Keynote Speaker: Tuesday, August 15 8:30 AM
“Engaging in the Future: How Older Adults Enhance Communities”

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

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

Workshops: Tuesday, August 15, 7:00 AM
GoWa Lawn
SilverSneakers Classic Class
Have fun and move to the music through a variety of exercises designed to increase muscle strength, range of movement and activities for daily living. A chair is used for seated exercises and standing support. This class can be adapted by the student depending on his or her fitness level and abilities. It is suitable for beginning to intermediate skill levels.

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

Workshops: Tuesday, August 15, 11:00 AM
Ballroom B
A Conversation with Lisa Marsh Ryerson, AARP Foundation President
Join Lisa Marsh Ryerson to hear more about the AARP Foundation priorities and efforts. Attendees will have an opportunity to ask questions and share comments.

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

Ballroom C
Come and Share Gyrotonic Movement for Balance & Gait
Gyrokinetics movement opens the breath pathways crating stability, flexibility, and balance. Spinal movements teach proper gait, lengthen reach and support functional movement patterns. This is a fun class designed to teach the body to move through the world with joy, grace and freedom.

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

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

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

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

Sunrise Room

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

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

*Ellen Driber-Hassall, EdD, MA, BA, is a principal with Aging Matters, LLC. She has over 15 years of experience in gerontology and over 30 years of experience in management and leadership. John (Jack) Bishop, PhD, MA, BA, is a principal with Aging Matters, LLC. He has over 10 years of experience in gerontology, and over 35 years of experience in management and leadership. Dr. Driber-Hassall and Dr. Bishop are both national and international presenters.*

Manzano Room

**The Language They Were Forbidden to Speak**

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

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

Bosque Room

**Dementia in New Mexico**

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

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

Rio Grande Room

**Speak up! We are Listening**

This session will provide an opportunity for workshop participants to share information with members of the NM Aging & Long-Term Services Department Policy Advisory Committee on ways the Department can support older New Mexicans.

*PAC Members: William M. Waugh, Jr., Darel Devenport, Carol Dolan, Lena Smith Ernst, Ph.D., Clara Farah, Ph.D., Joie Glenn, RN, MBA, CAE, Richard Griffith, Ron Montoya, Dolores E. Roybal, PhD, MSW, and Deanette Shields.*
Boardroom
**Power of Attorney (POA) and Advance Health Care Directive (AHCD) Clinic**
Tuesday, 11:00 a.m. – 2:30 p.m.

The Legal Resources for the Elderly Program (LREP) is providing POA and AHCD legal clinics at which you can meet one-on-one with an LREP attorney to discuss the need for, and purpose of, POAs and AHCDs, and execute the documents. You will leave the clinic with fully executed and notarized documents.

*Stormy Ralstin, JD, is the Managing Attorney for LREP. Gayolyn Johnson, JD, is a staff attorney at LREP. Anita Letter, JD, is also a staff attorney at LREP.*

GóWa Lawn
**Finding your Inner Artist**
Come and experience a low-cost art process from start to finish. Learn how to apply acrylic paints with a palette knife, brayer and/or a “rag”. Completed paintings can be entered in the NM Conference on Aging poster contest!

*Judy Ortiz has been an artist for 38 years, and has been featured in many art shows. She owns a gallery in Santa Fe, where she and her son sell their artwork. She is a former employee of the NM Aging & Long-Term Services Department, a former member of the NM Conference on Aging Planning Committee, and has created artwork for the Conference on Aging poster.*

**Workshops: Tuesday, August 15, 12:15 PM**

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

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

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

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

**Seminar Room**
**Bess Seschillie Comedy Show**
Come enjoy an hour of fun and laughter with comical renditions as they relate to real life experiences.

*Bess Seschillie is a native of Crownpoint, and has been providing fun and laughter to the people of New Mexico for many years.*
Sunrise Room
**Bringing the Food to the People**
Millions of seniors are at risk for hunger and food insecurity is growing among older adults. The City of Albuquerque Department of Senior Affairs is partnering with Silver Horizons to help combat senior hunger by “bringing the food to the people” in senior and multigenerational centers.

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

Manzano Room
**Scams: How to Spot Them, How to Avoid Them, and How to (Sometimes) Fix Them**
This workshop will help attendees understand why scams work, common types of scams, signs to watch for, how to avoid being scammed, and whether the problem can be fixed.

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

Bosque Room
**The Power of Storytelling to Engage, Educate and Energize**
Digital storytelling is an effective tool for empowering your community, attracting potential donors, and educating policymakers and stakeholders. Learn how the National Indian Council on Aging uses storytelling to give voice to its elder members’ concerns and the aging network.

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

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

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

Workshops: Tuesday, August 15, 1:30 PM
Ballroom B
**Seniors and Smartphones**
Today's smart phones are powerful tools that go far beyond simply placing phone calls. This workshop will discuss the features and capabilities of smartphones, how to navigate to them, and how to make them work.

*Trish Lopez, BA, is the CEO and Founder of Teeniors, Inc., Tech Savvy teens who empower older adults through one-on-one coaching. She will be joined by several Teeniors.*
Ballroom C
Self-Defense
In a world of uncertainty safety is key. This workshop will uncover some of the most effective forms of self-defense.

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

Seminar Room
The Navajo Long Walk and a Message of Resiliency
Experience a historic event that the Navajo People encountered in the 1860’s that reveals harmony, suffering and endurance. A 3-part play and one family’s journey will be presented, using the past as guidance to teach resiliency to multi-generations.

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

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

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

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

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

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

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

**Stemming the Tide of Grandparents Raising Grandchildren**

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

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

Workshops: Tuesday, August 15, 2:45 PM

**Ballroom B**

**Social Media 101**

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

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

**Ballroom C**

**Los Bailadores Del Oro**

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

**Seminar Room**

**Evidence-Based Falls Prevention Programs and Senior Olympics**

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

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

**Sunrise Room**

**Use it or Lose it!!!**

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

*M.Queen Bailey-Brooks, LCSW, MSW, is the Chief Inspiration Officer at A Wholeistic Approach, LLC. She has over 25 years’ experience as a psychotherapist and “social change agent”. She is passionate about serving, teaching and inspiring.*
Manzano Room
**Care Transition Program and the Aging and Disability Resource Center**
The Care Transition Program works with individuals wishing to transition out of nursing facilities or assisted-living facilities and into community-based living. The program works with elders and adults with disabilities, with those enrolled in Medicaid and Medicare, and those who pay privately. The workshop will inform attendees about this free service.

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

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

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

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

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

Boardroom
**Look Us in the Eye: The Old Women’s Project**
This 25 minute film produced by Jennifer Abod, shows how women in the film, Cynthia Rich, Janet Keaffaber and Mannie Garza, launched the Old Women’s Project in San Diego in 2000.

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

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

Workshops: Tuesday, August 15, 4:00 PM

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

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

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

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

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

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

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

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

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

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

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

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

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

Boardroom

**Nutrition Bingo (Only 25 Seats)**

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

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

**Keynote: Wednesday, August 16, 8:30 AM**

**Listening with My Eyes**

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

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

**Workshops: Wednesday, August 16, 11:00 AM**

**Ballroom B**

**Breath & Bones**

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

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

**Ballroom C**

**History and Technique of Flamenco Dancing**

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

**Seminar Room**

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

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

Sunrise Room

**Kitchen Safety and Sanitation**

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

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

Manzano Room

**The Body Quiz: How Body Smart Are You?**

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

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

Bosque Room

**Senior Friendliness for Drivers and Transportation Users**

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

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

Rio Grande Room

**Veteran’s Wall of Heroes**

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

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

Boardroom

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

Tuesday, 11:00 a.m. – 2:30 p.m.
The Legal Resources for the Elderly Program (LREP) is providing POA and AHCD legal clinics at which you can meet one-on-one with an LREP attorney to discuss the need for, and purpose of, POAs and AHCDs, and execute the documents. You will leave the clinic with fully executed and notarized documents.

Stormy Ralstin, JD, is the Managing Attorney for LREP. Gayolyn Johnson, JD, is a staff attorney at LREP. Anita Letter, JD, is also a staff attorney at LREP.

GóWa Lawn

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

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

Workshops: Wednesday, August 16, 12:15 PM

Ballroom B

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

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

Ballroom C

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

Ed McBride, President. Ted Adams, Arland Blackburn, Bill Larue, Larry McDougal, Michael McInerney and Bob Willis are members of the National Sojourners and Jonathan M. Wainwright Camp of Heroes of ’76.

Seminar Room

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

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

Sunrise Room

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

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

**SCSEP in Indian Country**

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

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

Bosque Room

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

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

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

Rio Grande Room

**Kinship Guardianship Options in New Mexico**

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

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

**Workshops: Wednesday, August 16, 1:30 PM**

**Ballroom B**

**Positive Behavior Support—Communicating with Difficult People**

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

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

**Ballroom C**

**“The Golden Years”**

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

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

**Seminar Room**

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

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

Sunrise Room
The “D” Word
Clinical depression in older adults is common. Only 10% receive treatment for depression. Let’s disrupt the “stigma” associated with depression and explore life’s issues and learn techniques to live healthy with depression. Explore the symptoms and causes of depression as well as practical treatments.
M. Queen Bailey-Brooks, MSW, LCSW, is the Chief Inspiration Officer at Wholistic Approach, LLC. She has over 25 years of experience as a psychotherapist and “social change agent”, and is passionate about

Manzano Room
Purpose and Joy—Creative Programming in Dementia Care
This presentation will include an overview of dementia, behavioral expressions and non-pharmacological interventions, and complimentary therapies. This interactive workshop will engage participants in a vibrant exchange of knowledge and ideas to promote active engagement and creative programming in dementia care.
Haeli J. Miceli, MPA, is the Director of Operations at Retreat Healthcare. She has experience as an assisted living administrator and in Alzheimer’s and dementia care.

Bosque Room
Exploring Community Indicators with Interactive Maps
This will be an interactive session featuring NM Community Data Collaborative maps. Participants will learn how demographic, economic and social issues impact older adults at the neighborhood level, and how to employ practical strategies to engage communities to move data into action. Handouts and web resources will be provided.
Thomas Scharmen, MA, MPH, is a Community Epidemiologist at the NM DOH and works with the NM Community Data Collaborative. He has 30 years of experience in public health. Anne Hays Egan, MA, M DIV, ABD, PhD, is the Principal at New Venture Consulting. She has significant experience in consulting, research, policy work and publishing in the field of aging.

Rio Grande Room
Are You Preserving the Power of Antibiotics? Tips to Help You Stay Healthy
Did you know antibiotics won’t help a cold or the flu? Join this interactive workshop to learn when antibiotics do and don’t help you get well. HealthInsight New Mexico staff and a patient insight advisor will discuss how to make smart choices about antibiotics and how to actively engage in health care processes.
Elaine Chavez, BSN, RN, is a Project Manager at HealthInsight New Mexico. She has more than 30 years of experience in nursing. Shannon Cupka, M.Ed., is a Project Manager at HealthInsight New Mexico. Kathleen A. Schneider, MA.Ed, is a Patient Insight Advisor at HealthInsight New Mexico. She is a retired educator and a volunteer member of the HealthInsight patient and family advisory council.
Feet Can Last a Lifetime
Foot health is a keystone in the maintenance of independence and mobility. This workshop will review changes that occur with aging in the feet and lower extremities. Also reviewed will be pathologies commonly seen with systemic diseases, such as diabetes and peripheral arterial/cardiac, neurologic and rheumatologic diseases. Practical strategies will be reviewed, focusing on maintaining healthy feet that are physically active.

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

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

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

Karaoke
Are you the next John Lennon or Janis Joplin? Show off your vocal skills and listen to your fellow amateur vocal artists from around New Mexico.

Dan Sedillo has performed Karaoke at many senior centers in Albuquerque.

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

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

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

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

**Downsize and Organize for a Better Life (and Death)**

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

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

Rio Grande Room

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

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

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