



"Walking With Grandma" by Sally Bartos, Edgewood, New Mexico

40th Annual

New Mexico Conference on Aging

August 21-22, 2018



Susana Martinez, Governor • KyKy Knowles, Acting Cabinet Secretary

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Program Cover "Walking With Grandma"

The artist who created the 2018 Conference program cover and poster, Sally Bartos, will be available to sign posters on August 21st and 22nd from 10:00 am to Noon and 2:00 pm to 4:00 pm

Sally is a born artist. She cannot remember a time when she did not want to create. Her creations include numerous posters for past NM Conferences on Aging, and she has agreed to be the artist in residence for the conference. Sally grew up on the Navajo Reservation, spending 18 years there, and doing numerous artistic jobs for the Navajo Nation. She has used her talents to depict tribal history and life, wildlife art, and the unique lifestyle of New Mexico. She has a heart for the community, having worked with the New Mexico veterans to find resources and support, and providing numerous artistic donations to the Hispanic Cultural Center, the NM Conference on Aging, and the Angel Flight Medivac unit. She has donated work to the Children's Cancer Fund of New Mexico and the Presbyterian Hospital Children's Wing. She works at the City of Albuquerque's Department of Senior Affairs.

Posters are for sale at \$2.00 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.



Susana Martinez, Governor
Kyky Knowles, Acting Cabinet Secretary



Welcome to the 40th Annual New Mexico Conference on Aging!

At the Aging & Long-Term Services Department, we remain steadfast in our commitment to supporting lifelong independence and healthy aging.

Together with you, we are actively engaged in:

- Protecting the safety and rights of those we serve.
- Promoting personal choice and self-determination.
- Treating all persons with respect, embracing cultural diversity.
- Encouraging collaborative partnerships.
- Providing fiscally responsible services.

New Mexico's senior population will be over thirty percent of our entire state's population by the year 2030 and so continuing our mission is beyond critical. Our work today is building the future for our seniors and caregivers as we continue to prioritize our work on safeguarding vulnerable adults and elders, supporting caregivers, encouraging healthy and independent aging, and combating senior hunger.

As we celebrate 40 years of the Conference on Aging, this year we have a wide array of workshops, interactive exhibits and a Health and Enrichment Fair. The Conference will also feature a variety of entertainment reflecting New Mexico's multicultural diversity. Thank you for joining us at the Conference this year!

I look forward to meeting with all of you and hearing your ideas, thoughts, and innovations around aging in New Mexico. Thank you for joining us and for your commitment to making a meaningful difference in people's lives.

See you at the Conference!

A handwritten signature in blue ink that reads "Knowles".

Kyky Knowles
Acting Cabinet Secretary

Partners in Lifelong Independence and Healthy Aging
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General Information

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 Commission table.

Continuing Education Units

CEUs are provided for some workshops for 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 Chapter of the National Association of Social Workers for making CEUs available.

Emergencies and First Aid

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

Evaluations

We value your opinion. Please complete a general conference evaluation. If you leave the conference before the end of the final general session, please return your completed evaluation form to the staff at the registration table.

Exhibits

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

Health and Enrichment Fair

Visit the Health and Enrichment Fair in the Eagle Ballroom at the Golf Course, from 11:00 am to 3:30 pm. Find out about services offered throughout New Mexico, receive flu shots, health screenings, hand massages, prizes and more!

Information

For assistance or information related to the Conference, please go to the Conference Information table. For information on lodging or the Isleta Resort and Casino facilities, please go to the hotel registration or information desk located near the resort entrance.

Meals

Lunch is on your own. The Isleta Resort and 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.

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 and 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 am and ending at 3:45 pm. Shuttles leave from the hotel entrance. Transportation is also available between the hotel and vehicles in the parking lot.

Filming and 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.



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Keynote Speakers 8:30 AM Ballrooms B and C

Tuesday, August 21 ▶



Yanira Cruz, MPH, DPh, is the President and CEO of the National Hispanic Council on Aging (NHCOA). Her primary focus is to provide a Hispanic perspective on public health, older adult and caregiver issues, to increase policy-maker and public understanding of issues affecting vulnerable sectors of our society, and to encourage the adoption of programs and policies that equitably serve everyone. To further these efforts, Dr. Cruz is a member of the Leaders of Aging Organizations Collaborative—a partnership of 8 of the nation’s leading aging-focused organizations formed to create better public understanding of older adult needs and contributions to society and subsequently improve the lives of all people as they age. Dr. Cruz serves on the board of the National Senior Citizens Law Center and is a founding member of the Diverse Elders Coalition. She serves on the US Department of Health and Human Services Advisory Council on Alzheimer’s Research, Care, and Services. Dr. Cruz holds an adjunct faculty appointment at the George Washington University School of Public Health. Her presentation, sponsored by AARP, will address the “Reframing Aging” campaign, started by the Leadership Council of Aging Organizations. The goal of the “Reframing Aging” campaign is to change public messages and images that portray aging as negative, and create awareness that the majority of older adults in the US are independent, healthy and socially productive. Dr. Cruz will share the Council’s work on this campaign and how it relates to older New Mexicans, with a special emphasis on support for caregivers. She will challenge you to help reframe the view of aging in your community.

Hazel Tull-Leach is the City of Albuquerque’s Executive Director for the 2019 National Senior Games, to be held in Albuquerque June 14–25, 2019. Ms. Tull-Leach has served as a development professional for the National Dance Institute NM, the UNM Foundation, UNM Hospitals and UNM Children’s Hospital. She served as the assistant coach for the UNM Ladies Basketball team for five years, and, prior to returning to Albuquerque, played basketball at Texas Tech University. Ms. Tull-Leach will speak about the importance of staying active as we age and how the 2019 National Senior Games is a perfect opportunity to do just that. The Games not only allow us the opportunity to compete and stay active, they also provide great opportunities for socialization, volunteerism and community engagement.

◀ Wednesday, August 22



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Schedule at a Glance

Tuesday August 21	Wednesday August 22
8:30 a.m. to 10:30 a.m. Plenary Session	8:30 a.m. to 10:30 a.m. Plenary Session
11:00 a.m.—Noon. Workshops	11:00 a.m.—Noon. Workshops
11:00 a.m. to 3:30 p.m. Health and Enrichment Fair	11:00 a.m. to 3:30 p.m. Health and Enrichment Fair
Noon—1:30 p.m. Workshops	Noon—1:30 p.m. Workshops
1:30 p.m. to 2:30 p.m. Workshops	1:30 p.m. to 2:30 p.m. Workshops
2:45 p.m. to 3:45 p.m. Workshops	2:45 p.m. to 3:45 p.m. Workshops
4:00 p.m. to 5:00 p.m. Workshops	
6:00 p.m. to 10:00 p.m. Reception and Dance	



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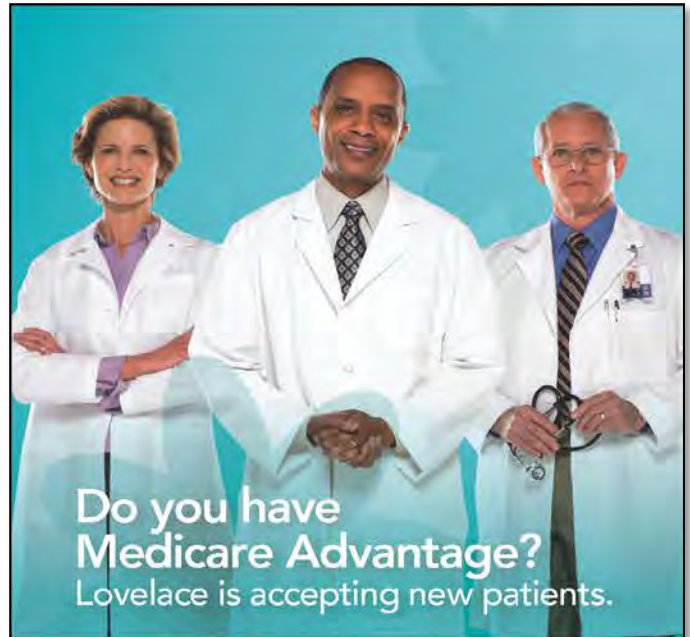
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Alzheimer's Association
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Consumer Direct Care Network
Cornucopia Adult & Family Services
El Paraiso Management Services
Gabaldon Mortuary
HealthSouth Rehabilitation Hospital
Home Instead Senior Care
Innovage NM PACE
National Association of Nutrition & Aging Services Programs
NCNMEDD New Mexico Cares Foundation, Inc.
New Mexico Aging and Long-Term Services Department/APS
New Mexico Aging and Long-Term Services Department/Capital Outlay Bureau
Pueblo of Sandia
Senior.One
State Employees Credit Union
Stress-Busting Program for Family Caregivers
Vista Living Communities
Worth Hearing Center



Tuesday, Workshop Brief

Plenary Session—Tuesday, August 21, 2018 8:30–10:30 am		
8:30–10:30 am	Keynote Speaker—Yanira Cruz, MPH, D.Ph, AARP Foundation	Ballrooms B and C
Workshop Schedule—Tuesday, August 21, 2018 11:00 am–5:00 pm		
11:00 am–12:00 pm	Meet and Greet with Dr. Yanira	Ballroom B
11:00 am–12:00 pm	Benefits of Exercise	Ballroom C
11:00 am–12:00 pm	Music from the Americas	Seminar Room
11:00 am–12:00 pm	Seniors Online—Cyber Safety 101	Sunrise Room
11:00 am–12:00 pm	Hispanics and Hospice/Palliative Care	Manzano Room
11:00 am–12:00 pm	Circles of Care—Pueblo of Isleta Elder Center “Keetoooh Model”	Bosque Room
11:00 am–12:00 pm	Integrating the Access and Functional Needs of a Community in Disaster Planning and Response	Rio Grande Room
11:00 am–12:00 pm	Basic Art Instruction with Oil Paint	Go’Wa Lawn
11:00 am–2:30 pm	Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic	Boardroom
12:15–1:15 pm	DIY—Happiness—Keys to Changing Our Own Lives	Ballroom B
12:15–1:15 pm	National Sojourners’ “Building the Flag” Interactive Program	Ballroom C
12:15–1:15 pm	Voices of Our People: Navajo Storytelling	Seminar Room
12:15–1:15 pm	Saving for Retirement—New Proposals to Help Your Grandchildren Have Economic Security in Retirement	Sunrise Room
12:15–1:15 pm	An Alzheimer’s Café in Every Community	Manzano Room
12:15–1:15 pm	Navigating the Generational Waters	Bosque Room
12:15–1:15 pm	“Seasons of Care” Perspectives from Native Elders and Health Care Providers on Health, Wellness and Navigating the Health Care System	Rio Grande Room
1:30–2:30 pm	Control—I Want It, I’ve Got It, and I’m Keeping It!	Ballroom B
1:30–2:30 pm	Power to the Walkers—Enhance Your Walk-ability!	Ballroom C
1:30–2:30 pm	Self Defense	Seminar Room
1:30–2:30 pm	Senior Scam Jam—Preventing Financial Exploitation	Sunrise Room
1:30–2:30 pm	Best Practices for Funding Senior Centers	Manzano Room
1:30–2:30 pm	Effective Respite for Caregivers	Bosque Room
1:30–2:30 pm	Managing Pain—Best Practices in Controlling Foot and Ankle Pain	Rio Grande Room
2:45–3:45 pm	“Put Your Little Foot, Put Your Little Foot”—Maintaining Balance	Ballroom B
2:45–3:45 pm	Important Medicare Right to Know Information	Ballroom C
2:45–3:45 pm	New Mexico Folk Dances	Seminar Room
2:45–3:45 pm	Dementia in New Mexico	Sunrise Room
2:45–3:45 pm	The End of Driving and the Beginning of Options	Manzano Room
2:45–3:45 pm	Serving Elders Effectively—A Needs Assessment for American Indian and Alaskan Native Elders	Bosque Room
2:45–3:45 pm	Fit After Fifty—How Bicycling Can Change Your Life!	Rio Grande Room
2:45–3:45 pm	Life Review and Reminiscence—The Why’s and How’s	Boardroom
2:45–3:45 pm	Adapted Aquatics	Swimming Pool
4:00–5:00 pm	Over-the-Counter-Medications—What You Need to Know	Ballroom B
4:00–5:00 pm	Toward a Joyful and Purposeful Elderhood—Celebrating Intergenerational Space and Stories	Ballroom C
4:00–5:00 pm	Karaoke!	Seminar Room
4:00–5:00 pm	How Gambling Addiction Can Affect Your Family	Sunrise Room
4:00–5:00 pm	Hearing Loss and Cognitive Decline	Manzano Room
4:00–5:00 pm	Good Jobs for New Mexico’s Caregivers	Bosque Room
4:00–5:00 pm	Emotional Journey of a Family Caregiver—Riding the Waves of Emotions	Rio Grande Room
4:00–5:00 pm	AARP in NM—A Conversation with the AARP NM Executive Council	Boardroom

Workshops

Tuesday, August 21, 2018 8:30–10:30 am

<p>8:30–10:30 Ballrooms B and C</p>	<p>Keynote Speaker—Yanira Cruz, MPH, D.Ph—This keynote presentation, sponsored by AARP, will address the “Reframing Aging” campaign. The Leadership Council of Aging Organizations, which includes the National Hispanic Council on Aging (NHCOA), has started a campaign to change public views about aging. The goal of the “Reframing Aging” campaign is to change public messages and images that portray aging as negative, and create awareness that the majority of older adults in the US are independent, healthy and socially productive. Dr. Yanira Cruz will share the Council’s work on this campaign and how it relates to older New Mexicans, with a special emphasis on support for caregivers. She will challenge you to help reframe the view of aging in your community.</p>
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Tuesday, August 21, 2018 11:00 am–12:00 pm

<p>11:00–12:00 Ballroom B</p>	<p>Meet and Greet with Dr. Yanira Cruz Come join an AARP New Mexico facilitated conversation with Dr. Yanira Cruz. She will discuss current national advocacy efforts in which her organization is engaged, such as advocating for funding for local senior programs, protecting Medicare and Social Security, supporting family caregivers and reframing how we view aging. Come ready to learn, participate, and ask valuable questions!</p>	<p><i>Dr. Yanira Cruz, the CEO and President of the National Hispanic Council on Aging.</i></p>
<p>11:00–12:00 Ballroom C</p>	<p>Benefits of Exercise SilverSneakers is a comprehensive well-being program that helps adults take greater control of their health through physical activity, education and social interaction. This workshop will present the benefits of exercise, provide a demonstration, and distribute handouts regarding fall prevention.</p>	<p><i>SilverSneakers Staff</i></p>
<p>11:00–12:00 Seminar Room</p>	<p>Music from the Americas Experience the influence of Latin American music on New Mexican music.</p>	<p><i>Chuy Martinez is a guitarist, singer, song-writer, folklorist and community cultural worker with more than 30 years’ of experience playing music, writing songs and performing theatre. He has performed throughout the state of New Mexico.</i></p>
<p>11:00–12:00 Sunrise Room</p>	<p>Seniors Online—Cyber Safety 101 Engaging with the world online is a powerful way to connect with your loved ones, your community and technology at large. It can be a fantastic tool in your life! History has also shown that older adults are at the greatest risk of scams and identity theft. In order to feel safe online, allow Teeniors to show you the basic tools of protection, how to navigate the internet and your device’s settings, and some tips and tricks to build confidence and heighten your protection in the world of cyberspace.</p>	<p><i>Trish Lopez, BA, is the CEO and Founder of Teeniors, Inc. Tech savvy teens who empower older adults through one-on-one coaching.</i></p>
<p>11:00–12:00 Manzano Room</p>	<p>Hispanics and Hospice/Palliative Care The presenter will discuss hospice/palliative care service utilization among Hispanics, comparing Hispanic rates of use with that of other segments of our population. Also covered will be the barriers that Hispanics face when confronted with end-of-life issues, how these barriers can be overcome and how Hispanics can be encouraged to use these important services.</p>	<p><i>Leroy Aragon, LMSW, is a Medical Social Worker with Alliance Home Healthcare and Hospice.</i></p>

Tuesday, August 21, 2018 11:00 am–12:00 pm

11:00–12:00
Bosque
Room

Circles of Care—

Pueblo of Isleta Elder Center “Keetoooh Model”

At the Pueblo of Isleta Elder Center, they use the “Keetoooh Model” when assisting families in developing care plans. This helps people utilize the internal resources available to our elders within the community and, more importantly, encourages the entire family to take part in the care of an elder. This makes the job of the primary caregiver much easier and more manageable. This model has been used in very sensitive situations, and families have walked away with appreciation for the insurmountable amount of work that is required to care for their loved one, especially when the elder is totally dependent. The families are almost always willing to commit to what they can do, even if it is only doing laundry once a week.

Rita Jojola is the Director of the Pueblo of Isleta Elder Center. She has 9 and a half years of experience in elder service administration for the Pueblo of Isleta.

Pauline Lucero is a benefits and billing program manager with 4 and a half years of experience in elder service benefits and billing.

11:00–12:00
Rio Grande
Room

Integrating the Access and Functional Needs of a Community in Disaster Planning and Response

This workshop will cover how to incorporate the Access and Functional Needs (AFN) community in disaster planning and response. The AFN community covers individuals with disabilities, older adults, children, infants, the homeless, and other vulnerable populations. The main focus is to provide education and information on what to do if there is an emergency (such as a fire, flood, tornado, or the like) and how to plan for the older adults and other members of the AFN community.

Andrea Segura, MBA, is the Access and Functional Needs Coordinator for the NM Department of Health (DOH), Epidemiology and Response, Bureau of Health Emergency Management.

Nancy Newell, BS, RN, is the Public Health Preparedness Planning Supervisor for the NM DOH, Epidemiology and Response, Bureau of Health Emergency Management.

11:00–12:00
Go’Wa
Lawn

Basic Art Instruction with Oil Paint

Create your own object of art! Oil paint and other materials will be provided.

Judy Ortiz has been an artist for 43 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 and Long-Term Services Department and a former member of the NM Conference on Aging Planning Committee, and has created artwork for the Conference on Aging poster.

Tuesday, August 21, 2018 11:00 am–2:30 pm

11:00–2:30
Boardroom

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

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.

Tuesday, August 21, 2018 12:15–1:15 pm

<p>12:15–1:15 Ballroom B</p>	<p>DIY—Happiness— Keys to Changing Our Own Lives</p> <p>Our happiness and vitality are key to how effectively we live. It has been noted in the field of positive psychology that increased levels of happiness can improve mood, reduce the risk of depression and strengthen our overall well-being. DIY Happiness is a holistic approach that aims to increase your happiness with some practical tools for greater personal fulfillment.</p>	<p><i>With over 25 years of experience as a psychotherapist and “social change agent,”</i> M. Queen Bailey-Brooks, MSW, LCSW, is passionate about serving, teaching and inspiring our elders and unapologetically creating culturally inclusive housing communities and aging services organizations.</p>
<p>12:15–1:15 Ballroom C</p>	<p>National Sojourners’ “Building the Flag” Interactive Program</p> <p>Dressed in colonial uniforms, the “Heroes of ‘76” build the American Flag (from Pre-Revolutionary times to the present), stripe-by-stripe, and star-by-star, while a narrator gives a detailed history of the states admitted to the Union with the addition of each stripe and star.</p>	<p>Presenters from the National Sojourners—Kit Carson #447 will be Michael McInerney, Ed McBride and Larry McDougall. Co-presenters will be Bill Larue, Bob Witt and Teddy Adams.</p>
<p>12:15–1:15 Seminar Room</p>	<p>Voices of Our People: Navajo Storytelling</p> <p>Enjoy the traditional stories and history of the people of the Navajo Nation.</p>	<p>Ophelia Spencer is a member of the Navajo Nation.</p>
<p>12:15–1:15 Sunrise Room</p>	<p>Saving for Retirement—New Proposals to Help Your Grandchildren Have Economic Security in Retirement</p> <p>New Mexico ranks at the bottom in number of private workplace savings plans. It’s very apparent that our state’s small businesses need to have access to some effective tools that can help workers save for retirement without putting an undue burden on employers. Led by the NM State Treasurer, the 2018 Retirement Income Security Taskforce is currently looking at several options to help New Mexico workers save for retirement. These options include a state-facilitated approach to retirement savings that utilizes automatic enrollment and payroll deductions. Such plans allow employees and small businesses to benefit from the power of pooling, follow the employee when changing jobs, and allow a person to save easily for retirement. This session will walk through the legislative proposals and recommendations that have been put forward by the Retirement Income Security Taskforce and what these proposals mean for people trying to build their own private retirement savings, rather than having to depend just on government programs.</p>	<p>DeAnza Valencia, JD, is Associate State Director of Advocacy for AARP New Mexico and has had a career working in government and public affairs. Leo Garza is the Advocacy Volunteer Chairman for AARP New Mexico. Ben Schuster, PhD, JD, is an AARP volunteer and a Retirement Income Security Taskforce member.</p>

Tuesday, August 21, 2018 12:15–1:15 pm

12:15–1:15
Manzano
Room

An Alzheimer's Café in Every Community

The Alzheimer's Café offers respite from the pressures of dementia. The monthly gathering is a safe, supportive, and engaging environment for individuals with memory loss and their caregivers, friends and family. It is a time to laugh, cry, find support, establish friendships, and share concerns without embarrassment or misunderstanding.

Jytte Lokvig, MA, CCDP, is an Alzheimer's specialist in private practice and director of an Alzheimer's Café. She has 24 years of working with private and professional caregivers and 20 years of experience working as a lecturer and workshop facilitator. Susan Balkman, MA, LPC, LAD, is a retired therapist living with Alzheimer's. She is the assistant director of an Alzheimer's Café; has over 2 decades of practicing as a therapist and is a speaker on living with Alzheimer's.

12:15–1:15
Bosque
Room

Navigating the Generational Waters

Currently, there are 5 generations in the workplace and 2 waiting in the wings, each with a different way of interacting and communicating. Knowing why each generation does what it does can enable all of us to better understand each other and to create a better world for everyone. Participants will leave with a clear understanding of how and why each generation communicates and views the world the way they do.

Drew Dooley, PhD, is a Professional Speaker and Life Mastery Consultant with D Squared Presentations. She has 15 years of public speaking experience and 5 years of experience as a Life Coach.

12:15–1:15
Rio Grande
Room

"Seasons of Care" Perspectives from Native Elders and Health Care Providers on Health, Wellness and Navigating the Health Care System

Native American elders in New Mexico developed the "Seasons of Care" study to understand and improve experiences with health care and insurance providers. This workshop will present an overview of the study; what "wellness and staying well" mean to Native American elders; and how to overcome barriers to receiving and utilizing health care and insurance. Discussion will be encouraged.

Elise Jaramillo, PhD, is an associate research scientist at the Pacific Institute for Research and Evaluation. Her experience is in participatory research on environmental and health disparities for rural and minority communities in New Mexico. Cathleen Willging, PhD, is the Center Director and Senior Research Scientist at the Pacific Institute for Research and Evaluation. Her experience is in participatory research on the health system in New Mexico and health disparities for rural and minority communities. Steven Verney, PhD, is an associate professor at the University of New Mexico, Department of Psychology. His experience is in research with Native American communities (including elders) regarding health, aging and health disparities.

Tuesday, August 21, 2018 1:30–2:30 pm

<p>1:30–2:30 Ballroom B</p>	<p>Control—I Want It, I've Got It, and I'm Keeping It! This presentation will challenge participants to “think outside the box” regarding what they want for their aging future and what they are willing to do NOW to make it happen! Are there things you want to keep doing, places you want to keep going, and things you want to avoid? You've thought of the obvious, but what about those things that you haven't thought about yet? We all like to call the shots and stay ahead of the game! By asking yourself some hard questions now, you may be able to influence your future. This presentation will look at things that we don't always think about until it's “too late” to change the outcome. Discussion, brainstorming and creative thinking will be part of this presentation.</p>	<p><i>Cindy S. Brown, LBSW, CDP, is a social worker at Home Instead Senior Care. She has 25 years of experience serving elders in nursing homes, assisted living facilities, adult day care centers and non-medical home care.</i></p>
<p>1:30–2:30 Ballroom C</p>	<p>Power to the Walkers—Enhance Your Walk-ability! Power walking is an effective and efficient form of physical activity. Develop a program from goal setting to power walk race preparation. Create a program to impact your blood pressure, and your cholesterol and blood sugar levels. Participants in this workshop will: 1) practice effective warm-ups; 2) learn conditioning drills and exercises; 3) practice efficient injury prevention routines; 4) improve form and technique; and 5) implement evidence-based goal setting.</p>	<p><i>Andrew M. Walker, MPH, is the Director of Health and Wellness for the National Senior Games Association. He has over 20 years of experience in implementing programs—including at AT&T, in the public health and public insurance sectors, and at hospitals.</i></p>
<p>1:30–2:30 Seminar Room</p>	<p>Self Defense In a world of uncertainty, safety is key. This workshop will uncover some of the most effective forms of self-defense.</p>	<p><i>Vicente Alvarado is the owner of UCT Direct Fitness Training for Warriors. He is a retired detective for the Albuquerque Police Department.</i></p>
<p>1:30–2:30 Sunrise Room</p>	<p>Senior Scam Jam—Preventing Financial Exploitation This interactive workshop will provide you with the latest information regarding financial fraud and scams directed toward older adults. The information and resources provided will allow you to make comprehensive financial decisions with confidence. Learn about common types of fraud and scams and how to prevent elder financial exploitation. Most importantly, discover ways to keep your information safe and secure through advance planning.</p>	<p><i>Gina Vincent, BA, is a Federal Deposit Insurance Corporation (FDIC) community affairs specialist. She has 9 years of experience in community outreach and 19 years of experience as a bank examiner, all with the FDIC.</i></p>
<p>1:30–2:30 Manzano Room</p>	<p>Best Practices for Funding Senior Centers This workshop will provide information geared to senior program providers and local governments on best practices for acquiring capital assets to support services offered at senior centers, state-wide. With limited resources available to adequately fund facilities, equipment, and transportation, this workshop will help you to develop the specialized skills required to prepare fundable applications.</p>	<p><i>Rebecca Martinez, BA, is the Capital Projects Bureau Chief for the NM Aging and Long-Term Services Department, Capital Projects Bureau. She has over 20 years of experience in managing grants and administering capital projects. Barbara Romero, is the Capital Projects Coordinator for the NM Aging and Long-Term Services Department, Capital Projects Bureau. She has over 14 years of experience in managing grants and administering capital projects.</i></p>

Tuesday, August 21, 2018 1:30–2:30 pm

1:30–2:30
Bosque
Room

Effective Respite for Caregivers

Sometimes caregivers need a break. Respite care can provide caregivers with a temporary rest, time to relax, or a chance to take care of personal needs. The use of respite care may enable caregivers to keep providing needed support, preventing “burning out” or the jeopardizing of the caregiver’s own health. This workshop will review current information on respite and describe how providers of respite services can create programs that are effective in reducing caregiver stress.

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 part-time providing therapy services for Bosque Mental Health Associates. She previously worked with the NM Human Services Department Medical Assistance Division, City of Albuquerque Department of Senior Affairs and the Program of All-Inclusive Care for the Elderly (PACE)—InnovAge of Greater New Mexico. Tracy Wohl, MS, has worked for the NM Aging and Long-Term Services Department for over 12 years as a program manager in the Senior Services Bureau and now as the Director of the Office of Alzheimer’s and Dementia Care.

1:30–2:30
Rio Grande
Room

Managing Pain— Best Practices in Controlling Foot and Ankle Pain

Pain, once given the designation of a vital sign, is a symptom that is often the driving factor for individuals to seek medical advice, often after self-treating. The current focus on safe prescribing of narcotics and usage of medical cannabis products will be included in this presentation on evidence-based best practices for controlling painful symptoms in the feet and ankles.

Janet Simon, DPM, M.Ed., POD-NM, is the Executive Director of the New Mexico Podiatric Medical Association and a partner in Foot and Ankle Associates of New Mexico.

Tuesday, August 21, 2018 2:45–3:45 pm

2:45–3:45
Ballroom B

“Put Your Little Foot, Put Your Little Foot”— Maintaining Balance

Balance is not just a matter of how well the vestibular system of the inner ear is working. Strength and flexibility play key roles in maintaining balance. Putting your foot forward and keeping active is key to maintaining one’s balance. Join us as we demonstrate exercises that will help improve your balance.

Berlinda Trujillo, BA, works with NM Senior Olympics and has 19 years of experience leading a variety of fitness classes for the 50+ population. Marta Lucas works with NM Senior Olympics. She has 30 years of experience working as a licensed massage therapist and 4 years of experience in leading a variety of fitness classes for the 50+ population.

Tuesday, August 21, 2018 2:45–3:45 pm

2:45–3:45
Ballroom C

Important Medicare Right to Know Information

Medicare is a vital source of health coverage for older adults and includes many rights that beneficiaries can exercise in different situations. This workshop will describe some of the most important of these rights – those that affect enrollment, service coverage options, and scope of services – and discuss how beneficiaries can use them.

Michael Parks, JD, is a staff attorney and health rights specialist with the Senior Citizens' Law Office.

2:45–3:45
Seminar Room

New Mexico Folk Dances

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 Albuquerque Department of Senior Affairs who perform in full ethnic colorful costuming.

2:45–3:45
Sunrise Room

Dementia in New Mexico

It is estimated that over 36,000 persons in New Mexico have Alzheimer's disease or related dementias and that 106,000 caregivers provide them with support and care. This workshop will provide: (1) basic information about Alzheimer's disease, (2) an explanation as to why early detection is important, (3) an explanation about why Alzheimer's disease is a public health issue, (4) services and supports available to assist caregivers and their loved ones with dementia, and (5) the importance of self-care for caregivers.

Janice Knoefel, MD, MPH, is a Professor of Geriatrics and Neurology at the University of New Mexico (UNM) Memory and Aging Center. Dr. Knoefel, a faculty member at UNM for the past 21 years, has trained and worked in the fields of neurology and geriatrics since medical school graduation. She has experience in clinical care, teaching and research related to Alzheimer's disease and other causes of dementia. She is a specialist in the diagnosis and treatment of the many forms and causes of dementia. Gary L. J. Giron, LPCC, MBA, MDiv, is the Executive Director of the Alzheimer's Association, New Mexico Chapter. He has more than 25 years of executive and administrative experience in the areas of health care, and operational and financial management in non-profit and governmental agencies.

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Tuesday, August 21, 2018 2:45–3:45 pm

2:45–3:45 Manzano Room	The End of Driving and the Beginning of Options Older adults seldom think about when or why they will need to stop driving, what it will mean, or why it is so difficult. When they do stop driving, older adults will need to discover one, or several, other transportation options, many of which are available in Albuquerque. What most drivers never think about is what it is like, or will be like, to become a passenger. This workshop will help you: (1) to appreciate being able to drive, (2) to know what it's like not to drive, and (3) to benefit from the stories of senior passengers. The workshop will include the introduction of a recently published book, <u>Passenger Stories of Gratitude</u> , and topic-specific questions designed to promote audience discussion.	<i>Helen Kerschner, PhD, is the Director of the National Volunteer Transportation Center.</i>
2:45–3:45 Bosque Room	Serving Elders Effectively—A Needs Assessment for American Indian and Alaskan Native Elders Effectively delivering services depends on knowing who you are serving. One way to accomplish this is by conducting a needs assessment. The National Indian Council on Aging has been using this method since 2012. They will explain their approach and lessons learned.	<i>Randella Bluehouse, Executive Director of the National Indian Council on Aging (NICOA). Rebecca Owl Morgan, Project Coordinator, Elder Equity Project, NICOA.</i>
2:45–3:45 Rio Grande Room	Fit After Fifty—How Bicycling Can Change Your Life! Learn the tremendous health and financial benefits of bicycling! Gain valuable tips on selecting the right bicycle and how to best navigate on trails or roads. Learn safety insights from an experienced bicyclist who has traveled over 46,000 miles by bicycle. Whether you haven't been on a bike in years or you bike occasionally, this workshop is for you!	<i>Joe Abbatacola, BS, is a Volunteer with the American Association of Retired Persons (AARP).</i>
2:45–3:45 Boardroom	Life Review and Reminiscence—The Why's and How's Recalling past memories helps people adjust to life changes and cope with getting older. It also gives them a sense of purpose about their lives and helps to restore satisfaction with their lives. In this session we will discuss why life review and reminiscence is important for older adults and will describe how to do life review.	<i>Sharon Lewis, RN, PhD, is Professor Emerita for the University of New Mexico. She has been working with family caregivers for over 20 years.</i>
2:45–3:45 Swimming Pool	Adapted Aquatics 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!	<i>Brought to you by the City of Albuquerque Department of Senior Affairs Sports and Fitness Division Staff.</i>

Tuesday, August 21, 2018 4:00–5:00 pm

4:00–5:00 Ballroom B	Over-the-Counter-Medications—What You Need to Know Shopping for medications can be overwhelming. What is the difference between Ibuprofen and Aspirin? What is the best medication to take for symptoms? This workshop provides an overview of selected over-the-counter medications and how to choose the best product for your symptoms.	<i>Sonja Koukel, PhD is an Extension Health Specialist with the New Mexico State University (NMSU) Cooperative Extension Service. She has over 10 years with Cooperative Extension and 8 years as an NMSU Extension Health Specialist.</i>
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Tuesday, August 21, 2018 4:00–5:00 pm

<p>4:00–5:00 Ballroom C</p>	<p>Toward a Joyful and Purposeful Elderhood— Celebrating Intergenerational Space and Stories The Gallup Flea Market’s Story Garden celebrates intergenerational engagement. Sharing lessons from this project, our interactive session will explore how you can design creative environments, support families, heal social wounds, encourage education and nurture communities in your neighborhood by integrating the wisdom and humor of elders.</p>	<p><i>Laura Jijon, MA, Director of UNM-Gallup Adult Education. She is an Educator of Intergenerational Learning; an Administrator of Adult Education; a Coordinator of International Language; a Presenter of Indigenous Pedagogy and Trauma Informed Response.</i> <i>Karen Stornelli, BA, is the National Director of ATD Fourth World USA. She has been working with the ATD Fourth World Movement in communities in North America, Europe and Africa since 1996.</i> <i>Patricia “Tup” Tupper, MA, is a Program Coordinator for the Aging and Long-Term Services Department.</i></p>
<p>4:00–5:00 Seminar Room</p>	<p>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.</p>	<p><i>Dan Sedillo has performed Karaoke at many senior centers in Albuquerque.</i></p>
<p>4:00–5:00 Sunrise Room</p>	<p>How Gambling Addiction Can Affect Your Family Older-adult gambling can be recreational and social. However, when a problem develops it can have severe consequences. This workshop will present information on what these consequences can look like and how families can deal with the impact. The presenter will talk about both personal and community resources.</p>	<p><i>Pam Olsen, MA, LMHC, is a coach for Peopleworks. She has over 30 years in education and 12 years as a life coach.</i></p>
<p>4:00–5:00 Manzano Room</p>	<p>Hearing Loss and Cognitive Decline From decreased mobility and reduced income to social withdrawal and cognitive decline, it’s no secret the many physical, mental and financial consequences that hearing loss can potentially bring to bear on a person’s life. Research continues to link untreated hearing impairment to a growing number of problems including dementia and the risk of falling. The presenter will discuss three new studies that show a correlation between hearing loss and dementia and the risk of falling. Participants will leave knowing the signs of hearing loss, the risks of hearing loss and solutions for management.</p>	<p><i>Callie Beauchamp, MD, is an audiologist with the Worth Hearing Center and has 18 years of clinical audiology experience.</i></p>
<p>4:00–5:00 Bosque Room</p>	<p>Good Jobs for New Mexico’s Caregivers What makes a good caregiving job? How does this affect the care of New Mexico’s aging population? In this workshop, participants will learn about current trends in the caregiving workforce, their link to the quality of care received by older adults, and how we can create positive change in caregiving.</p>	<p><i>Brittany Karnezis, MA, TESOL, is a Program Manager with the New Mexico Caregivers’ Coalition.</i></p>

Tuesday, August 21, 2018 4:00–5:00 pm

4:00–5:00
Rio Grande
Room

**Emotional Journey of a Family Caregiver—
Riding the Waves of Emotions**

Caregiving is not an experience that most people expect during their lifetime. During the process of caregiving, many emotions are experienced; these emotions can be compared to ocean waves. In this session the presenter will discuss the negative and positive emotions that family caregivers experience and how perceptions and positive thinking can affect the emotional journey of caregiving.

Sharon Lewis, RN, PhD, is Professor Emerita for the University of New Mexico. She has been working with family caregivers for over 20 years.

4:00–5:00
Boardroom

**AARP in NM—
A Conversation with the AARP NM Executive Council**

Members of the AARP NM Executive Council will highlight AARP’s work in New Mexico, including efforts to support caregivers, priorities for the 2019 legislature, 2018 voter engagement, Driver Safety and Tax Aide Programs, work in communities, and the role of volunteers. Attendees will be able to ask questions of Executive Council Members.

Jackie Cooper is the State President for AARP New Mexico. She is in her 6th year as State President. She has more than 10 years as an AARP volunteer and is a retired Human Resources (HR) expert. Gene Varela is the State Director for AARP New Mexico. He has 16 years with AARP and is retired from the State Agency on Aging.

Please Join Us!

When—
6:00–10:00 pm

Where—
Ballrooms B and C

DANCE...

Dance...

Dance...

DANCE...

Dance...



Wednesday, Workshop Brief

Plenary Session—Wednesday, August 21, 2018 8:30–10:30 am		
8:30–10:30 am	Keynote Speaker—Hazel Tull-Leach—2019 National Senior Games	Ballrooms B and C
Workshop Schedule—Wednesday, August 21, 2018 11:00 am–5:00 pm		
11:00 am–12:00 pm	National Senior Games 2019 Albuquerque	Ballroom B
11:00 am–12:00 pm	2018 Election Issues for the 50 Plus Voter	Ballroom C
11:00 am–12:00 pm	Dichos y Música (Folklore and Music)	Seminar Room
11:00 am–12:00 pm	Social Media 101	Sunrise Room
11:00 am–12:00 pm	Compassion Fatigue—Self Care for the Caregiver	Manzano Room
11:00 am–12:00 pm	Commitment to Quality—2018 Dementia Care Practice Recommendations	Bosque Room
11:00 am–12:00 pm	Best Interests for Elders and Their Families	Rio Grande Room
11:00 am–2:30 pm	Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic	Boardroom
12:15–1:15 pm	Chair Yoga	Ballroom B
12:15–1:15 pm	Pueblo Oral Traditions—Storytelling through Music	Ballroom C
12:15–1:15 pm	Wise Women Do Dance	Seminar Room
12:15–1:15 pm	The Senior Community Service Employment Program in Indian Country	Sunrise Room
12:15–1:15 pm	Influenza, Pneumonia and Shingles, Oh My!	Manzano Room
12:15–1:15 pm	From Evidence-Based Sessions to Fitness for Sports and Play	Bosque Room
12:15–1:15 pm	Fun Theory—Transforming Dementia Care through Engagement Technology	Rio Grande Room
1:30–2:30 pm	Alternative Treatments for Chronic Pain	Ballroom B
1:30–2:30 pm	Tai Ji Quan—Moving for Better Balance	Ballroom C
1:30–2:30 pm	Encouraging and Empowering Senior Center AAA, Volunteer Providers	Seminar Room
1:30–2:30 pm	Life Journey Guided Visualization	Sunrise Room
1:30–2:30 pm	Comprehensive Approaches to Arthritis Pain	Manzano Room
1:30–2:30 pm	Four Steps to Deter Identity Theft and Scams	Bosque Room
1:30–2:30 pm	Care Transitions and Short-Term Assistance	Rio Grande Room
2:45–3:45 pm	Our Feet are Our Foundation	Ballroom B
2:45–3:45 pm	Assistive Technology for Daily Living Independence	Ballroom C
2:45–3:45 pm	Stories of a Jemez Flute Player	Seminar Room
2:45–3:45 pm	Adult Protective Services—What We Can Do and Cannot Do	Sunrise Room
2:45–3:45 pm	You Can't Take It with You	Manzano Room
2:45–3:45 pm	Centennial Care Community Benefit	Bosque Room
2:45–3:45 pm	Beyond Comfort—Building Resilience in Life	Rio Grande Room
2:45–3:45 pm	Adapted Aquatics	Swimming Pool



Wednesday, August 22, 2018 8:30–10:30 am

8:30–10:30
Ballrooms
B and C

Keynote Speaker—Hazel Tull-Leach—The 2019 National Senior Games, will be held in Albuquerque June 14–25, 2019! Hazel Tull-Leach will speak about the importance of staying active as we age and how the 2019 National Senior Games will be the perfect opportunity to do that. The Games not only allow us the opportunity to compete and stay active, they also provide great opportunities for socialization.

Wednesday, August 22, 2018 11:00 am–12:00 pm

11:00–12:00
Ballroom B

National Senior Games 2019 Albuquerque

Come find out how to get involved in the 2019 National Senior Games – Get in the Game! Everyone is invited to hear about various game volunteer opportunities and training. The Games will require 3500 volunteers who can dedicate their time and energy to making the games a success! Find out how to register to be a volunteer through the TRS online registration system; learn about exhibit opportunities; and find out how athletes can apply for travel scholarships with State Senior Olympics. The 2019 National Senior Games, presented by Humana, will include a statewide torch relay run for the Flame Arrival Celebration. Statewide senior programs are invited to be a part of the National Games – in remembrance of Ernesto Ramos, founder of NM Senior Olympics, whose dream was to bring the National Senior Games to New Mexico. NM Senior Olympics will be on hand to present information on upcoming sport clinic training opportunities leading up to the 2019 National Games.

Hazel Tull-Leach is the Executive Director of the National Senior Games for the City of Albuquerque. Cecilia Acosta is the Executive Director of the New Mexico Senior Olympics, Inc. and has 30+ years of experience working with Senior Programs, Senior Adults and Senior Olympics.

11:00–12:00
Ballroom c

2018 Election Issues for the 50 Plus Voter

In order to build political strength, AARP has a long and successful history of voter engagement by providing members and the public with information about candidate positions, so that they can choose candidates who best represent their views on the issues. This workshop will feature an interactive discussion from AARP NM on the upcoming political landscape in New Mexico. The objective of the session will be to inform voters about the importance of issues vital to our constituency—financial resilience, health security, and caregiving. Panelists will also provide tips on how to encourage candidates and elected officials to pay greater attention to the concerns of the 50+ voter, and play an active role in shaping their transitions, budgets and legislative priorities.

DeAnza Valencia, JD, is Associate State Director of Advocacy for AARP New Mexico and has had a career working in governmental and public affairs. Gene Varela is the State Director for AARP New Mexico. He has 16 years with AARP and is retired from the State Agency on Aging. Virginia Dickson is the Consumer Issues Chair for the AARP New Mexico Volunteer Advocacy Team.

11:00–12:00
Seminar
Room

Dichos y Música (Folklore and Music)

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.

Wednesday, August 22, 2018 11:00 am–12:00 pm

<p>11:00–12:00 Sunrise Room</p>	<p>Social Media 101 More and more older adults around the globe are learning to connect with friends and loved ones through social media. These online tools of the 21st century are not meant to replace in-person contact, but to enhance it! Social media can add a fun extension to the relationships you already cherish by helping you communicate with friends and family, learn about events and causes in your community, and follow the news you care about. This workshop will focus mostly on Facebook, Twitter (social and information sharing), LinkedIn (resume/professional networking) and Instagram. If you're unfamiliar with these online tools to connect with others, this is the workshop for you. You'll learn the basics, then you can decide if adding social media to your life is a fit for you.</p>	<p><i>Trish Lopez, BA, is the CEO and Founder of Teeniors, Inc. Tech-savvy teens who empower older adults through one-on-one coaching.</i></p>
<p>11:00–12:00 Manzano Room</p>	<p>Compassion Fatigue— Self Care for the Caregiver Compassion Fatigue is an occupational hazard for all kinds of caregivers. As helping people, we put ourselves at risk for physical and emotional exhaustion. But there is help in knowledge! In this workshop we will define Compassion Fatigue, recognize risk factors, and examine our personal "toolkit" of coping skills.</p>	<p><i>Amanda Parnell, MDiv, is a Hospice Chaplain for Alliance Home Healthcare and Hospice.</i></p>
<p>11:00–12:00 Bosque Room</p>	<p>Commitment to Quality— 2018 Dementia Care Practice Recommendations This workshop will provide an overview of the Alzheimer's Association 2018 Dementia Care Practice Recommendations which address the fundamental areas in quality dementia care in all settings and throughout the course of the disease. The recommendations help providers deliver high quality, person-centered care. Rationale for adopting the practices will be discussed.</p>	<p><i>Gary L. J. Giron, LPCC, MBA, MDiv, is Executive Director of the Alzheimer's Association, New Mexico Chapter. He has more than 25 years of executive and administrative experience in the areas of healthcare, and operational and financial management in non-profit and governmental agencies.</i></p>
<p>11:00–12:00 Rio Grande Room</p>	<p>Best Interests for Elders and Their Families We're living longer and facing challenges with health and quality of life for elders and their families. We'll demonstrate an excerpt of an elder family mediation session and answer questions concerning this collaborative method of navigating through this highly critical landscape.</p>	<p><i>Kathleen Oweegon is the President of the Elder Mediation Network and has 18 years of experience working with individuals and groups in conflict. Diane Grover is the Vice President of the Elder Mediation Network and has 15 years of experience working with individuals and groups in conflict. Wallace Ford, MDiv, PhD, is the Secretary of the Elder Mediation Network and has 21 years of mediation experience working in the fields of land use, organizational conflict, small claims court, separation/divorce, and intergenerational conflict.</i></p>

Wednesday, August 21, 2018 11:00 am–2:30 pm

11:00–2:30 Boardroom	Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic 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.	<i>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.</i>
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Wednesday, August 21, 2018 12:15–1:15 pm

12:15–1:15 Ballroom B	Chair Yoga Chair Yoga is a gentle form of yoga presented in a safe, supported way as you invite the chair to replace the mat and let it become an extension of your body. We will focus on modified classic postures as well as gentle movements suitable for all ages, body types, and experience. This is a great workshop for those who want to start a home practice but who have difficulty getting up and down from the floor.	<i>Lisa Gulotta, MS, is a Kripalu Yoga Teacher E-RYT 500, an ACE Personal Trainer, a Cancer Exercise Specialist, a Yoga for Scoliosis Trainer and a Diabetes Lifestyle Coach. Cecilia Acosta is the Executive Director of the New Mexico Senior Olympics, Inc. and has 30+ years of experience working with Senior Programs, Senior Adults and Senior Olympics.</i>
12:15–1:15 Ballroom C	Pueblo Oral Traditions— Storytelling through Music Many indigenous communities do not have written languages. Traditional cultural knowledge has to be passed orally from one generation to the next. The focus of this presentation will be on storytelling through music as learned and taught by a Jemez Pueblo tribal member using several types of musical instruments.	<i>Marlon Magdalena has been the Instructional Coordinator for the Jemez Historic Site of New Mexico Historic Sites for 12 years. He is a lifelong resident of Jemez Pueblo, New Mexico, and has been playing Native Flutes since 2007 and making them since 2008.</i>
12:15–1:15 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. Time permitting, a brief sample lesson will be conducted with the group. For extra fun, coin hip scarves will be provided for the sample dance class.	<i>An internationally acclaimed dance performer, Amaya, (also known as the "Gypsy of the Desert") has danced all of 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 first 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).</i>

Wednesday, August 22, 2018 12:15–1:15 pm

<p>12:15–1:15 Sunrise Room</p>	<p>The Senior Community Service Employment Program in Indian Country 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 new skills to help them find unsubsidized employment. The program targets American Indian elders and their workforce barriers. Efforts are being made to get more SCSEP slots into Indian Country. The NICOA will provide information on how SCSEP can benefit elders and how to get SCSEP into your area.</p>	<p><i>Sue Chapman, AA, is the SCSEP Director for the National Indian Council on Aging.</i></p>
<p>12:15–1:15 Manzano Room</p>	<p>Influenza, Pneumonia and Shingles, Oh My! Vaccines are not just for babies! Adults need to protect themselves from Influenza, Pneumococcal Pneumonia, Shingles and more. Participants will learn the latest information about the different diseases and the vaccines adults need to protect themselves and their loved ones.</p>	<p><i>Anna Pentler, MPH, MBA, is the Executive Director of the New Mexico Immunization Coalition (NMIC). She has 30 years of working in Public Health and 15 years as the NMIC Director.</i></p>
<p>12:15–1:15 Bosque Room</p>	<p>From Evidence-Based Sessions to Fitness for Sports and Play Create a member engagement plan for transition from evidence-based classes to sustained fitness for sports and play. Discuss a senior center's member engagement model to maintain participation in physical activity, research-based taiji play and Senior Games participation. Participants will: 1) compare program features; 2) assess goal setting activities; and 3) learn social marketing strategies.</p>	<p><i>Andrew M. Walker, MPH, is the Director of Health and Wellness of the National Senior Games Association. He has over 20 years of implementing programs - including AT&T, Public Health, Public Sector Insurance and Hospital Wellness.</i></p>
<p>12:15–1:15 Rio Grande Room</p>	<p>Fun Theory—Transforming Dementia Care through Engagement Technology Senior living professionals are looking to improve clinical and quality of life outcomes for their residents. Person-centered engagement technology provides them with opportunities to engage and care for residents undergoing physical and cognitive decline by focusing on their strengths and interests and by encouraging creativity, self-expression and continued personal development.</p>	<p><i>Juliet Kerlin, MA, is the Director of Research and Program Partnerships for It's Never 2 Late. She has developed and managed programs focusing on improving the quality of life for older adults since 2001.</i></p>





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Wednesday, August 22, 2018 1:30–2:30 pm

1:30–2:30
Ballroom B

Alternative Treatments for Chronic Pain

This presentation on chronic pain is about new treatment options available through physical therapy. These new options can cover a wide variety of chronic pain symptoms and conditions. Valerio Tonelli will explain the theory behind the different mechanisms currently understood for chronic pain and will also explain simple strategies to address some of this pain.

Valerio Tonelli, MS, PT, is a Physical Therapist with Lovelace UNM Rehabilitation Hospital. He has over 10 years of experience as a physical therapist, mostly with chronic pain for outpatient care.

1:30–2:30
Ballroom C

Tai Ji Quan—Moving for Better Balance

Tai Ji Quan: Moving for Better Balance, when practiced regularly, will improve one's balance and mobility. There are 8 forms, which are derived from the traditional 24-Form Yang style Tai Chi. Exercises involve weight bearing and non-weight bearing stances, postural-correct body alignment and coordinated movements in a slow, continuous flowing manner.

Ruth Romancito is a Wellness Assistant/Group Fitness Instructor for the AAFA, USWFA, TJQMBB, SilverSneakers/FLEX. She has experience teaching senior group fitness cardio, strength, balance, flexibility classes and aqua fitness.

1:30–2:30
Seminar Room
(Door Prize!)

Encouraging and Empowering Senior Center AAA, Volunteer Providers

Senior Services Bureau (SSB) would like to hear from you. This is a time for senior center and volunteer program providers to present ideas for challenges faced in your everyday capacity. As a bureau of NM Aging & Long-Term Services we would like to see where we can provide technical assistance and other training throughout the year tailored toward your needs. Your knowledge is vital too! Perhaps some challenges can be addressed by best practices you use in the field that others may benefit from. Please take time prior to this discussion to develop a list of challenges and possible solutions to get the most from this session. Come prepared to allow time to hear from everyone who wishes to participate.

Anthony Futch, Program Coordinator II; Patricia Lopez, Program Coordinator II; Aimee Brown, Fiscal Manager; Kimberly Ulibarri, Senior Services Bureau Chief and Miguel Ulibarri, Deputy Director, Aging Network Division, NM Aging and Long-Term Services Department.

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Wednesday, August 22, 2018 1:30–2:30 pm

<p>1:30–2:30 Sunrise Room</p>	<p>Life Journey Guided Visualization Participants will be guided through a leisurely meditation on their life experience from birth to present. Following this visualization, they will write about the highlights of this journey and be invited to share, if time allows.</p>	<p><i>Beverly McFarland has lived into the Rumi poem that instructs "Let the beauty you love be what you do." She has taught herbal medicine, T'ai Chi Chih and a variety of workshops for countless years in and around Albuquerque as well as in other states and countries.</i></p>
<p>1:30–2:30 Manzano Room</p>	<p>Comprehensive Approaches to Arthritis Pain With aging, many people develop arthritis and suffer arthritis pain every day. In this seminar, Dr. Xu will talk about comprehensive natural approaches to manage arthritic pain, including back pain, knee pain, thumb and joints and hand pain. Dr. Xu will present on how to manage arthritic pain through natural ways. He will address the concept of arthritis pain in Oriental Medicine, natural remedies for hand pain due to arthritis, techniques of how to use acupressure points to manage back and knee pain, and herbs and supplements that help manage arthritis pain.</p>	<p><i>Li Xu, PhD, DOM, is an acupuncturist at the HH Natural Medicine, Inc. He has 20+ years of experience practicing acupuncture and Chinese medicine in addition to experience presenting at numerous workshops and senior centers on acupressure, acupuncture and herbs.</i></p>
<p>1:30–2:30 Bosque Room</p>	<p>Four Steps to Deter Identity Theft and Scams This presentation, created for New Mexicans, describes four common sense steps that individuals may take to avoid becoming a target for identity theft and scams. Identity theft is a CRIME in which an imposter obtains key pieces of personal information and uses them for his or her own gain. Identity theft is NOT preventable! There are well published reports about large scale retailers, government organizations, political parties and hackers stealing their client account information, and then offering it for sale on the dark side of the Internet. DETER and DETECT is the defense for identity theft. A SCAM is defined as money paid for a promise not kept. Frauds and scams only occur when there is convincing conversation between the scammer and the victim. THERE IS NO REASON FOR A SCAM TO EVER OCCUR. Learn to recognize the SCAM process.</p>	<p><i>Bill Morrison, is AARP New Mexico's lead volunteer providing AARP Fraud Watch and protection from identity theft for at least 10 years. He is a retired technology manager for a major bank.</i></p>
<p>1:30–2:30 Rio Grande Room</p>	<p>Care Transitions and Short Term Assistance This presentation provides information about services offered to New Mexico residents through both the Care Transition and Short-term Assistance Programs of New Mexico Aging and Long-Term Services Department.</p>	<p><i>Ericka Armijo, MA, is the Care Transition Supervisor for the NM Aging and Long-Term Services Department.</i></p>

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Wednesday, August 22, 2018 2:45–3:45 pm

<p>2:45–3:45 Ballroom B</p>	<p>Our Feet are Our Foundation How often do you hear friends or family announce that they are going to the gym to work their feet? Probably never! That's a pity as our feet hold up all the body parts that we spend so much time stretching and toning. This workshop will introduce you to the basic anatomy of the foot and teach simple exercises to keep your feet strong and agile and the proud foundation of your body! Please be prepared to take off your socks and bring a tennis ball.</p>	<p><i>Lisa Gulotta, MS, is a Kripalu Yoga Teacher E-RYT 500, an ACE Personal Trainer, a Cancer Exercise Specialist, a Yoga for Scoliosis Trainer and a Diabetes Lifestyle Coach. Cecilia Acosta is the Executive Director of the New Mexico Senior Olympics, Inc. and has 30+ years of experience working with Senior Programs, Senior Adults and Senior Olympics.</i></p>
<p>2:45–3:45 Ballroom C</p>	<p>Assistive Technology for Daily Living Independence Attendees will have the opportunity to learn firsthand about technology that will help to improve independence in the home and in the community, especially for older adults. This session will provide a unique opportunity for attendees to get hands-on with the technology solutions to see how they actually work. Technology covered will include items such as adaptive eating, alerting systems, visual aids, and technology for environmental controls. At the end of the session, participants will walk away with more knowledge about solutions that can benefit their lives as they age.</p>	<p><i>Jesse Armijo, BA, ATP, is an AT Specialist for the New Mexico Technology Assistance Program with 3 and a half years of experience. Erin Gallegos, BA, is an AT Specialist for the New Mexico Technology Assistance Program with 1 year of experience. Sophia DeConti, BA, is an AT Specialist for the New Mexico Technology Assistance Program with 8 months of experience.</i></p>
<p>2:45–3:45 Seminar Room</p>	<p>Stories of a Jemez Flute Player Enjoy the soothing, calming power of the flute in this musical presentation that utilizes flute music to teach and entertain by combining brief anecdotes pertaining to indigenous flutes of North America and life experiences of a Native flute performer from Jemez Pueblo, New Mexico.</p>	<p><i>Marlon Magdalena has been the Instructional Coordinator for the Jemez Historic Site of New Mexico Historic Sites for 12 years. He is a lifelong resident of Jemez Pueblo, New Mexico, and has been playing Native Flutes since 2007 and making them since 2008.</i></p>
<p>2:45–3:45 Sunrise Room</p>	<p>Adult Protective Services— What We Can Do and Cannot Do This presentation will cover the common misconceptions of what Adult Protective Services (APS) can and cannot do.</p>	<p><i>Esperanza Lucero, MBA, MSW, is the Training Manager for APS with 5+ years of experience in State Government and 5+ years of private sector experience. Rudy Grano, MBA, MFS, is the Deputy Director of Administrative Operations of APS. He has 22+ years of combined experience working with the State, Federal and Private Sector.</i></p>

2:45–3:45
Manzano
Room

You Can't Take It with You

YOU CAN'T TAKE IT WITH YOU: but you can decide what to do with IT. The majority of Americans don't have wills or advance health care directives. Mostly because we just "haven't gotten around to it" or "don't even know how to start" or "don't know what we need." We will answer the most frequently asked questions about estate planning, including wills, probates, trusts, advance health care directives, durable powers of attorney, and more.... All of these documents and processes will give you and your family peace of mind and make sure your wishes are honored. This is the year to make it happen and check it off your "to do" list.

Jane Westbrook is a Certified Aging in Place Specialist for the Express Legal Solutions, LLC. She has 10 years of experience as a trainer and activist in conscious aging and end of life issues. Tracy J. Ahr, JD, is a Tax and Estate Planning Attorney for Ahr Law Firm, Express Legal Solutions, LLC. She has 25 years of experience as a tax and estate planning attorney.

2:45–3:45
Bosque
Room

Centennial Care Community Benefit

This workshop will provide information on the Centennial Care Community Benefit Program. The Community Benefit Program began in January of 2014, with the start of Centennial Care. Formerly known as the Disabled and Elderly Waiver and/or Coordination of Long-Term Services (CoLTS) Waiver, the Community Benefit expanded eligibility to Centennial Care members who meet a nursing facility level of care. The goal of the Community Benefit Program is to provide disabled and elderly members with services in their homes, thus avoiding institutionalization. The objective of the presentation is for participants to gain a better understanding of how to access the Community Benefit Program and what services may be available.

Tallie Tolen, BA, is the Long-Term Services and Supports Bureau Chief for the Human Services Department, Medical Assistance Division. She has 15 years of experience working for New Mexico Medicaid, including 8 years in Long-Term Care programs. Jeannette Gurule, MBA, is the Centennial Care Community Benefit Manager for Human Services Department, Medical Assistance Division. She has 14 years of experience working for New Mexico Medicaid, including 4 years in Long-Term Care programs.

2:45–3:45
Rio Grande
Room

**Beyond Comfort—
Building Resilience in Life**

Ever had one of those days when everything goes wrong? How do you respond to trials and tribulations in life? What stories do you tell yourself? How do you regain balance? Come learn what resilience is, its components and how to thrive and grow in the midst of life.

Paul Gleason, MDiv, is a Chaplain for the Hospice de la Luz. He has over 35 years of experience in healthcare.

2:45–3:45
Swimming
Pool

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Conference Planning Committee



2018 CoA Planning Committee

Back Row	Richard Gregory	Janet Popp	Stephanie Macek	Loisia Watson	Ellen Driber-Hassall
	Gloria Analla	Helen Kerschner	Andrea Allen	Miriam Moorhouse	
Front Row	Matthew Lopez	Anthony Romero	Maria Tanner	Judy Spear	Evone D. Gallegos
Not Pictured	Carol Dolan	Emily Freede	Greg Lopez	Kaven Begay	Marlene Sena
	Shanna Lapsley	Trish Lopez	Vince Gomez		



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do Terra	Massage Therapists
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Help New Mexico	Heart is Home Cooperative Care
HH Natural Medicine	ID Theft Resolutions, Ltd.
Jemez Historic Site	Law Access New Mexico
Meals on Wheels	Navajo Area Agency on Aging
NM Office of Oral Health	NM State Police
Parkinson's Disease Coalition of New Mexico	Presbyterian Center for Community Health
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Entertainment Schedule

What would the New Mexico Conference on Aging be without entertainment? To provide you with an enjoyable and memorable Conference, we've scheduled a diverse collection of entertainment including storytelling, music and dance.

MONDAY, AUGUST 20	TUESDAY, AUGUST 21	WEDNESDAY, AUGUST 22
Time: 5:30 pm–7:30 pm Performer: Paul Pino Activity: Music for Car Show Location: Outside	Time: 7:30 am–8:30 am Performer: Mariachi Nuevo Sonido Activity: Music Location: Ballroom B & C	Time: 11:00 am–Noon Performer: Roberto Mondragon Activity: Folklore & Music Location: Seminar Room
Time: 5:30 pm–8:00 pm Performer: Jingles the Clown Activity: Face painting, clowning etc. Location: Outside	Time: 8:30 am Performer: Yvonne Acoya-Jiron Activity: Music – National Anthem Location: Ballroom B & C	Time: 12:15 pm–1:15 pm Performer: Maria Amaya Activity: Wise Women Do Dance Location: Seminar Room



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Time: 11:00 am–Noon Performer: Chuy Martinez Activity: Music from the Americas Location: Seminar Room
Time: 12:15 pm–1:15 pm Performer: Ophelia Spencer Activity: Navajo Storyteller Location: Seminar Room
Time: 1:30 pm–2:30 pm Performer: Vicente Alvarado Activity: Self-Defense Location: Seminar Room
Time: 2:45 pm–3:45 pm Performer: Los Bailadores De Oto Activity: NM Folk Dance Location: Seminar Room
Time: 4:00 pm–5:00 pm Performer: Dan Sedillo Activity: Karaoke Location: Seminar Room
Time: 6:30 pm–10:30 pm Performer: Gilbert Lechuga & the Shysterzz Activity: Evening Reception/Dance Location: Ballroom B & C



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Casa Verde	Lee Smith	Rio Communities Sewing Group
Charlotte Myers	Ed Ackron	Fillie Baca
City of Belen—RSVP Program	Ella Kirk	Mary Chavez
City of Albuquerque/Bernalillo County/AAA—Michelle Briscoe	Evone D. Gallegos	Shirley Atencio
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Conference Evaluation

40TH Annual New Mexico Conference on Aging—2018

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

Name (optional):		Phone/Email:	
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CIRCLE the number for your responses below—	Excellent	Good	Fair	Poor	Did not apply
Overall quality of the conference	4	3	2	1	NA
Opportunity to learn useful information	4	3	2	1	NA
Variety of workshop topics offered	4	3	2	1	NA
Plenary sessions (morning keynotes)	4	3	2	1	NA
Entertainment events (evening and lunch time)	4	3	2	1	NA
Health and Enrichment Fair (across the street)	4	3	2	1	NA
Quality of workshops you attended	4	3	2	1	NA
Which days of the conference did you attend?	Tues only	Wed only	Both days		
How many workshops did you attend?	7 or more	4–6	1–3	None	

Question	Workshop Title or Description
Which was the BEST WORKSHOP you attended?	
Why was it valuable for you?	
Which was the LEAST HELPFUL WORKSHOP you attended?	
Why?	

COMMENTS and suggestions	TOPICS and ideas for next year's conference
(Use the back of the page for additional comments.)	

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



NM Aging and 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 www.nmaging.state.nm.us

Please write any additional comments or suggestions below.

Name:	Office of Alzheimer’s and Dementia Care 2018 Caregiver Respite Survey
Purpose:	The anonymous caregiver survey is designed to provide information to the Aging and Long-Term Services Department regarding the respite needs of caregivers to assist in future planning and improvement of respite services.
# of Questions:	12
Time allowance:	3 to 5 minutes
LINK:	https://www.surveymonkey.com/r/LWJ8267

Place your completed form in any “EVALUATIONS” box, located at the registration desk and throughout conference area.

FREE
Legal Helpline
for Seniors

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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.

Albuquerque 505-797-6005

Statewide 1-800-876-6657

www.nmbar.org/LREP



STATE BAR
of **NEW MEXICO**

Notes



Types of Dogs

H	G	E	L	P	H	D	U	H	O	T	G	M	E
S	H	E	N	E	U	A	S	C	S	B	I	R	E
R	B	O	X	E	R	C	D	E	A	U	R	R	H
H	N	B	R	L	M	H	D	N	R	L	E	A	R
C	C	O	R	G	I	S	N	I	E	L	I	O	P
O	D	N	U	O	H	H	A	I	H	D	R	R	I
L	R	H	U	R	E	U	S	R	H	O	R	E	N
L	A	R	H	D	D	N	U	B	C	G	E	T	S
I	H	T	A	B	A	D	T	L	S	E	T	T	C
E	E	A	D	A	L	M	A	T	I	A	N	E	H
L	M	A	S	T	I	F	F	H	B	A	H	S	E
S	C	H	I	H	U	A	H	U	A	O	P	S	R
T	E	H	M	I	R	B	E	A	G	L	E	B	A
O	T	L	T	S	M	S	H	E	P	H	E	R	D

DALMATIAN
 DACHSHUND
 BEAGLE
 PINSCHER
 SHEPHERD
 MASTIFF
 SETTER
 CHIHUAHUA
 BULLDOG
 COLLIE
 HOUND
 CORGI
 TERRIER
 BOXER

New Mexico Aging and Long-Term Services Department



Aging and Long-Term Services Department

2550 Cerrillos Road
Santa Fe, NM 87505

Mailing Address

P.O. Box 27118
Santa Fe, NM 87502-7118

1-505-476-4799 Santa Fe
1-866-451-2901 Toll-Free

ADRC

Aging and Disability Resource Center

1-800-432-2080 Toll-Free
1-505-476-4937 TTY

Adult Protective Services Intake

1-866-654-3219 Toll-Free
1-505-476-4912 Santa Fe

Map of Isleta Conference Center

