

New Mexico  
Aging and Long-Term Services Department  
Aging Network Division



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## General Information

	<p><b>Registration</b> To register for this conference use the link below. <b>All sessions are recorded.</b> <a href="http://bit.ly/NMAND-TIPS-Fall20">http://bit.ly/NMAND-TIPS-Fall20</a></p>
	<p><b>Evaluations</b> We value your opinion. Please complete a general training evaluation using the link below. <a href="https://www.surveymonkey.com/r/N97FG82">https://www.surveymonkey.com/r/N97FG82</a></p>
	<p><b>Exhibits and Latest Updates</b> Link: <a href="http://www.nmaging.state.nm.us/and-tips.aspx">http://www.nmaging.state.nm.us/and-tips.aspx</a></p>
	<p><b>How to Join a Microsoft Teams Event</b> Link: <a href="http://bit.ly/AND-TIPS-How-to-Join">http://bit.ly/AND-TIPS-How-to-Join</a></p>



*This Aging Network Development Training is sponsored by*  
**The Aging and Long-Term Services Department**  
*Aging Network Division and Office of Indian Elder Affairs*  
**A special thank you to the AND TIPS Planning Committee!**

<i>Andrea Allen</i>	<i>Evone Gallegos</i>	<i>Miriam Moorhouse</i>
<i>Rebecca Baca</i>	<i>Denise King</i>	<i>Andrea Segura</i>
<i>Aimee Brown</i>	<i>Ernest Lucero</i>	<i>Ophelia Steppe</i>
<i>Doug Calderwood</i>	<i>Stephanie Macek</i>	<i>Kimberly Ulibarri</i>
<i>Marvina Chavez</i>	<i>Flori Martinez</i>	



## *Welcome Message*

Dear 2020 AND—TIPS Virtual Conference Attendees:

It's a pleasure to welcome each of you joining the Aging Network Development Training—our first totally, virtual event! It's a challenging time for the New Mexico Aging and Long-Term Services Department, as we continue to grow and adapt; remaining always flexible; motivated and responsive throughout the COVID pandemic. Our service to consumers is confronting a time of challenges and we're meeting these encounters during a time of national and global change. The world has altered the way we communicate, share, and learn. We'll continue to meet and bring inspired people together in forums like this to ensure our service to older adults, people with disabilities, families and caregivers in New Mexico remains at the forefront.

What can you expect and what do we hope to achieve over the next few days as you participate in TIPS—Training for Innovative Possibilities to Serve Seniors? You will have the opportunity to hear from national, state, and local experts discussing community initiatives; COVID-19; nutrition; senior mental and behavioral health; senior employment; and the Aging and Disability (formerly SAMS) database. The presentations will be recorded so you will be able to view them again.

We're transforming the way we operate to continuously improve our ability to respond to challenges, provide essential services to our consumers, and contribute to community needs. You, our partners and employees, have sustained initiatives to meet trials and to excel despite obstacles. You continually demonstrate passion for the people you serve and the lives you change, you are essential to the vitality of our clients.

Before closing, I'd like to thank each of you for your attendance and bringing your expertise to our virtual event. You, as organization leaders and providers, have the means, the understanding, the vision, and the expertise to help us create our future. You are truly our greatest asset today and tomorrow. We could not accomplish what we do without your support and leadership. Throughout this conference, I ask you to stay engaged, keep us proactive and help us shape the future for older adults, people with disabilities, families and caregivers throughout New Mexico. My personal thanks and respect is sent to all of you.

Enjoy the Conference,

A handwritten signature in black ink that reads "Katrina Hotrum-Lopez". The signature is fluid and cursive, with a large loop at the end.

Katrina Hotrum-Lopez, Secretary  
New Mexico Aging and Long-Term Services Department

## Keynote Speakers

### **Secretary—Katrina Hotrum-Lopez**

Katrina Hotrum-Lopez is the Cabinet Secretary for the State of New Mexico's Aging and Long-Term Services Department. When COVID-19 first hit New Mexico, she mobilized her team to stand up critical services like the food box packaging and distribution site that served more than half a million meals to tens of thousands of low income, homebound seniors and disabled adults across the state. Hotrum-Lopez also facilitated, through partnerships, the purchase and distribution of 340 Tablets that were sent to every nursing home in New Mexico, in order to keep residents connected with their loved one, and to allow monitoring within the facilities by State Officials. In collaboration with the Department of Health, Hotrum-Lopez created one of the first COVID-only nursing homes in the nation to help contain the spread of COVID-19 throughout the most vulnerable population, our seniors. Countless other initiatives have been created under her leadership to improve the ways in which the department serves New Mexico's seniors and disabled adults. As an impassioned leader she continues to spur her department towards innovations like on-demand services, unprecedented partnerships, and community collaborations to better support our state's aging population.

Prior to being appointed to her post by Governor Michelle Lujan-Grisham in late 2019, she served as the Director of the Behavioral Health Services Department at Bernalillo County from 2016 to 2019 and previously served as the Director of the County's substance abuse programs. From 2007 to 2010, Hotrum-Lopez was Deputy Cabinet Secretary of the State Department of Health, one of several roles she held there.

### **Deputy Secretary—Sam Ojinaga**



Sam Ojinaga serves as the Deputy Secretary of the Aging and Long-Term Services Department, and has provided over twenty years of service to the citizens of New Mexico.

His years of service include: the Department of Finance Administration—Local Government Division, Public Employees Retirement Association, the Department of Health, US Marine Corps, and owning a private sector company.

Significant accomplishments include: fiscal management and the administration of the HUD Community Development Block Grant Program and the State of NM Capital Outlay Program; State Capital Outlay Program, Individual Development Account Program (IDA); Federal Tax Relief Act Program; Acequia Commission; Big Brothers Big Sisters Program; Civil Legal Services Program; Colonias Initiative; DWI Program; E911 Program; Food Banks of New Mexico Program; Mainstreet Grants Program; Municipal Boundaries Commission; Neighborhood Stabilization Program I and II; River Eco System Fund; State Land Grants; Tribal Infrastructure Fund I and II; and Water Innovation Fund.

## Office of Indian Elder Affairs Division Director—Rebecca Baca



Rebecca Baca is the Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.

In her capacity, Rebecca performs liaison functions at the local, state, federal and tribal levels 1) to assist ALTSD understand and address the needs and challenges of New Mexico's tribal aging population, 2) to collaborate on a government-to-government basis with New Mexico's federally recognized tribes, pueblos, and nations, and facilitate meaningful state-tribal consultation and decision-making on policy that affects Indian elders, adults with disabilities, and their caregivers, 3) to respect the right of self-determination among sovereign tribal entities, and 4) to support and promote the development of comprehensive and culturally appropriate services through tribal senior center programs that empower Indian elders to experience healthy aging, and live with joy, respect, and dignity in their respective tribal communities.

On her cancer journey, Rebecca has come to understand the intrinsic value of healing practice in everyday life and is a traditional healing modalities and energy-healing practitioner. Rebecca strongly supports the work of Healing Our Spirit Worldwide (HOSW) by hosting and supporting traditional medicine practitioners from the U.S., Canada, New Zealand, Australia, South and Central America, Mexico and the Polynesian Islands. HOSW is an international organization of Indigenous practitioners who share and utilize healing practices to address substance abuse, historical trauma, and other complex health issues affecting Indigenous people.

In 1998, Rebecca was designated as an "Honorary Elder" by the New Mexico Indian Council on Aging. In 2000, she received the "International Heart & Spirit Award" from HOSW for her commitment to caring and advocating for tribal elders. Rebecca maintains a lifetime commitment as a member of the Ehecatl Aztec Calpulli and is committed to the Mexica Azteca prayer and dance tradition.

## Aging Network Division Director—Denise King



Denise King is Aging Network Division Director for Aging and Long-Term Services Department. She previously served as Community Services Manager for Sandoval County from 2010 to 2019. Prior to that, she served child and families in her role at the Children, Youth and Families Department from 2000 to 2010. Mrs. King received her master's degree in social work, with a concentration in public administration from Highlands University in 2002.

Some of the highlights throughout Denise's career include: she led the first senior services program to provide a multigenerational summer lunch program to address food insecurity; coordinated services with local municipalities and local agencies; collaborated with community agencies and served on the PMS Advisory council; worked with professors, local school teachers and students on developing sustainable projects that focused on improving academic skills, while providing a community service for participating college and middle/high school students; developed program policies and procedures for best practice of providing service; collaborated with local and state vendors ensuring the best delivery of senior services.

Over the last year in her role as aging network director and overseeing senior nutritional services, supportive and in-home services, volunteer services and senior employment services, she has worked with the AAAs, community agencies, department division directors and staff in a collaborative effort to adapt and modify services focused on New Mexico's senior population.

Denise's focus is always to ensure that New Mexico's older adults and disabled people have access, choice, and respect as they seek methods to enjoy lifelong independence and healthy aging.

# Schedule at a Glance

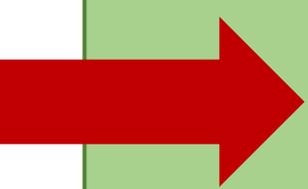
Wednesday November 18, 2020	Thursday November 19, 2020	Friday November 20, 2020
<p>Use this link for the conference today  <a href="http://bit.ly/AND-TIPS-11-18-2020">http://bit.ly/AND-TIPS-11-18-2020</a></p>	<p>Use this link for the conference today  <a href="http://bit.ly/AND-TIPS-11-19-2020-Main-Event">http://bit.ly/AND-TIPS-11-19-2020-Main-Event</a></p>	<p>Use this link for the conference today  <a href="http://bit.ly/AND-TIPS-11-20-2020">http://bit.ly/AND-TIPS-11-20-2020</a></p>
<p>8:15 am to 8:30 am Entertainment—Barbra Telynor</p>	<p>8:15 am to 8:30 am Entertainment—Marlon Magdalena</p>	<p>8:15 am to 8:30 am Entertainment—Marlon Magdalena</p>
<p>8:30 am to 8:45 am Welcome Remarks Secretary Hotrum-Lopez</p>	<p>8:30 am to 8:45 am Opening Remarks Aging Network Division Director, Denise King Office of Indian Elder Affairs Director, Rebecca Baca</p>	<p>8:30 am to 8:45 am Introduction and Agenda Review Marvina Chavez Ophelia Steppe</p>
<p>8:45 am–9:00 am Introduction and Agenda Review Denise King Kimberly Ulibarri</p>	<p>8:45 am–9:00 am Introduction and Agenda Review Stephanie Macek Miriam Moorhouse</p>	<p>8:45 am to 9:30 am ACL Judy Simon The Senior Nutrition Program Opportunities and Impact During COVID</p>
<p>9:00 am to 10:15 am NM Behavioral Health Institute Dr. Mathias Stricherz Broken Hearts in Isolation</p>	<p>9:00 am to 10:15 am Administration for Community Living (ACL) Older Americans Act Performance System (OAAPS) Derek Lee; Jennifer Tillery; Laura House; Kristen Hudgins; Susan Jenkins</p>	<p>9:30 am to 10:00 am Meals on Wheels America Dr. Uche Akobundu What has COVID-19 Taught us about Nutrition?</p>
<p>10:15 am to 10:30 am Billy Archuleta</p>	<p>10:15 am to 10:30 am Billy Archuleta</p>	<p>10:00 am to 10:15 am Exercise Diana Rael</p>
<p>10:30 am to 12:00 pm Mental Health Resources, Inc. Justin Nutt The Impact of COVID-19 on Caregivers</p>	<p>10:30 am to 12:00 pm WellSky Lisa Sherman How will Aging and Disability (A&amp;D) Accommodate the New OAAPS Requirements?</p>	<p>10:15 am to 10:45 am Physicians Committee Dr. Caroline Trapp Covid-19 and Diabetes</p>
<p style="text-align: center;"></p> <p>How to join a Live Event in Microsoft Teams! (Read prior to the event.)</p> <p><a href="http://bit.ly/AND-TIPS-How-to-Join">http://bit.ly/AND-TIPS-How-to-Join</a> Join</p> <p><u>All Sessions are recorded.</u></p>	<p>10:30 am to 12:00 pm Alternate Track for Senior Employment Programs Bureau</p>	<p>10:45 am to 11:45 am New Mexico Environment Department Environmental Health Bureau Johnathan Gerhardt Food Safety in a COVID-19 World</p>
	<p>Use this link for the alternate track  <a href="http://bit.ly/AND-TIPS-11-19-2020-Alternate-Track">http://bit.ly/AND-TIPS-11-19-2020-Alternate-Track</a></p>	<p>11:45 am to 12:00 pm Sam Ojinaga, Deputy Secretary ALTSD  Closing Remarks YEARS of SERVICE RECOGNITION</p>
	<p>Jacqueline Beck-Manheimer Doug Calderwood Patricia "Tup" Tupper Color Activity</p>	

## AND TIPS Schedule Detail

Wednesday, November 18, 2020 8:30–12:00 pm

Use this link for the conference today— <http://bit.ly/AND-TIPS-11-18-2020>

8:15 am to 8:30 am Entertainment— Barbra Telynor, Harpist / Singer	Barbra Telynor is a gentle and wise woman. Many years ago, she learned the power of music to heal body and soul. She was born with many health problems but discovered that music helped her in ways the pills and surgeries could not. Barbra uses a walker and has been on dialysis for almost two decades. In the winter of 2018–2019, she was in the hospital for months with septic shock. All of this has made her stronger and her voice more authentic. She sings from the heart.
8:30–8:45 Welcome Remarks	Keynote Speaker—Katrina Hotrum Lopez
8:45 am–9:00 am Introduction and Agenda Review	<b>Denise King</b> <b>Kimberly Ulibarri</b>
9:00 am–10:15 am	<b>Broken Hearts in Isolation</b> <b>Dr. Mathias Stricherz—New Mexico Behavioral Health Institute</b> As a 1976 Doctoral Graduate from Texas Tech University and his Master's degree from the University of Guam. Dr. Stricherz is the Psychology Supervisor for the Adult Psychiatric Division of NMBHI at Las Vegas, NM. He is an adjunct at NMHU in the Clinical Psychology Department. He is published articles in the field of psychology, disaster mental health, violence in the workplace, suicide, death and dying, psychotherapy, challenges in dialysis and transplant centers and alcohol and drugs. His background includes community and consulting work in specialty care centers including long-term care, corporate consulting, and in criminal and civil cases. He is a 31 plus year Navy and reserve veteran, has been fully certified as a Texas Police Officer with a community service approach, and embraces service in a global health perspective. COVID has touched his family.
10:15 am–10:30 am Break— Entertainment Billy Archuleta Musician Extraordinaire	<b>Billy Archuleta</b> —hails from Des Montes, NM near Taos. He is a Performer, Arranger, Composer, Director and Interpreter of many styles of music, but the styles he likes best are Classic Spiritual, Classic Spanish, Classic Rock and Classic Country and good old NM Folk Music. Starting at the age of 15 playing guitar and singing in the Catholic Church in Arroyo Seco, NM, he's played, and still plays, countless weddings, funerals and special Church functions as well as performing in restaurants, nightclubs and private functions throughout NM and Colorado. Billy's music comes from the heart and his passion is felt as you listen to him play and sing. He sees his role in music as that of a story teller, helping his audiences visualize the stories in the songs through his music and the energy he puts into it. Billy's contact information is wilparc54@yahoo.com or 575-779-0109 (text or message).
10:30 am–12:00 pm	<b>The Impact of COVID-19 on Caregivers</b> <b>Justin Nutt</b> , LCSW is an international behavioral health and leadership consultant and the Deputy Executive Director of Mental Health Resources, Inc. Justin has given presentations and conducted trainings with military, government, law enforcement, and fortune 50 companies. Having worked extensively in the field of mental health, trauma and crisis response Justin was one of the first to write and present on the mental health impact of COVID-19.



**How to join a Live Event in Microsoft Teams!**  
(Read prior to the event.)

<http://bit.ly/AND-TIPS-How-to-Join>

Thursday, November 19, 2020 8:30–12:00 pm

Use this link for the conference today— <http://bit.ly/AND-TIPS-11-19-2020-Main-Event>

8:15 am to 8:30 am  
Entertainment—  
Marlon Magdalena  
Gifted Flutist

**Marlon Magdalena**, a skilled, exceptional flutist, is the Instructional Coordinator for the Jemez Historic Site. His music has graced the New Mexico Conference on Aging for several years. His contact information is PO Box 143, 18160 Hwy 4, Jemez Springs, NM 87025. Office: (575) 829-3530 Cell: (505) 249 3577

8:30 am–8:45 am  
Welcome Remarks

**Keynote Speaker—Denise King, Aging Network Division Director**  
**Rebecca Baca, Office of Indian Elder Affairs Director**

9:00 am–10:15 am

**Administration for Community Living—Older Americans Act Performance System, NSIP (hold harmless), Title VI—five presenters, Derek Lee, Jennifer Tillery, Kristen Hudgins, Laura House, Susan Jenkins**

**Derek Lee** is the regional administrator for the Administration for Community Living (ACL) at the Dallas regional office, providing policy guidance and technical assistance on Older Americans Act home- and community-based services to state and tribal grantees in Arkansas, Louisiana, Oklahoma, New Mexico and Texas. Derek also represents the Assistant Secretary for Aging in the region through building partnerships and advocating for the health and independence of older individuals and their caregivers. At the ACL, Derek serves as the regional point of contact for disaster assistance; provides guidance on developing and implementing state plans on aging; and provides training to state and tribal staff on OAA programs and policies. He has served as the project officer for SHIP, SMP, and MIPPA grants; reviewed and scored grant applications related to Alzheimer's disease supportive services, Medicare Improvement for Patients & Providers Act, and other programs; and has worked with other HHS regional divisions to improve access for older individuals to health services and other long-term services and supports. Before coming to the Administration for Community Living, he was with the Alabama Department of Senior Services where he served in a variety of capacities, including the department assistant director. Prior to that, Derek worked as a social worker with the Alabama Department of Human Services, and as a habilitation treatment specialist supervising direct care staff in carrying out habilitation plans for older adults within an intermediate care facility for individuals with intellectual disabilities (ICF/IID). Derek is a graduate of Alabama State University.

**Jennifer Tillery** is a Senior Aging and Disability Program Specialist and Certified Level II Contract Officer Representative in the Office of Performance and Evaluation at the Administration for Community Living (ACL). She oversees the agency's performance data and Older Americans Act (OAA) programs and services benefiting over 10.8 million older adults and their caregivers. Ms. Tillery developed and implemented ACL's Performance Strategy making significant improvements in the collection aging and disability data. She has also developed several key guidance documents including a Logic Model Toolkit, Data Quality Toolkit, and a Performance Measure Toolkit. Prior to joining ACL, Ms. Tillery served as the Lead Data Manager for the United States Department of Health & Human Services at the National Institutes of Health (NIH) in the Clinical Center, where she worked alongside world-renowned scientist and researchers to reduce rare diseases and study the impact of traumatic brain injuries. Before joining NIH and ACL, Ms. Tillery oversaw the Senior Care program for the Maryland Department of Social Services providing a wide range of social service programs benefiting the over 400,000 older adults and their caregivers. She has a Master of Science and Bachelor degree from the University of Maryland and nine years of extensive experience providing direction and insight on social services, older adults, strategic planning, performance, and high quality data. Ms. Tillery is most known for her innovative ideas, scientific and managerial leadership, and passion for providing long-term supports and services for children and vulnerable adults.

Use this link for the conference today— <http://bit.ly/AND-TIPS-11-19-2020-Main-Event>

**9:00 am–10:15 am (continued)**

**Kristen Hudgins** is a Social Science Analyst in the Office of Performance and Evaluation within the Administration for Community Living (ACL). She is an applied anthropologist by training with a background in qualitative methodology, evaluation, and direct services in the fields of health and education. At ACL Kristen works on evaluation planning, reviewing ACL's administrative data for linkages, and research and evaluation projects for both aging and disability programs. She earned her PhD in Cultural Anthropology and a certificate in Women's and Gender Studies from the University of South Carolina; and her BA in Sociology and Anthropology from St. Mary's College of Maryland with certificates in Spanish and the African Diaspora.

**Laura House** is a Senior Management and Program Analyst in the Office of Performance and Evaluation at ACL. In her current role, she oversees program evaluation, research, performance measurement, and strategic planning efforts.

**Susan Jenkins** is the Director of the Office of Performance and Evaluation for the Administration for Community Living, US Department of Health and Human Services. She has 25 years of program evaluation experience. She is ACL's Evaluation Officer, Chief Data Officer, and Performance Officer and is an officer of the Eastern Evaluation Research Society (EERS). She serves on the Federal Interagency Council for Evaluation Policy (ICEP), a task force the American Evaluation Association to advise the AEA Board on the future of funding in evaluation, and teaches a program evaluation class in the School of Public Administration at American University.

**10:15 am–10:30 am Break— Billy Archuleta**

**Billy Archuleta**—hails from Des Montes, NM near Taos. He is a Performer, Arranger, Composer, Director and Interpreter of many styles of music, but the styles he likes best are Classic Spiritual, Classic Spanish, Classic Rock and Classic Country and good old NM Folk Music.

**10:30 am–12:00 pm**

**How will Aging and Disability Accommodate the New OAAPS Requirements?**  
**WellSky—Lisa Sherman**

Lisa Sherman is one of the Solutions Analysts at WellSky and has been with the company for the past 7 years, focusing on NAPIS and NORS data collection and reporting. She assisted WellSky Ombudsman application users with the transition into the Older Americans Act Performance System (OAAPS) and look forward to doing the same with the Aging & Disability (formerly SAMS) users as well. Her goal is to provide instruction that is informative, collaborative, and easy to understand, as she appreciates all that is asked of our users. She is here to help you navigate all of the upcoming reporting changes. In her free time you can find her either enjoying Lake Champlain during the summer months in Vermont, where she am based, or in the Green Mountains in the winter!

Use this link for the Alternate Track today <http://bit.ly/AND-TIPS-11-19-2020-Alternate-Track>

**10:30 am–12:00 pm**

**Alternate Track—Employment Programs Bureau—Color Activity—**  
**Jacqueline Beck-Manheimer, Doug Calderwood, Patricia "Tup" Tupper—**  
Cumulatively we have 50+ years' experience in Employment Services for Seniors and for People with Disabilities and 10+ years of teaching / presentation experience.

**Need 11 sheets of paper and a pen—** Interruptions in life can be opportunities. To pause. To think. To assess ourselves. The goal of this session is to give seniors the opportunity to more fully see and appreciate themselves and what they offer the world. We will inventory some of our favorite soft skills and learn to appreciate ourselves in a fresh new way. This will enable us to clarify our priorities and where we want to put our energy daily. It is a fun interactive activity that allows people to begin a self/vocational assessment. The activity will include periods of sharing and periods of writing. It will end with a period for reflection.

Friday, November 20, 2020 8:30–12:00 pm

Use this link for the conference today— <http://bit.ly/AND-TIPS-11-20-2020>

8:15 am to 8:30 am Entertainment—	<b>Marlon Magdalena</b> , a skilled, gifted flutist, is the Instructional Coordinator for the Jemez Historic Site. His music has graced the New Mexico Conference on Aging for several years. His contact information is PO Box 143, 18160 Hwy 4, Jemez Springs, NM 87025. Office: (575) 829-3530 Cell: (505) 249 3577
8:30–8:45 Opening Remarks— Review of Agenda	<b>Marvina Chavez</b> <b>Ophelia Steppe</b>
8:45 am–9:30 am	<b>The Senior Nutrition Program Opportunities and Impact During COVID</b> <b>ACL—Judy Simon</b> Judy Simon, MS, RD, LDN is the National Nutritionist from the Administration on Aging/Administration for Community Living. She is a registered dietitian and started her position with ACL in May 2020 after working as the Nutrition and Health Promotion Programs Manager for the Maryland Department of Aging for 11 years. Ms. Simon has experience both in community-based nutrition and in working with older individuals in clinical settings such as hospitals and rehab clinics.
9:30 am–10:00 am	<b>What has COVID-19 Taught us about Nutrition?</b> <b>Dr. Akobundu</b> is a <b>Registered Dietitian</b> and serves as the <b>Senior Director of Nutrition Strategy at Meals on Wheels America</b> where she leads the development and implementation of the Association's strategy on nutrition and malnutrition. This work includes the design and execution of projects that demonstrate and strengthen the evidence base for senior nutrition programs. In addition, she works collaboratively at the national level to build knowledge and skills among nutrition and aging professionals in healthcare integration, business acumen development, program evaluation, and food service management arenas. She also serves as the director of the National Resource Center on Nutrition and Aging, awarded to Meals on Wheels America by the Administration for Community Living of the U. S. Department of Health and Human Services. Dr. Akobundu holds a Master of Nutrition with a concentration in public health from the University of Massachusetts, Amherst, and a Doctorate Ph.D. in Nutrition from the University of Maryland, College Park.
10:00 am–10:15 am Break— Diana Rael	Diana Rael—Exercise with me! The 15 session will include 5 minutes of cardio low-impact, 5 minutes of strength training upper body and 5 minutes of stretch.

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<p>10:15 am–10:45 am</p>	<p><b>COVID-19 and Diabetes</b> <b>Caroline Trapp, DNP, ANP-BC, CDE, FAANP, DipACLM, Director of Diabetes Education and Care</b> Dr. Trapp is the director of diabetes education and care at the Physicians Committee for Responsible Medicine, and is a nurse practitioner with more than 30 years of experience, specializing in the care of people with diabetes. Her degrees are from the University of Michigan (BSN), University of Pennsylvania (MSN) and Madonna University (DNP). She is board-certified in adult primary care nursing, diabetes education and lifestyle medicine. She is an adjunct faculty member at the University Of Michigan School Of Nursing.</p> <p>Dr. Trapp's work with the Physicians Committee has taken her to China, the Northern Republic of Macedonia, Canada, the Marshall Islands, all over the U.S. and to Native American tribal lands and Pueblos. Across these diverse settings, she has found tremendous interest from health professionals and the public on the potential for evidence-based nutrition for diabetes prevention, treatment and reversal.</p> <p>Dr. Trapp was awarded Oakland University's Nightingale Award for Education and Research in 2012 and inducted as a Fellow of the American Association of Nurse Practitioners in 2013. She is a founding board member of Plant-based Prevention of Disease (P-POD) and an active volunteer with the Plant Based Nutrition Support Group (PBNSG) of Michigan. Dr. Trapp helped to establish and leads the Nurses Nutrition Network of the Physicians Committee.</p>
<p>10:45 am–11:45 am</p>	<p><b>Food Safety in a COVID-19 World</b> <b>Johnathan Gerhardt; New Mexico Environment Department; Environmental Health Bureau.</b> Since graduating from the University of New Mexico in 2001, Johnathan has worked for the state of New Mexico Environment Department (NMED) in the Environmental Health Bureau (EHB) in the Food Program and has been dedicated to progressing food safety initiatives state and nation-wide to better protect public health.</p> <p>Johnathan currently works as the Food Program Manager and previously served as a Food Specialist for 11 years, the Deputy Food Program Manager for 1 year. He has been a Certified Food Safety Professional since 2002, a Certified Food Program Inspection/Training Officer with the FDA since 2003, a Certified Shellfish Standardization Officer with the FDA since 2003, and has served as an Executive Board Member of the Interstate Shellfish Sanitation Conference (ISSC) since 2005 and served as Chairman of the Executive Board for the past two years.</p> <p>As the Food Program Manager Johnathan is responsible for the management and administration of the state-wide program that encompasses 110 employees, 22 field offices, 8,000 permanent food establishments, and approximately 7,500 temporary event food establishments. In addition, Johnathan also oversees all Food Program federal cooperative programs including the Voluntary National Retail Food Standards, the National Shellfish Sanitation Program, and the Manufactured Food Regulatory Program Standards.</p>
<p>11:45 am–12:00 pm Closing Remarks and Service Recognition</p>	<p><b>Sam Ojinaga, Deputy Secretary ALTSD—Closing Remarks</b></p> <p><b>YEARS of SERVICE RECOGNITION—Providers who have served 10, 15, and 20+ years will be recognized.</b></p>