



"Facing the Future of Aging Together" by Sally Bartos



41st Annual  
New Mexico Conference on Aging  
August 13 - 14, 2019

Michelle Lujan Grisham, Governor • Alice Liu McCoy, Cabinet Secretary



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Map of Sandia Conference Center .....	back cover



## Program Cover "Facing the Future of Aging Together"

The artist who created the 2019 Conference program cover and poster, Sally Bartos, will be available to sign posters on August 13<sup>th</sup> and 14<sup>th</sup> 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 will be offered in a silent auction.**

Proceeds from poster sales and silent auction benefit the elders who attend the NM Conference on Aging.

## Letter from the Secretary

# Welcome

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*On behalf of Aging and Long Term-Services Department (ALTSD) and the Planning Committee, I warmly welcome you to our **41<sup>st</sup> Annual New Mexico Conference on Aging: Facing the Future of Aging Together**. Our goal at ALTSD is simple—to build a comprehensive, sustainable service delivery system to meet the needs of our state’s rapidly growing population of older New Mexicans and adults living with disabilities. This year’s conference truly reflects that goal. For the first time, the Conference on Aging will host a Benefits and Services Hall, where you can make one-on-one appointments with experts who can help you navigate various programs, including Medicare, Medicaid, health care and insurance options, food assistance programs, veteran’s services, legal services, Alzheimer’s and dementia-related disease care and support, and more.*

*The most effective way to reach our goal of effective service delivery is by collaborating with the constituents we serve, other governmental agencies, and community leaders and stakeholders. In that spirit, Pueblo of Sandia Governor Isaac Lujan will deliver the opening welcome and prayer, and the conference will feature an address by Governor Michelle Lujan Grisham, one of the greatest advocates for seniors, caregivers, and senior services in this state’s history. Our keynote speakers include David Scrase, Cabinet Secretary of the New Mexico Human Services Department, who will demonstrate the power of cross-departmental and community collaboration, and Gil Penalosa, Ambassador of World Urban Parks, who will help us envision how we can build strong communities that serve New Mexicans well.*

*A conference of this magnitude does not happen without the hard work, creativity, and dedication of many individuals. ALTSD is fortunate to collaborate with an incredible Planning Committee. We are deeply appreciative of the countless hours, tireless effort, and energy they have dedicated to all aspects of this year’s Conference on Aging. I want to extend a special thank you to all staff members, partners, and volunteers who worked diligently behind the scenes to prepare for and run the Conference. They will be available throughout the two-day conference to assist you—look for the folks in turquoise ALTSD shirts!*

*We also want to express our sincerest appreciation to our sponsors, exhibitors, and artists that donated to this conference and contributed door prizes. Please enjoy the free continental breakfast and snacks they have graciously provided during the two-day conference.*

*To all of you, I cannot thank you enough for everything you do to support our older New Mexicans. ALTSD can only accomplish our goal with your help, and we invite each and every one of you to participate in our Advocacy Meeting, where we will work together to give our older New Mexicans, our families, and our caregivers a voice in the next legislative session. Please join us—and invite everyone in your community, neighborhood, senior and community centers—as we continue to fight for our most vulnerable New Mexicans, and lead the way into New Mexico’s future!*

A handwritten signature in blue ink that reads "Alice Liu McCoy". The signature is fluid and cursive.

Alice Liu McCoy  
Cabinet Secretary



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, the mission of the State of New Mexico Aging and Long-Term Services Department is to provide accessible, effective, and meaningful services to older adults, their families, and their caregivers that enable older New Mexicans to live life as productively as possible on their own terms, in their own communities; and

WHEREAS, in 2019 approximately 460,000 New Mexicans are 60 years of age or older, and by 2030 will represent over 30 percent of New Mexico's population; and

WHEREAS, older New Mexicans expect and deserve empowering and inspiring opportunities to share their experiences and wisdom with each other, with their families and friends, with healthcare and caregiving professionals, and with the general public throughout New Mexico; and

WHEREAS, the State of New Mexico and the Aging & Long-Term Services Department energetically support activities that engage older New Mexicans in exploring, developing, and improving services that help them live long, active, and healthy lives; and

WHEREAS, the Annual New Mexico Conference on Aging has over four decades become the focal point for ongoing discussions about aging policies and practices, professional networking and partnerships, personal growth and experience-sharing for older New Mexicans, and stimulating public engagement and education about aging in New Mexico;

NOW THEREFORE, I, Michelle Lujan Grisham, Governor of the State of New Mexico, do hereby proclaim August, 2019 as:

"Annual New Mexico Conference on Aging Month"

throughout the State of New Mexico.

Attest:

Done at the Executive Office this 15th day of July, 2019.

Maggie Toulouse Oliver

Maggie Toulouse Oliver Secretary of State

Witness my hand and the Great Seal of the State of New Mexico.

Michelle Lujan Grisham

Michelle Lujan Grisham Governor





# Michelle Lujan Grisham

*Governor of the State of New Mexico*

*Opening Remarks Tuesday, August 13, 2019 at 9:00 am*

Michelle Lujan Grisham, who has committed her life to rebuilding her home state, began her professional career providing free legal service to seniors, laying a foundation for selfless work on behalf of vulnerable New Mexicans, the defining characteristic of her decade's long public life at the local, state and national level.

As director of the state agency on aging, she was a leading advocate for senior citizens, veterans and the disabled. While pioneering new practices to improve the quality of life for New Mexico's older residents, she expanded critical services like in-home care, fought for new programs to address end-of-life care, and raised her voice against—and went undercover to expose—unspeakable nursing home negligence.

Elevated by Lujan Grisham's leadership, the agency was made a Cabinet-level department. Lujan Grisham was the first secretary of the Aging and Long-Term Services Department, transferring Medicaid long-term care service programs to the new department and enhancing access to transportation, adult daycare and respite services to seniors and their families. Her work there, as the department became the best in the nation, served as a national model for innovation in home- and community-based services.

As secretary of the state Department of Health, she doubled the number of school-based health centers and installed teen pregnancy prevention programs, enhancing the quality of long-term care in state-run and privately operated facilities with aggressive, diligent leadership and savvy advocacy skills. Under Lujan Grisham's leadership, the department improved infectious disease prevention programs, increased funding for teen suicide prevention and trauma services and built a new state laboratory, part of \$225 million she secured for health care infrastructure across the state.

Across her career in state government, she served under three different governors, Republican and Democrat, demonstrating her lifelong emphasis on positive, productive, result-oriented work above all else.

In two years on the Bernalillo County Commission, Lujan Grisham supported the institution of tough new ethics standards for county officials, pushed for new business incentives and emphasized alternatives to incarceration at the Metropolitan Detention Center. She battled to successfully save the Casita de Milagros program, a residential initiative helping pregnant mothers struggling with drug and alcohol addiction.

She was elected to the U.S. Congress, serving three terms in Washington on behalf of New Mexico's 1st Congressional District. As a member of Congress, she worked aggressively to support local tribes, equal pay for women, public schools, public lands and veterans' health care; she also advocated strongly for saving and creating clean New Mexico jobs. As chair of the Congressional Hispanic Caucus, she became a vocal, national leader in the battle against reactionary federal anti-immigrant policies.

Driven by a deep compassion for seniors and those living with disabilities, and with experience as a caregiver herself, Lujan Grisham introduced and led the push for Care Corps, her legacy legislation, an innovative caregiving initiative that places volunteers in communities to provide non-medical services to seniors and individuals with disabilities. With this support, people can continue to live independently in their homes and communities.

As of January 1, Lujan Grisham is 32nd governor of New Mexico. The first Latina Democratic governor in the U.S., Lujan Grisham brings to the office a lifetime of fighting against inequitable treatment and fighting for the rights of the vulnerable, all underlaid with a deep, abiding compassion for those in need of a little more. She campaigned on a message of pragmatic idealism, calling for enhanced investments in public education, aggressive support for a diversified state economy and creative solutions to the entrenched problems within state government.

A New Mexico native, Lujan Grisham was born in Los Alamos and graduated from St. Michael's High School in Santa Fe. She earned undergraduate and law degrees from the University of New Mexico. Lujan Grisham, 59, a 12th-generation New Mexican, is the mother of two adult children and grandmother of three. She is the caretaker for her mother, Sonja.



## General Information

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### 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.

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### 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.

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### Emergencies and First Aid

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

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### Evaluations

We value your opinion. Please complete a general conference evaluation. Please return your completed evaluation form to the staff at the registration table.

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### Exhibits

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

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### Health and Enrichment Fair

Visit the Health and Enrichment Fair in Ballroom A, Tuesday, August 13 from 10:30 am to 4:00 pm and Wednesday, August 14 from 10:30 am to 3:00 pm. Find out about services offered throughout New Mexico, health screenings, hand massages, prizes and more!

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### Information

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

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### Meals

Lunch is on your own. The Sandia 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.

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### Smoking

The Sandia Resort and Casino conference area is a tobacco-free environment. Smoking is allowed on the floor of the casino, in the pool area and on the 5<sup>th</sup> floor.

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### Transportation

Shuttles are available to and from the NM Rail Runner station. To ride a scheduled shuttle, please go to the Valet desk. Shuttles leave from the hotel entrance. Transportation is also available between the hotel and vehicles in the parking lot.

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## Filming and Recording Crowd Release

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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. 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 thereto.

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## Keynote Speakers 8:30 AM Ballroom D

### Will the Baby Boomers Bankrupt the Medicare Trust Fund?

Tuesday, August 13



*David R. Scrase, MD was appointed by Governor Michelle Lujan Grisham as the Secretary of the Human Services Department and confirmed by the Senate as Secretary on February 11, 2019. Dr. Scrase is a Board Certified Internist and Geriatrician, and at the time of his appointment was the Interim Division Chief for General Internal Medicine and the Chief of Geriatrics at UNM. His first love and understood calling is as a primary care physician, and he has continuously cared for patients for over 30 years, despite concurrent service in administrative roles. He continues to see patients while serving as Secretary of the Human Services Department.*

*Dr. Scrase has held a variety of administrative positions, including nine years in medical education, as well as numerous healthcare executive positions in Michigan and New Mexico. Since moving to New Mexico more than 20 years ago, he has been active in many New Mexico public policy committees and community organizations, including four years as Director and Treasurer of Equality New Mexico and as a member of the Board of Menaul School in Albuquerque. He served on Governor Richardson's Insure New Mexico! Committee and Health Care for New Mexicans Committee, on the national Ambulatory Quality Association setting quality metrics for professional practice, and on the Executive Committee of the New Mexico Association of Commerce and Industry. He worked closely with the New Mexico Medicaid program for the three years prior to his appointment as Secretary, working to enhance the treatment of Hepatitis C for Medicaid members and to improve quality and reduce hospital readmissions in all New Mexico nursing facilities.*

*While seeing patients and teaching, he also works as a popular public speaker, consultant and writer. He regularly provides entertaining talks at the local and national level on a wide variety of topics, including fascinating medical cases, successful aging, health policy, mindfulness, and happiness. Under the pen name of David Roberts, in 2013 he published the book, Practice Makes Perfect: How One Doctor Found the Meaning of Lives, which chronicles some of the lessons he has learned from his most interesting patients.*

## Age Friendly Cities: Creating Vibrant and Healthy Cities for All

Gil (Guillermo) Penalosa, MBA, PhDc, CSP  
Founder and Chair, 8 80 Cities  
Ambassador, World Urban Parks  
President, Gil Penalosa & Associates

◀ Wednesday, August

*Gil Penalosa is passionate about cities for all people. He advises decision makers and communities worldwide on how to create vibrant cities and healthy communities for all, regardless of age, gender, ability and social, economic, or ethnic background. His focus is on the design and use of parks and streets as great public places, as well as the promotion of sustainable mobility: walking, riding bicycles, using public transit, and new use of cars.*

*Gil is the Founder and Chair of the board of the successful Canadian non-profit organization 8 80 Cities, as well as first Ambassador of World Urban Parks, the international representative body for the city parks, open space and recreation sector. In addition, Gil leads a private international consulting firm—Gil Penalosa & Associates, providing services as an inspirational keynote speaker, facilitator of strategic workshops and advisor to decision makers and community groups.*

*Throughout his career, Gil has been a strong advocate for improving city parks, making his first mark in the late 1990s where he led the design and development of over 200 parks in Bogotá, Colombia - including Simon Bolivar, a 113-hectare park in the heart of the city. His team also initiated the “new Ciclovía”/ Open Streets - a program that sees over 1.7 million people walk, run, skate and bike along 121 kilometers of Bogotá’s city roads every Sunday of the year, and today is internationally recognized and emulated.*

*Because of Gil’s unique blend of experience, pragmatism and passion, many cities and organizations worldwide seek his leadership and valuable advice. He has worked in over 300 different cities in all continents. He also serves as senior advisor to Vision Zero Network, Children & Nature Network, and America Walks.*

*Gil holds an MBA from UCLA’s Anderson School of Management, where he recently was selected as one of the “100 Most Inspirational Alumni” in the school’s history. In 2015 Gil received a Doctorate Honoris Causa from the Faculty of Urban Planning at the prominent Swedish university, SLU. He is a Certified Professional Speaker by the US-NSA. This year Gil was listed in Planetizen’s Top 100 Most Influential Urbanists recently received in Australia the World Urban Parks Annual Distinguished Individual Award.*





## Schedule at a Glance

Tuesday August 13	Wednesday August 14
8:30 am to 10:30 am Plenary Session	8:30 am to 10:30 am Plenary Session
11:00 am to Noon Workshops	11:00 am to Noon Workshops
10:30 am to 4:00 pm Health and Enrichment Fair	10:30 am to 3:00 pm Health and Enrichment Fair
12:15 pm to 1:15 pm Workshops	12:15 pm to 1:15 pm Workshops
1:30 pm to 2:30 pm Workshops	1:30 pm to 2:30 pm Workshops
2:45 pm to 3:45 pm Workshops	2:45 pm to 3:45 pm Workshops
4:00 pm to 5:00 pm Workshops	Notice pictures of New Mexico elders throughout the program!
5:10 pm to 6:30 pm Advocacy Meeting	
6:00 pm to 10:00 pm Reception and Dance	



# Thank You!

- AARP for the Car Show food!
- Creative Bus Sales for donating the water for the Car Show!
- Isleta Veterans Association for the color guard!
- New Mexico State Bar Foundation/LREP for sponsoring the entertainment at the reception and dance!
- Special thanks to Paul Pino and the Tone Daddies!
- Thanks for the photo booth—Relay New Mexico!
- UnitedHealthcare for the food at the reception and dance!

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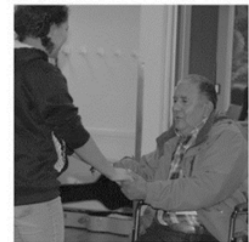




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# **“STATEWIDE ACTION PLAN TO EXPAND SENIOR SERVICES” ADVOCACY MEETING**

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**WHEN: AUGUST 13, 2019, 5:10 PM-6:30 PM**

**WHERE: SANDIA RESORT AND CASINO  
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**30 RAINBOW ROAD NE, ALBUQUERQUE, NM 87113**

Our aging population is growing so rapidly that in the next decade, almost a third of New Mexicans will be 60 years or older. Despite that undeniable fact, state funding for senior services has not only stayed stagnant, but was cut several years ago and never restored. It is time for New Mexicans to demand our elected leaders support the services that will enable older adults and adults living with disabilities—some of New Mexico’s most vulnerable people—to lead meaningful, full lives.

In the coming 2020 Legislative session, let us make the most of Governor Michelle Lujan Grisham’s commitment to expand senior services. New Mexico Aging and Long-Term Services Department is forming a legislative action plan, and we want YOU—our partners and community stakeholders—to help us advocate for additional funding to support our mission of providing accessible, integrated services to older adults, adults with disabilities, and caregivers, to maintain their independence, dignity, autonomy, health, safety, and economic well-being, and to empower them to live on their own terms in their own communities as productively as possible.

We can only accomplish this goal with your help. You or someone you love are our mentors, elders, supporters, our parents and grandparents, and we need your voice. Please join us—and invite everyone in your community, neighborhood, senior and community centers—as we build a dedicated and strong “ADVOCACY TEAM” to take a stand at the next Legislative session, fight for our most vulnerable New Mexicans, and lead the way into New Mexico’s future!



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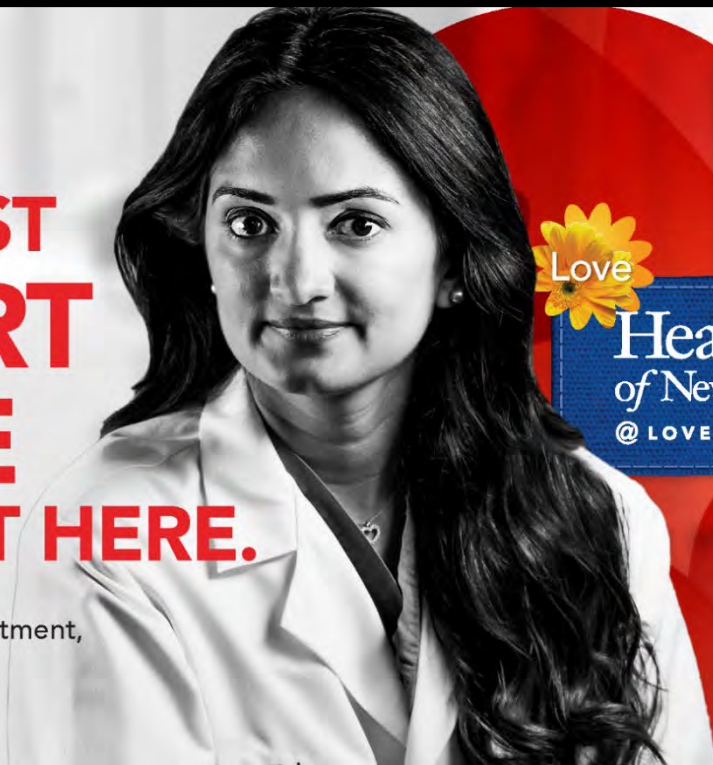
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**Quality of Life Grant**  
**Disability Awareness**  
**Service Animals**

- NM Technology Assistance Program (NMTAP)**  
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**Financial Assistance Loan Programs**  
**Device Demonstration**  
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- Brain Injury Advisory Council (BIAC)**  
**Children's Helmet Distribution Program**  
**Brain Injury Prevention Training**  
**Public Awareness**

**New Mexico Governor's Commission on Disability**  
 491 Old Santa Fe Trail, Santa Fe, NM 87501  
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## TEAM TOURNAMENTS

### Volleyball

August 23-25  
Albuquerque



### Softball

City of Las Cruces  
September 20-22  
Las Cruces

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Santa Fe  
November 2-3  
Santa Fe

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**Connection Home Care**

**Cornucopia Adult Day and Family Services**

**Deming Luna County Commission on Aging, Inc.**

**Edward Jones**

**Elmcroft Senior Living**

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**Innovage Greater New Mexico PACE**

**Mescalero Senior Center**

**New Mexico Aging and Disability Resource Center**

**New Mexico Department of Health/Family Health Bureau**

**New Mexico Department of Health-Immunization Program**

**New Mexico Education Trust Board**

**New Mexico Energy, Minerals and Natural Resources Department/  
Energy Conservation and Management Division**

**New Mexico Human Services Department-Food & Nutrition Bureau**

**New Mexico Regulation and Licensing Department, Securities**

**Non-Metro Area Agency on Aging**

**Ombudsman Program**

**Rowan Enterprises, LLC-Bright Ideas Promotional Galore!**

**State Employees Credit Union**

**Teeniors**



## Tuesday, Conference Agenda

7:30–8:30 am	Flute Music—Marlon Magdalena	Ballroom D
<b>Plenary Session—Tuesday, August 13, 2019 8:30–10:30 am</b>		
8:30 am	<b>Presentation of Colors—Isleta Veterans Association</b>	Ballroom D
8:30 am	Felicia Quintana—National Anthem	Ballroom D
8:40 am	Sandia Pueblo, Governor Isaac Lujan—Opening Prayer	Ballroom D
8:45 am	Emcee—Gene Varela—Welcome	Ballroom D
8:50 am	Secretary Alice McCoy—Introduction of Governor	Ballroom D
9:00 am	Governor Michelle Lujan Grisham—Opening Remarks	Ballroom D
9:15 am	David R. Scrase, MD—Keynote Address	Ballroom D
<b>Workshop Schedule—Tuesday, August 13, 2019 11:00 am–5:00 pm</b>		
11:00 am–4:00 pm	Benefits and Services Hall	Ballroom C
11:00 am–12:00 pm	Overcoming Barriers to Benefits: How Can American Indian Elders Connect to Programs	Eagle A
11:00 am–12:00 pm	Aging Services Network: Models for the 21st Century	Eagle B
11:00 am–12:00 pm	We Can Help! New Mexico Crime Victims Reparation Commission	Hummingbird A
11:00 am–12:00 pm	Now days—The Changing Face of Aging and Caregiving	Hummingbird B
11:00 am–12:00 pm	Becoming a Leader with the Advisory Council	Roadrunner A
11:00 am–12:00 pm	Adult Guardianship and Alternatives to Guardianship	Roadrunner B
11:00 am–12:00 pm	The Basics of Estate Planning	Ballroom B
11:00 am–12:00 pm	Karaoke—Dan Sedillo	Ballroom D
12:15–1:15 pm	Income Support Division: Institutional Care and Waiver Programs	Eagle A
12:15–1:15 pm	Living Alone with Alzheimer's	Eagle B
12:15–1:15 pm	Serving New Mexico Elders—NM Aging and Disability Resource Center (ADRC)	Hummingbird A
12:15–1:15 pm	Therapeutic Interventions for the Aging Population	Hummingbird B
12:15–1:15 pm	Overview of Behavior Management 101 and 102	Roadrunner A
12:15–1:15 pm	Dementia in New Mexico	Roadrunner B
12:15–1:15 pm	New Mexico Senior Olympics Year-Round Programs	Ballroom B
12:15–1:15 pm	Wise Women Do Dance—Amaya	Ballroom D
1:30–2:30 pm	Celebrating Creativity in Elder Care	Eagle A
1:30–2:30 pm	Why Aging Matters	Eagle B
1:30–2:30 pm	Data Sovereignty in Indian Country and How It Can Apply to Your Aging Community	Hummingbird A
1:30–2:30 pm	Challenges Facing Homeless Seniors	Hummingbird B
1:30–2:30 pm	Older Adult Falls Prevention	Roadrunner A
1:30–2:30 pm	Care Transitions with the Transition Support Bureau	Roadrunner B
1:30–2:30 pm	Medicare 101	Ballroom B
1:30–2:30 pm	Salsa Caliente: Dance Can Keep You Young at Heart—Roberta Simoni	Ballroom D
2:45–3:45 pm	Low Income Programs for Medicare Beneficiaries—Round Table Discussion	Eagle A
2:45–3:45 pm	Commodity Supplemental Food Program / The Emergency Food Assistance Program	Eagle B
2:45–3:45 pm	Over Fifty in 505/575	Hummingbird A
2:45–3:45 pm	Why Do My Legs Ache and Swell?	Hummingbird B
2:45–3:45 pm	Safety in the Home and Caregiver Support Services	Roadrunner A
2:45–3:45 pm	Using Census Data for Assessment of Aging Populations	Roadrunner B
2:45–3:45 pm	Veteran Benefits: Supporting Our Aging Heroes	Ballroom B
4:00–5:00 pm	Knowledge is Power: Take Control of Your Health—HIV and Hepatitis C Prevention	Eagle A
4:00–5:00 pm	Volunteer Driver Programs for Health Care Appointments	Eagle B
4:00–5:00 pm	Promoting Senior Oral Health in New Mexico	Hummingbird A
4:00–5:00 pm	A Hunger Council for New Mexico	Hummingbird B
4:00–5:00 pm	AARP's Stop RX Greed Campaign to Lower the Costs of Prescription Drugs	Roadrunner A
4:00–5:00 pm	Your Joint Health! Where Joint Pain and Arthritis Comes from and Treatment Options.	Roadrunner B
4:00–5:00 pm	Healing the Broken Heart—Grieving the Losses of People, Places and Things	Ballroom B
5:10–6:30 pm	Advocacy Discussion with Secretary McCoy	Eagle Rooms



## Workshops

### Tuesday, August 13, 2019 8:30–10:30 am

8:30–10:30  
Ballroom D

**Keynote Speaker—David R. Scrase, MD**, Secretary of Human Services Department, is a Board Certified Internist and Geriatrician and is on leave from his position as a Professor of Internal Medicine and Geriatrics, and the Chief of Geriatrics at University of New Mexico Medical School. He is the parent of two boys at Menaul School, Jaycob Tarin-Madrid and Ashton Tarin. He is also the former President of Presbyterian Health Plan and Executive Vice President and Chief Operating Officer for Presbyterian Healthcare Services. Five years ago he returned to the practice of Internal Medicine and Geriatrics.

### Tuesday, August 13, 2019 11:00 am–12:00 pm

11:00 am–4:00 pm  
Ballroom C

**Benefits and Services Hall—Conference participants will have the opportunity to meet with service providers through a scheduled one-one-one appointment. Services will include:** Medicare Savings, Medicaid, Supplemental Nutrition Assistance Program (SNAP), Cash, LIHEAP, Institutional Care Medicaid and Waiver Programs, Legal Resources for the Elderly Program (LREP), Veterans Services, Alzheimer's Care Consultation.

**Make an appointment outside Ballroom C to discuss your benefits and services.** Please bring your driver's license, veteran ID and DD 214, Social Security card, and a letter of benefits (pension and/or Social Security). If you need assistance with a Medicare plan comparison, bring your Medicare card and a list of medications prescribed by your physician.

11:00–12:00  
Eagle A

**Overcoming Barriers to Benefits: How Can American Indian Elders Connect to Programs—Roundtable Discussion—**Many programs such as Medicare, Medicaid, SNAP, LIHEAP, and Lifeline are available to assist elders to manage increases in the cost of living. How can barriers be reduced to encourage American Indian elder participation in these programs? Options, outreach, and the Benefits Hall will be highlighted.

**Rebecca Owl Morgan, MLS**, is the Elder Equity Project Coordinator for the National Indian Council on Aging (NICOA). She has 6 years of experience in the aging field. **Larry Curley, MPA**, is the Executive Director of NICOA. He has been working in the aging field for 40+ years.

11:00–12:00  
Eagle B

**Aging Services Network: Models for the 21st Century—**Communities across the country are struggling to adapt and change their senior centers into a model that works for the 21st century senior—"Baby Boomers." System change is underway and will be challenging and disruptive. "How will the Aging Network adapt?" The presenters will explore the challenges, opportunities and innovative models for 21st century Senior Centers and recommend policy changes at state and local levels.

**Gino Rinaldi, MS** is the Director of the Division of Senior Services for the City of Santa Fe, NM. Gino has over 26 years of experience administering in gerontology and human services. **Romella Gloriosos-Moss, PhD**, is the Special Projects Administrator of the Division of Senior Services for the City of Santa Fe, NM. She has 30 years of public sector strategic planning and analysis experience.

11:00–12:00  
Hummingbird A

**We Can Help! New Mexico Crime Victims Reparation Commission—**An overview of New Mexico crime victim compensation will be given. This is a government program to reimburse victims of violent crimes (such as assault, homicide, and rape) as well as their families for many of their out-of-pocket expenses. Benefits generally pay for: medical, dental, counseling, funeral, and loss of wages or support.

**Frank Zubia, BA**, is the Director of the New Mexico Crime Victims Reparation Commission. He has over 20 years of experience in the criminal justice field and also has extensive training on victim issues and juvenile and adult offenders.

11:00–12:00  
Hummingbird B

**Now days—The Changing Face of Aging and Caregiving—**We talk about the "changing face of aging," but what about the "changing face of caregiving?" What to consider when preparing to care for a loved one or provide services to those caregivers. Where do we have it right, what are we missing? This session aims to be the beginning of important dialogue.

**Cindy Brown, LBSW, CDP**, is the Training and Resource Manager for Home Instead Senior Care in Albuquerque, NM. She has 27 years of experience in senior care in various environments (LTC, acute care, home care). She is also a past New Mexico Parkinson's Coalition board member.

## Tuesday, August 13, 2019 11:00 am–12:00 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
11:00–12:00 Roadrunner A	<b>Becoming a Leader with the Advisory Council—</b> This session will provide information as to how an individual can activate their community and become a leader. It will provide a clear direction as to how to proceed to get the attention of the elected officials who decide on the funding for their programs. Come join us to move the critical needs of the seniors forward in the legislative process.	<b>Deidre Sandoval</b> is with the Non-Metro Area Agency on Aging, North Central Economic Development District.
11:00–12:00 Roadrunner B	<b>Adult Guardianship and Alternatives to Guardianship—</b> Discover what guardianship is, when it is not needed versus when it is needed. Guardianship is not necessary for everyone. Individuals must be provided the opportunity to be as independent as possible. Learn about alternatives to guardianship and how guardianship may be obtained for low income New Mexicans.	<b>Jannel Vigil</b> is a Compliance Officer with DDPC/Office of Guardianship. <b>Maria Bourassa, BA</b> , also works with DDPC/Office of Guardianship.
11:00–12:00 Ballroom B	<b>The Basics of Estate Planning—</b> This workshop will provide a background on estate planning/advance directives basics including: powers-of-attorney for health and finances; DNR Orders; wills and trusts; tools to avoid probate (Transfer on Death Deeds, beneficiary designations, etc.) and practical tips for heirs and beneficiaries. We will also discuss guardianship and conservatorship proceedings.	<b>Ellen Leitzer, JD</b> is the Executive Director for the Senior Citizens' Law Office, Inc. (SCLO). She Co-founded SCLO in 1983 and has been a practicing attorney since 1974.
11:00–12:00 Ballroom D	<b>Karaoke!—</b> Are you the next Elvis Presley, Antonio Aguilar or Janis Joplin? Show off your vocal skills and listen to your fellow amateur vocal artists from around New Mexico.	<b>Dan Sedillo</b> has performed Karaoke at many senior centers in Albuquerque.

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**Tuesday | August 13, 2019**  
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## Tuesday, August 13, 2019 12:15–1:15 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
12:15–1:15 Eagle A	<p><b>Income Support Division: Institutional Care and Waiver Programs</b>—Presentation will include a description of the various Medicaid programs offered by ISD with respect to the Institutional Care and Home and Community Based Waiver programs we offer.</p>	<p><b>Tamara Sanchez</b> is a Staff Manager who supervises the day-to-day operations of the IC Waiver Unit that is located in the SE Bernalillo ISD Office. Tamara has 16 years of ISD experience. She is very knowledgeable in all programs administered by ISD.</p>
12:15–1:15 Eagle B	<p><b>Living Alone with Alzheimer's</b>—Persons living alone with dementia are becoming more common. This workshop will provide an overview of the issues facing this growing population, resources available to support persons living with dementia, and useful information for community based agencies to adapt their programs to better serve persons living alone with dementia.</p>	<p><b>Agnes Vallejos, MBA</b>, is the Social Services Division Manager for the City of Albuquerque Department of Senior Affairs. She has 18 years of experience in the field of aging. Agnes has experience as administrator of Assisted and Specialty Alzheimer's care facilities and Non-Metro Area Agency on Aging. She is a former Executive Director of the New Mexico Alzheimer's Association. <b>Tina De La Luz, BA</b>, is the Program Director for the Alzheimer's Association. Tina has 13 years of experience in the field of Alzheimer's and dementia. <b>Marvina Chavez</b> is the Program Manager for the City of Albuquerque Department of Senior Affairs. Marvina has 18+ years of experience working in Social Services and Human Services. She has 14+ years of experience working with Federal grants and 13+ years of direct experience with the Federal Older Americans Act.</p>
12:15–1:15 Hummingbird A	<p><b>Serving New Mexico Elders—NM Aging and Disability Resource Center (ADRC)</b>—A description of how the ADRC provides access to information, assistance, referrals, options counseling and advocacy in those areas of daily living that maximize personal choice and independence for New Mexico's older adults, adults with disabilities and their families and caregivers through a telephonic, web-based, and community-based single point of entry.</p>	<p><b>Joe Tschanz, MPH</b>, has over 25 years of experience providing public services which includes case management, training, facilitation, mediation and management.</p>
12:15–1:15 Hummingbird B	<p><b>Therapeutic Interventions for the Aging Population</b>—Join clinicians from Lovelace UNM Rehabilitation Hospital to learn more about various therapeutic benefits including: how to reduce the effect of aging, to perform daily tasks, to manage chronic pain, and to reduce risk of falls.</p>	<p><b>Stephanie Singleton, MA, OTD, OTR/L</b> is an Occupational Therapist for Lovelace UNM Rehabilitation Hospital with 25+ years of experience working in her field. <b>Valerio Tonelli-Enrico, MA, PT, MSCE</b>, is a Physical Therapist for Lovelace UNM Rehabilitation Hospital and has 13 years of experience working in his field. <b>Lindsey Borders, DPT</b>, is a Physical Therapist for Lovelace UNM Rehabilitation Hospital with 3 years of experience in her field.</p>





## Tuesday, August 13, 2019 12:15–1:15 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
12:15–1:15 Roadrunner A	<p><b>Overview of Behavior Management 101 and 102—</b> Join us for a training that will define behavior management and increase the knowledge, skills, and benefits of behavior management for caregivers serving older adults. Objectives of this training include: 1) Identifying categories of behaviors; 2) Learning the 4 steps of the behavior management process; and 3) Learning techniques to manage challenging behaviors while promoting independence.</p>	<p><b>Antonio Lopez, MSW, LMSW</b>, is a Trainer for Western Sky Community Care. He is a seasoned behavioral health trainer with psychiatric and case management experience. He has worked in several behavioral health settings where he has utilized behavior management techniques to assist members to become more independent. <b>Cam Bui, MSW</b>, is a Trainer for Western Sky Community Care. He has been responsible for oversight and implementation of key state programs. He served as a subject matter expert to stakeholders and team members on cultural competencies. He has also facilitated Behavioral Health trainings for the last 10 years. <b>Sandra Meza, MSW, LMSW</b> is a Trainer for Western Sky Community Care. She is an experienced case manager and care coordinator for over 15 years. She has worked with the older adult population for conducting functional and behavioral health assessments and has clinical experience working in a psychiatric hospital.</p>
12:15–1:15 Roadrunner B	<p><b>Dementia in New Mexico—</b>It's estimated that over 38,000 persons in New Mexico have Alzheimer's disease or related dementias and 107,000 caregivers provide support and care. Participants will learn about the disease, early detection, why Alzheimer's disease is a public health issue, risk reduction, services and supports available to assist caregivers, and self-care for the caregiver.</p>	<p><b>Janice Knoefel, MD, MPH</b>, is a Professor of Neurology and Internal Medicine for the University of New Mexico, Memory and Aging Center. <b>Tracy Wohl, MS</b>, is the Alzheimer's and Dementia Director for the Aging and Long-Term Services Department.</p>
12:15–1:15 Ballroom B	<p><b>New Mexico Senior Olympics Year-Round Programs—</b>This session will provide a program scope of work for Senior Olympics as a health promotion provider. Highlights and guidance include: how programming is developed statewide including health and wellness educational workshops, efforts to support local games in 22 counties, evidence-based programming, support for falls prevention statewide, sport clinics, athlete training and the role of volunteers. Attendees will hear how the 2019 National Senior Games wrapped up and learn about the next time NMSO will qualify athletes again! Please join us!</p>	<p><b>Cecilia Acosta</b> is the Executive Director of New Mexico Senior Olympics, Inc. She has 30 years of experience working with older adults in community based programs.</p>
12:15–1:15 Ballroom D	<p><b>Wise Women Do Dance—</b>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.</p>	<p>An internationally acclaimed dance performer, <b>Amaya</b>, (also known as the "Gypsy of the Desert") has danced all of her life in many facets of show business. She is the proud recipient of the Dancer of the Year International Academy of Middle Eastern Dance Award (California).</p>

## Tuesday, August 13, 2019 1:30–2:30 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
1:30–2:30 Eagle A	<p><b>Celebrating Creativity in Elder Care</b>—This workshop addresses professional development and positive aging. Attendees will design a participatory arts program for older people and people living with memory loss that will demonstrate an understanding of creative aging. They will discuss how intergenerational programming may support positive aging for both older people and youth.</p>	<p><b>Gary Glazner, BA</b>, is the Executive Director of the Alzheimer's Poetry Project (APP) with 15 years of experience. The APP has provided programming in 34 states and internationally in Australia, Canada, England, Germany, Poland and South Korea.</p>
1:30–2:30 Eagle B	<p><b>Why Aging Matters</b>—Issues affecting older adults are wide ranging. Projections reveal there will be 78 million Baby Boomers by the year 2030, along with approximately 49 million Gen X'ers and 80 million Gen Y'ers, all on our nation's aging journey. What will this mean and how much responsibility will each older adult be expected to shoulder? Attendees will learn five significant areas of concern that impact the aging process. They will identify a minimum of three major barriers associated with 21st Century aging, and they will enumerate three defenses for the statement, "My successful aging is not the same as your successful aging."</p>	<p><b>Ellen Driber-Hassall, EdD</b>, is a Principal of Aging Matters, LLC with 15 years of experience as a gerontologist. <b>John Bishop, PhD</b>, is also a Principal of Aging Matters, LLC, with 12 years of experience as a gerontologist.</p>
1:30–2:30 Hummingbird A	<p><b>Data Sovereignty in Indian Country and How It Can Apply to Your Aging Community</b>—Accurate data is key to decisions that best meet the needs of those you serve. It is possible to conduct assessments, build trust with the community, and reach shared goals to increase knowledge and improve social determinants of health.</p>	<p><b>Rebecca Owl Morgan, MLS</b>, is the Elder Equity Project Coordinator for the National Indian Council on Aging (NICOA). She has 6 years of experience in the aging field.</p>
1:30–2:30 Hummingbird B	<p><b>Challenges Facing Homeless Seniors</b>—As the general population ages some seniors are facing the possibility that they may not have the financial means to support themselves. More and more seniors are becoming homeless and having to survive on the streets. This workshop will focus on the challenges that face homeless seniors, including: financial, substance abuse, mental health and housing issues.</p>	<p><b>Edward Archuleta, BA</b>, is the Executive Director of the St. Elizabeth Shelters and Supportive Housing.</p>
1:30–2:30 Roadrunner A	<p><b>Older Adult Falls Prevention</b>—This presentation will promote wellness and health for adults 65 years and older. Fall-related injury and death rates will be discussed with an emphasis on identifying fall risk and referrals to evidence-based falls prevention interventions. The presentation will be co-facilitated and will include demonstrations regarding fall risk assessments and an example of a falls prevention intervention by a certified instructor.</p>	<p><b>Tiara Shorty, MSW</b>, is the Secondary Adult Falls Prevention Coordinator for the New Mexico Department of Health. <b>Janet Popp, PT</b>, is a Gerontologist and Physical Therapist for Brookfield Home Health. She is a faculty member of the UNM Health Sciences Center Division of Physical Therapy and Chair of the NM Adult Falls Prevention Coalition. She is certified in A Matter of Balance, Tai Chi Moving for Better Balance and has implemented Otago into clinical practice.</p>

## Tuesday, August 13, 2019 1:30–2:30 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
1:30–2:30 Roadrunner B	<p><b>Care Transitions with the Transition Support Bureau (TSB)</b>—Facts about the services provided by the ALTSD TSB will be presented. The TSB provides a person-centered/directed, interactive, decision process whereby individuals are supported to make informed long-term choices in the context of their own preferences, strengths, and values. The TSB focus is on educating, empowering and providing information to individuals, planning for, or actively experiencing a life change; such as, transferring from a facility back into the community.</p>	<p><b>Louella Garcia, BA</b>, is a Transition Support Specialist Supervisor for the Aging and Long-Term Services Department. She has worked with the State of New Mexico for 23.5 years, the bulk of which has been with ALTSD.</p>
1:30–2:30 Ballroom B	<p><b>Medicare 101</b>—Participants will learn about Medicare basics with explanations of the 4 parts of Medicare (A, B, C &amp; D), Medicare Preventive Services and low income programs for Medicare beneficiaries like Medicare Savings Programs (MSP) and the Low-Income Subsidy Program (LIS).</p>	<p><b>Stephanie Lazarin</b> is the South West State Health Insurance Assistance Program (SHIP) Coordinator with 5 + years of experience. <b>Elizabeth Sanchez</b> is the South East SHIP Coordinator with 5+ years of experience. <b>Michael Miller</b> is the Metro SHIP Coordinator with 5+ years of experience. They are all with the Aging and Long-Term Services Department.</p>
1:30–2:30 Ballroom D	<p><b>Salsa Caliente: Dance Can Keep You Young at Heart</b>—Age is just a number! This session will offer hot and spicy salsa steps anyone can learn! Dancing benefits you physically, keeps you socially active, is brain challenging and releases your JOY endorphins! Come take a taste...</p>	<p><b>Roberta Simoni</b> is the Community Relations Manager at Home Instead Senior Care. Salsera del Corazon.</p>





## Tuesday, August 13, 2019 2:45–3:45 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
2:45–3:45 Eagle A	<p><b>Low Income Programs for Medicare Beneficiaries—Round Table Discussion</b>—Roundtable breakout sessions will be offered to explain Medicare Savings Programs (MSP), the Low Income Subsidy Program (LIS), Medicare Preventive Services and the Limited Income Newly Eligible Transition Program (LINET).</p>	<p><b>Stephanie Lazarin</b> is the South West State Health Insurance Assistance Program (SHIP) Coordinator with 5 + years of experience. <b>Elizabeth Sanchez</b> is the South East SHIP Coordinator with 5+ years of experience. <b>Michael Miller</b> is the Metro SHIP Coordinator with 5+ years of experience. They are all with the Aging and Long-Term Services Department.</p>
2:45–3:45 Eagle B	<p><b>Commodity Supplemental Food Program (CSFP) and The Emergency Food Assistance Program (TEFAP)</b>—A description of the CSFP and TEFAP in New Mexico. CSFP is for persons 60+ years old. TEFAP is for households with no age requirement. We will provide an overview of eligibility, how to find your distribution sites and the USDA foods that are provided.</p>	<p><b>JulieAnn Wold, BS</b>, has been the CSFP Manager since 2015 and was the TEFAP Manager from 2012-2015.</p>
2:45–3:45 Hummingbird A	<p><b>Over Fifty in 505/575</b>—Be empowered with AARP New Mexico! 50+ in New Mexico activities, engagement, volunteerism, and advocacy. Learn about this year's Advocacy WINS, upcoming focus, fun events and activities, and volunteer outcomes and opportunities.</p>	<p><b>Buffie Saavedra, MBA</b>, is the State Director of AARP New Mexico. She has 30 years in advocacy, consumer and elder rights, health care, social determinants of health, volunteer empowerment and community engagement. <b>Annette Johnson, PhD</b>, is the Volunteer State President for AARP New Mexico. <b>Jackie Cooper</b> is the Advocacy Chairwoman for AARP New Mexico.</p>
2:45–3:45 Hummingbird B	<p><b>Why Do My Legs Ache and Swell?</b>—It's the feeling of tired, heavy legs and aching feet that won't go away no matter what kind of shoes you buy. It affects your quality of life and often goes without the right diagnosis and treatment. You may have varicose veins and chronic venous disease that is caused by gravity and is completely treatable. As we age the effects of gravity wears out the venous system in our legs. The diagnosis is straight forward with a venous ultrasound. Treatment may be as simple as a regular walking program or compression socks.</p>	<p><b>Michael Harding, MD</b>, is the Medical Director of the Vein Center of New Mexico, LLC. He has 25 years of experience practicing as a cardiologist.</p>
2:45–3:45 Roadrunner A	<p><b>Safety in the Home and Caregiver Support Services</b>—A discussion about the importance of creating a safe home environment for the person with dementia. The topics covered will be: evaluating home environments, avoiding safety hazards and emergency preparedness. This will include Silver Alert and Medic Alert Safe Return. The workshop will end with a discussion of the care and support services offered to caregivers through the Alzheimer's Association.</p>	<p><b>Tina De La Luz, BFA</b>, is the Program Director for the Alzheimer's Association. She has 13 years of experience working in the field with people who have dementia and in providing dementia training for caregivers.</p>

## Tuesday, August 13, 2019 2:45–3:45 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
2:45–3:45 Roadrunner B	<b>Using Census Data for Assessment of Aging Populations</b> —This presentation will focus on Aging Populations in terms of race and ethnicity, social characteristics, living arrangements, economic status, workforce characteristics, terms used and more. Sources such as data tools and tables will be discussed as well as differences between the 2010 Census and the American Community Survey results. Some handouts will be provided.	<b>Susana Guerra Privett</b> , Data Dissemination Specialist for the US Census Bureau, has provided presentations and workshops about the Census Bureau since 2017.
2:45–3:45 Ballroom B	<b>Veteran Benefits: Supporting Our Aging Heroes</b> —The focus during this workshop will be on ensuring our aging veterans are aware and taking advantage of the benefits due to them based on their service and sacrifice to our country. The presenters will go over veteran resources to include healthcare, service connected compensations, VA pensions, and burial and honors programs.	<b>Mitchell Lawrence, BS</b> , is the Director of the Healthcare Division for the New Mexico Department of Veteran Services. <b>Larry Campos, MSW</b> , is the Director of the Field Services Division for the New Mexico Department of Veteran Services. <b>Edward Mendez</b> is the Director of the State Benefits, Cemetery, and Memorial Programs.

## Tuesday, August 13, 2019 4:00–5:00 pm

4:00–5:00 Eagle A	<b>Knowledge is Power: Take Control of Your Health—HIV and Hepatitis C Prevention</b> —An introduction to HIV and Hepatitis C in New Mexico will be explored. Participants will: Learn risk factors in acquiring HIV and Hepatitis C; Obtain information about getting tested and where to get tested; Gain knowledge about the treatment of HIV and the cure for Hepatitis C.	<b>Laine Snow, BA</b> , is the HIV Services Program Manager for the New Mexico Department of Health. <b>Joshua Swatek, BA</b> , is the HIV Planning Coordinator/Hepatitis Prevention for the New Mexico Department of Health.
4:00–5:00 Eagle B	<b>Volunteer Driver Programs for Health Care Appointments</b> —Training will be provided about how to start and operate a program in areas with limited local medical services and little or no public transportation. This will include options that offer free rides to health care appointments for people who cannot drive themselves, lack resources, or friends and family to help.	<b>David Tomlin, MA, JD</b> , is a Care Bearers Coordinator for Creative Aging of Lincoln County. <b>Sarah Chandler</b> is the Program Coordinator for Los Alamos Volunteer Association. <b>Clara Farah, PhD</b> , is Founder and CEO of Creative Aging of Lincoln County.
4:00–5:00 Hummingbird A	<b>Promoting Senior Oral Health in New Mexico</b> —Oral health among the 55+ population is the focus of this workshop. A discussion will address prevention of oral-related chronic diseases, and their affects among seniors. The audience will be informed of the state of senior oral health in New Mexico, and across the nation. Basic prevention information will be shared for those who work with seniors (care givers, senior housing staff, and nursing facilities). Learning how to work with patients with dementia, other behavioral issues, and the barriers faced by seniors seeking treatment services will be considered. Promotion of overall health and a review of the services provided by Dental Care in Your Home will be covered.	<b>Rudy Blea, BA</b> , is the Program Director of the New Mexico Department of Health, Office of Oral Health. He has 20 years of oral health programming, planning and implementation at the state level. <b>Jacob Kualapai, BS</b> , is the Executive Director of Dental Care in Your Home, ABQ. He is a registered dental hygienist and now ED of a not-for-profit dental company serving seniors.

**Tuesday, August 13, 2019 4:00–5:00 pm**

4:00–5:00  
**Hummingbird B**

**A Hunger Council for New Mexico**—The New Mexico State Legislature has created a Hunger Council to examine hunger in New Mexico on a broad basis, including how it affects seniors, children, residents of rural areas, working families and border communities. The council, in partnership with a proposed bicameral Hunger Caucus, would propose immediate and long-term actions to address hunger in New Mexico. The New Mexico House affirmed the existence of the council and caucus via House Memorial 65 in the 2019 legislative session. This workshop proposes to provide an update on the council and caucus from two organizations participating in the council, the Interfaith Hunger Coalition and AARP New Mexico.

**Ellen Buelow** is the Advocacy Committee Chair for the Interfaith Hunger Coalition. **Carlos Navarro** is the Convener of the Interfaith Hunger Coalition. **Eva Gonzales** is a Volunteer with AARP New Mexico. **Pam Roy**, Farm to Table, Executive Director and NM Food & Agriculture Policy Council, Coordinator.

4:00–5:00  
**Roadrunner A**

**AARP's Stop RX Greed Campaign to Lower the Costs of Prescription Drugs**—It's unfair that Americans pay the highest prescription drug prices in the world. It's wrong that many seniors are forced to choose between filling a prescription and buying groceries. It's time our leaders stand up to drug makers and stick up for people 50+ and their families. This workshop will provide a background on the prescription drug issue at the state and federal levels. It will also empower participants to engage with AARP's national Stop Rx Greed campaign.

**DeAnza Valencia, MS, JD**, is the Associate State Director of Advocacy for AARP New Mexico. DeAnza has over 20 years of experience working in governmental affairs and public policy. **Jackie Cooper, BA**, is the former Volunteer State President of AARP New Mexico and current statewide Advocacy Chair.

4:00–5:00  
**Roadrunner B**

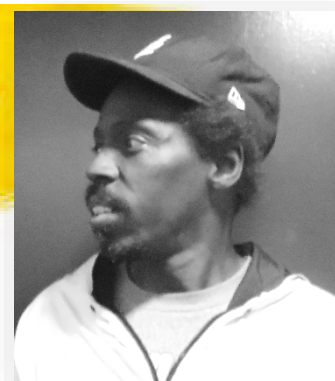
**Your Joint Health! Where Joint Pain and Arthritis Comes from and Treatment Options**—Don't let joint pain hold you back! Keeping your joints healthy is important. A local orthopedic surgeon will discuss where joint pain and arthritis come from and what you can do to get back to an active and healthy lifestyle. The surgeon will also share with you advances in orthopedic surgery and how to determine what is best for you!

Listen in as a local **orthopedic surgeon** from Albuquerque discusses joint pain and arthritis symptoms and how you can get back to an active and healthy lifestyle!

4:00–5:00  
**Ballroom B**

**Healing the Broken Heart—Grieving the Losses of People, Places and Things**—Over the course of our lives, we've experienced losses that were never discussed. When we shift our perspectives regarding the loss of people, an environment, a time in our life or our own sense of self; we are able to experience an inner peace that is priceless. This workshop is designed to address these vast losses and provide practical techniques to heal the heart and give you peace of mind.

**M. Queen Bailey-Brooks, LCSW**, is the Chief Transformation Officer of A Wholistic Approach, LLC. She has over 25 years of experience as a social worker, trainer, and aging services wellness enthusiast. She has a passion to inspire, lead, teach and serve—no matter the environment.





Eagle Rooms  
(A and B)

**Advocacy Discussion “STATEWIDE ACTION PLAN TO EXPAND SENIOR SERVICES” ADVOCACY MEETING**

—Our aging population is growing so rapidly that in the next decade, almost a third of New Mexicans will be 60 years or older. Despite that undeniable fact, state funding for senior services has not only stayed stagnant, but was cut several years ago and never restored. It is time for New Mexicans to demand our elected leaders support the services that will enable older adults and adults living with disabilities—some of New Mexico’s most vulnerable people—to lead meaningful, full lives.

In the coming 2020 Legislative session, let us make the most of Governor Michelle Lujan Grisham’s commitment to expand senior services. New Mexico Aging and Long-Term Services Department is forming a legislative action plan, and we want YOU—our partners and community stakeholders—to help us advocate for additional funding to support our mission of providing accessible, integrated services to older adults, adults with disabilities, and caregivers, to maintain their independence, dignity, autonomy, health, safety, and economic well-being, and to empower them to live on their own terms in their own communities as productively as possible.

We can only accomplish this goal with your help. You or someone you love are our mentors, elders, supporters, our parents and grandparents, and we need your voice. Please join us—and invite everyone in your community, neighborhood, senior and community centers—as we build a dedicated and strong “ADVOCACY TEAM” to take a stand at the next Legislative session, fight for our most vulnerable New Mexicans, and lead the way into New Mexico’s future!

**Secretary, Alice Liu McCoy**—Alice Liu McCoy was previously an attorney at Disability Rights New Mexico who represented New Mexicans with disabilities in systemic impact litigation, individual cases, and legislative and regulatory advocacy. McCoy has advocated on behalf of New Mexicans on guardianship issues, including serving on the Supreme Court Ad Hoc Guardianship and Conservatorship Rules and Forms Committee and the Board of the New Mexico Guardianship Association, and she has developed an expertise in Medicaid community benefits and waiver issues. McCoy has also advocated for the rights and safety of New Mexicans with mental illness, including leading a charge to urge the state to regulate and license boarding homes. A daughter of a nurse practitioner specializing in geriatric care, McCoy has spent a lifetime getting to know and working with older Americans. McCoy lives in Albuquerque with her husband Micah McCoy and her daughter Betty Liu McCoy. She earned a law degree from the University of Texas in 2010 and an undergraduate degree from Texas Tech University.



## Wednesday, Conference Agenda

Plenary Session—Wednesday, August 14, 2019 8:30–10:30 am		
8:30–10:30 am	Keynote Speaker—Gil (Guillermo) Penalosa, MBA, PhDhc, CSP	Ballroom D
Workshop Schedule—Wednesday, August 14, 2019 11:00 am–5:00 pm		
11:00 am–4:00 pm	Benefits and Services Hall	Ballroom C
11:00 am–12:00 pm	Yoga and Meditation for Wellness	Eagle A
11:00 am–12:00 pm	Real ID	Eagle B
11:00 am–12:00 pm	Understanding and Managing Behaviors in Dementia	Hummingbird A
11:00 am–12:00 pm	Innovative Ways to Bring Health Screenings to Seniors	Hummingbird B
11:00 am–12:00 pm	Do Not Go Quietly Into the Night	Roadrunner A
11:00 am–12:00 pm	beWellnm	Roadrunner B
11:00 am–12:00 pm	Impact of Technology on Problem Gambling Today and for Our Future	Ballroom B
11:00 am–12:00 pm	<b>Dichos y Musica—Folklore and Music—Roberto Mondragon</b>	Ballroom D
12:15–1:15 pm	Patient and Family Advisory Council: Bringing the Patient's Voice to the Health Care Table	Eagle A
12:15–1:15 pm	Consumer Tips— How to Shop Smart and Protect Your Finances	Eagle B
12:15–1:15 pm	Facing the Giant (The Future of Aging Together): Illness or Wellness?	Hummingbird A
12:15–1:15 pm	Senior Medicare Patrol (SMP) Medicare Fraud Prevention (English and Spanish)	Hummingbird B
12:15–1:15 pm	Aging with a Brain Injury and Available Assistive Technology	Roadrunner A
12:15–1:15 pm	Facing the Future Together— Kinship Navigation	Roadrunner B
12:15–1:15 pm	Social Security 101	Ballroom B
12:15–1:15 pm	<b>New Mexico Folk Dances—Los Bailadores de Oro</b>	Ballroom D
1:30–2:30 pm	Albuquerque Area Extension Master Gardener (AAEMG) Program	Eagle A
1:30–2:30 pm	Public Health Hydration Literacy Education Program	Eagle B
1:30–2:30 pm	Advocating for You and Your Loved Ones' Needs in a Long-term Care Home	Hummingbird A
1:30–2:30 pm	Building Blocks of Hope: Successful Community-Based Programs	Hummingbird B
1:30–2:30 pm	New Mexico Prescription Drug Assistance Program (PDA)	Roadrunner A
1:30–2:30 pm	Adult Protective Services (APS) Overview	Roadrunner B
1:30–2:30 pm	Parkinson's Disease: Show and Tell!	Ballroom B
1:30–2:30 pm	SAMS User Group	Ballroom D
2:45–3:45 pm	Health and Aging, Training to Navigate Maps of Risks and Resources	Eagle A
2:45–3:45 pm	Assistive Technology for Visual Impairments	Eagle B
2:45–3:45 pm	Senior Hunger—The Numbers and Solutions	Hummingbird A
2:45–3:45 pm	Aging and Vision Loss	Hummingbird B
2:45–3:45 pm	Foot and Ankle Fractures: Best Practices for Treatment and Prevention	Roadrunner A
2:45–3:45 pm	The Advantages of Final Expense	Roadrunner B
2:45–3:45 pm	New Mexico Medical Cannabis Program, Purpose and Process	Ballroom B



## Wednesday, August 14, 2019 8:30–10:30 am

8:30–10:30  
Ballroom D

**Keynote Speaker**—sponsored by AARP, Gil (Guillermo) Penalosa, MBA, PhD, CSP is passionate about cities for all people. He advises decision makers and communities worldwide on how to create vibrant cities and healthy communities for all, regardless of age, gender, ability and social, economic, or ethnic background.

## Wednesday, August 14, 2019 11:00 am–12:00 pm

11:00 am–4:00 pm  
Ballroom C

**Benefits and Services Hall**—Conference participants will have the opportunity to meet with service providers through a scheduled one-one-one appointment. **Services will include:** Medicare Savings, Medicaid, Supplemental Nutrition Assistance Program (SNAP), Cash, LIHEAP, Institutional Care Medicaid and Waiver Programs, Legal Resources for the Elderly Program (LREP), Veterans Services, Alzheimer's Care Consultation.

**Make an appointment outside Ballroom C to discuss your benefits and services.** Please bring your driver's license, veteran ID and DD 214, Social Security card, and a letter of benefits (pension and/or Social Security). If you need assistance with a Medicare plan comparison, bring your Medicare card and a list of medications prescribed by your physician.

11:00–12:00  
Eagle A

**Yoga and Meditation for Wellness**—Why is yoga and meditation on the rise in the US? Is yoga or meditation right for me? In this workshop, participants will learn about yoga and meditation from a wellness and scientific perspective. Whether you are new to yoga and meditation or practice daily—this workshop will educate and inspire you to get started so that you can feel and see the benefits of a yoga/meditation practice! Mostly a discussion format with some yoga/meditation demonstration as well.

**James Kenney, RYT-500 and MSE, BS**, is a Registered Yoga Teacher for Yoga Alliance and is licensed through the Samudra School of Living Yoga. He has 7 years of experience leading public and private yoga classes and workshops, assisting with yoga teacher trainings, and continuing education in yoga and Ayurveda.

11:00–12:00  
Eagle B

**Real ID**—This workshop will provide information regarding Real ID such as: What is Real ID? Why do I need a Real ID? How can I get a Real ID? What else do I need to know? Is there an alternative to Real ID?

**Crystal Ornelas** is the Manager of TRD MVD. **Michelle Fresquez** is the Muni Coordinator for TRD MVD.

11:00–12:00  
Hummingbird A

**Understanding and Managing Behaviors in Dementia**—This workshop will address the foundations of dementia, the related symptoms and key approaches that can minimize distress for both the client with dementia and the caregiver. Objectives include: Define dementia; Differentiate 3 different forms; Identify most common neuropsychiatric behaviors; Describe a philosophy of care; Discuss specific approaches to minimize distress.

**Lena Ernst, PhD**, is the Founder/Clinical Director for Retreat Healthcare. She has 30+ years in senior care (social work, LTC administration, instruction, clinical).

11:00–12:00  
Hummingbird B

**Innovative Ways to Bring Health Screenings to Seniors**—City of Albuquerque/Bernalillo County AAA partners with UNM College of Nursing to bring the Geriatric Education and Health Maintenance (GEHM) Clinic to senior centers and other locations throughout Bernalillo County. Health screenings are conducted by nursing students under supervision providing educational opportunities in geriatric patient care. This workshop will share ideas.

**Michelle Briscoe** is the Manager of the City of Albuquerque/Bernalillo County Area Agency on Aging (AAA). **Brian Alvarado** is the Planner for the City of Albuquerque/Bernalillo County AAA. **Jan Martin, PhD**, is Assistant Professor at the UNM College of Nursing. She is a Nurse Administration Concentration Coordinator, Faculty Practice Coordinator, Clinician Educator and Assistant Professor.



## Wednesday, August 14, 2019 11:00 am–12:00 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
11:00–12:00 Roadrunner A	<b>Do Not Go Quietly Into the Night</b> —My goal is to change the narrative of long-term care. I propose to do this by telling the story of my 11-year journey through the good, the bad, the ugly and the extraordinarily magnificent parts of the system as a resident in two long-term care facilities in Albuquerque, NM. Story telling at its best!	<b>Sonia Rosario, MPA, JD</b> , has been a Nursing Home Resident for 11 years in 2 Albuquerque facilities and President of the Resident Council for 8 years.
11:00–12:00 Roadrunner B	<b>beWellnm</b> —beWellnm will present facts for attendees to learn more about Health Insurance options through beWellnm. This will increase awareness of local, state and national health services and resources with help from beWellnm. Individuals and families may qualify for tax credits and reduced costs to help pay for health insurance.	<b>Juliet A. Yazzie</b> —Native American Liaison Manager with beWellnm since May 2018. Enrolled member of the Navajo Nation. Juliet has been providing ACA outreach, education and enrollment assistance since 2013. Certified with the State of New Mexico Office of Superintendent of Insurance to provide enrollment assistance into the Health Insurance Marketplace. Also, certified with the State of New Mexico Human Services Department to assist with applications for Medicaid. <b>Misti Dickens</b> —is a Native American Enrollment Counselor with beWellnm. She is from Sweetwater, Arizona. She is Navajo her clans are Tachiinii born for Ma'ideeshgiizhnii. Since 2014 she has been Certified with the State of New Mexico Office of Superintendent of Insurance and the State of New Mexico Human Services Department to provide education, outreach and enrollment assistance with both the Affordable Care Act, Marketplace and Medicaid.
11:00–12:00 Ballroom B	<b>Impact of Technology on Problem Gambling Today and for Our Future</b> —What does problem gambling look like? How are technology advances creating more opportunities for gambling? What is the impact for ourselves, our children, and grandchildren? These questions will be answered in an interactive talk, which also proposes suggestions for our families and communities.	<b>Lojaan Hooee, LADAC, CADC, ICGC-1</b> , is a Contract Therapist/Presenter for People Works-New Mexico. She has over 18 years of experience in behavioral health and understands the social ills of gambling and impact on rural populations. Lojaan is Zuni and Navajo and currently works as a counselor at San Felipe Behavioral Health Program.
11:00–12:00 Ballroom D	<b>Dichos y Musica (Folklore and Music)</b> —Join Roberto Mondragon as he plays guitar and performs songs with New Mexican flair.	<b>Roberto Mondragon</b> 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 14, 2019 12:15–1:15 pm

11:00 am–4:00 pm  
Ballroom C

Benefits and Services Hall

**Make an appointment outside Ballroom C to discuss your benefits and services.**

12:15–1:15  
Eagle A

**Patient and Family Advisory Council: Bringing the Patient's Voice to the Health Care Table**— Patients and their families are often the most informed members of a care team and can offer valuable perspectives about the care they receive. Join Comagine Health's Patient Insight Advisors as they discuss the role of a patient and family advisory council in improving quality of health care.

**Remona Benally, BS**, is a Project Manager for Comagine Health. She is a quality improvement professional with six years of experience working with communities promoting evidenced-based programs and collaborative efforts. **Betsy Heiser** is a Patient Insight Advisor for Comagine Health—Patient Insight. She is a volunteer member of Comagine Health's patient and family advisory council and a manager at a local Albuquerque business. **Kathi Schneider, MAEd**, is a Patient Insight Advisor for Comagine Health —Patient Insight. She is a volunteer member of Comagine Health's patient and family advisory council and a retired educator from Albuquerque Public Schools.

12:15–1:15  
Eagle B

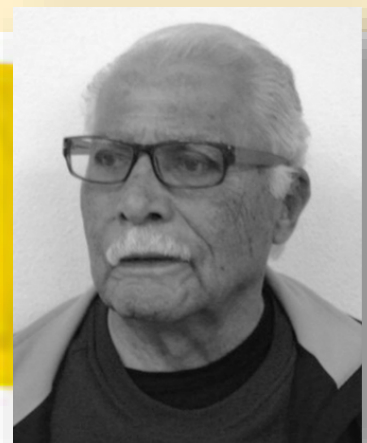
**Consumer Tips—How to Shop Smart and Protect Your Finances**—Join Senior Citizens' Law Office to learn about useful tips consumers can use to protect themselves. Topics include: reading contracts; hiring home repair contractors; disputing credit/debit charges; handling debt collectors, and more.

**Elena Spielman, Attorney**, Elena received her B.A and J.D. degrees from the University of Wisconsin (Madison WI). After moving to New Mexico in 1976 she worked for the Legal Aid Society of Albuquerque and then Northern New Mexico Legal Services (now New Mexico Legal Services). Subsequently Elena practiced family law in the private sector for many years. Elena joined SCLO's staff as a part-time attorney in 2014. **Brwyn Downing, Staff Attorney**, Brwyn (pronounced Brinn) joined SCLO in 2014 as paralegal. She worked at SCLO while attending law school and graduated from UNM's School of Law with honors in May of 2018. Brwyn received the first-ever summer fellowship for Elder Law from the Elder Law section of the New Mexico Bar in 2017 and was awarded the Judge Oliver Seth Award for Excellence in Alternative Dispute Resolution in 2018 for her law school clinic work. Brwyn is thrilled to step into a staff attorney position at SCLO and continue her career of advocating for senior citizens. Brwyn focuses on areas of law concerning consumer and debt protection, housing, and health and retirement benefits.



## Wednesday, August 14, 2019 12:15–1:15 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
12:15–1:15 Hummingbird A	<p><b>Facing the Giant (The Future of Aging Together): Illness or Wellness?</b>—Given 8 components of WELLNESS, attendees will be able to: 1) Know what the acronym of WELLNESS means and 2) Learn how to put WELLNESS lifestyle into practical living. WELLNESS = Water, Exercise, Life-giving air, Limit, Nutrition, Essential rest, Stress control, Spiritual Dimension. ILLNESS = Facing our Giant (Goliath).</p>	<p><b>Geraldo Cionelo, DMin</b>, is a Holistic Alternative Health Doctor for Family Wellness Ministry. He is a retired public servant from the Albuquerque Police Academy and Department of Family and Community Services with 32+ years in serving, teaching, counseling, training, coaching and officiating at the public and private sectors such as government, colleges, middle and high schools, state/national conferences and churches.</p>
12:15–1:15 Hummingbird B	<p><b>Senior Medicare Patrol (SMP) Medicare Fraud Prevention (English and Spanish)</b>—This SMP presentation will cover important information about how older adults and people with disabilities enrolled in Medicare can protect, detect and report Medicare related fraud. The presentation will be covered in English and Spanish.</p>	<p><b>Samantha Morales, MA</b>, is the Senior Medicare Patrol (SMP) Director for Aging and Long-Term Services. She has over seven years of advocacy experience working with older adults and people with disabilities enrolled in Medicare programs.</p>
12:15–1:15 Roadrunner A	<p><b>Aging with a Brain Injury and Available Assistive Technology</b>—Information will be presented on the concepts of cognitive aging, issues of older adults with acquired brain injuries, and actions associated with successful aging. In addition, we will talk about the use of assistive technology to help older adults in their homes.</p>	<p><b>Michael Langford, BA, CBIS</b>, is the Division Director for the Acquired Brain Injury Division of ARCA. He has over 35 years of experience working with adults and children with disabilities and has managed functional rehabilitation programs for adults and children. <b>Keely Frazier, CBIS</b>, is the Smart Living Program Manager for ARCA. She has over 11 years of experience working with people who have intellectual, developmental and cognitive disabilities and specializes in assistive technology.</p>
12:15–1:15 Roadrunner B	<p><b>Facing the Future Together—Kinship Navigation</b> At last count, more than 26,200 grandparents in New Mexico were responsible for the children living with them. New Mexico's new Kinship Navigation Program aims to link grandparents and other relatives raising children to the resources they need for all to thrive. A partnership between CYFD, Pegasus Legal Services for Children, and SHARE New Mexico, the program provides a statewide, bilingual, toll-free help line and website to help grandparents and other kinship caregivers find the information and resources they need. Learn what this new program has to offer and how you can participate in building this statewide system of support.</p>	<p><b>Bette Fleishman, JD, MA</b>, is Executive Director of Pegasus Legal Services for Children. She has decades of experience working with disenfranchised families, legal and social services. <b>Sonya Salazar, BSW</b>, is a Behavioral Health Care Coordinator for Magellan Health Care. She has experience in care coordination, foster care and treatment teams and foster parenting. <b>Wendy Wintermute, PhD</b>, is the Director of SHARE New Mexico. She has decades of experience in helping communities develop systems that promote healthy families and communities.</p>





## Wednesday, August 14, 2019 12:15–1:15 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
12:15–1:15 Ballroom B	<b>Social Security 101</b> —This workshop will provide a basic understanding of Social Security Administration (SSA) programs and benefits. Survivor Benefits; the difference between SSI-SSDI; Retirement Benefits; Representative Payee - managing benefits for a family member; Fraud; SSA and the Future. A brief description of each program. Eligibility and reporting responsibilities. Question and Answer session is during the workshop. Pamphlets and brochures to be provided.	<b>Rhonda Romero, BA</b> , is a Public Affairs Specialist for the Social Security Administration (SSA). She has 18 years with SSA.
12:15–1:15 Ballroom D	<b>New Mexico Folk Dances</b> —Come enjoy a performance of a variety of New Mexican folk and contemporary Latin dances.	<b>Los Bailadores de Oro</b> is a group of older adult dancers sponsored by the Albuquerque Department of Senior Affairs who perform in full ethnic colorful costuming.

## Wednesday, August 14, 2019 1:30–2:30 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
1:30–2:30 Eagle A	<b>Albuquerque Area Extension Master Gardener (AAEMG) Program</b> —Master Gardeners are community volunteers trained in horticulture by New Mexico State University (NMSU) to provide research-based gardening information to county residents. The workshop will provide an overview of the Master Gardener program in Albuquerque. The selection process, curriculum, volunteer activities, and more will be covered. If you are still deciding to apply for this program or would like to know what Master Gardeners are all about, this workshop is for you...hope to see you there!	<b>Sara Moran, MS</b> , is the Extension Horticulture Agent for NMSU-Cooperative Extension Service.
1:30–2:30 Eagle B	<b>Public Health Hydration Literacy Education Program</b> —Adequate hydration is a major part of proper diet and nutrition, more especially in the aging population. We will discuss the consequences of dehydration and a health belief model will be applied. The economic burden of dehydration in the aging population is huge, about six billion dollars annually, but the power to hydrate is in our hands. Together we can change the consequences of dehydration. If you attend, your daily water intake can be calculated.	<b>Ifeoma Achusim, RN, PharmD, MPH</b> , is the Manager of Abundant Love Care, LLC. She has extensive experience working in the medical field as a nurse in geriatric care and also as a pharmacist. She is passionate about reaching out to the community to educate people about health care.
1:30–2:30 Hummingbird A	<b>Advocating for You and Your Loved Ones' Needs in a Long-term Care Home</b> —Living in a long-term care home does not mean you give up your rights as independent adults. You have the right to communicate what you need and want, and you have the right to choice, privacy, fairness, and freedom in your care and quality of life. Learn more about your rights and the rights of your loved ones, how to advocate for those rights, and the role of the State Long-Term Care Ombudsman program in supporting you.	<b>Linnea Forsythe, MSW, JD</b> , is the New Mexico State Long-Term Care Ombudsman. She has spent many years advocating for the rights and autonomy of youth, adults, and seniors living with disabilities, by addressing issues of violence prevention, access to public benefits and health care, and social security.

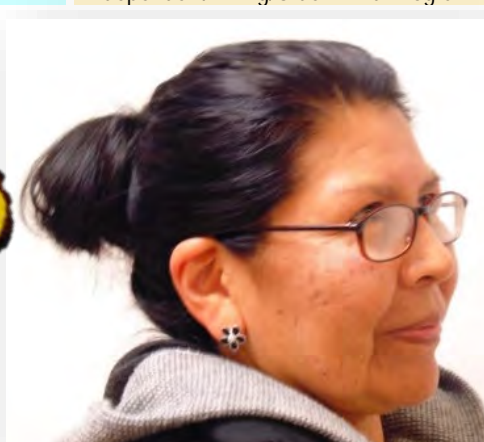
## Wednesday, August 14, 2019 1:30–2:30 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
1:30–2:30 Hummingbird B	<p><b>Building Blocks of Hope: Successful Community-Based Programs</b>—This workshop is for those who want to be involved in designing community-based programs. It will include an overview of trends and case studies of model community-based programs. There will be a group discussion/mapping of participants' community programs and a discussion about needed alignments between policy, funding, and service delivery. Learning outcomes/take-always include: models, strategies, program building blocks of hope through presentation, discussion, storytelling, graphic mapping, handouts, and a toolkit.</p>	<p><b>Anne Hays Egan PhD, DMin</b>, is a Community Building Consultant for New Ventures Consulting and also a Presbyterian Minister. She has over 40 years of experience with aging, health and community development work which includes research, publications, consulting, TA, workshops and network and system development. <b>Clarissa Duran, MSW</b>, is Manager of Senior Programs of Rio Arriba HHS Department for Rio Arriba County. She has extensive experience with community organizing and program and system development. She built a model NNM Benefits Enrollment Center bringing in over \$20 million for area families. <b>April Hunter, BA</b>, is Director of Support Services for Hidalgo Medical Services. She has excellent program development, expansion and system development skills, working closely with community partners and ALTSD to build a model collaborative system of care.</p>
1:30–2:30 Roadrunner A	<p><b>New Mexico Prescription Drug Assistance Program (PDA)</b>—The PDA Program is intended to assist older adults and adults living with disabilities as well as other New Mexico residents in obtaining the medications they need at a cost they can afford. The PDA Program provides information about Medicare, Medicaid, discount cards, prescription assistance programs, and other options of last-resort for accessing prescription medications.</p>	<p><b>Angela Futch</b> is the Prescription Drug Assistance Coordinator for the Aging and Long-Term Services Department.</p>
1:30–2:30 Roadrunner B	<p><b>Adult Protective Services (APS) Overview</b>—This presentation will discuss what APS can and cannot do. It will include common misconceptions and explanations of how APS investigates allegations of abuse, neglect and exploitation of incapacitated adults.</p>	<p><b>Matthew Vigil, BA</b>, is the Training Coordinator for Adult Protective Services. <b>Edward I. Gould, LMSW</b>, is the NW Regional Manager, Adult Protective Services.</p>
1:30–2:30 Ballroom B	<p><b>Parkinson's Disease: Show and Tell!</b>—This session will begin with a power point of basic facts that Parkinson's Disease patients/caregivers need to know. We will then have a "show and tell" of creative tips and hints on how to provide the best support to progressive Parkinson's Disease patients and caregivers. Please be prepared to "think outside the bag" and share your thoughts!</p>	<p><b>Cindy Brown, LBSW, CDP</b>, is the Training and Resource Manager for Home Instead Senior Care in Albuquerque, NM. She has 27 years of experience in senior care in various environments (LTC, acute care, home care). She is also a past New Mexico Parkinson's Coalition board member.</p>
1:30–2:30 Ballroom D	SAMS User Group Meeting	SAMS User Group Members



## Wednesday, August 14, 2019 2:45–3:45 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
2:45–3:45 Eagle A	<p><b>Health and Aging, Training to Navigate Maps of Risks and Resources</b>—This workshop will teach people how to become map explorers and use New Mexico Community Data Collaborative's (NMCDC's) website to gather information about aging. It will feature our Gallery on Aging, which contains a large repository of datasets on aging. By the end of the session, participants will be able to easily navigate the website. Feel free to bring personal laptops if you wish to follow along.</p>	<p><b>Tom Scharmen, MA, MPH</b>, is an Epidemiologist with the New Mexico Department of Health. He is the Founder and Lead Analyst for NMCDC. <b>Joan Goldsworthy, MD</b>, is an Epidemiologist with the NMCDC. <b>Emily McRae, BS</b>, is an Epidemiologist with the NMCDC.</p>
2:45–3:45 Eagle B	<p><b>Assistive Technology for Visual Impairments</b>—Attendees will have the opportunity to learn firsthand about technology that can help to improve independence for those that have visual disabilities. Attendees will learn how seniors can use these devices in the home and in the community to read the newspaper or shop for groceries. Our session provides 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 hand-held magnifiers, CCTVs, and devices that include OCR (optical character recognition). Attendees will learn how assistive technology can be a viable asset to return functional capabilities to an individual's life. At the end of this educational session, attendees will walk away with more knowledge about solutions that can benefit the senior population.</p>	<p><b>Jesse Armijo, BA</b>, is an AT Specialist for the New Mexico Technology Assistance Program with 4.5 years of experience in the field. <b>Sophia DeConti, BA</b>, is an AT Specialist for the New Mexico Technology Assistance Program with 1.5 years of experience. <b>Maurice Alvarez, BS</b>, is also an AT Specialist with 1 year of experience working in the field.</p>
2:45–3:45 Hummingbird A	<p><b>Senior Hunger —The Numbers and Solutions</b>—In this session we will provide current hunger statistics as they relate to the general public and seniors specifically. Together we will explore the obstacles that seniors may face that lead to experiencing food insecurity, discuss how food banks are addressing those issues, and detail ways that you can help.</p>	<p><b>Alissa Barnes, BA</b>, is the Director of Community Initiatives for the Roadrunner Food Bank and has been with the Food Bank for 11 years. She also started the Mobile Food Bank Program in 2008. <b>Kathy Anderson, BA</b>, is a Senior Community Initiatives Manager - Network Services for the Roadrunner Food Bank. She brings strategic thinking and a passion for service to her work. <b>Sherry Hooper, BA</b>, has been the Executive Director of The Food Depot since 2001.</p>
2:45–3:45 Hummingbird B	<p><b>Aging and Vision Loss</b>—This presentation will discuss various eye diseases that are likely to affect seniors, cover the psychology of vision loss, and most importantly, provide information on the tools, techniques, and resources available to help seniors with vision loss to lead normal, productive, and fulfilling lives.</p>	<p><b>James Salas, MA</b>, has been the Deputy Director of the New Mexico Commission for the Blind since 1999. He has been leading both the Vocational Rehabilitation Program and the Independent Living/Older Blind Program since 2017. Prior to that he also managed the Independent Living/Older Blind Program.</p>





## Wednesday, August 14, 2019 2:45–3:45 pm

11:00 am–4:00 pm Ballroom C	Benefits and Services Hall	Make an appointment outside Ballroom C to discuss your benefits and services.
2:45–3:45 Roadrunner A	<p><b>Foot and Ankle Fractures: Best Practices for Treatment and Prevention</b>—Attendees will learn about best practices for treating fractures in the foot/ankle. They will understand symptoms of fractures and prevention methods, develop an awareness of misconceptions and consequences of fractures, and also recognize factors contributing to fractures and healing.</p>	<p><b>Janet Simon, DPM</b>, is the Executive Director for the New Mexico Podiatric Medical Association. She has been a podiatric physician for 30+ years.</p>
2:45–3:45 Roadrunner B	<p><b>The Advantages of Final Expense</b>—Final Expense assists seniors to be financially prepared for end of life matters and to lessen the burden on loved ones. Afterwards, the senior receives a feeling of relief, peace of mind and no longer has to worry about...what if. This presentation will provide details and answers. Additionally, I will also provide information to seniors regarding Life Insurance Settlements.</p>	<p><b>Joyce Bidwell</b> is the Producer and Field Underwriter for Equis Financial. She has been assisting seniors with pre-planning since 2015.</p>
2:45–3:45 Ballroom B	<p><b>New Mexico Medical Cannabis Program, Purpose and Process</b>—The purpose of this presentation is to provide information on the State of New Mexico Medical Cannabis Program enrollment process and the use, benefits and risks of using medical cannabis to treat specific conditions or symptoms related to conditions.</p>	<p><b>Andrea Sundberg, MPA</b>, is the Health Program Manager for the New Mexico Department of Health Medical Cannabis Program (MCP). She has been employed by MCP for 7 years and has conducted multiple presentations on the program over the years for members of the public and law enforcement.</p>



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- Computer skills workshops

## **FREE Legal Helpline**

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### **Legal Resources for the Elderly Program**

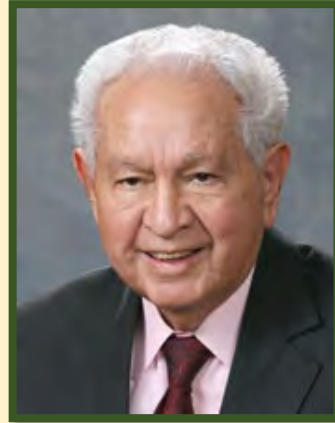
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## Award Recipients

# 2019 Conference on Aging Award Recipients



**Nick Salazar—  
Lovola  
Burgess  
Lifetime  
Leadership  
Award**



**Sharon Tariol—  
K. Rose Wood  
Outstanding Older  
Adult Award**



**Frank Lovato—  
Gregorita  
Chaverria  
Arts Award**

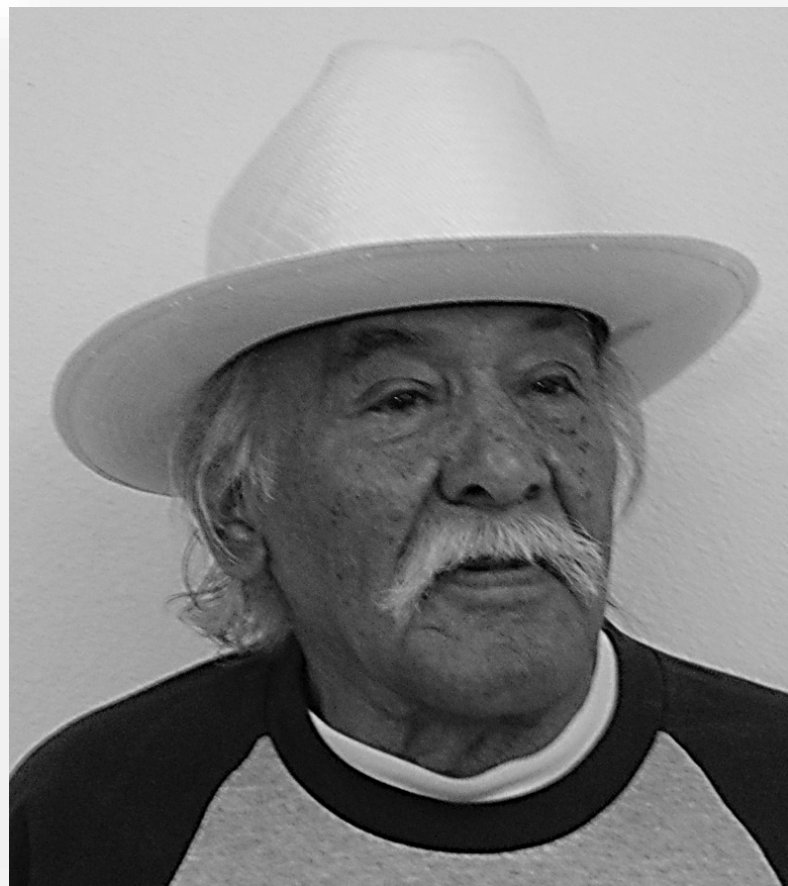
## Conference Planning Committee

Aimee Brown	Andrea Allen	Anthony R. Romero	Bobbette Salazar
Carol Dolan	Clara Farah	Deidre Sandoval	Deanette Shields
Dolores Gonzales	Doug Calderwood	Ellen Driber-Hassall	Emily Freede
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Miriam Moorhouse	Nicole Frankland	Samantha Morales	Shania Borrego
Shanna Lapsley	Stephanie Macek	Trish Lopez	Vince Gomez



## Health and Enrichment Fair Participating Organizations

Albuquerque Area SW Tribal Epidemiology Center	Abundant Love Care LLC
Armada Hospice of New Mexico	Bernalillo County Assessor's Office
beWellnm	Comagine Health former HealthInsight New Mexico
CYFD—Pull Together	do Terra
Espanola Sports Medicine	Esperanza Shelter
Hands Across Time NM Inc.	HH Natural Medicine
Hospice of New Mexico	Jemez Historic Site
Las Cumbres Community Services	LNC Medical LLC
Meals on Wheels	Navajo Area Agency on Aging—DALTCS
NM Department of Veterans Services	NM DOH Diabetes Heart Disease
NM DOH Child Health—Grandparents Raising Grandchildren	NM DOH Office of Oral Health
NM DOH—Bureau of Health Emergency Management	NM Foot & Ankle Associates
NM State Treasurer Office	NMSU Cooperative Extension Service
Organ Transplant Awareness Program	Osteo Strong
Presbyterian Healthcare Services	Share Your Care Adult Day Services
Stryker Orthopaedics	USA Vietnam War Commemoration
University Hospital	United Healthcare—Infinity Insurance Solutions





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Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract and a contract with the State Medicaid Program. Enrollment in the plan depends on the plan's contract renewal with Medicare.  
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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 12	TUESDAY, AUGUST 13	WEDNESDAY, AUGUST 14
Time: 5:30 pm–7:30 pm Performer: Paul Pino and the Tone Daddies Activity: Music for Car Show Location: Fourth Floor Parking Garage	Time: 7:30 am–8:30 am Performer: Marlon Magdalena Activity: Flute Music Location: Ballroom D	Time: 11:00 am–12:00 pm Performer: Roberto Mondragon Activity: Folklore and 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: Felicia Quintana Activity: Music—National Anthem Location: Ballroom D	Time: 12:15 pm–1:15 pm Performer: Los Bailadores de Oro Activity: New Mexico Folk Dances Location: Ballroom D
	Time: 11:00 am–12:00 pm Performer: Dan Sedillo Activity: Karaoke Location: Ballroom D	
	Time: 12:15 pm–1:15 pm Performer: Amaya Activity: Wise Women do Dance Location: Ballroom D	
	Time: 1:30 pm–2:30 pm Performer: Roberta Simoni Activity: Salsa Caliente: Dance Can Keep you Young at Heart Location: Ballroom D	
	Time: 6:30 pm–10:30 pm Performer: Gilbert Lechuga & the Shysterzz Activity: Evening Reception/Dance Location: Ballroom D	





## Door Prize Donors

Alzheimer's Association of NM Alzheimer's Association Casa Verde Charlotte Myers City of Belen – RSVP Program City of Albuquerque/Bernalillo County AAA— Michelle Briscoe City of Albuquerque, Department of Senior Affairs Barelas Senior Center Ceramic Class Los Volcanes Senior Center Senior Companion Program City of Santa Fe—Volunteer Programs Charritos Chavez County J.O.Y. Center	Chavez County J.O.Y. Center FGP/SCP Concilio CDS, Inc. Del Rio Senior Center/Sewing Ladies Deming/Luna County Commission on Aging Ed Ackron Evone D. Gallegos Legal Resources for the Elderly Medalia Martinez Mescalero Elderly Program Miriam Moorhouse Nana's Gift Shop New Mexico Railrunner Express	NM Senior Olympics, Inc. Presbyterian HealthCare Services Rio Communities Sewing Group Fillie Baca Mary Chavez Shirley Atencio Pearl Lucero Anna Pappas Mary Peters RSVP Quilters of Los Alamos Rufina Martinez Santa Claran Hotel & Casino UNM Osher Lifelong Learning Institute Zuni Pueblo Elderly Program
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## Tote Bag Item Donors

*Special Thanks to Presbyterian Health Plan for donating the Conference tote bags!*

### *2019 Conference on Aging Tote Bag Stuffers Contributors*

ALTSD/Aging Disability Resource Center  
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 NM Railrunner  
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# Conference Evaluation

## 41<sup>st</sup> Annual New Mexico Conference on Aging—2019

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

Name (optional):		Phone/Email:	
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<b>CIRCLE the number for your responses below—</b>	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	4	3	2	1	NA
Health and Enrichment Fair	4	3	2	1	NA
Quality of workshops you attended	4	3	2	1	NA
<b>Which days of the conference did you attend?</b>	Tues only	Wed only	Both days		
<b>How many workshops did you attend?</b>	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 Conference Evaluation 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](http://www.nmaging.state.nm.us)*

Please write any additional comments or suggestions below.

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

Name: **Office of Alzheimer's and Dementia Care 2019 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>



# Governor's Commission on Disability (GCD)



## **GCD Technical Assistance**

Physical Accessibility: Plan Review and Site Inspections  
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## **NM Technology Assistance Program (NMTAP)**

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## **Brain Injury Advisory Council (BIAC)**

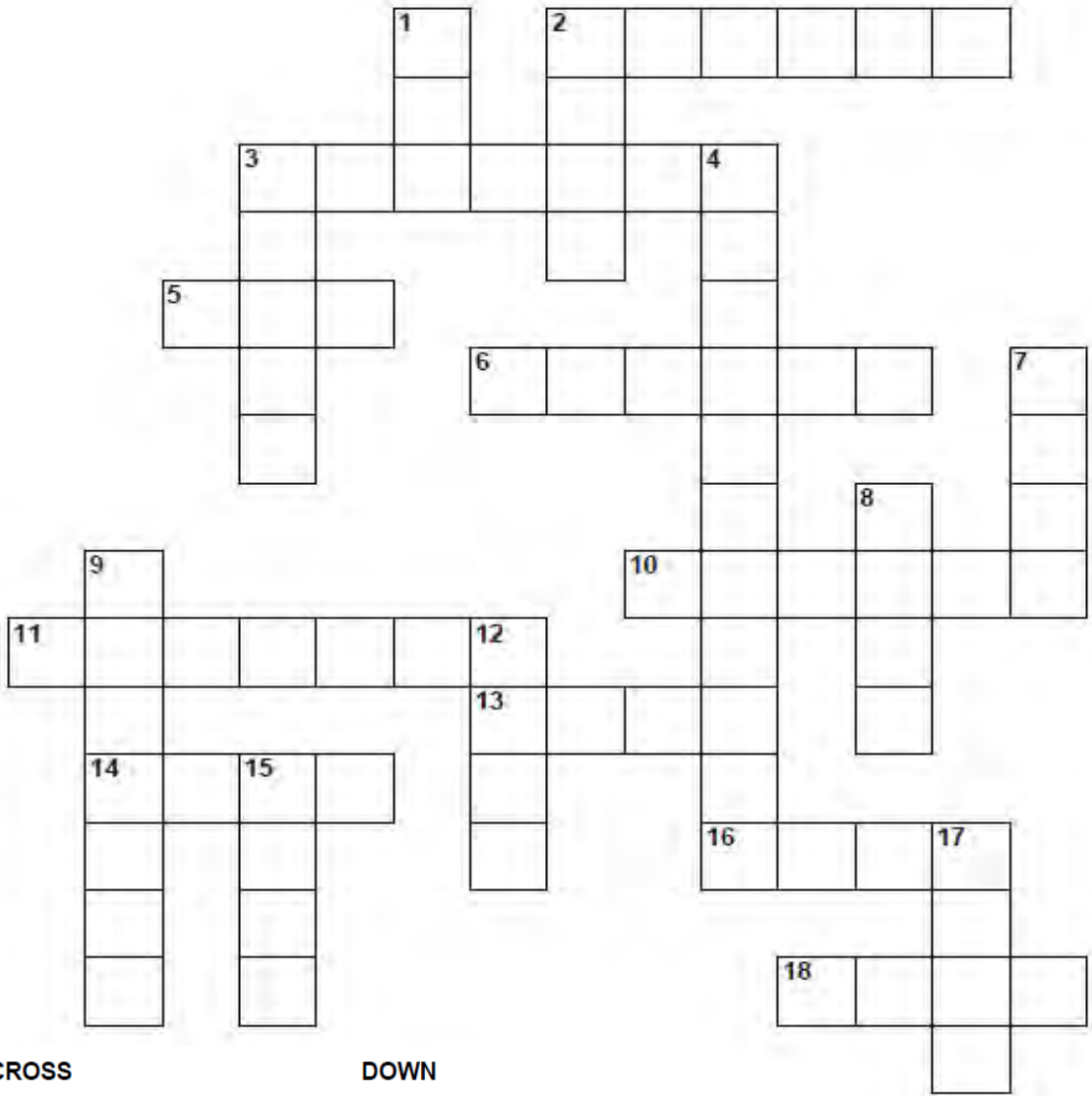
Children's Helmet Distribution Program  
Brain Injury Prevention Training  
Public Awareness

New Mexico Governor's Commission on Disability  
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(505)476-0412 / (877) 696-1470 (Toll Free) Email [gcd@state.nm.us](mailto:gcd@state.nm.us)





# Family and Friends



**ACROSS**

- 2 Female sibling
- 3 Living in outdoor tents or shelters
- 5 Father
- 6 Informal outdoor meal
- 10 Group consisting of parents and their children
- 11 People closely attached to each other by affection
- 13 Place where one lives
- 14 Center of population larger than a village but smaller than a city
- 16 Journey, voyage, or excursion
- 18 Open area next to a house

**DOWN**

- 1 Mother
- 2 Move through water by means of bodily motions
- 3 Skill in making things by hand
- 4 Father or mother of one's parent
- 7 Recreation
- 8 Bicycle
- 9 Male sibling
- 12 Small retail store
- 15 Stroll
- 17 Area of public land set aside for rest and relaxation

<b>Copy Authorization by the Author</b>			
You may make unlimited copies of this original large print free-form crossword puzzle for personal, senior center, medical facility, or classroom use. Visit <a href="http://www.gets.com">www.gets.com</a> for more large print puzzles. Evelyn Johnson			
2	Sister	1	Mom
3	Camping	2	Swim
5	Dad	3	Craft
6	Picnic	4	Grandparent
10	Family	7	Play
11	Friends	8	Bike
13	Home	9	Brother
14	Town	12	Shop
16	Trip	15	Walk
18	Yard	17	Park
<b>Across</b>		<b>Down</b>	

## **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  
1-800-432-2080 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 Sandia Resort & Casino Conference Center



<b>Emergency Exit</b> Located at all entrances and in Bingo, Road Runner Casino, Poker Room, Spa, and Non-Smoking Gaming	<b>Amphitheater</b>	<b>Beverage Station</b>	<b>Spa/Retail</b>
<b>ATM</b>	<b>Bingo</b>	<b>Poker / Keno</b>	<b>Restaurants / Lounges</b>
<b>Cashier</b>	<b>Table Games</b>	<b>Slot</b>	<b>Convention Center</b>
<b>Restrooms</b>	<b>Table Games</b>	<b>Slot</b>	<b>Convention Center</b>
<b>Parking Garage</b>	<b>Table Games</b>	<b>Slot</b>	<b>Convention Center</b>
<b>Ticket Redemption Machine</b>	<b>Table Games</b>	<b>Slot</b>	<b>Convention Center</b>

For security assistance, first aid needs or lost & found, please call 505-796-7700. For emergencies, call 911 immediately.