



29TH ANNUAL

# AGING WELL

*Conference*



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**Friday, June 7, 2019**

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29<sup>TH</sup> ANNUAL  
**AGING WELL**  
*Conference*

7:00 am	Registration, Refreshments, and Exhibitor Visits
8:00 am	Welcome ..... Ballroom
8:15 am	<b>KEYNOTE   Creating Moments of Joy</b> ..... Ballroom
9:15 am	Break and Exhibitor Visits
9:30 am	<b>Morning Breakout Session</b>
	1A. Techniques for Enhancing Memory ..... Alumni
	1B. Tales and Travel Memories..... Hickory
	1C. Old and Alone: Strategies for Connections ..... Oak
	1D. Redefining Aging in Place With Assistive Technology ..... Spruce
	1E. Resources for Combating Elder Financial Exploitation ..... Walnut
10:45 am	Break and Exhibitor Visits
11:00 am	<b>KEYNOTE   Age Disruptors Breaking Stereotypes</b> ..... Ballroom
12:00 pm	Lunch and Exhibitor Visits ..... Ballroom
1:15 pm	<b>Afternoon Breakout Session</b>
	2A. Building a Life Expectancy Calendar ..... Alumni
	2B. Senior Home Sharing ..... Walnut
	2C. Cardio Drumming ..... Den (lower level)
	2D. Improving the Quality of Life Through Palliative Care ..... Oak
	2E. Medical Marijuana and Other Opioids: What You Need to Know ..... Cinema (main level)
2:30 pm	Break
2:45 pm	<b>KEYNOTE   The Aging of America, How's It Going?</b> ..... Ballroom
3:45 pm	Adjournment

# KEYNOTE PRESENTATIONS

## **Creating Moments of Joy | 8:15 am**

Making moments of joy can be key to a healthy life, especially if you or a loved one experience Alzheimer's or dementia. Short-term memory loss is difficult for the individual and for caretakers. Learning to trigger memories and inspire happy moments can make a significant difference for everyone, especially the person experiencing memory loss.

**Jolene Brackey**, Founder of Enhanced Moments and author of the book, *Creating Moments of Joy*, Jolene Brackey is a celebrated nationwide speaker in Alzheimer's education. She has a B.A. from Iowa State University and extensive experience with people who have Alzheimer's. Jolene has been a keynote speaker at many conferences where family members, CNAs, and professionals share what works and doesn't work. Therefore, the greatest education is being with and having loved someone with Alzheimer's.

## **Age Disruptors: Breaking Stereotypes | 11:00 am**

Join us for a lively discussion with local seniors that will let you in on their secrets about living a long and fulfilling life. When living a long life is the norm, we discuss the reasons why and how to enjoy life to the fullest!

**Bernice Wikstrom**, "Bea" was born in Iowa, and attended St. Lukes School of Nursing, Cedar Rapids, Iowa, 1956. She retired in 2005 and moved to New Mexico and found retirement boring so she took a job in a nursing home and worked as a nurse. Bea is still going strong. Bea's advice about aging well is to keep busy. Find something you like and do it. It's good to have a purpose.

**Charles Jacobson**, was born in Chicago, IL, raised in Hammond, Indiana, went to Indiana off Campus University when he was drafted in the army. He served during WWII. After his service, Charlie moved to Chicago and performed as a professional entertainer. While in Chicago, Charlie married his childhood sweetheart. The two of them adopted three children, and had a daughter of their own. To get through the hard times, Charlie depends on his strong faith. His advice is to think young and laugh a lot.

**Lorraine Hollingsworth**, was born on February 27, 1929 in Elma, Iowa. When Lorraine was 15 years old, she started to work for her aunt in a small six-bed hospital where most of the patients were mothers that had just given birth. Her work in the hospital inspired her to go to Allen Memorial Lutheran School of Nursing to become a Registered Nurse. Lorraine's secret to staying healthy and active is to volunteer and dance.

**Herschel A. Ryales**, returned to school at the young age of 75 to better his health and the health of his neighbors. As a student in the University of Wisconsin Master of Science in Health and Wellness Management online degree program. He is on the board of directors for the Kenosha Area Family and Aging Services, he conducts quality assurance for Kenosha County Aging and Disability Resource Center, and has served six years as a chairman for Kenosha's Commission on Aging and Disability. Additionally, Herschel was formerly involved with the local VA's Managing Overweight and/or Obesity for Veterans Everywhere (MOVE!) program, and does additional volunteer work under the Older Americans Act Title 45 Retired Senior Volunteer Program.

# KEYNOTE PRESENTATIONS

## The Aging of America, How's it Going? | 2:45 PM

What is healthy aging? The United States and many other countries have made tremendous strides in improving average life expectancy, even though we lag way behind in some important subgroup measures such as infant mortality and racial disparities. Discover how biological diversities, social climate, and individual lifestyle impact our life expectancy.

**Tom Perls, MD, MPH, FACP**, is Professor of Medicine at Boston University School of Medicine. Dr. Perls received his Geriatrics training at both Mount Royal Hospital in Melbourne, Australia and at Harvard Medical School and he obtained his Master's degree in public health at Harvard. As senior physician in Geriatrics he cares for patients at Boston Medical Center.

He is a Fellow of the American College of Physicians, The American Geriatrics Society and the Gerontological Society of America. In 1995, he began and continues to direct the longest running and largest study of centenarians, their siblings and offspring in the world, the New England Centenarian Study. This study also includes over 500 semi-supercentenarians (ages 105-109 years) and 170 supercentenarians (ages 110-119 years).

Additionally, he is Principal Investigator of the Boston center of the National Institute on Aging-funded multi-center Long Life Family Study, a longitudinal study, established in 2006, of nearly 5,000 participants belonging to ~550 families demonstrating rare clustering for survival to extreme old age. Key findings from Dr. Perls' and his colleagues' work includes:

- Exceptional longevity runs strongly in families
- Among centenarians, disability is typically compressed towards at least their early-mid nineties
- With even older ages of survival, e.g. age 105+ years, morbidity is also compressed towards the end of these exceptionally long lives
- The genetic influence upon survival increases with older and older ages of survival beyond the nonagenarian years
- This genetic influence probably involves many genetic variants with individually modest effects, but as a group, they have a strong effect
- Centenarians have just as many disease-associated genetic variants as the average population (but for some rare exceptions such as apolipoprotein E-4)

Dr. Perls sits on the editorial boards of the Journal of the American Geriatrics and the Journal of Gerontology, Medical Sciences and he is a Federal advisory board member for the National Advisory Committee on Racial, Ethnic and Other Populations, of the U.S. Census Bureau. He is also a vocal critic of the anti-aging industry, particularly its medical and legal misuse of growth hormone, testosterone and other drugs for "anti-aging".

He has testified before the US Congress about anti-aging quackery and is author of two educational websites, the Living to 100 life expectancy calculator ([www.livingto100.com](http://www.livingto100.com)) and [www.hghwatch.com](http://www.hghwatch.com). In 1999, Dr. Perls co-authored the award winning book, *Living to 100, Lessons in Maximizing Your Potential At Any Age*, and is now working on its sequel, *Living to 110!*

**1A. Techniques for Enhancing Memory**

*Jolene Brackey*

Learn ways to trigger memories for those with Alzheimer's by using senses like sight, touch, smell, and hearing.

**1B. Tales and Travel Memories**

*Christine Damon, MEd, MFCS, Mary Beth Riedner, MLS*

Learn how this effective program increases social interaction, cognitive interaction, and cognitive engagement by bringing individuals with Alzheimer's and other related dementias on imaginary trips around the world.

**1C. Old and Alone: Strategies for Connections**

*Tracy Schroepfer, PhD*

Social connectivity is vital to happiness no matter your age. This workshop will provide information on strategies that can be utilized to maintain and increase connections for elders. This includes Virtual Reality, social networks, and Community Resources.

**1D. Redefining Aging in Place with Assistive Technology**

*Linda Vogelman*

Discover how to improve the quality of life for seniors using assistive technology. Learn tips and tricks on how to decide on a device and know which modifications are right for your loved one.

**1E. Resources for Combating Elder Financial Exploitation**

*April DeValkenaere, Paralegal, CFCI*

Join us and learn about the latest resources that are emerging to help combat Elder Financial Exploitation and how and when to put tools in place to avoid the exploitation in the first place. This session is critical information for everyone!

## **2A. Building a Life Expectancy Calendar**

*Tom Perls, MD, MPH, FACP*

What determines how long you are going to live? We will discuss key factors influencing life expectancy and longevity and how they can be integrated into a life expectancy tool and help to influence changes in a person's daily habits.

## **2B. Senior Home Sharing**

*Courtney Simek, Gerontologist/Owner*

The benefits of living with others include reducing isolation and improving mental well-being. Learn how home sharing can improve your life and the lives of others.

## **2C. Cardio Drumming**

*Terry Shebenik, Exercise Instructor*

Connect with your true tempo in life through drumming, music, rhythm, and movement. Cardio drumming is something everyone can do to bring fun back into fitness.

## **2D. Improving the Quality of Life Through Palliative Care**

*Rita Hagen RN, MSN*

During the treatment of a life-limiting illness, minimizing discomfort and relieving stresses and pain from the patient is key to a meaningful life experience and enables individuals to live as fully and comfortably as possible during this time. Learn to improve patient comfort, quality of life, potentially reducing hospitalization and costs.

## **2E. Medical Marijuana and Other Opioids: What you Need to Know**

*David Galbis-Reig, M.D, DFASAM*

Learn about the various myths that surround psychoactive substance use, addiction recognition, treatment options, and the controversy that surrounds the use of cannabinoids as medicine for individuals over the age of 65.

## PRESENTER BIOS

**Christine Damon—MSED, MFCS**, is a gerontologist and adult educator who has trained nationally on dementia care. As the owner of Lessons In Care L3C, her efforts focus on community education related to dementia and other issues of significance to aging populations.

For the past two years, Christine has provided Dementia Friendly training to local libraries, first responders, dental offices, local businesses, community service agencies, faith communities, senior centers, health insurance companies, and the financial services industry. Christine is also the lead consultant for the Northeastern Illinois Area Agency on Aging's Dementia Friendly Initiative in which she collaborates with Mary Beth Riedner regarding the Tales and Travel component of that grant.

**April Devalkenae—Paralegal, CFCI**, graduated from the University of Wisconsin-Whitewater with a Bachelor of Business Administration in 2002 and a Bachelor of Arts in Sociology with a Criminal Justice Emphasis in 2003. April has a vast array of experiences including retail, computer technology, law enforcement, and banking. April began her career with Waukesha County working in the civil division of the circuit courts in 2008.

After four years in the civil division handling large claims judgments, liens, and injunctions she began working for Judge Donald J. Hassin Jr. (now retired) in the criminal traffic division of the circuit courts in August, 2012 as his legal clerk. In November of 2014, April began in the Waukesha County District Attorney's office as a paralegal specializing in white collar crime and recently became a Certified Financial Crimes Investigator (CFCI).

April is the President of the Wisconsin Chapter of the International Association of Financial Crimes Investigators (IAFCI) for the 2019-2020 term, she is also a member of the Wisconsin Association of Fraud Investigators (WAFI), and of the Financial Crimes Investigators (FCI) of greater Madison. April also currently serves on the Wisconsin Attorney General's Task for Elder Financial Exploitation, the Waukesha County I-TEAM, and the Financial Abuse System Improvement (FASI) subgroup of the I-TEAM



## PRESENTER BIOS

**David Galbis-Reig, M.D, DFASAM**, received his Doctor of Medicine degree from Virginia Commonwealth University in Richmond, Virginia in 1999. He completed a residency in Internal Medicine at Aurora Sinai Medical Center in Milwaukee, Wisconsin in 2004. He is board certified in Internal Medicine by the American Board of Internal Medicine and Addiction Medicine by the American Board of Preventive Medicine. He is currently the Medical Director of Addiction Services at Ascension Wisconsin – All Saints in which capacity he has passionately advocated for appropriate medical treatment of patients with mental health and addictive diseases. Dr. Galbis-Reig has also been involved in numerous educational activities to decrease prescription drug abuse and decrease the burden of addiction to opioids in Racine and Kenosha Counties.

He is an active member of the American Society of Addiction Medicine (ASAM) where he serves as the Chair of the Distinguished Fellows Committee and is the Lead Physician for the BEST Task Force. He is the current President-Elect of the Wisconsin Society of Addiction Medicine (WISAM). He has contributed to policy decisions in the state as a member of the Wisconsin Marijuana Prevention Ad-Hoc Committee of the State Council on Alcohol and Other Drug Abuse (SCAODA). He is also an active member of the Wisconsin Medical Society and the VP-MD of the Wisconsin Medical Society Foundation.

**Charles Jacobson**, Charlie was born in Chicago, IL, raised in Hammond Indiana, went to Indiana off Campus University when he was drafted in the army. He served during WWII. After his service, Charlie moved to Chicago and performed as a professional entertainer. While in Chicago Charlie married his childhood sweetheart. The two of them adopted three children, and had a daughter of their own. To get through the hard times, Charlie depends on his strong faith. His advice is to think young and laugh a lot.

**Rita Hagen, RN, MSN**, has been the Executive Director of Hospice Alliance since 2012. She brings with her over 30 years of healthcare experience, with nearly 20 of those being in leadership roles in Kenosha/Racine. Rita earned her Diploma in nursing from St. Luke's Hospital School of Nursing. Additionally, she holds a Bachelor's Degree and a Master's Degree of Science in Nursing from Marquette University and University of Phoenix, respectively. She has served as adjunct faculty for Gateway Technical College and UW-Milwaukee. She is a member of the WI Nurse Honor Guard, Italian American Ladies Auxiliary, Tempo Kenosha (past President and founding member), The Kenosha Rotary Club (past President), Readers are Leaders tutor, and is a KABA/KUSD mentor.

She is an active member of Kenosha County Long Term Care Alliance, as well as Kenosha County Care Transitions. She is also a member of Gateway Technical College and Carthage College Nursing Advisory Councils. Rita enjoys spending any/all free-time with her family - especially her 3 granddaughters.

## PRESENTER BIOS

**Lorraine Hollingsworth**, was born on February 27, 1929 in Elma, Iowa. When Lorraine was 15 years old, she started to work for her aunt in a small six-bed hospital where most of the patients were mothers that had just given birth. Her work in the hospital inspired her to go to Allen Memorial Lutheran School of Nursing to become a Registered Nurse. Lorraine's secret to staying healthy and active is to volunteer and dance.

**Mary Beth Riedner—MLS**, For the past five years, Mary Beth Riedner (MLS) has served on the leadership team of the American Library Association's Interest Group for Alzheimer's and Related Dementias (IGARD). Developer of the award-winning Tales & Travel book and reading program designed for those living with dementia, Mary Beth has presented at numerous professional conferences including the American Library Association and the American Society on Aging.

She is also involved with the national Dementia Friendly America initiative as well as dementia friendly efforts in individual states such as Illinois, Arizona, and Minnesota. Mary Beth is the author of several journal articles as well as a chapter on the Tales & Travel program in the book *The Relevant Library*, published by McFarland in 2018.

**Herschel A. Ryaes**, returned to school at the young age of 75 to better his health and the health of his neighbors. As a student in the University of Wisconsin Master of Science in Health and Wellness Management online degree program.

In 1967, about a year after graduating from the St. Louis College of Pharmacy, Herschel was drafted and stationed at Chanute Air Force Base in Rantoul, Illinois. Throughout his four years of service, he worked side-by-side with a dermatologist creating various remedies for soldiers returning from the Vietnam War who suffered from skin injuries and rashes.

Herschel's activity in his community is hard to miss. He is on the board of directors for the Kenosha Area Family and Aging Services, he conducts quality assurance for Kenosha County Aging and Disability Resource Center, and has served six years as a chairman for Kenosha's Commission on Aging and Disability. Additionally, Herschel was formerly involved with the local VA's Managing Overweight and/or Obesity for Veterans Everywhere (MOVE!) program, and does additional volunteer work under the Older Americans Act Title 45 Retired Senior Volunteer Program.

**Tracy Schroeffer—PhD**, is a professor at the University of Wisconsin-Madison School of Social Work and a recipient of the Hartford Geriatric Social Work Faculty Scholar Award. She serves on the National Coalition for Hospice and Palliative Care, the national Association for Gerontology Education in Social Work, and the national Social Work and Hospice Palliative Care Network boards.

Dr. Schroeffer's research focuses on determining the best strategies for meeting the psychosocial, cultural and spiritual needs of elders, particularly those who are

## PRESENTER BIOS

dying, as well as strategies for reducing health disparities faced by medically underserved communities in Wisconsin.

**Terry Shebenik—Exercise Instructor**, is a Wellness Coach for Herbalife but we are encouraged in our company to combine teaching about good nutrition and combining exercise for a healthy active lifestyle.

I have found that the Cardio Drumming is very attractive to the older group of adults, although many young people enjoy it too. For this reason, this is the exercise I promote with Senior Citizens.

**Courtney Simek—Gerontologist/Owner**, is the Executive Director of Senior Home Sharing and has spent the last 15 years in the human services industry of DuPage County. She brings a wealth of knowledge of housing trends, emerging needs, and realistic and cost effective ways in which to serve older adults.

**Linda Vogelmann**, is the Assistant Director of Independent Living Services at Society's Assets has been with the agency for twenty-five years. Linda is an Assistive Technology Professional (ATP) through the Rehab Engineering and Assistive Technology Society of North America. Linda has been co-chair of the Accommodations SIG for the past three years, as well as a member of the Communication Technologies and Computer Access SIG.

RESNA's Special Interest Groups (SIGs) are online member communities that promote information sharing, best practices, and referrals in a secure and confidential environment. Linda has the technical knowledge necessary to help identify and resolve common barriers through the use of technology and modifications that often prevent people from living safely, comfortably and independently in their homes.

Her certification as an Aging in Place Specialist (CAPS) is in the unique needs of the older adult population, aging in place home modifications, remodeling projects, and solutions to common barriers. Her years of experience in working for an Independent Living Center have prepared her for all aspects of empowering people with cognitive, sensory, and/or physical disabilities to reach their highest potential at home, school, work and play through the addition of appropriate assistive technologies and other strategies to their lives.

**Bernice Wikstrom**, Bernice "Bea" was born in Iowa, and attended St. Lukes School of Nursing, Cedar Rapids, Iowa, 1956. She retired in 2005 and moved to New Mexico and found retirement boring so she took a job in a nursing home and worked as a nurse. Bea is still going strong. Bea's advice about aging well is to keep busy. Find something you like and do it. It's good to have a purpose.

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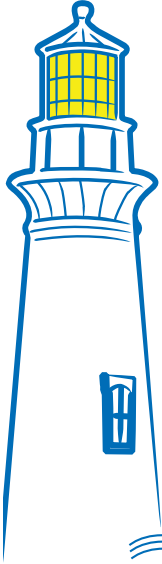
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# NOTES

A page of lined paper with a decorative floral background pattern. The page is ruled with 20 horizontal lines. The background features a repeating pattern of stylized flowers and leaves in a light gray color. The word "NOTES" is printed at the top center in a bold, white, sans-serif font.



# NOTES

A page of lined paper for notes. The page features 25 horizontal lines. The background is white with a faint, light gray decorative pattern of swirling floral and leaf motifs. The lines are evenly spaced and extend across the width of the page.



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We look forward to seeing you next year!

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