The NM Aging and Long-Term Services Department

Invites You to Attend

Aging Network Training

at the

Radisson Hotel Albuquerque
2500 Carlisle Blvd. NE
Albuquerque, New Mexico. 87110

December 2 – 4, 2008

AGENDA

Tuesday, December 2nd

REGISTRATION WILL BE OPEN FROM 8:00 – 11:00 a.m. AND from 1:00 – 3:00 p.m.

This day is reserved for Special Programs sponsored by each of the four area agencies: City of Albuquerque/Bernalillo County AAA, Indian AAA, Navajo AAA, and Non-Metro AAA, as well as the Volunteer Programs. Separate agendas will be provided.

Room Assignments and Times are as follows:

Indian AAA and Navajo AAA [Combined Training]: All day; Cotillion Room I

Non-Metro AAA: All day; Cavalier Room

Albuquerque/Bernalillo Co. AAA: All day; Cotillion Room II

Volunteer Programs: All day; Cotillion Room III

Aging Network ALLIANCE Meeting: 5:00 p.m. – 7:00 p.m.; Cavalier Room
Wednesday, December 3rd

8:30 – 9:30 a.m. GENERAL SESSION: Cotillion Room I-III

"Growing Younger: Is it Really Possible?"
Ellen Wood, Author, Consultant and Professional Speaker

If you want to live the rest of your life as an active, attractive, creative, ungrumpy man or woman, then Ellen Wood has an empowering message for you. Her enthusiasm is contagious and during this keynote address, she'll have you laughing, crying, performing Grow-Younger techniques and, most of all, being inspired to spread the joy of youthfulness. Ellen is the author of The Secret Method for Growing Younger – a Step-by-Step Anti-Aging Process Using the Law of Attraction to Help You Stop Aging, Grow Younger and Enjoy Life.

9:30 – 9:45 a.m. BREAK

9:45 – 10:45 a.m. CONCURRENT SESSIONS

1. **CoLTS**: Gina Gallardo and Maboud Swierkosz, NM Aging & Long Term Services Department
   Receive up-to-the-minute information on New Mexico's implementation of Coordination of Long Term Services. Understand what is happening to individuals currently served in the traditional D&E Waiver program, PCO program and nursing facilities. **Cotillion Room I**

2. **Managing Diabetes the Carbohydrate Way**: Kathy Chavez, RD, LD, Consultant, NMSU Cooperative Extension Service
   Attend this workshop to learn more about high and low carbohydrate foods to manage diabetes. **Cotillion Room II**

3. **Your Brain, Use it or Lose It**: Jack Bishop, Webster University
   This session identifies the impact of exercise on brain function and the impact of brain exercises on memory and concentration. Five new creativity activities, which will have a positive impact on successful aging, will be presented. **Cotillion Room III**

10:45 – 11:00 a.m. BREAK

11:00 a.m. – NOON CONCURRENT SESSIONS

1. **Mi Via, NM Self-Directed Waiver Program Update**: Auralie Tortorici, NM Aging & Long Term Services Department
   Attend this workshop for a Mi Via Program update and see the compelling and inspiring new Mi Via Program Outcomes Video - After the First Year. **Cotillion Room I**

2. **Are You Ready?**: Sondra Everhart, NM Aging & Long Term Services Department
   This workshop will review the medical and fiscal decisions needed to prepare for aging. Come find out what you and your loved ones can do to better prepare for the future. **Cotillion Room II**

3. **Animal Hoarding - When Caring for Pets Becomes a Problem**: Tricia Feeser, DVM, High Desert Animal Hospital
   What is Animal Hoarding? How does it impact the lives of senior citizens? Attend this workshop to find out about the psychology of hoarding and its impact on animals, people, rescuers, and the community. Dr. Feeser will review of some of the hoarding cases in New Mexico and discuss interventions - what does not work and what may work - and strategies - where do we go from here? **Cotillion Room III**
NOON – 1:30 p.m.  LUNCH ON YOUR OWN

1:30 – 2:30 p.m.  CONCURRENT SESSIONS

1. **PACE – Program of All-inclusive Care for the Elderly**: Doyle Smith, NM Aging & Long Term Services Department
   Find out about this innovative model of care for people age 55 and older who need intensive long-term care services. PACE delivers primary care, rehabilitation, nutrition services and personal care in a day health setting. Home care, prescription medications, assistive devices and even hospitalization are all included in the PACE model of long-term care.  **Cotillion Room I**

2. **Healthy Aging – Nutrition (Part 1 of 3)**: Sr. Linda Chavez, St. Joseph Community Health
   This workshop will include information on nutrition and making healthier food choices, as well as the four principles of aging and nutrition as presented in the *Healthwise for Life Handbook*. Basic food pyramid information and the connection between food choices and wellness will also be presented.  **Cotillion Room II**

3. **Be at the Top of Your Game**: Buffie Saavedra, NM Aging & Long Term Services Department
   Our main stakeholders are the elders and disabled adults we serve, and the family members and caregivers we support. This session will identify important screening tools, programs, and resources that focus on the high-need individuals with low incomes who may request our assistance.  **Cotillion Room III**

2:30 – 2:45 p.m.  BREAK

2:45 – 3:45 p.m.  CONCURRENT SESSIONS

1. **Healthy Aging – Fitness (Part 2 of 3)**: Jacie Coryell, St. Joseph Community Health
   This workshop will focus on the connections between better health & wellness and exercise, stress reduction, spiritual well-being and positive affirmation. The workshop will include a calming relaxation exercise.  **Cotillion Room I**

2. **SUPERvision – Seeing Your Way to Creative, Engaged Staff Management – Part I**: Howard Shulman, NM Aging & Long Term Services Department
   This two part workshop will provide beginning and intermediate level supervisors and managers with tools and skills to help them in their daily work. It will include the opportunity for participant driven questions & answers for each of the major components. It’s important to commit to attending both sessions, as they will build upon each other.  **Cotillion Room II**

3. **NM Aging & Disability Resource Center**: Carlos Moya and Joe Tschanz, NM Aging & Long Term Services Department
   This workshop will provide an overview of the NM Aging & Disability Resource Center (ADRC), including the home & community based waiver registration process, the Social Service Resource Directory, the Prescription Drug Assistance Program and Adult Protective Services intake. Presenters will discuss how the ADRC uses resource coordination to provide information, assistance, referrals and advocacy to maximize personal choice and independence for seniors and adults with disabilities throughout NM, as well as for their caregivers.  **Cotillion Room III**

3:45 – 4:00 p.m.  BREAK
4:00 – 5:00 p.m. CONCURRENT SESSIONS

   This workshop will provide you with specific health information on first aid, emergencies, chronic disease and self-care for common health problems. Preparation tips, a checklist and role playing for an appointment with a doctor will also be included. Come find out how to get better health care at lower costs and how to avoid unnecessary trips to the ER. Cotillion Room I

2. SUPERvision – Seeing Your Way to Creative, Engaged Staff Management – Part II: Howard Shulman, NM Aging & Long Term Services Department
   This two part workshop will provide beginning and intermediate level supervisors and managers with tools and skills to help them in their daily work. It will include the opportunity for participant driven questions & answers for each of the major components. It’s important to commit to attending both sessions, as they will build upon each other. Cotillion Room II

3. Disability History - From Institutions to Freedom: Jim Parker, NM Aging & Long Term Services Department
   This workshop will provide a historical view of people with disabilities from stark institutionalization, marginalization and displacement in the early 1800s to the promise of community living and freedom with the emergence of the disability rights movement and passage of the Americans with Disabilities Act in 1990. Cotillion Room III

5:00 – 7:00 p.m. NETWORKING RECEPTION: Garden Terrace
   FOOD!!!   FUN!!!   &   Entertainment by O’Rourke & Smith!!!

Thursday, December 4th

8:30 – 9:30 a.m. CONCURRENT SESSIONS

1. New Mexico’s Online Social Services Resource Directory: Jocelyn Barrett, NM Aging and Long Term Services Department
   This workshop will introduce the new online Social Services Resource Directory. This directory and online library provide easy access to important information for elders, people with disabilities, family, friends, advocates and providers. Learn to navigate the directory to locate vital services. Cotillion Room I

2. Senior Olympics – 2009 Summer Games and National Game Information: Terry Delgado and Angela Jaramillo, NM Senior Olympics
   Come hear about “open” qualifying for the state Senior Olympics Summer Games scheduled May 27 through 30, 2009 in Las Cruces. NM Senior Olympics Staff will review local qualifying criteria for game sites and announce wellness program opportunities around the state. National Senior Games schedule and registration information will also be presented so that you can begin planning for group travel. Cotillion Room II

3. Creativity in Aging: Juliet Kerlin, Bear Canyon Senior Center
   Creative activities provide older adults with opportunities to say socially connected and maintain flexibility of mind and body. Art, music, writing and drama can have positive effects on the well-being of elders. This session will provide participants practical program ideas. Cotillion Room III

9:30 – 9:45 a.m. BREAK
9:45 – 10:45 a.m.  CONCURRENT SESSIONS

1. Managing Difficult Behaviors in Dementia: Lena Smith, Webster University
   This workshop will cover some of the basics of dementia, including difficult behaviors such as wandering, yelling, and hitting. It will provide you with a tool-box of approaches to use when working with those with dementia who exhibit such behaviors. Cotillion Room I

2. Debunking Myths about Older Workers: Sondra Match and Patricia Tupper, NM Aging and Long-Term Services Department
   Learn about employer attitudes and practices towards older workers. Review employer myths about older workers; learn the realities and how to dispel myths positively. This workshop will be interactive – audience participation and use of flash cards. Cotillion Room II

3. Slips and Falls – Living with Brain Injury: Scott Pokorny, NM Aging & Long Term Services Department
   This workshop will present the causes of, consequences of and statistics on brain injury. Prevention strategies and services available in New Mexico will also be discussed. Cotillion Room III

10:45 – 11:00 a.m.  BREAK

11:00 a.m. – NOON  CLOSING GENERAL SESSION: Cotillion Room I-III

   Exercising Our Political Muscle
   Gene Lester
   How is funding for senior programs keeping up with the increase in demand? What needs to be done now to insure that services for seniors are available in the future? Mr. Lester will discuss why political involvement is critical to the future of programs for seniors. He will provide our Aging Network with techniques to influence policy on local and national levels.