



"Adapt, Overcome, Thrive" by Sally Bartos

43rd Annual

New Mexico Conference on Aging

November 17-18, 2021



NEW MEXICO
AGING &
LONG-TERM
SERVICES
DEPARTMENT

Michelle Lujan Grisham, Governor • Katrina Hotrum-Lopez, Cabinet Secretary

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Program Cover "Adapt, Overcome, Thrive"

The artist who created the 2021 Conference program cover and poster, Sally Bartos, is the New Mexico Conference on Aging Artist in Residence.

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 is retired from the City of Albuquerque's Department of Senior Affairs.

The original artwork will be offered in a silent auction on the Conference Virtual Site.

Proceeds from the silent auction will benefit the older adults who attend the NM Conference on Aging.

Letter from the Secretary

Welcome



On behalf of Aging and Long Term-Services Department (ALTSD) and the Conference on Aging Planning Committee, I warmly welcome you to our **43rd Annual New Mexico Conference on Aging: Adapt, Overcome, Thrive**. Our goal at ALTSD is simple—we help New Mexicans achieve lifelong independence and healthy aging. This year's conference truly reflects that goal and illustrates some of those challenges at the same time. In this time of public health crisis, healthy aging means prioritizing safety—including mandating social isolation. However, lifelong independence requires access to community services and creatively connecting older New Mexicans with each other. So, for the first time in 43 years, the Conference on Aging is Adapting, Overcoming and Thriving by becoming completely virtual.

The most effective way to reach our goal of effective service delivery is by collaborating with the people we serve, other governmental agencies, and community leaders. In that spirit, New Mexico Tribal Leaders will deliver the opening prayer and honor song each morning and close each day of the conference with prayer. 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 the All Pueblo Council of Governors (APCG) Chairman, Wilfred Herrera, Jr., speaking on the topic of "Resilience: A Tribal Perspective on Surviving Covid-19" and national aging expert Bill Benson regarding "The Aging Network: Legislative and Political Challenges and Opportunities in the Next Decade."

A conference of this magnitude does not happen without the hard work, creativity, and dedication of many individuals. 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.

We also want to express our sincerest appreciation to our sponsors, exhibitors, and artists that donated this year. As part of this year's conference, attendees will receive a free "Virtual Swag Bag," that can be personalized with the content they like. The following items are included:

- A chance to bid in the auction for an original oil painting by Sally Bartos
- Compilations of competition entries including: (Prizes will be sent to the address of winners)
 - Cute Pet Photos
 - Poetry
- Educational brochures
- A recipe book created by New Mexicans

Again, I cannot thank you all enough for everything you do to support our older New Mexicans. ALTSD can only accomplish our goal with your help. Please join us as we embrace the new normal and adapt, overcome and thrive!

Katrina Hotrum-Lopez

Katrina Hotrum-Lopez
Cabinet Secretary

Proclamation



STATE OF NEW MEXICO EXECUTIVE OFFICE SANTA FE, NEW MEXICO

Proclamation

WHEREAS, on November 17 and 18, 2021, the State of New Mexico's Aging & Long-Term Services Department will convene virtually with the 43rd Annual New Mexico Conference on Aging; and

WHEREAS, the mission of the State of New Mexico's Aging & 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 on their own terms, in their own communities; and

WHEREAS, in 2021 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 care-giving 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 five 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 November 2021 as

"Annual New Mexico Conference on Aging Month"

throughout the state of New Mexico.

Attest:

Michelle Lujan Grisham
Secretary of State

Done at the Executive Office this
29th day of October 2021.

Witness my hand and the Great Seal
New

Michelle Lujan Grisham
Governor



General Information

Virtual Conference on Aging

Free conference registration for New Mexicans.

Welcome to the first totally virtual New Mexico Conference on Aging!

Continuing Education Units

CEUs are provided for some workshops for social workers. CEU forms and lists of approved workshops for each group are available on the CEU page. We extend our thanks to the NM Chapter of the National Association of Social Workers for making CEUs available.

Evaluations

We value your opinion. Please complete a general conference evaluation.

Exhibits

Tables and displays are located in the foyer of the virtual event.
Just click on the table or video.

Information

For assistance or information related to the Conference technical support, please go to the lower right corner of the screen and click the support button. If you have other questions related to the Conference, email: ALTSD.COA@state.nm.us.

Meals

Lunch is on your own. **Enjoy the Exhibit Hall, music, or exercise during the lunch hour!**

Transport Yourself to the Virtual Conference

Be Transported to the Virtual New Mexico Conference on Aging. Sessions will be recorded and available after the Conference

Filming and Recording Crowd Release

Please be advised that filming/taping and photographic recording may be taking place at the NM Conference on Aging for the production of promotional materials. People entering the conference area may appear in pictures and/or videos. 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.

Keynote Speakers Plenary Sessions

Wednesday
November 18



Resilience: A Tribal Perspective on Surviving Covid-19

Wilfred Herrera Jr. is a member of the Pueblo of Laguna and is also one-half Cochiti Pueblo. He is a graduate of Laguna Acoma High School and earned a BBA from Fort Lewis College and holds a MPA from the University of New Mexico. His work and service has focused on fostering and building partnerships in areas such as government, education, economic development and youth and elder initiatives. Advocacy and working to ensure recognition, identity, protection and sustain our native culture and language. On December 31, 2020, completed a two-year term as Governor for Pueblo of Laguna. Served as Vice Chairman of the All Pueblo Council of Governors (APCG) and currently serves as Chairman. The APCG is comprised of nineteen Pueblos in New Mexico and Ysleta Del Sur, El Paso, Texas.

The Aging Network: Legislative and Political Challenges and Opportunities in the Next Decade

Bill Benson co-founded with Dave Baldrige the International Association for Indigenous Aging (IA2), committed to policies to improve the lives of American Indian and Alaska Native elders, with a major priority on addressing Alzheimer's disease and related disorders among the AIAN population. Benson is also President of Health Benefits ABCs, providing aging and public health-related policy, strategic planning, program development, facilitation, research, and evaluation services to federal/national, state, and local clients. Benson has held senior leadership positions in the U.S. Congress, the U.S. Administration on Aging, and the California Department of Aging. He is a former appointed member of to the U.S. Department of Health & Human Services National Advisory Committee on Rural Health & Human Services.

Thursday
November 18



Schedule at a Glance

Wednesday November 17	Thursday November 18
Entertainment	Entertainment
8:30 am to 10:30 am Plenary Session	8:30 am to 10:30 am Plenary Session
11:00 am to 11:50 am Workshops	11:00 am to 11:50 am Workshops
12:20 pm to 1:00 pm Hunker Down theater event	Enjoy the Exhibit Hall!
1:00 pm to 1:50 pm Workshops	1:00 pm to 1:50 pm Workshops
1:30 pm to 2:30 pm Workshops	1:30 pm to 2:30 pm Workshops
2:00 pm to 2:50 pm Workshops	2:00 pm to 2:50 pm Workshops
2:00 pm to 3:50 pm Workshops and Training	2:00 pm to 3:50 pm Workshops and Training
Enjoy the Exhibit Hall!	3:00 pm to 3:50 pm Survival of the Human Spirit
4:00 pm to 4:30 pm Closing	4:00 pm to 4:30 pm Closing
Notice pictures of our New Mexico elders throughout the program!	

Thank You!

- NCNMEDD and Non- Metro Area Agency on Aging for the support with the Conference Registration!
- Armed Forces for the color guard and Lisa Anglada for the National Anthem!
- Special thanks for the Entertainment to
 - Lisa M Anglada
 - Billy Archuleta
 - Baile Ilusion
 - Micky Cruz
 - Marlon Magdalena
 - Severo Martinez
 - Roberto Mondragon
- Exercise Experience
 - Diana Rael
 - Kandace Montoya
- Evone Gallegos for her support with the conference sponsors



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3

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Sign Up to Gain Access!

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Behavioral Health Services



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DETOXIFICATION

Social model detoxification is a 10-day inpatient program where individuals are able to safely withdraw physically from their alcohol and/or substance addiction.

PUBLIC INEBRIATE INTERVENTION

The Public Inebriate Intervention Program (PIIP) provides emergency room and jail diversion for public inebriates in the community.

CRISIS STABILIZATION UNIT

The Crisis Stabilization Unit (CSU) provides crisis stabilization supports for up to 14 days for individuals living with a mental health and/or co-occurring disorder.

More information is available online at www.bernco.gov/dbhs or 505-468-1555

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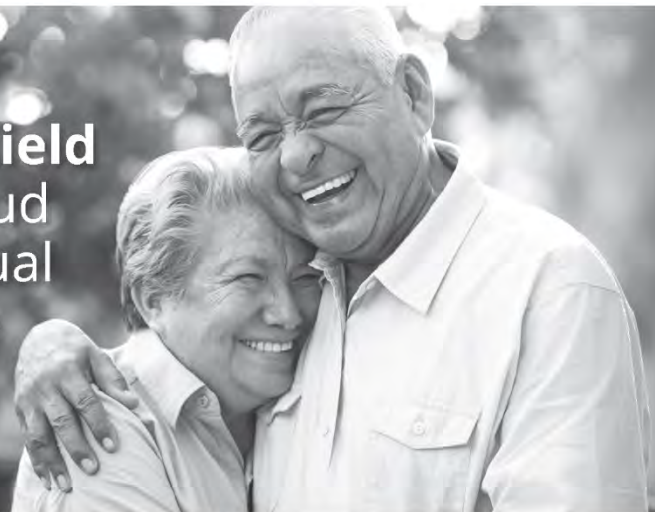
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SENIOR SPORTS AND WELLNESS



Senior Olympics' year-round mission is to motivate Seniors 50+ to be active

Free Senior FITNESS Opportunities

All 13 ongoing classes are open to Seniors 50+

Virtual Fitness Indoor Cycling 3 x per week or Tai-Chi for Better Balance

In-Person EnhanceFitness Designed for Seniors 50+ who want results

Remote EnhanceFitness From the comfort of your home – 3 x per week

Hybrid EnhanceFitness Participants are both in-person and virtual

Fitness WALKING Class meets 3 x per week – Walk outdoors for 1 hour

EnhanceFitness are evidence-based group fitness classes that concentrate on strength training, flexibility, balance, and aerobic cardio workouts! Classes are limited in size due to social distancing requirements. Visit our website at nmseniorolympics.org for class information. To sign up for a class, contact instructor for availability. Instructors are all nationally certified, trained in group fitness and experienced working with older adults.

Volleyball
August
Albuquerque

Softball
September
Las Cruces

Basketball
Santa Fe 3-on-3
November
Santa Fe



New Mexico Senior Olympics

Ernesto Ramos State Summer Games – Las Cruces NM

June 8-11th, 2022

41st Annual State Summer Games

50+ Seniors still got GAME!

Limited Menu of Events due to COVID-19 • 18 Sports will be offered

Largest multi-sport event for Seniors 50+
Athletes compete in 5-year age divisions
50-54, 55-59, 60-64.... 95+

Open registration – no pre-qualifying required
Online registration opens January '22

\$60 registration entry fee for 1-5 sports
Campus housing and dining will be available

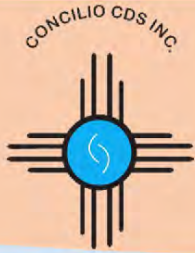
'22 Summer Games is a qualifying event for the
'23 National Senior Games scheduled for Pittsburgh, PA.



Visit www.nmseniorolympics.org for Game Schedule in early '22

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

PO Box 2690 * Roswell, NM 88202-2690 * 1-888-623-6676 * www.nmseniorolympics.org



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Partner and Promotional Videos

Partner Videos

Administration for Community Living (ACL)
Corporation for National and Community Service
AmeriCorps Seniors
New Mexico Department of Health (DOH)
New Mexico Grown Food Video

Promotional Videos

Aging and Disability Resource Center (ADRC)
Adult Protective Services (APS)
Care Transition
State Health Insurance Assistance Program (SHIP)
Senior Services Bureau — Volunteer Services
Senior Services Bureau — Older Americans Act Title III Services
Ombudsman
Employment Programs Bureau — Senior Employment
New Mexico Grown



Wednesday, November 17, 2021, Conference on Aging Agenda

Time	Description	Track
Plenary Session—Wednesday, November 17, 2021, 8:30–10:30 am		
8:00 am	Entertainment—Severo Martinez and Marlon Magdalena	All Attendees—Entertainment
8:30 am	Presentation of Colors and National Anthem	All Attendees—Plenary
8:33 am	Honor Song on Drum— Opening Prayer	All Attendees—Plenary
9:00 am	Welcome—Emcee— <i>Gene Varela</i>	All Attendees—Plenary
9:05 am	Introduction— <i>Secretary Katrina Hotrum-Lopez</i>	All Attendees—Plenary
9:10 am	Opening Remarks— <i>Lieutenant Governor Howie Morales</i>	All Attendees—Plenary
9:20 am	Opening Remarks— <i>Governor Michelle Lujan Grisham</i>	All Attendees—Plenary
9:40 am	Introduction of Keynote— <i>Secretary Katrina Hotrum-Lopez</i>	All Attendees—Plenary
9:45 am	Keynote Address— <i>Wilfred Herrera Jr.</i> Resilience: A Tribal Perspective on Surviving Covid-19	All Attendees—Plenary
10:15 am	Sponsor Recognition Molina Healthcare—David Nater, President	All Attendees—Plenary
10:20 am	Sponsor Recognition Presbyterian Health Plan—Brandon Fryer, President	All Attendees—Plenary
10:25 am	Housekeeping— <i>Gene Varela</i>	All Attendees—Entertainment
Workshop Schedule—Wednesday, November 17, 2021, 11:00 am–4:30 pm		
11:00 am–11:50 am	NM Indian Council on Aging	OIEA
11:00 am–11:50 am	Creating a Place to Grow: A Different Path for Dementia and Caregivers	Health and Wellness
11:00 am–11:50 am	Financial Stability which aligns with AARP's Fraud Watch	Finances
11:00 am–11:50 am	Quick Tips for Effective Communication with Seniors	Harmonious Aging
11:00 am–11:50 am	How to Use Your NM Public Library Online	Technology
11:00 am–11:50 am	Medicare Made Clear	Medicare and Aging Care
11:50 am–1:00 pm	Lunch and Exhibit Hall	All Attendees
11:50 am–12:20 pm	<i>Lisa M Anglada</i> <i>New Mexico Senior Olympics</i>	Entertainment Exercise
12:20 pm–1:00 pm	Hunker Down Production—Live-on-Zoom theater event	All Attendees—Special Production
1:00 pm–1:50 pm	NM Indian Council on Aging (Continued)	OIEA
1:00 pm–1:50 pm	Healthy on My own Terms: Health and Wellbeing to Fit My Needs	Health and Wellness
1:00 pm–1:50 pm	It is Game Time! Food Trivia! (Repeated on Thursday)	Finances
1:00 pm–1:50 pm	How NM Caregivers Coalition Serves Care Recipients	Harmonious Aging
1:00 pm–1:50 pm	Zoom for Beginners	Technology
1:00 pm–1:50 pm	Medicare Plan Marketing Rules and Senior Medicare Patrol	Medicare and Aging Care
1:50 pm–2:00 pm	Exhibit Hall and Break and Exercise—Diana Rael	All Attendees—Exercise
2:00 pm–2:50 pm	Older Adult Falls Prevention	OIEA
2:00 pm–3:50 pm	Veterans Benefits	Finances
2:00 pm–2:50 pm	Aging and Vision Loss	Health and Wellness A
2:00 pm–2:50 pm	New Mexico Senior Olympics - Getting Back on Track	Health and Wellness B
2:00 pm–2:50 pm	Adapt, Overcome Thrive in the Face of Alzheimer's	Harmonious Aging
2:00 pm–2:50 pm	A, B, Cs and D of Medicare	Medicare and Aging Care
2:50 pm–3:00 pm	Exhibit Hall and Break	All Attendees
3:00 pm–3:50 pm	Honoring the Challenges of Aging	OIEA
3:00 pm–3:50 pm	Urinary Incontinence	Health and Wellness
2:00 pm–3:50 pm	Veterans Benefits	Finances
3:00 pm–3:50 pm	What is an Ombudsman and what do they do?	Harmonious Aging
3:00 pm–3:50 pm	Real Food and Fake Food: The Standard American Diet and Its Connection to Dementia	Medicare and Aging Care
2:00 pm–4:00 pm	Exhibit Hall	All Attendees
4:00 pm–4:15 pm	Entertainment— <i>William Archuleta</i>	All Attendees—Entertainment
4:15 pm–4:30 pm	Closing Prayer	All Attendees

Workshops

Wednesday, November 17, 2021 — 8:30–10:30 am

8:30–10:30 am	<p>Keynote Address— All Pueblo Council of Governors (APCG) <i>Chairman, Wilfred Herrera Jr.</i></p> <p>“Resilience: A Tribal Perspective on Surviving Covid-19”</p> <p>Wilfred Herrera Jr. is a member of the Pueblo of Laguna and is also one-half Cochiti Pueblo. He is a graduate of Laguna Acoma High School and earned a BBA from Fort Lewis College and holds a MPA from the University of New Mexico. His work and service has focused on fostering and building partnerships in areas such as government, education, economic development and youth and elder initiatives. Advocacy and working to ensure recognition, identity, protection and sustain our native culture and language. On December 31, 2020, completed a two-year term as Governor for Pueblo of Laguna. Served as Vice Chairman of the All Pueblo Council of Governors (APCG) and currently serves as Chairman. The APCG is comprised of nineteen Pueblos in New Mexico and Ysleta Del Sur, El Paso, Texas.</p>
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Wednesday, November 17, 2021 — 11:00 am–11:50 am

11:00–11:50 am OIEA	<p>New Mexico Indian Council on Aging Meeting</p> <p>NMICOA President Cedric Chavez APCG Chairman Wilfred Herrera Jr.</p>	
11:00–11:50 am Health and Wellness	<p>Creating a Place to Grow, a Different Path for Dementia and Caregivers (General and Professional Audience, Basic, Intermediate and Advanced Levels)</p> <p>Focus on ways to move providing care for elders facing dementia from a "tragedy" narrative into a more holistic focus that allows elders to embrace life and connect to others. Discuss the need for engagement with creativity and life. Explain how this focus can be used to support family caregivers as well creating an ecosystem of long-term connections that offer nurturing environments for the journey they face as caregivers.</p>	<p>Ruth Dennis, MA, MFA, Vista Living Care Education and Social Services at Vista Living Care, Author-Mindful Dementia Care Community Education. My name is Ruth Dennis. I am currently an Educator for all our lovely Vista Living Care homes. My role is to provide support and education for families and for our greater community as we support all forms of dementia and struggle with the aging process that elders face. I have also worked in mental health, the Arts and Community Education for more than 30 years. This work history has included: receiving two National Endowment for the Arts funded grants, implementing creativity and healing programs for gifted and at-risk children, recovery programs and transitional homes that serve homeless, mentally ill adults, and elders facing dementia. I have worked closely with and researched palliative care, hospice, and grief support. This journey is both professional and deeply personal. I have been given the honor to educate our community on the need for a balanced, loving, creative caregiving. This has allowed me to fuse my life as a painter, gardener, and most of all; the sister and caregiver to my brother Morgan, who had Down's syndrome, with my professional work. Morgan was my hero, the bravest man that I have known; a wonderful artist who had a deep connection to animals, babies, and science fiction. He passed away peacefully in our home in December of 2019. Morgan's heart and spirit lives on in the work that we are so deeply committed to at Vista.</p>

Wednesday, November 17, 2021 — 11:00 am–11:50 am

<p>11:00–11:50 am Finances</p>	<p>AARP Fraud Watch Presentation: Avoiding Identity Theft, Frauds and Scams This presentation, AARP Fraud Watch, is about Identity Theft, Frauds and Scams. It is intended to inform the public about how the crooks have evolved their techniques to separate your money to their pockets. Knowing how to recognize these threats, and taking common sense precautions, becoming a victim can be avoided.</p>	<p>Bill Morrison, Volunteer, AARP New Mexico, Bill Morrison retired as the Information Technology Manager from a big bank in a tall building located in downtown Los Angeles. He has been an active volunteer with the New Mexico State AARP Office since moving to Santa Fe for the past seventeen years. In addition to legislative advocacy, he is enjoying recognition as a seminar leader focusing on two important subjects: Social Security and Fraud Watch. His reward has been visiting communities large and small throughout New Mexico educating people about how Social Security works and how Frauds and Scams work. He believes it is important to share his knowledge and prepare others for real life situations.</p>
<p>11:00–11:50 am Harmonious Aging</p>	<p>Quick Tips for Effective Communication with Seniors (Professional Audience) 30–45-minute workshop for professionals who work with Seniors. Workshop will offer tips for effective engagement of seniors.</p>	<p>Edward Gould, MSW, LMSW, Aging and Long-Term Services Department, Adult Protective Services Regional Manager Twenty years as a professional social worker</p>
<p>11:00–11:50 am Technology</p>	<p>How to Use Your NM Public Library Online (General Audience, Basic Level) A course for participants to learn how to access their local library online, as all NM libraries use the same software. It covers free tools and services like free audio books, movies, games and more.</p>	<p>Gillian Harris, BA, Executive Assistant, Teeniors</p>
<p>11:00–11:50 am Medicare and Aging Care</p>	<p>Medicare Made Clear (General Audience, Intermediate Level) This workshop is an educational collection of fun, inspiring videos to help simplify Medicare, and get you motivated to live a healthier, happier life. 1) Hay Más Adelante program introduction by Rita Tolbert, Multicultural Outreach Director with United Healthcare 2) Medicare Made Clear, Rita Tolbert explains the basics 3) Cook a Hispanic classic dish with Chef/Author Diana Barrios 4) Get up and get moving, learn some salsa moves with professional performer Jason Cox</p>	<p>Rita Tolbert, Multicultural Outreach, United Healthcare, Rita Tolbert has 20+ years of experience in the health and life insurance industry. She began as a patient advocate, helping patients to understand their insurance coverage and financial options as they prepared for long term hospitalization. While at UnitedHealthcare she's been responsible for acquisition for the AARP Hospital Indemnity Insurance Plan and Multicultural Marketing. She is part of the African American & Hispanic initiative to empower seniors and those approaching the Medicare arena to take control of their health care through education.</p>
<p>11:50–12:20 pm</p>	<p><i>Lisa M Anglada</i> <i>New Mexico Senior Olympics</i></p>	<p>Entertainment Exercise</p>
<p>12:20–1:00 pm</p>	<p>Hunker Down Production— Live-on-Zoom theater event</p>	<p>All Attendees—Special Production</p>



Wednesday, November 17, 2021 — 1:00 pm–1:50 pm

1:00–1:50 pm	New Mexico Indian Council on Aging Meeting (continued)	NMICOA President Cedric Chavez APCG Chairman Wilfred Herrera Jr.
1:00–1:50 pm Health and Wellness	Healthy on My own Terms: Health and Wellbeing to Fit My Needs (General and Professional Audience, Basic Level) This workshop will discuss how the influence of Older Adults and centers' staff can significantly contribute to designing favorable health and wellbeing programs. These contributions can help tailor programs to meet the needs and reduce the barriers of the participants. How can the participants themselves help shape the initiatives for Older Adults, as the experts that they are, so they feel valued, empowered, and have a renewed sense of purpose? This workshop will demonstrate strategies used to develop successful public health initiatives, using a human-centered approach, and explain how similar strategies can help create effective and desired health campaigns for older adults.	Glenda Canaca , MD is a Research Assistant Professor at the University of NM Prevention Research Center (PRC). She is a physician by training and has been the principal investigator for the PRC-Social Marketing for 13 years. Jennifer Johnston , MSL is an Associate Scientist I for the University of NM PRC. She was a nutritional counselor for the state of NM for three years and has been with the PRC for seven years working on obesity and chronic disease prevention.
1:00–1:50 pm Finances	It is Game Time! Food Trivia! (General Audience, Basic to Intermediate Level) REPEATED Come join the fun! Join the Molina and Farmbox nutrition team to play a fun food trivia game. We can have fun while learning about how the food we eat can energize us, can possibly harm us, and what can help us live as healthy as we can. All attendees will be entered into a drawing to win a FarmBox.	Speakers include Ashley Turner, Farmbox CEO and her Nutritional Team, with Buffie Saavedra, Molina Healthcare New Mexico Director
1:00–1:50 pm Harmonious Aging	How New Mexico Caregivers Coalition Serves Care Recipients (General and Professional Audience, Basic and Intermediate Level) You may know the New Mexico Caregivers Coalition as an organization founded to advocate for and train paid, professional care workers. Did you know the Coalition also supports family caregivers? The organization will share more about how its mission of service seeks to include ALL New Mexico caregivers. The Coalition's secondary mission is to serve caregivers so they may BEST serve persons who are elderly and those with disabilities. Come learn about how NM Caregivers Coalition advocates for caregivers so they can work in service to care recipients.	Adrienne Smith , MPA, New Mexico Caregivers Coalition, President and CEO 25 years' experience in workforce development and youth employment. Last 10 years as founder and Leader of NM Caregivers Coalition. Pam Stafford , Organizing Director, New Mexico Caregivers in Action 25 years' experience in policy, advocacy, and service to persons with developmental disabilities.
1:00–1:50 pm Technology	Zoom for Beginners (General Audience, Basic Level) This class goes over the basics of using Zoom for video calls. What the program is, what it does, how to join a call, what the various buttons and features do, etc.	Trish Lopez , BA, Founder/CEO of Teeniors

Wednesday, November 17, 2021 — 1:00 pm–1:50 pm

1:00–1:50 pm
Medicare and
Aging Care

Medicare Plan Marketing Rules and the Senior Medicare Patrol (General and Professional Audience, Basic Level) This workshop aims to inform and educate Medicare beneficiaries, caregivers, and professionals about the Medicare private plan marketing rules, provide tips to prevent and address plan marketing violations, and review the role that the SMP program can play when marketing violations happen. This workshop is especially timely as the conference will take place during the Medicare Open Enrollment Period. The objectives of this workshop include:

- Review the Senior Medicare Patrol (SMP)
- Review the Medicare structure—Parts A, B, C and D
- Review Medicare Advantage and Part D Marketing Rules

Review how the SMP program can help

Samantha Morales is the current Director of the Senior Medicare Patrol (SMP) program for the State of New Mexico. As the SMP Director, Samantha leads a team of committed advocates working to assist Medicare beneficiaries, and their families to better understand their healthcare benefits, rights, and protections. Prior to her work managing the New Mexico SMP project at the Aging and Long-Term Services Department, Samantha oversaw consumer initiatives during her tenure at the Medicare Rights Center, a New York City-based national non-profit advocacy organization. In her work, Samantha strives to ensure the public has access to accurate and unbiased information about the Medicare health insurance program. Samantha holds a Master of Arts degree in Politics from The New School University in New York.

Wednesday, November 17, 2021 —2:00–2:50 pm

2:00–2:50 pm
OIEA Track

Older Adult Falls Prevention (General and Professional Audience, Basic Level) Falls are a leading cause of accidental injury death among adults 65 years of age and older in the United States and in New Mexico. The focus of the New Mexico Department of Health Adult Falls Prevention Program is to reduce the rates of fall related injury, hospitalization, and death among older adults in New Mexico. The presentation will focus on fall prevention strategies for older adult health and wellness. Participants will learn to identify fall-related risk and protective factors to help reduce their risk of falling. Resources for fall prevention courses, practitioners, and educational information will be provided.

Tiara Shorty, MSW, Adult Falls Prevention Coordinator for the New Mexico Department of Health, uses her knowledge and skills to help prevent older adults from experiencing fall-related injuries, hospitalizations, and death. Tiara coordinates a statewide team of instructors and providers to offer ongoing evidence-based falls prevention courses and services designed for seniors and elders in all community dwelling settings. Tiara is an executive member of the New Mexico Adult Falls Prevention Coalition, has given presentations at state conferences, and earned a Master of Social Work from New Mexico Highlands University.

2:00–2:50 pm
Health and
Wellness A

Aging and Vision Loss (Professional and General Audience, Intermediate Level) Objective 1: Know the various eye diseases that are common to seniors. Outcome 1: Attendees will be able to use this information to benefit themselves, their friends, and their family members. Objective 2: Understand the psychological aspects of vision loss. Outcome 2: Attendees will gain a better understanding of the psychological effects of vision loss, including fears, public attitudes, and long-held misconceptions. Objective 3: Know the various techniques, tools, and resources available to seniors with vision loss.

Juan Haro, Master's in Educational Psychology with a concentration in Orientation and Mobility National Orientation and Mobility Certification, NOMC National Certification in Unified English Braille, NCUEB National Certification in Literary Braille, NCLB New Mexico Commission for the Blind, Independent Living Program Manager. Since 2019, Mr. Haro has been leading the Independent Living/Older Blind Program that provides training in Braille, independent mobility, reading alternatives, transportation alternatives, grocery shopping, meal preparation, and other activities of daily living to blind adults across the state.



Wednesday, November 17, 2021 —2:00–2:50 pm

2:00–2:50 pm
Health and
Wellness B

New Mexico Senior Olympics - Getting Back on Track (General Audience Basic Level) New Mexico Senior Olympics (NMSO) has had to re-invent themselves for health and wellness programming during this pandemic to encourage seniors to be active. Come hear about the Stay At Home Challenge sports and with in-person small groups of sport clinics happening statewide. NMSO also sponsors free senior group fitness classes and will tell you how you can still sign up for a class, virtual or in-person. National Senior Games is happening in May '22 in Florida and many New Mexico athletes are planning to attend. Join us for a session to be inspired and give you some ideas to how to Adapt, Overcome, Thrive.

Cecilia Acosta has worked with Aging Programs for 35+ years, with the non-profit organization at NMSO for 31 years, prior to that she worked at the Roswell JOY Senior Center as a financial bookkeeper for three years and prior to that worked with Area Agency on Aging in 1983 under the auspices of Southeastern NM Economic Development District. Cecilia has two adult children and three grandchildren who reside in Las Cruces, NM.

2:00–2:50 pm
Harmonious
Aging Track

Adapt, Overcome and Thrive in the Face of Alzheimer's (General Audience, Basic Level) In keeping with the theme of this year's conference, this workshop will help guide you to adapt, overcome and yes, even thrive in the face of Alzheimer's. Any current, past, or potential caregiver will benefit from this workshop. **Adapt** by having a flexible realistic long-term care plan. **Overcome** by looking to the future and being prepared for whatever lies next, including what a caregiver's life will be like after losing their loved-one. **Thrive** by having self-care as part of your long-term plan, by remaining positive, not focusing on what a person with Alzheimer's or any other dementia-related has lost but on what remains. The workshop will also address how the stigma and fear in our culture, along with the government's unwillingness to act must change.

David Davis, BFA, Founder and Executive Director of The Memory Care Alliance. Previously was the primary caregiver for his mother who lived with Alzheimer's for eleven years. Past NE Regional Manager for the Alzheimer's Association, New Mexico Chapter. He also currently serves as the President of the Santa Fe Healthcare Network, is on the committee to revise the State's Alzheimer's plan and is a control subject for the study on Vascular Dementia at the UNM Memory and Aging Center. He can be reached through the website: www.thememorycarealliance.org

2:00–2:50 pm
Medicare and
Aging Care Track

The A, B, Cs and D of Medicare (General Audience, Basic Level) Explaining the ABCs and D of Medicare in a fun, interactive format. Topics:
Explain Medicare Parts A, B, C and D
Discuss the importance of a Medicare Review - *Adapt*
Show Plan changes/updates - *Overcome* changes
No cost preventive benefits - *Thrive* in a Healthy Lifestyle

Carmen Good, Ben Everson, and Pelagia (Peggy) Villanueva are members of team H.O.P.E. Solutions (Healthcare Options Providing Educated Solutions). Our team can best be described as a group of passionate individuals who lead with education and guidance through a heart-centered approach. We are helping seniors live their best lives by making sure they are in the most suitable Medicare plan available to them. Our desire is to build quality, long-lasting relationships with our members. We work in and with our community to bring these resources to everyone eligible for Medicare. .



Wednesday, November 17, 2021 —2:00–3:50 pm

2:00–3:50 pm
Finances Track

Veterans Federal and State Benefit and Eligibility (General Audience, Basic Level)
Workshop will cover information on veteran benefits, to include federal claims such as disability and survivor benefits, state benefits, women veteran benefits, healthcare transportation, home care, and burial benefits. Anticipated time will be 2 hours.

George Vargas was born in El Paso, TX. on March 17, 1969 (St. Patrick's Day). George is the middle son of three siblings. George is happily married with a son and daughter. His 16 yr. old son is attending El Paso High School and his 21 yr. old daughter is enrolled at the Nursing School in UTEP. George served in the US Navy from 87-91 aboard the USS Cook and USS Harold E Holt. George is a Desert Storm War Veteran. George has worked for the NM Dept of Veteran Services for 11 years assisting Veterans and their eligible dependents file for their Compensation and Pension Benefits. George has also attended VA claims adjudication training and is representing veterans before the Board of Veterans Appeals (BVA). George is the Interim Field Services Director for the New Mexico Department of Veterans' Services.

Robin Wilson, Women Veteran Program Manager, NMDVS, Robin Wilson is originally from Western New York and enlisted in the Air Force in 1991 as a Security Specialist. Ms. Wilson joined the Air Force Reserves while attending college and graduated from the University of South Carolina with a bachelor's degree in nursing. Ms. Wilson was commissioned a 1st Lieutenant in the Air Force as a Critical Care Nurse and stationed at Wilford Hall Medical Center in San Antonio, Texas. Ms. Wilson deployed to the 332nd Expeditionary Medical Group in Balad, AB Iraq in support of OIF/OEF.

Deanna Anaya, Deanna currently oversees the Cemetery and Memorials Programs administrative and business operations for our four state veteran cemeteries and the Angel Fire Vietnam Veterans Memorial. The Department currently operates cemeteries in Gallup, Ft. Stanton, and Angel Fire, with a fourth planned cemetery in Carlsbad. Deanna has been with the state of New Mexico for eight (8) years, first with the Department of Human Services as an administrative assistance and the Department of Public Safety. Deanna is currently attending Santa FE Community College to complete her degree in business administration. She has been with the Department of Veterans Services (NMDVS) for three (3) years now and is a very valuable member of the NMDVS team

David Walker David currently manages the Cemetery and Memorials Programs for the Department of Veterans Services (NMDVS). He oversees the operations of the states four state veteran cemeteries and the Angel Fire Vietnam Veterans Memorial. These four locations represent areas of the state with large, underserved veteran populations. David is a Vietnam Veterans and served in the United State Navy as an aviation electrician.

He has been with the Department Veterans Services for three (3) years. He came to the Department of Veterans Services from the Central New Mexico Community College (CNM) where he earned an associate degree and managed the Veteran Resource Center (VRC) assisting veterans' students with their educational needs. He has also attained a bachelor's degree in Social Work from the Eastern New Mexico University. David has owned his own electrical and general contracting businesses before coming to work for the state of New Mexico.

Wednesday, November 17, 2021 — 3:00–3:50 pm

<p>3:00–3:50 pm OIEA track</p>	<p>Honoring the Challenges of Aging (Basic Level, Professionals) A description of what family means from a tribal perspective, difficulties that families from tribal communities face when a loved one is placed outside of the community, difficulties navigating the system.</p>	<p>Honor Fisher is a member of the Colorado River Indian Tribes. She is Mohave and Chemehuevi and lived the majority of her life on the reservation in Parker, Arizona. She is the Northwest Regional Coordinator and Tribal Liaison for the State of New Mexico. Honor has worked in Victim Services for more than 13 years. She received her bachelor's degree in Psychology, and her certification as a Tribal Legal Advocate as well as certification as a trainer in strangulation. She is member of the Southwest Indigenous Women's Coalition SWIWC LGBTQ Advisory Council. Until we speak up and stop allowing evil to remain in darkness, we cannot heal, we cannot change our future. We will pass the violence along to our children and to their children and they will be the ones who bear the burden of our trauma.</p>
<p>3:00–3:50 pm Health and Wellness track</p>	<p>Urinary Incontinence: Prevalence, Prevention and Treatment (General Audience, Basic and Intermediate Level) Urinary Incontinence prevalence increases as we age. In this workshop you will learn about the different types of incontinence, prevention, and treatment.</p>	<p>Nora J Quintal Calva, Doctor of Physical Therapy, Method Physical Therapy, Physical Therapist, six years' experience. Genevieve Richter, Doctor of Physical Therapy, Method Physical Therapy, Physical Therapist, eleven years' experience.</p>
<p>2:00–3:50 pm Finances Track</p>	<p>Veterans Federal and State Benefit and Eligibility (General Audience, Basic Level) Workshop will cover information on veteran benefits, to include federal claims such as disability and survivor benefits, state benefits, women veteran benefits, healthcare transportation, home care, and burial benefits. Anticipated time will be 2 hours.</p>	<p>See the complete biographies for the presenters below in the 2:00 pm–2:50 pm time above. George Vargas, Robin Wilson, Deanna Anaya, David Walker</p>
<p>3:00–3:50 pm Harmonious Aging Track</p>	<p>What is an Ombudsman and what do they do? (General and Professional Audience, Basic Level) This workshop will be a small, facilitated panel of the Cabinet Secretary and the Long-Term Care Ombudsmen. They will discuss the following:</p> <ul style="list-style-type: none"> • What an ombudsman does • Resident rights and the advocacy role in long-term care settings • ALTSD employed Ombudsman and Ombudsman Volunteers • The panel will then walk through a series a hypothetical situations ranging from relatively simple to more complex <p>A call to action for Ombudsman volunteers</p>	<p>Christine Jacques, Metro Regional Coordinator Ombudsman, Aging and Long-Term Services Department (ALTSD), Long-Term Care Ombudsman Program</p> <ul style="list-style-type: none"> • Regional Coordinator Ombudsman since 2017 • Social Security Administration Generalist for 9 years • Disability Advocacy Group 2 years • Background in Finance and Real Estate <p>Phyllis Gilmore, Ombudsman Metro Regional Coordinator, ALTSD, Long-Term Care Ombudsman Phyllis has worked in the Long-Term Care industry for 36 years. Starting in 1985 as a certified nursing assistant in a long-term care</p> <p>Rosa Torres, Southwest Regional Coordinator for NM Ombudsman, Resident Advocate for residents in Assisted Living and Long-Term Care Facilities.</p> <p>Katrina Hotrum-Lopez, BA, MA, ALTSD Cabinet Secretary, Katrina Hotrum-Lopez previously served as the director of behavioral health services at Bernalillo County from 2016 to 2019. Prior to that, she was director of the county's substance abuse programs. She earned her bachelor's degree in psychology from the University of Alaska at Fairbanks and a master's degree in family studies from the University of New Mexico.</p>

Wednesday, November 17, 2021 — 3:00–4:30 pm

3:00–3:50 pm
Medicare and
Aging Care Track

Real Food and Fake Food: The Standard American Diet and Its Connection to Dementia” (General and Professional Audience, Basic and Intermediate Levels)

DESCRIPTION: This session will help people understand why the Standard American Diet

- 1) is hard to overcome,
- 2) increases risk of cardiometabolic disease, and
- 3) results in increased risk of dementia. American Indians/Alaska Natives have high diabetes rates. Preventing diabetes can reduce dementia rates due to healthier brain blood vessels. (49 words)

LEARNING OBJECTIVES:

- 1) ability to recognize unhealthy food marketing,
- 2) learn how certain foods cause harm, and
- 3) understand the diabetes-dementia link.

APPEAL: This session offers ways to protect brain health that we all can do.

J. Neil Henderson, BS, MS, PhD, Professor Emeritus, Univ. Minn. Medical School—40+ years of dementia research and conducting continuing education across Indian Country on dementia. Dr. Henderson is Professor Emeritus of Medical Anthropology at the University of Minnesota Medical School, Duluth campus, and former Executive Director of the Memory Keepers Medical Discovery Team. He is Oklahoma Choctaw.

Dr. Henderson's research areas focus on aging issues of American Indian people. Specifically, his work is on biological and cultural influences regarding recognition and treatment of dementia and diabetes, dementia caregiving, cultural constructions of disease, and community health interventions and education in the context of cultural diversity. Dr. Henderson was honored by the award of the Leadership in Prevention for Native Americans, 2006, by the Loma Linda University School of Public Health and the Award of Achievement as well as being named a Presidential Professor by the University of Oklahoma, College of Public Health. Dr. Henderson is the former Editor-in-Chief of the Journal of Cross-Cultural Gerontology and past-President of the Association for Anthropology and Gerontology. He has authored many articles in the scientific press and is a contributor to the Alzheimer's Association and CDC's new Healthy Brain Initiative's Road Map for Indian Country (2019), principal author of *The Savvy Caregiver for Indian Country* (2013), co-author of the text, *Social and Behavioral Foundations of Public Health* (2001) and is senior editor of *The Culture of Long-Term Care* (1995).

4:00–4:15 pm

Entertainment—*William Archuleta* (live)

All Attendees—Entertainment

4:15–4:30 pm

Closing Prayer

All Attendees



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Thursday, November 18, 2021, Conference on Aging

Time	Description	Track
Thursday, November 18, 2021		
8:00 am	<i>Baile Ilusion</i>	All Attendees—Entertainment
8:30 am	Presentation of Colors— <i>National Guard and National Anthem</i>	All Attendees—Plenary
8:33 am	Honor Song on Drum—Opening Prayer	All Attendees—Plenary
9:00 am	Welcome and Awards Presentation—Emcee— <i>Gene Varela</i>	All Attendees—Plenary
9:15 am	Opening Remarks— <i>Secretary Katrina Hotrum-Lopez</i> Aging Network Director— <i>Denise King</i> Office of Indian Elder Affairs Director— <i>Rebecca Baca</i>	All Attendees—Plenary
9:30 am	Keynote Address—The Aging Network: Legislative and Political Challenges and Opportunities in the Next Decade— <i>Bill Benson</i>	All Attendees—Plenary
10:00 am	<i>Bill Benson, Sandy Markwood, Larry Curley</i>	All Attendees—Plenary
10:25 am	Housekeeping— <i>Gene Varela</i>	All Attendees—Plenary
Workshop Schedule—Thursday, November 18, 2021, 11:00 am–4:30 pm		
11:00 am–11:50 am	Understanding Disabilities in American Indian/Alaskan Native Communities	OIEA
11:00 am–11:50 am	Chronic Disease Self-Management Programs (repeated)	Health and Wellness
11:00 am–11:50 am	Common Legal Issues for Senior Citizens	Finances
11:00 am–11:50 am	Addressing the Silence: Therapeutic Writing to Conquer Loneliness and Isolation	Harmonious Aging
11:00 am–11:50 am	Intro to iPad for Beginners	Technology
11:00 am–11:50 am	WellSky presents—How the Gravity Project, Social Determinants of Health, and Care Coordination Create Opportunities for Better Outcomes for Vulnerable Populations	Medicare and Aging Care
11:50 pm–1:00 pm	Lunch and Exhibit Hall Entertainment— <i>Roberto Mondragon and Micky Cruz</i> Exercise— <i>Kandace Montoya</i>	All Attendees Entertainment Exercise
1:00 pm–1:50 pm	Dementia and Alzheimer's Outreach and Awareness	OIEA
1:00 pm–1:50 pm	Memory and Problem Solving--Stroke, Parkinson's, and Dementia	Health and Wellness
1:00 pm–1:50 pm	It is Game Time! Food Trivia!	Finances
1:00 pm–1:50 pm	Elder Abuse and Reporting	Harmonious Aging
1:00 pm–1:50 pm	How to Use "Uber" and "Lyft" (Ride-Sharing Transportation)	Technology
1:00 pm–1:50 pm	WellSky presents: Diversity, equity, and inclusion initiatives that enhance community well-being	Medicare and Aging Care
1:50 pm–2:00 pm	Exhibit Hall and Break	All Attendees
2:00 pm–2:50 pm	Dementia Friends for American Indian and Alaska Native Communities	OIEA
2:00 pm–2:50 pm	Chronic Disease Self-Management Programs (repeated)	Health and Wellness
2:00 pm–2:50 pm	New Mexico Aging and Long-Term Services Department Aims to Provide Seniors with Accurate Answers to Reverse Mortgage Questions	Finances
2:00 pm–3:50 pm	Practical Fall Prevention	Harmonious Aging
2:00 pm–2:50 pm	Preparing for Caregiving	Medicare and Aging Care
2:50 pm–3:00 pm	Exhibit Hall and Break and Exercise— <i>Diana Rael</i>	All Attendees—Exercise
3:00 pm–3:50 pm	Survival of the Human Spirit Special Session	All Attendees
2:00 pm–3:50 pm	Practical Fall Prevention	Health and Wellness
2:00 pm–3:50 pm	Exhibit Hall	All Attendees
4:00 pm–4:15 pm	<i>Barbara Telynor and Ella Kirk</i>	Entertainment
4:15 pm–4:30 pm	Closing Prayer	All Attendees

Workshops

Thursday, November 18, 2021 — 8:30–10:30 am

8:30–10:30 am	<p>Keynote Address—The Aging Network: Legislative and Political Challenges and Opportunities in the Next Decade—<i>Bill Benson</i>—co-founded with Dave Baldrige the International Association for Indigenous Aging (IA2), committed to policies to improve the lives of American Indian and Alaska Native elders, with a major priority on addressing Alzheimer’s disease and related disorders among the AIAN population. Benson is also President of Health Benefits ABCs, providing aging and public health-related policy, strategic planning, program development, facilitation, research, and evaluation services to federal/national, state, and local clients. Benson has held senior leadership positions in the U.S. Congress, the U.S. Administration on Aging, and the California Department of Aging. He is a former appointed member of to the U.S. Department of Health & Human Services National Advisory Committee on Rural Health & Human Services.</p>
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Thursday, November 18, 2021— 11:00–11:50 am

11:00–11:50 am OIEA track	<p>Understanding Disabilities in American Indian/Alaskan Native Communities (General and Professional Audience, Intermediate Level) We will present a toolkit of available resources for AI/AN persons with disabilities. Topics include our approach and technical expert panel and will encourage discussion of issues impacting this population. Trainings are being developed now, help us reach those who need to know about these resources so they can thrive.</p>	<p>Rebecca Owl Morgan is a Project Coordinator at the National Indian Council on Aging (NICOA). She is an enrolled member of the Eastern Band of Cherokee Indians located in the Great Smoky Mountains of North Carolina. She has degrees in history and library science. Her work at NICOA has highlighted the strengths and proud history of Native people and the helpful tools elders can use to become powerful self-advocates for themselves and their tribe.</p> <p>Desiree Lapahie, Navajo, serves as the data analyst of the National Indian Council on Aging. Ms. Lapahie’ professional experiences include caregiving and advocacy in elder issues. For 5 years, she worked as a caregiver and experienced the lack of native perspective for AI/AN people with Alzheimer’s. She played a role in the Alzheimer’s Association’s efforts to pass New Mexico legislation that would benefit people with Alzheimer’s. She earned her B.A. in Economics, with a minor in Business Management at the University of New Mexico.</p>
11:00–11:50 am Health and Wellness track	<p>Chronic Disease Self-Management Education Programs (CDSMEP) (General Audience, Basic Level) REPEATED An overview of the FREE Chronic Disease Self-Management Education Programs (CDSMEP) that include six (6) evidence-based self-management programs developed by Stanford University’s School of Medicine. Each program is designed to support individuals in developing skills and coping strategies to manage their symptoms related to chronic health conditions.</p>	<p>Catherine A. Offutt, MBA, New Mexico Department of Health, Project Coordinator Over 11 years as internationally certified Chronic Disease Self-Management Education Program Coordinator</p> <p>Edna C. Hutchison, MD, CCHW, Presbyterian Community Health Program Manager, I was born in Mexico, studied Medicine in Chihuahua, Mexico, and worked as a Family Physician and Occupational Medicine Specialist for 30 years. I emigrated to the USA in 2010, and since 2012 I have been a Certified Health Worker. I am a T-Trainer at Chronic Diseases Self-Management Education Programs, working along with Catherine Offutt since 2015.</p>
11:00–11:50 am Finances track	<p>Common Legal Issues for Senior Citizens (General Audience, Intermediate Level) This workshop is intended to provide legal information about legal topics affecting seniors: We will discuss the purpose and function of certain estate planning tools such as Power of Attorneys and Advance Health Care Directives and the consequences of not having these documents in place in a time of need. We will also discuss the Probate process, non-Probate transfers (including Transfer on Death Deeds) and Institutional Medicaid.</p>	<p>Natalie Meyers, Attorney, Legal Resources for the Elderly Program (LREP) LREP Staff Attorney with 5 years of experience in legal matters such as Estate Planning, Debt Problems/Bankruptcy, Employment, Foreclosures, Medicaid, Social Security, Guardianship, Family issues, etc.</p>

Thursday, November 18, 2021— 11:00–11:50 am

11:00–11:50 am
Harmonious
Aging track

Addressing the Silence: Therapeutic Writing to Conquer Loneliness and Isolation (General Audience, Basic to Intermediate Level)
The New Mexico State Poetry Society (NMSPS) would like to invite participants to learn the value of writing in order to cope with social isolation and loneliness. The theory of writing therapy will be introduced, and a hands-on practice will be explored. Participants will be given writing prompts to help them explore and reflect on their personal experiences. Resources to writing communities and organizations will be provided for participants who wish to continue the study.

Katrina Kaye, Master's in Education, NMSPS Secretary, Katrina has been an educator since 2004 and has created various writing workshops, events, and performances over the last 15 years. She is currently studying writing therapy through the writing therapy institute in CO.

Zachary Kluckman, Vista Living Care from 1999 to present. Positions include but are not limited to; Recreational Director, Social Services Director, Community Education and Support, Artist in Residence, and Director of Education which is my current position

11:00–11:50 am
Technology track

Intro to iPad for Beginners (General Audience, Basic Level)
In this class, get a basic introduction to using an iPad. How to turn it on, basic features, how to access apps, and how to get online.

Gillian Harris, BA, Executive Assistant, Teeniors

11:00–11:50 am
Medicare and
Aging Care track

WellSky presents—Breaking Down Silos—How the Gravity Project, Social Determinants of Health, and Care Coordination Create Opportunities for Better Outcomes for Vulnerable Populations—The Gravity Project seeks to create national standards for representing social determinants of health (SDoH) data in electronic health records (EHRs). Find out how this game-changing initiative will simplify collaboration between human services entities and healthcare providers, and greatly simplify mutually beneficial partnerships that will enhance the overall wellbeing of our citizens and our communities.

Jay Bulot, Vice President, Business Development WellSky, Jay Bulot, Ph.D., is a national expert on aging and disability services, long-term services and supports (LTSS), and health policy. He previously served in both Georgia and Louisiana as the State Director for Aging and Adult Services, where he directed programs involving public guardianship, protective services, the Older Americans Act, Medicaid waivers and state funded LTSS services.

Scott Cory, Chief Information Officer Administration for Community Living For more than 20 years, Scott has balanced risk, competing demands, and resource constraints to create effective information and technology solutions to support programs. He manages through effective communication, appropriate best practices, and focused strategic planning.

Evelyn Gallego, CEO and Founder EMI Advisors LLC, Evelyn Gallego, MBA, MPH, CPHIMS, is the CEO and Founder of EMI Advisors LLC, an 8(a) certified Small Minority-Owned Business. Ms. Gallego is a thought leader in the areas of care coordination, social determinants of health (SDOH), health IT policy analysis and development, health information exchange and interoperability, and health IT standards development.

J.T. Lane, Chief Population Health & Innovation Officer Association of State and Territorial Health Officials (ASTHO), J.T. Lane, MPH, serves as ASTHO's Chief Population Health & Innovation Officer.

Manik Bhat, Founder and Chief Executive Officer Healthify, Manik Bhat is the Founder and Chief Executive Officer of Healthify, a New York-based startup that provides leading solutions to address the social determinants of health at scale. Manik co-founded Healthify in 2013 while working as a community health worker in East Baltimore clinics.

Thursday, November 18, 2021 — 11:50–1:00 pm

11:50 pm–1:00 pm

Lunch and Exhibit Hall
Entertainment— *Roberto Mondragon and Micky Cruz*
Exercise—Kandace Montoya

All Attendees
Entertainment
Exercise

Thursday, November 18, 2021 — 1:00–1:50 pm

1:00–1:50 pm
OIEA track

Dementia and Alzheimer's Outreach and Awareness Panel Discussion (General and Professional Audience, Intermediate Level) Join us for an exciting panel to learn about local, state, and national activities focused on improving awareness and outreach on dementia and Alzheimer's. Hear about a new partnership between the Navajo Nation and New Mexico Alzheimer's Association, and a new brain health resource center for American Indian communities.

Valerie Tsosie, BS, Caregiver Resource Specialist, Navajo Nation Valerie Tsosie is the Caregiver Resource Specialist with the Division of Aging and Long-Term Care Support for Window Rock and Community Educator for the Alzheimer's Association.

Ron Eppes, BS, MMIS, Program Director, Alzheimer's Association--New Mexico
Ron was the primary caregiver for his mother-in-law in Oklahoma. He recently started with the Alzheimer's Association of New Mexico, after his mother died following a long battle with Dementia. He has seen how Dementia affects not only the person with the disease but the family and community as well.

Jolie Crowder, PhD, MSN, RN, CCM, Senior Director, International Association of Indigenous Aging Jolie Crowder is the Senior Project Director for the International Association for Indigenous Aging. Dr. Crowder serves as the Principal Investigator for the CDC's National Healthy Brain Initiative award designed to create a national hub for Alzheimer's disease and related dementias serving Indian Country, Alaska Natives, and urban Indian populations. She also serves as lead project evaluator for the U.S. Administration for Community Living Alzheimer's Disease Program Initiative awardees who will be providing direct services including evidence-based interventions to American Indian and Alaskan Native caregivers and people with dementia in Wisconsin, Oklahoma, and starting next this in Arizona and a second site in Oklahoma.

1:00–1:50 pm
Health and Wellness track

Memory and Problem Solving related to Stroke, Parkinson's Disease and Dementia (General Audience, Basic Level)
This presentation's overall goal is to provide participants with information on changes in memory and problem solving and to present compensatory and practice activities. Learning Objectives--Participants will learn about: 1. life changes associated with memory and problem solving 2. Signs and symptoms or effects of stroke, dementia, and acquired brain injury 3. activities to keep the brain active and common memory strategies

Rachel Ross, MS, Lovelace UNM Rehabilitation Hospital, Speech and Language Pathologist (SLP) working with adults recovering from brain injury, stroke, Parkinson's, and multiple neurological conditions.

Jennie S. Duran, MS, Lovelace UNM Rehabilitation Hospital, Speech and Language Pathologist (SLP) working with adults recovering from brain injury, stroke, Parkinson's, and multiple neurological conditions; bilingual Spanish Speaker

1:00–1:50 pm
Finances

It is Game Time! Food Trivia! (General Audience, Basic to Intermediate Level) **REPEATED**
Come join the fun! Join the Molina and Farmbox nutrition team to play a fun food trivia game. We can have fun while learning about how the food we eat can energize us, can possibly harm us, and what can help us live as healthy as we can. All attendees will be entered into a drawing to win a FarmBox.

Speakers include Ashley Turner, Farmbox CEO and her Nutritional Team, with Buffie Saavedra, Molina Healthcare New Mexico Director

Thursday, November 18, 2021 — 1:00–1:50 pm

<p>1:00–1:50 pm Harmonious Aging track</p>	<p>Elder Abuse and Reporting (Professional and General Audience, Basic Level) Workshop will consist of a PowerPoint presentation regarding Adult Protective Services. Detailed information will be provided in regard to abuse/neglect/exploitation of elderly and disabled adults. Further information will be provided on how to report, and services provided. Time will be allotted for Q and A.</p>	<p>Jerry Fekete, MS, BSCJ, Aging and Long-Term Services Department (ALTSD), Adult Protective Services (APS) Investigative Caseworker Supervisor 3.5 years APS, 6 years Child Protective Services Wendy Ybarra, ALTSD, APS Southwest Regional Manager</p>
<p>1:00–1:50 pm Technology track</p>	<p>How to Use "Uber" and "Lyft" (Ride-Sharing Transportation) (General Audience, Basic Level) This class will teach you the basics of using the Uber and Lyft ride sharing services. How to create an account, how to log into the app and how to request a ride. What steps are needed and what safety precautions to take.</p>	<p>Trish Lopez, BA, Founder/CEO of Teeniors</p>
<p>1:00–1:50 pm Medicare and Aging Care track</p>	<p>WellSky presents—Diversity, equity, and inclusion initiatives that enhance community well-being. The need for diversity, equity, and inclusion in our nation is well-documented, yet remains hard to achieve. Now WellSky is proud to host this panel of respected experts who can guide you in actionable steps you can take to make a difference. Join this discussion of initiatives that can be taken at the federal, state, and corporate levels to increase opportunity and strengthen our communities. Discover how we can all benefit from the valuable contributions of Americans who have long been neglected due to the inequities of race, gender, and disability.</p>	<p>Merrill Friedman, Senior Director-Disability Policy Engagement Athem, Inc. Merrill Friedman leads the Disability Policy Engagement team and advocacy strategy for Anthem, a leading health benefits company serving nearly 71 million people nationwide through its affiliates. Kathy Greenlee, Former Assistant Secretary for Aging, U.S. Department of Health and Human Services Kathy Greenlee was instrumental in founding the Administration for Community Living, and also served as Secretary of the Kansas Department of Aging and Disability Services. Kathy is also Chair-Elect of the National Council on Aging Board of Directors and has over 25 years of expertise in aging, long-term care, disability, elder rights, health care, community services, rural aging, and LGBT health. Janet LaBreck, Co-founder, Synergy Consulting Janet L. LaBreck is the former Commissioner of the Rehabilitation Services Administration (RSA) under President Barack Obama. Under her leadership, Janet helped promulgate the most substantive national policy regulation changes to the Vocational Rehabilitation program in over 15 years. During the last six years of her 27-year career with the Massachusetts Commission for the Blind (MCB). Martha Roherty, Executive Director, ADVancing States, where she and her staff are responsible for educating Congress, the Administration, other state executive branch organizations, advocacy groups, and the general public on administrative, health, and social policy issues of special concern to the state officials administering the programs for long-term care services. She also furnishes technical assistance to state aging, Medicaid, and disability programs.</p>

Thursday, November 18, 2021 — 2:00–2:50 pm

<p>2:00–2:50 pm OIEA track</p>	<p>Dementia Friends for American Indian and Alaska Native Communities (General and Professional Audience, Basic Level) Join this 50-minute Dementia Friends Information Session to increase your understanding of dementia and help make your community dementia friendly. Learn six key messages about dementia, what it's like to live with the disease, things you can do to reduce your risk of dementia, and then learn how to turn your understanding into action that supports people living with dementia. This special adaptation is specifically for American Indian and Alaska Native people and communities.</p>	<p>Jolie Crowder, PhD, MSN, RN, CCM, Senior Director, International Association of Indigenous Aging: 8 years working on health initiatives with Indian Country and Alaska Natives. Dr. Crowder also serves as a subject matter expert consultant to the CDC's Cancer Prevention Across the Lifespan tribal subcommittee working to explore the relationships between social determinants of health, resilience, and cancer within Native American populations. Casey Acklin, BA, Program Coordinator, Dementia Engagement, Education and Research Program University of Nevada, Reno; Coordinator for Dementia Friendly Nevada Program</p>
<p>2:00–2:50 pm Health and Wellness track</p>	<p>Chronic Disease Self-Management Education Programs (CDSMEP) (General Audience, Basic Level) REPEATED An overview of the FREE Chronic Disease Self-Management Education Programs (CDSMEP) that include six (6) evidence-based self-management programs developed by Stanford University's School of Medicine. Each program is designed to support individuals in developing skills and coping strategies to manage their symptoms related to chronic health conditions.</p>	<p>Catherine A. Offutt, MBA, New Mexico Department of Health, Project Coordinator Over 11 years as internationally certified Chronic Disease Self-Management Education Program Coordinator Edna C. Hutchison, MD, CCHW, Presbyterian Community Health Program Manager, I was born in Mexico, studied Medicine in Chihuahua, Mexico, and worked as a Family Physician and Occupational Medicine Specialist for 30 years. I emigrated to the USA in 2010, and since 2012 I have been a Certified Health Worker. I am a T-Trainer at Chronic Diseases Self-Management Education Programs, working along with Catherine Offutt since 2015.</p>
<p>2:00–2:50 pm Finances track</p>	<p>New Mexico Aging and Long-Term Services Department Aims to Provide Seniors with Accurate Answers to Reverse Mortgage Questions (General and Professional Audience, Intermediate Level) Learn how NM ALTSD is working with Reverse Engineer Lab to provide New Mexicans complimentary access to HECONOMICS™, a new web application that unlocks the hidden features of an FHA-insured reverse mortgage. Learn about the responsibilities, benefits, and risks of a reverse mortgage in a neutral and safe environment.</p>	<p>Melissa Patterson-Kling: Reverse Engineer Lab, Melissa Patterson-Kling, Co-Founder of Reverse Engineer Lab. She is a reverse mortgage subject matter expert and the co-inventor of HECONOMICS, an educational reverse mortgage web application. She holds a B.S. in Business Communication from Southern New Hampshire University. Pilar Patterson-Kling: Reverse Engineer Lab, Pilar Patterson-Kling, Co-Founder of Reverse Engineer Lab. She is a reverse mortgage subject matter expert and the co-inventor of HECONOMICS, an educational reverse mortgage web application. She holds a B.S. in Computer Science from the University of Southern California. Kris Winterowd: New Mexico Aging and Long-Term Services Department, Kris Winterowd is the NE Regional Coordinator for the State of New Mexico's State Health Insurance Assistance Program (SHIP). SHIP is part of the New Mexico Aging and Long-Term Services Department, and offers free, unbiased, expert information and assistance to New Mexico residents.</p>
<p>2:00–3:50 pm Harmonious Aging track</p>	<p>Practical Fall Prevention (General Audience, Basic Level) Evidence based falls prevention strategies with national and NM resources will be presented to empower people to improve their physical and environmental supports to stay independent at home.</p>	<p>Mary Thelander Hill, MOT, OTR/L ATP, UNM and Lovelace Medical Center, Occupational Therapist Mary has been a clinical OT for more than a decade in adult rehabilitation settings and is a lecturer with the UNM Occupational Therapy Graduate Program.</p>

Thursday, November 18, 2021 — 2:00–2:50 pm

2:00–2:50 pm
Medicare and
Aging Care track

Preparing for Caregiving

This presentation will walk you through what you need to know about paperwork, doctor's visits, services available and self-care when starting to care for a loved one. Resources/references will be provided at the end.

Cheri Dotson, Registered Nurse, representing AARP
In 2014, I retired from a 43-year career as a registered nurse. My career spanned from the Air Force Nurse Corps, the VA Hospital in Albuquerque, a surgeon's office in Las Cruces to a 31-year finish in school nursing and school nurse supervisor. I married Bill and have a son Eric in Rio Rancho who has blessed us with two grandchildren. I currently volunteer with AARP and New Mexico Association of Educational Retirees as well as the City Different Retired Educators Association. I enjoy quilting, reading and creative writing in my spare time.

Thursday, November 18, 2021 — 3:00–4:30 pm

3:00–3:50 pm

Survival of the Human Spirit

Micky Cruz
Rebecca Baca
NMICOA President Cedric Chavez

All Attendees—Special Session

2:00–3:50 pm
Harmonious
Aging track

Practical Fall Prevention (General Audience, Basic Level)

Evidence based falls prevention strategies with national and NM resources will be presented to empower people to improve their physical and environmental supports to stay independent at home.

Mary Thelander Hill, MOT, OTR/L ATP, UNM and Lovelace Medical Center, Occupational Therapist
Mary has been a clinical OT for more than a decade in adult rehabilitation settings and is a lecturer with the UNM Occupational Therapy Graduate Program.

4:00 pm–4:15 pm

Barbara Telynor
Ella Kirk

Entertainment

4:15 pm–4:30 pm

Closing Prayer

All Attendees



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Conference On Aging Committee

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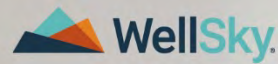
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Entertainment Schedule

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 music, dance, and exercise.

WEDNESDAY, NOVEMBER 17	THURSDAY, NOVEMBER 18
<p>Time: 8:00 am–8:30 am Performers Entertainment Severo Martinez Marlon Magdalena</p> <p>Activity: Conference Introduction</p>	<p>Time: 8:00 am–8:30 am Performer Baile Ilusion</p> <p>Activity: Conference Introduction</p>
<p>Time: 11:50 am–12:20 am Performer Entertainment Lisa M Anglada—Entertainment</p> <p>Activity: Conference Interaction</p>	<p>Time: 11:50 am–12:20 am Performers Entertainment Roberto Mondragon Micky Cruz</p> <p>Exercise Kandace Montoya</p> <p>Activity: Conference Interaction</p>
<p>Time: 12:20 pm–1:00 pm Hunker Down Production— Live-on-Zoom theater event Seniors cope to overcome loneliness early during the pandemic in Robert Benjamin's romantic comedy, HUNKER DOWN. Robert Benjamin, playwright Duches Dale, Actor Donald Converse, Actor</p> <p>Activity: Special Production</p>	<p>Time: 2:50 pm–3:00 pm Exercise</p> <p>Diana Rael</p> <p>Activity: Conference Interaction</p>
<p>Time: 1:50 pm–2:00 pm Exercise</p> <p>Diana Rael</p> <p>Activity: Conference Interaction</p>	
<p>Time: 4:00–4:15 pm Performer</p> <p>William Archuleta</p> <p>Activity: Conference Interaction</p>	



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Conference Evaluation

43rd Annual New Mexico Conference on Aging—2021

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

This evaluation form can be found on the virtual conference site.

<https://www.surveymonkey.com/r/5VD795T>

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

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

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

Do you have more ideas for the Conference on Aging?

Send them to ALTSD.COA@state.nm.us

Memories of the 43rd Conference on Aging

Name: **Office of Alzheimer's and Dementia Care 2021 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/CXGXB6D>

*New Mexico Aging and Long-Term Services Department
is the state agency that sponsors this annual conference.
If you have any questions for our staff,
or would like to learn about resources available for NM seniors,
please contact us at*

1-800-432-2080 | TTY: (505) 476-4937

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THANK YOU!



New Mexico Aging and Long-Term Services Department



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