

POSITIVE AGING

DAY 2023

→ AGENDA

8:30a	Welcome Linnea GlenMaye			RM 180
9:00a	Panel - Through the Eyes of Experience Panel: Chuck Clark, Larksfield Place; Mikayla Gingrich-Gaylord, CEO, Comfort Care; Melissa Teakell, Caregiver <i>Moderator: Robert Miller</i> Hear from a panel of caregivers as they reflect on their experiences caring for others. Having served different roles in the care of older adults, panelists will offer their own unique perspective on caregiving and positive aging. Guests will also share how they plan to get the most out of today's breakout sessions.			RM 180
10:00a	RM 132	RM 138	RM 185	
	Standing Strong - Strength and Balance Activities for Active Aging	Advancing the Science: The Latest in Alzheimer's and Dementia Research	Fixing the Caregiver Labor Shortage	
11:00a	Lunch			
12:30p	Caregiving Happens	Managing Behavioral Changes in Dementia	Senior Care Task Force	
1:30p	Age-Friendly University	Medicare: What Do I do?	Serious Illness Conversation	
2:30p	Reimagining Aging - Transitioning from Senior to Sage	Medicare: What Do I do? (repeat)	Reframing Aging	
3:30p	Finding Joy in the Face of Alzheimer's Susan Peters So many families face the journey of Alzheimer's often referred to as the "long goodbye." However, the opportunity to find joyous moments is a beautiful gift during this same journey. These moments can be enlightening, surprising, rewarding, and therapeutic for both family and client. But it takes effort and courage to be present and purposeful even when faced with the fear of loss. Susan Peters, Emmy Award winning journalist and daughter, shares the journey of creating moments of joy with her mother, while facing a diagnosis of Alzheimer's. It is during a series of hours long breakfasts that Susan starts to discover a whole new world of smiles, laughter, and joy wrapped around present moments and stories of old hats. This hour is meant to example the important conversations and how to model for families and clients finding joy in everyday moments.			RM 180
4:30p	Adjourn			



Advancing the Science: The Latest in Alzheimer's and Dementia Research

| *Breana Tucker-Jones, LMSW, Program Director, Alzheimer's Association Central and Western Kansas Chapter*

Alzheimer's and other dementias cause memory, thinking, and behavior changes that interfere with daily living. Learn about common warning signs of Alzheimer's and what symptoms to look for in yourself and others. Tremendous gains have been made in the understanding of the science and basic biology underlying Alzheimer's and other dementias. These advances are leading to great strides in strategies for prevention, detection, diagnostics, and therapeutic interventions. The Alzheimer's Association is a global leader in research, mobilizing the field to advance the vision of a world without Alzheimer's and all other dementia.

Age-Friendly University

| *Kim Moore, Executive Director, Workforce, Professional & Community Education, WSU and Nicki Rogers, Chair and Associate Professor, Department of Public Health Sciences, WSU*
WSU is the first institution in Kansas to become a member of Age-Friendly University Global Network (AFU). This is an important step forward to providing accessible and affordable education in our community, at all stages of the lifespan and life course. This session will discuss how WSU has been breaking down barriers to provide a broad range of opportunities for older adults and how this fulfills the University's mission and vision for the future.

Caregiving Happens

| *Jessica Huber and Rhonda Custard, Central Plains Area Agency on Aging*
"Caregiving Happens" reflects the reality that often just happens with caregiving. When it happens, knowing where to turn can make all the difference in the world. We'll give you ways to cope!

Fixing the Caregiver Labor Shortage

| *Michael Steinberg, MS, PHR, Chief Executive Officer, EM Home Care, Inc*
During a time when the demand for qualified caregivers to the elderly has never been higher, the nation is experiencing a severe labor shortage. This presentation will analyze the situation and discuss the steps that families, employers and the government can take to solve it.

Managing Behavioral Changes in Dementia

| *Robin Heinrichs, PhD, ABPP CN, Clinical Neuropsychologist, Neuropsychology Services of Kansas*
With cognitive decline comes change in an individual's behavior. Understanding these changes allows us to manage them better. This presentation will discuss the management of behavioral changes and challenges with these patients.

Medicare: What Do I do?

| *Rochelle Bryant, Director of Community Cares, GraceMed Health Clinic*
In this breakout session, we will discuss the Medicare Savings Plan, Extra Value Benefits and untapped community resources.

Reframing Aging

| *Nicki Rogers, Chair and Associate Professor, Department of Public Health Sciences, WSU*
Words matter. Reframing aging is multidimensional. At the surface it is a long-term social change initiative. The overarching goal is to improve the public's understanding of what aging means and the many contributions older people bring to society.

Reimagining Aging - Transitioning from Senior to Sage

| *David Gear, MHS, CSL*
Discover the meaning of sage-ing and explore how to create an aging process that is full of adventure, passion, and fulfillment (rather than frustration, anxiety and just becoming older.) During this gathering we will discuss the blessings of growing older, what excited you, surprises you and inspires you along the path of becoming a wise-elder.

Senior Care Task Force

| *Haely Ordoyne, Founder and Operator, Genesis Consulting*
The Senior Care Task Force studies topics on the provision of care for Kansas seniors who suffer from Alzheimer's disease, dementia, or other age-related mental health conditions; administration of antipsychotic medication to adult care home residents; safeguards to prevent abuse, neglect, and exploitation of seniors in the state; adult care home surveys and fines; funding and implementation of the Kansas Senior Care Act; senior day care resources in the state; and rebalancing of home and community based services.

Serious Illness Conversation

| *Robert Miller, LMSW, CDP, Registered Operator, Instructor, College of Health Professions, WSU*
This presentation will focus on approaches to conversations with people facing aging, serious illness, and mortality. It will help healthcare professionals and families who are caring for patients, loved ones, and those who want to have a better understanding of this life journey as we age.

Standing Strong - Strength and Balance Activities for Active Aging

| *Mike Rogers, PhD, CSCS, FAAAJ, FACSM Professor, Department of Human Performance Studies, WSU*
This session will review the benefits of exercise and demonstrate specific flexibility, strength, and balance activities shown to improve overall health and function in older adults.