and How to (Sometimes) Fix Them

This workshop will help attendees understand why scams work, common types of scams, signs to watch for, how to avoid being scammed, and whether the problem can be fixed.

Michael McGuire, JD, BA, is a staff attorney for the Senior Citizens' Law Office.



Ana Gonzalez
Regional Manager

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Bosque Room

The Power of Storytelling to Engage, Educate and Energize

Digital storytelling is an effective tool for empowering your community, attracting potential donors, and educating policymakers and stakeholders. Learn how the National Indian Council on Aging uses storytelling to give voice to its elder members' concerns and the aging network.

Randella Bluehouse, BSW, BAP, is the Executive Director of the National Indian Council on Aging (NICOA). She has 15 years of experience in aging services and advocacy. Rebecca Owl Morgan, MLS, is a project coordinator for NICOA. She has three years of experience in aging services.

Rio Grande Room

Transportation Strategies and Innovations

This workshop will discuss the innovations in transportation that have been implemented at the City of Albuquerque Department of Senior Affairs. From taking ride reservations by paper and pencil to having a state of the art transportation scheduling software, there have been exciting changes that will be shared.

Danny Holcomb is the Nutrition and Transportation Division Manager for the City of Albuquerque Department of Senior Affairs. He has over 20 years of experience in transportation management in both the public and private sectors. Mark McKenzie is the Transportation Supervisor for the City of Albuquerque Department of Senior Affairs. He has over 20 years of experience in transportation and is proficient in all areas of large and small fleet management.

Tuesday, August 15, 1:30 PM

Ballroom B

Smart Phones 101

Today's smart phones are powerful tools that go far beyond simply placing phone calls. This workshop will discuss the features and capabilities of smartphones, how to navigate to them, and how to make them work.

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

Ballroom C

Self-Defense

In a world of uncertainty safety is key. This workshop will uncover some of the most effective forms of self-defense.

Vicente Alvarado is the owner of UCT Direct Fitness Training for Warriors. He is a retired detective for the Albuquerque Police Department.

Seminar Room

The Navajo Long Walk and a Message of Resiliency

Experience a historic event that the Navajo People encountered in the 1860's that reveals harmony, suffering and endurance. A 3-part play and one family's journey will be presented, using the past as guidance to teach resiliency to multi-generations.

Lora Church, MPA, MS, has over 25 years of experience in urban, rural and tribal health and human services professions. She has presented at local, state, and national conferences with an emphasis on Native Americans' worldview on health and well-being.



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Sunrise Room

A Garden for all Reasons and all Seasons

Create the unbelievable by taking an area from “gravel to garden” in less than 40 days. While most would view gardening programs as digging up dirt and planting seeds, this project has expanded and created a sense of community among older adults while improving nutrition, exercise, creativity, and socialization year-round.

Patrick Turrieta is the Barelvas Senior Center Garden Keeper. He has over 50 years of experience in community gardening and has developed multigenerational community gardens throughout the Barelvas Neighborhood. Linda Leatherman is the Barelvas Senior Center Assistant Garden Keeper. She is also an ABQ Department of Senior Affairs Retired Senior Volunteer Program participant, has over 50 years of experience as a home and community gardener.

Manzano Room

Poetry for Life

This workshop will address professional development and positive aging. Attendees will design a participatory arts program for older people and people living with memory loss. How intergenerational programming may support positive aging for both older people and youth will also be discussed.

Gary Glazner, BA, is the Founder and Executive Director of Alzheimer's Poetry Project. He has over 12 years of experience with the Alzheimer's Poetry Project which has provided programming in 26 states, as well as internationally.

Bosque Room

The Difference between Social Security and SSI

Social Security and SSI are two programs administered by the Social Security Administration that provide vital cash benefits. Many older adults rely on them to meet their basic living costs. This workshop will explain how these two programs work, and the differences between them.

Michael C. Parks, JD, is a staff attorney with the Senior Citizens' Law Office. He has many years of experience working with clients and providing community education regarding Social Security and SSI.

Rio Grande Room

Stemming the Tide of Grandparents Raising Grandchildren

This workshop will provide information from a current report on the increasing number of grandparents involved in raising grandchildren and the reasons behind the increase. Strategies to address and reduce this growing trend will be discussed and information and resources will also be provided.

Dolores E. Roybal, PhD, MSW, is the Executive Director of the Con Alma Health Foundation. She has over 35 years of experience in philanthropy and the non-profit sector, is a topic expert on Grandparents Raising Grandchildren, and is a Policy Advisory Committee Member for the NM Aging & Long Term Services Department. Anne Hays Egan, MA, is a consultant with New Ventures Consulting and has over 35 years of experience consulting with non-profits, foundations and government.

Tuesday, August 15, 2:45 PM

Ballroom B

Social Media 101

More than ever in 2017, older adults around the globe are learning to connect with friends and loved ones online. Not to replace in-person contact, but to enhance it! Social media can add a fun extension to the relationships you already cherish. It's a fantastic tool to communicate with friends and family, as well as an opportunity to learn about events, causes and news you care about. If you've ever wondered about Facebook, Twitter, LinkedIn, Pinterest or YouTube, this is the workshop for you. REQUIREMENTS: (1) email address and (2) access to a computer.

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

Ballroom C

Los Bailadores Del Oro

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

Seminar Room

Evidence-Based Fall Prevention Programs and Senior Olympics

Senior Olympics has partnered with the NM Department of Health to expand access to evidence-based fall prevention programs in the aging network. This workshop will provide information and guidance regarding programs that are currently available in our state, including A Matter of Balance, Tai Ji Quan: Moving for Better Balance and the Otago Exercise Program. Workshop presenters will discuss funding arrangements to support these types of programs while embedding the programs into a sustainable network with NM Senior Olympics.

Cecilia Acosta is the Executive Director of the NM Senior Olympics, Inc. She has 28 years of experience working with older adults and community-based programs. Berlinda Trujillo, BA, is a Master Trainer for EnhanceFitness. She has over 14 years of experience working with older adults and fitness.

Sunrise Room

Use it or Lose it!!!

Everyone needs to have physical and mental routines. The brain changes as we develop and we need to learn ways to keep the brain active. In this workshop we will explore lifestyle choices that encourage brain health and practical exercises that help maintain brain functioning.

M. Queen Bailey-Brooks, LCSW, MSW, is the Chief Inspiration Officer at A Wholeistic Approach, LLC. She has over 25 years' experience as a psychotherapist and "social change agent". She is passionate about serving, teaching and inspiring.

Manzano Room

Care Transition Program and the Aging and Disability Resource Center

The Care Transition Program works with individuals wishing to transition out of nursing facilities or assisted-living facilities and into community-based living. The program works with elders and adults with disabilities, with those enrolled in Medicaid and Medicare, and those who pay privately. The workshop will inform attendees about this free service.

Louella Garcia, BSW, is the Care Transition Manager for the NM Aging and Long-Term Services Department. She has over 22 years of experience in public service programs provided by the State of New Mexico.

Bosque Room

The Difference between Medicare and Medicaid

Older adults are deeply concerned about meeting their health care needs. Medicare and Medicaid are two of the biggest sources of health care coverage, but they work very differently. This workshop will provide a basic explanation of how these two critically important programs work.

Michael C. Parks, JD, is a staff attorney with the Senior Citizens' Law Office. He has many years of experience working with clients and providing community education regarding Medicare and Medicaid.

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Rio Grande Room

Gen X is Coming...Is Your Program Ready?

The *Reality Bites* Generation (born 1965-1980) will be knocking on the doors of our 55+ programs shortly. With volunteerism rates near 30%, Generation X was responsible for the Indie films, alternative rock, and, probably, dolphin-safe tuna. Explore and discuss how this demographic will change our programs and how to be ready for them.

Maralie BeLonge, MS, is the Program Operations Director for UNM Continuing Education/Public Programs. She has over 20 years of experience in non-profit management.

Boardroom

Look Us in the Eye: The Old Women's Project

This 25 minute film produced by Jennifer Abod, shows how women in the film, Cynthia Rich, Janet Keaffaber and Mannie Garza, launched the Old Women's Project in San Diego in 2000.

Pool

Adapted Aquatics

Participants will be led through a series of range-of-motion exercises that will increase joint mobility and develop muscular strength.

Melissa Pochiro is a Recreation Assistant for the City of Albuquerque Department of Senior Affairs.

Tuesday, August 15, 4:00 PM

Ballroom B

WHO Age Friendly Initiative

Learn about the International WHO Age Friendly City Initiative and how your community can actively participate. The presenters will review the 8 designated domains and ways you can become involved to create and sustain a more age friendly community.

Melinda Rand, MA, is a gerontologist and community conversation facilitator. She is a liaison for AARP and ABQ Department of Senior Affairs' Age Friendly designation initiative, and has over 45 years of experience in geriatric psychology, home health administration and community outreach. Trish Comer is the founder and President of the North Campus Community Project in Albuquerque.

Ballroom C

Church Family Traditional Dance

"Pow-wow? What's a pow-wow?..." A social gathering that honors and celebrates the pride of Native people's culture and traditions through songs, dances, and the sharing of gifts, teaching, etiquette and blessings that resonate within the circle. Experience the joy within the circle as the Church Family Dancers share their story, styles of regalia and dance exhibition.

Seminar Room

Guided Imagery: The Journey Within

Ever dream of a mini vacation in the midst of your day? Come enjoy the benefits of Guided Imagery, experience this wonderful, easy-to-use form of meditation while discovering its benefits and helpful components. You will also learn how to incorporate Guided Imagery into daily care.

Paul Gleason, BS, MDiv, is a Board Certified Chaplain at Hospice de la Luz. He has over 30 years of experience in health care and spirituality, including acute care, rehab, long-term care and hospice/palliative care.

Sunrise Room

Cuidando con Respeto

Cuidando con Respeto is a two-day class designed for families who are taking care of relatives with Alzheimer's disease or related dementias. This program encourages success in organizing and managing daily life with the care recipient and self-care for the caregiver. This workshop is an overview of the Cuidando con Respeto class.

Tina De La Luz, BFA, is a Program Case Manager for the Alzheimer's Association, NM Chapter. She has over 10 years of experience in working with caregivers and people with dementia.

Manzano Room

Things You Wanted to Know about American Indian and Alaskan Native Elders but were Afraid to Ask

Join the National Indian Council on Aging for a quick history lesson on how tribal sovereignty impacts all 567 federally recognized tribes. From isolated reservations to bustling urban settings, American Indians and Alaska Natives (AI/AN) live everywhere. Learn best practices and simple tools to make your job easier in serving AI/ANs in your community.

Randella Bluehouse, BSW, BAP, is the Executive Director of the National Indian Council on Aging (NICOA). She has 15 years of experience in aging services and advocacy. Rebecca Owl Morgan, MLS, is a Project Coordinator at NICOA. She has 3 years of experience in aging services.

Bosque Room

Adult Protective Services—What We Do and What We Cannot Do

Adult Protective Services (APS) staff work with vulnerable adults 18 years of age and older who are alleged to be abused, neglected, and or exploited. Many different aspects involving each client are taken into consideration each time, as no two cases are the same. This presentation will discuss what APS can do and what APS cannot do.

Rudy Grano, MSFS, MBA, is the Deputy Director of Administrative Operations for the NM Aging & Long-Term Services Department Adult Protective Services Division. He has over 22 years of experience working in state and federal government, and in the private sector. Esperanza Lucero, MSW, MBA, is the Training Manager with the APS Division. She has over 10 years of experience working in state government and in the private sector.

Rio Grande Room

Complete Streets and Self-Sufficiency in New Mexico

Complete Streets are designed to support safe access and self-sufficiency for all road users, regardless of age and ability. Learn how to easily identify key design elements of streets in your neighborhood and be a champion for positive change.

Amy Bell, MLArch, is a licensed landscape architect, and is the Principal Landscape Architect at Groundwork Studio. She has 11 years of experience in landscape architecture in New Mexico and is the NM Complete Streets Leadership Team (CSLT) Legislative Action Chair. Erick Aune, MNRD, is a licensed AICP, and is the Transportation Planner for the Santa Fe Metropolitan Planning Organization. He has 20 years of experience as a planner in Colorado and New Mexico, and is a member of the CSLT Legislative Action Team. Caerllion Thomas, MSGIS, is a licensed AICP and is the Senior Transportation Planner at Mid Region Council of Governments. She has 11 years of experience as a transportation planner in New Mexico and is a former President of the NM CSLT Board.

Boardroom

Nutrition Bingo (Only 25 Seats)

As Bingo has become a go-to game for many older adults, researchers have also discovered that playing bingo can have health benefits for elders. Bingo not only enhances hand-eye coordination and boosts cognitive abilities (such as mental flexibility and alertness to grasp, identify and remember specific information), bingo can also help with short-term memory loss. This particular bingo session will educate attendees on the food pyramid and identify recommended serving sizes.

Debra J. Trujillo, Nutritionist for the Senior Services Bureau at the NM Aging & Long-Term Services Department has over 36 years of experience in nutrition.

Wednesday, August 16, 11:00 AM

Ballroom B

Breath & Bones

The expansiveness of our breath and the strength of our bones are two important factors to evaluate as we ponder the course of our aging body. This workshop teaches the profound principles of basic yogic breath and simple, do-at-home, weight-bearing exercises that safely work against gravity, thereby inspiring healthy bone density.

Lisa Gulotta, MS, BA, is licensed in E-RYT-500, and has over 25 years of experience teaching fitness, yoga, dance and wellness to all ages and special populations. Cecilia Acosta is the Executive Director of NM Senior Olympics.

Ballroom C

History and Technique of Flamenco Dancing

The mission of the National Institute of Flamenco is to preserve and promote flamenco's artistry, history, and culture by presenting the finest flamenco in the world and providing education about this art form, while emphasizing the positive influence of art on family and community. This workshop will demonstrate the art of flamenco as well as the history behind the dance.

Seminar Room

Non-Verbal Communication Techniques

This workshop will focus on techniques to enable better communication between two people with no verbal communication options. This includes interpreting nonverbal responses and responding to them. Lack of verbal skills due to dementia or other health conditions can be particularly challenging. How to help those with lack of verbal skills with daily activities (such as getting out of bed or walking) and how to avoid conflicts, while maintaining a connection, will be discussed.

Patricia J. Conoway, MA, BA, is the author of "Listening with my Eyes" and the owner of a ranch where she teaches horsemanship.

Sunrise Room

Kitchen Safety and Sanitation

In this workshop we will discuss important food safety and sanitation standards that can be applied in the kitchen. Temperature, first-in-first-out, and food storage options for safety will also be discussed

Bob Manymules, Jr., BS, is the Food Production Supervisor for the City of Albuquerque Department of Senior Affairs. He has 25 years of experience in both the public and private sectors.

Manzano Room

The Body Quiz: How Body Smart Are You?

You know your legs make you run and your lungs make you breathe, but how much do you really know about how your body works? By knowing your body, you can develop a base of knowledge that will give you the power and authority to improve your quality of life. Join in this interactive workshop in which you will be engaged in discovering how body smart you are.

Sonja Koukel, BA, MS, Ph.D, is the Cooperative Extension Health Specialist for New Mexico State University (NMSU) Extension Service. She has 12 years of experience with the extension system, and 7 years as a NMSU Health Specialist.

Bosque Room

Senior Friendliness for Drivers and Transportation Users

Older adult drivers and non-drivers need criteria for determining the benefits of their transportation options. This session will introduce and define the concept of senior friendliness and facilitate an understanding of why and how older adult drivers and older adult passengers can determine and enhance the senior friendliness of their experience.

Helen K. Kerschner, BA, MS, PhD, is the Director of the National Volunteer Transportation Center. She has over 40 years of experience in research on, and direct services to, older Americans and is the author and editor of seven books on aging.

Rio Grande Room

Veteran's Wall of Heroes

The City of Albuquerque Office of Veterans' Affairs and Department of Senior Affairs have created a dedicated wall within each Senior and Multigenerational Center, to honor older adult military veterans who have served our Country. Their service histories are preserved, even after their passing, to educate their families and those who visit the centers.

Roger Newell, MAEd, is the Office of Veteran's Affairs Liaison for the City of Albuquerque Department of Senior Affairs. He is a former active duty and reserve Air Force serviceman who currently serves as the Commander for the Military Order of the Purple Heart and as a National ROTC/JROTC President. Rhonda Methvin, MS, is a licensed professional engineer. She is a division manager for the City of Albuquerque Department of Senior Affairs and has over 11 years of experience managing centers.

Boardroom

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

Wednesday, 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 at LREP. Anita Letter, JD, is also a staff attorney at LREP.

GóWa Lawn

Walking for Fitness

This workshop will discuss walking for health and safety to manage or prevent chronic disease. This includes wearing good shoes, and accessing resources within communities around the state. Also discussed will be the process of advocating for walking trails.

Jimmy Masters, BA, CNA, is the Health Promotion Program Manager for the NM Department of Health (DOH) Public Health Division. He has over 8 years of experience as a health educator and coordinator. Maegan Sanders, BS, MS, is the Tobacco Use Prevention and Control Health Educator for the NM DOH Public Health Division.

Wednesday, August 16, 12:15 PM

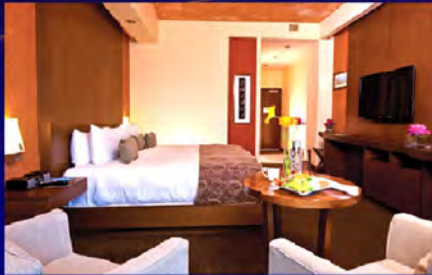
Ballroom B

Senior Scam Jam-Preventing Financial Exploitation

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 financial 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.

Gina Vincent, BBA, is the Community Affairs Specialist with FDIC. She has 9 years of experience in community outreach and 19 years of experience as a bank examiner with FDIC.

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Ballroom C

The National Sojourners Building of the Flag: Interactive Program

Dressed in colonial uniforms, the “Heroes of ‘76” will build the American Flag (from pre-Revolutionary times to the present), stripe-by-stripe, and star-by-star, while a narrator provides a detailed history of the states admitted to the Union with the addition of each stripe and star.

Michael McInerney is the President of the National Sojourners. Larry McDougal is the Commander of the National Sojourners. Ed McBride is the 1st Vice President of the National Sojourners.

Seminar Room

New Mexico History through Music

Join Roberto Mondragon as he plays guitar and performs songs with New Mexican flair. He is a songwriter and singer with several music recordings; and has produced several radio programs.

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

Sunrise Room

Acupressure for Vision Health

With the passing of time, people are at higher risk of developing age-related eye diseases and conditions. With the usage of digital gadgets, vision problems can become serious concerns for younger generations, as well. This workshop will demonstrate acupressure techniques to improve vision health.

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

Manzano Room

SCSEP in Indian Country

Countless elders have benefitted from participation in the Senior Community Service Employment Program (SCSEP). The goal of the National Indian Council on Aging (NICOA) SCSEP is to assist elders in gaining insight into their talents to broaden their employment opportunities. Come learn what NICOA SCSEP can do for you!

Sue Chapman, AA, is the NICOA SCSEP Director. She has over 30 years of experience in job development and workforce programs.

Bosque Room

The Power of One—What Does the New World of Volunteering Look Like

There have been dramatic shifts in the ways people volunteer, how they want to volunteer, what their expectations are for volunteering, and the like. All of these situations will be discussed in this workshop. Presenters will offer insight as to what is happening on the ground in volunteering and how it impacts their organization.

Susan Lueckenhoff, MSW, LCSW, is the Support Services Manager for Heritage Hospice. She has over 20 years of experience in medical services and hospice. Peter Trans, BA, is the Volunteer Coordinator for Heritage Hospice. He has 15 years of experience in senior health care.

Rio Grande Room

Kinship Guardianship Options in New Mexico

This workshop will provide caregivers and professionals a basic understanding of NM kinship guardianship law. Topics will include: definition of kinship care; advantages/disadvantages of formal and informal kinship care; the NM Kinship Guardianship Act; the Indian Child Welfare Act; and an overview of the process for obtaining kinship guardianship.

Miriam Rea, JD, is a licensed practicing attorney for Pegasus Legal Services for Children. Ella Brown, LMSW, is a social worker and client advocate at Pegasus Legal Services for Children.

Wednesday, August 16, 1:30 PM

Ballroom B

Positive Behavior Support—Communicating with Difficult People

An interesting fact about human beings is that they sometimes behave badly just because they don't know any other way to express themselves. When you understand what is driving the behavior, you will be able to predict the outcome much more successfully. This workshop will discuss how you can deal more effectively with difficult behaviors.

Dr. Janette B. Espinoza, MSN, RN, PMHNP-BC, is a psychiatric mental health practitioner for the NM DOH Public Health Division. She has over 11 years of experience as a nurse educator and in behavior support training.

Ballroom C

“The Golden Years”- Retirement Planning with a Twist

This presentation doesn't include a single word about IRAs, 401Ks, or Social Security! Participants will be encouraged to take a hard look at what makes life worth living and how that might change in the future. We will discuss what we can do to plan a life that continues to meet our priorities and expectation, from where we live, to HOW we live. Conversations and considerations today can help older adults pave the way to the life they want in their “golden years”.

Cindy S. Brown, LBSW, CDP, is a Social Worker and Training & Resource Manager at Home Instead Senior Care. She has 25 years of experience in social work practice with the elderly population, primarily in long-term care.

Seminar Room

Wise Women Do Dance

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.

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” and also in the theatrical production “Zorba” (Austin, TX).

Sunrise Room

The “D” Word

Clinical depression in older adults is common. Only 10% receive treatment for depression. Let's disrupt the “stigma” associated with depression and explore life's issues and learn techniques to live healthy with depression. Explore the symptoms and causes of depression as well as practical treatments.

M. Queen Bailey-Brooks, MSW, LCSW, is the Chief Inspiration Officer at Wholistic Approach, LLC. She has over 25 years of experience as a psychotherapist and “social change agent”, and is passionate about serving, teaching and inspiring.

Manzano Room

Purpose and Joy—Creative Programming in Dementia Care

This presentation will include an overview of dementia, behavioral expressions and non-pharmacological interventions, and complimentary therapies. This interactive workshop will engage participants in a vibrant exchange of knowledge and ideas to promote active engagement and creative programming in dementia care.

Haelli J. Miceli, MPA, is the Director of Operations at Retreat Healthcare. She has experience as an assisted living administrator and in Alzheimer's and dementia care.



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Bosque Room

Exploring Community Indicators with Interactive Maps

This will be an interactive session featuring NM Community Data Collaborative maps. Participants will learn how demographic, economic and social issues impact older adults at the neighborhood level, and how to employ practical strategies to engage communities to move data into action. Handouts and web resources will be provided.

Thomas Scharmen, MA, MPH, is a Community Epidemiologist at the NM DOH and works with the NM Community Data Collaborative. He has 30 years of experience in public health. Anne Hays Egan, MA, M DIV, ABD, PhD, is the Principal at New Venture Consulting. She has significant experience in consulting, research, policy work and publishing in the field of aging.

Rio Grande Room

Are You Preserving the Power of Antibiotics? Tips to Help You Stay Healthy

Did you know antibiotics won't help a cold or the flu? Join this interactive workshop to learn when antibiotics do and don't help you get well. HealthInsight New Mexico staff and a patient insight advisor will discuss how to make smart choices about antibiotics and how to actively engage in health care processes.

Elaine Chavez, BSN, RN, is a Project Manager at HealthInsight New Mexico. She has more than 30 years of experience in nursing. Shannon Cupka, EdM is a Project Manager at HealthInsight New Mexico. Kathleen A. Schneider, MA.Ed, is a Patient Insight Advisor at HealthInsight New Mexico. She is a retired educator and a volunteer member of the HealthInsight patient and family advisory council.

Wednesday, August 16, 2:45 PM

Ballroom B

Feet Can Last a Lifetime

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

Janet Simon, DPM, M.Ed., BA, is a licensed DPM and the Executive Director of the 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.

Ballroom C

Nutrition Tips with Basic Exercise Activities for Aging Adults

This workshop will provide tips on making healthier food choices. This will include how much to eat, how the food on your plate compares with how much you should be eating, and how much water you should be drinking. Common problems that older adults have with eating as they age will also be discussed. Basic exercises to help older adults get moving and become more active will be introduced.

Debra J. Trujillo, Nutritionist for the NM Aging & Long-Term Services Department (NMALTS) Senior Services Bureau, has over 36 years of experience in nutrition. Tony Futch is a program manager for the NMALTS Senior Services Bureau.

Seminar Room

Karaoke

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.

Sunrise Room

Web Information and Assistance from the Aging & Disability Resource Center

The Aging and Disability Resource Center (ADRC) is one of the few ADRCs in the country that offer information and assistance through webchat. This fast-paced, interactive and fun workshop will demonstrate how the ADRC webchat works and how convenient it is to obtain the information and resources you need through the ADRC!

Joe Tschanz, MPA, is Chief of the NM Aging & Long-Term Services Department Program and Policy Bureau. He has 23 years of experience providing social services. Margaret Bost, BSW, is the Web Information and Assistance Data Manager in the NMALTSAD ADRC. She has 8 years of experience providing social services.

Manzano Room

A Call for Help: Engaging the NM Crisis and Access Line

NM Crisis and Access Line (NMCAL), is a statewide call-in line for anyone who needs someone to talk to regarding a mental health concern. This session will examine why people do and do not reach out during a concern, how calls are handled, and what makes NMCAL a key partner to support you in building healthier communities.

Wendy Linebrink-Allison, CPSW, MSW/MBA Candidate, is a Program Manager for the NM Crisis and Access Line.

Bosque Room

Downsize and Organize for a Better Life (and Death)

You don't have to be old or dying to downsize. When living in the same place for decades, stuff accumulates. Attachment to objects which no longer serve us can become energy-draining. Learn how to let go, pare down, and prepare your vital end-of-life information. You'll feel lighter, energized and liberated!

Gail Rubin, CT, is the author of "Kicking the Bucket List: 100 Downsizing and Organizing Things to Do Before You Die." She's a pioneering death educator who uses humor to help reduce resistance to making end-of-life plans.

Rio Grande Room

Reduce Prescription Drug Abuse, Misuse and Diversion — New Mexico Prescription Monitoring Program

New Mexico has one of the highest opioid overdose death rates in the country. The Prescription Monitoring Program (PMP) was created to collect and report prescriptions for controlled substances. This workshop will explain how to use the PMP to benefit patients, review current legislation for PMP users, and illustrate how the PMP is effective in reducing the opioid overdose death rate.

Cristy Wade, BA, is a Prescription Monitoring Specialist for the NM Board of Pharmacy. She has worked as a community health advocate for many years.

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A new law
gives New
Mexico's
**family
caregivers**
the support
they
deserve.

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

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

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

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

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

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Quality of Life Grant
Disability Awareness
Service Animals



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Memorials

In Memory of Lillian F. (Lily) Romero

Lillian F. (Lily) Romero, 69, of Taos Pueblo went on to be with her entourage of angelic seniors who were in the trenches with her to help advocate for the best care for all seniors. She worked relentlessly for forty-seven years on behalf of the community of Taos Pueblo overseeing staff providing meals at the center or delivering meals to those unable to come to the center. As Director of the Taos Pueblo Senior Citizens Program, she worked to pair other community members with seniors who needed help in their homes. As the senior population grew, she saw the need to expand the center. She and her band of elders made treks to the NM round house to lobby any politician who would hear their pleas. This, along with much grant writing, resulted in a state-of-the-art facility coming to fruition. Unwilling to retire, in her own words, "her job was not yet finished because she might need adult day care for herself." Lillian had one more mission, then she said, she might entertain the idea of retirement. She may not have accomplished that particular goal but has planted the seed in many. Through her tenacity, doors are open to make this dream a reality.



In 2012, Lillian was honored as part of the Living Treasures series by the town of Taos. Lillian lived at Taos Pueblo all her life, living the traditions taught to her by her grandparents and parents, Julian and Anita Romero. She was married to Angelino Romero, also of Taos Pueblo, and had two daughters, Marina and Christine, five grandchildren and five great-grandchildren. She left us on Tuesday, June 20, 2017.



In Memory of Ernesto Ramos



On June 16th, one of our Aging Network "family", Ernesto Ramos, passed peacefully at his home. He was a dedicated public servant who always put others first, and received numerous awards and accolades for his service. Ernesto mentored many of us – providers, volunteers and others. He spent his life as an activist advocating for the under-represented and had an accomplished career in public service, beginning in 1971 with the federal Corporation for National and Community Service, and becoming NM State Director in 1981. After retiring in 2007, Ernesto worked for NM Aging and Long Term Services Department until 2016. His tireless dedication changed the direction of programs for older adults in New Mexico, such as AmeriCorps VISTA, RSVP, Foster Grandparents, and Senior Companions. Known as the "godfather" of NM Senior Olympics, Ernesto supported its success into his retirement. Ernesto was an

exceptional athlete in his own right and was inducted into the El Paso Baseball Hall of Fame in 1993. We will miss him and the impact he had upon our lives, and upon New Mexico's Aging Network.





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 Ambercare
 Amerigroup Medicare Advantage
 AmeriHealth Caritas
 Bath Fitter
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 Blue Cross and Blue Shield of NM
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 City of Albuquerque Department of Senior Affairs
 Compassion and Choices
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 Kingston Residence
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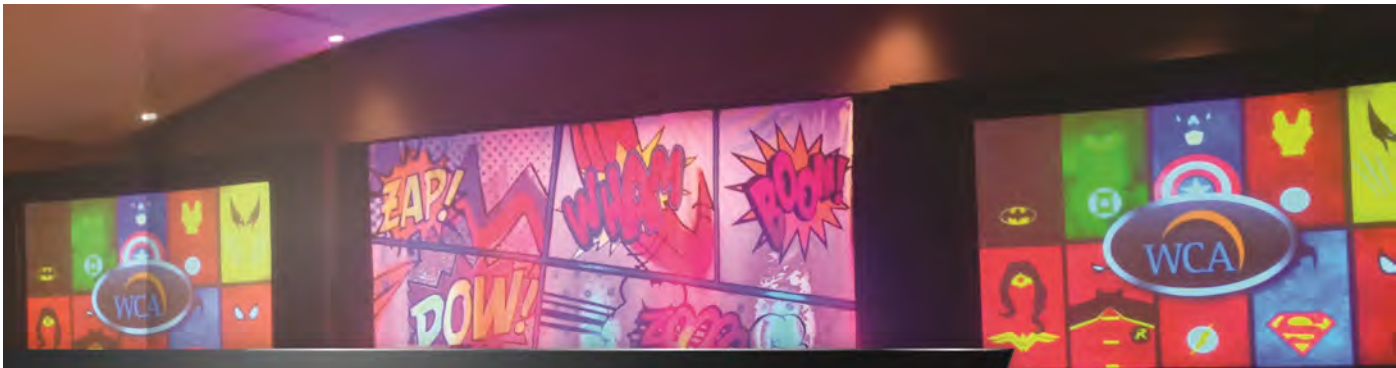
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R	E	D	I	L	E	I	T	Y	Y	E	S	Y	N
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CONFERENCE EVALUATION

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
<u>Which days of the conference did you attend?</u>	Tues only	Wed only		Both days	
<u>How many workshops did you attend?</u>	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.

THANK YOU !!!

*NM Aging & Long Term Services Department is the state agency that holds this annual conference.
If you have any questions for our staff, or would like to learn about resources available for NM seniors, please contact us
at **1-800-432-2080** / TTY: **(505) 476-4937**
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Please write any additional comments or suggestions below.

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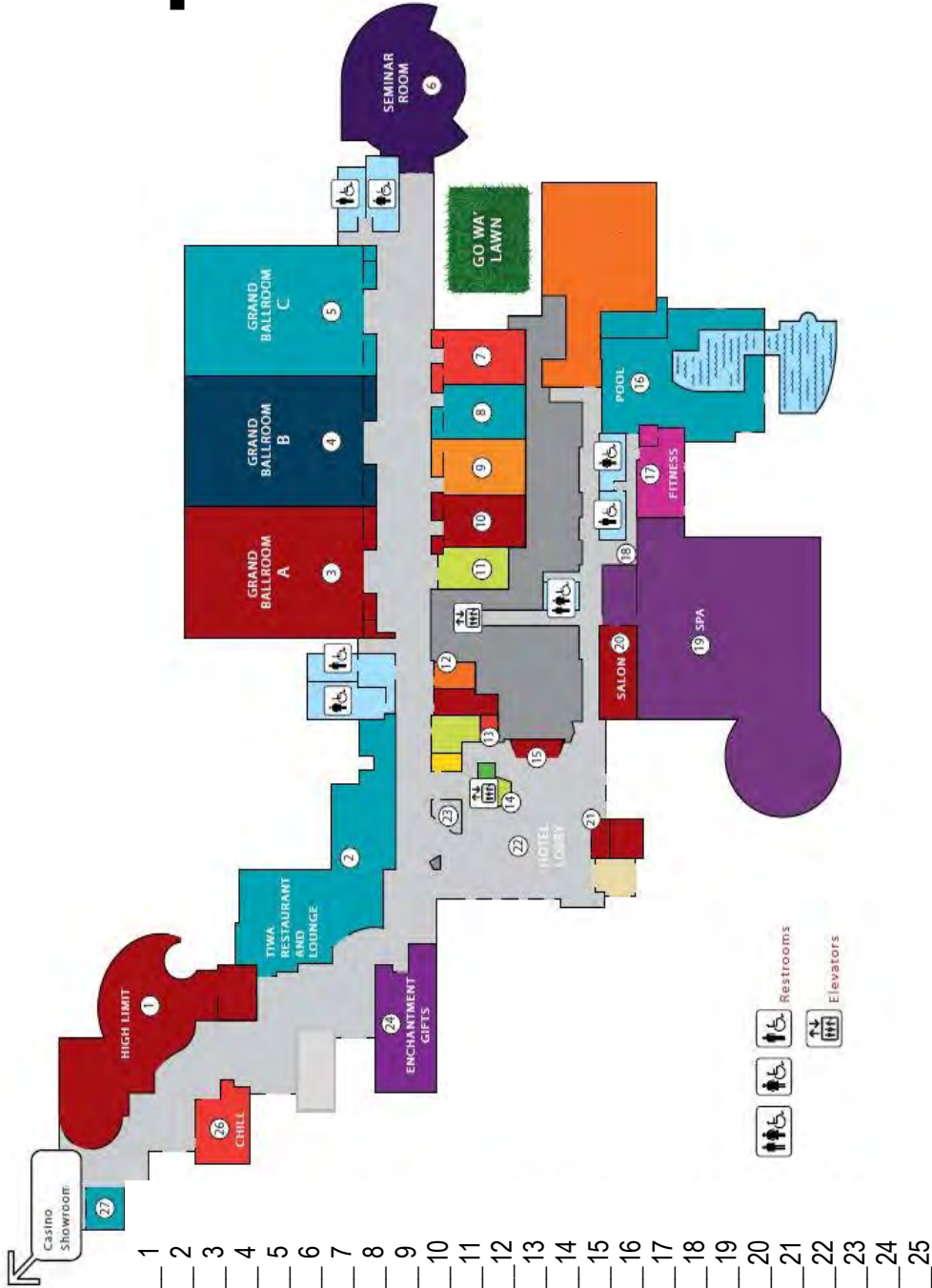
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Map of Isleta Conference Center



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

- FOOD VENUES**
- Go Grill- Outside Seminar Room
 - CHILL – Near conference area
 - Chile Ristra – Casino area
 - Daubers Grill – Casino showroom
 - Ember's Steakhouse – Casino area
 - Isleta Eagle Golf Course Grill – Golf course
 - TIWA Café – Conference area
 - Triple Sevens Saloon – Casino area