

AGENDA

- 7:00

REGISTRATION, REFRESHMENTS, EXHIBITOR VISITS
- 8:00

WELCOME ADDRESS
- 8:15

KEYNOTE | CREATING EQUITABLE AND INCLUSIVE COMMUNITIES FOR ALL | Sheria Robinson-Lane, PhD, MSN, MHA, RN
- 9:15

BREAK AND EXHIBITOR VISITS
- 9:30

MORNING BREAKOUT SESSIONS

Advancing Inclusion: Tools and Strategies for Equity Assessments

Fall Prevention: How to Stay Strong and Steady

Practical Solutions for Living with Vision Loss

Speaking for Yourself: The Importance of Advance Directives in End-of Life Care

Serving the Latino Community in a Culturally Sensitive Way

Drug Nutrient Depletion – Making Sense of Meds
- 10:45

BREAK AND EXHIBITOR VISITS
- 11:00

KEYNOTE | AGE-RELATED COGNITIVE DECLINE IS NOT INEVITABLE: FINDINGS FROM THE SUPERAGING RESEARCH INITIATIVE | Amanda Cook Maher, PhD
- 12:00

LUNCH AND EXHIBITOR VISITS
- 1:15

AFTERNOON BREAKOUT SESSIONS

Maintain Your Brain! Research-Based Tips to Promote Cognitive Health

Benefits of Exercise for Seniors

Healthy Living for Brain and Body

Drug Nutrient Depletion - Making Sense of Meds

Storytelling: Building Team Trust and Understanding
- 2:30

BREAK AND EXHIBITOR VISITS
- 2:45

KEYNOTE | THE IMPORTANCE OF MUSIC IN CONTINUING CARE | Cole Thomas Music
- 3:45

CLOSING ADDRESS

EXHIBITORS

Connect with the latest products and services from leading health and wellness practitioners and providers during the conference.

CEUs/CEHs

UW-Parkside’s CEUs/CEHs meet continuing education requirements for many professionals, agencies, and organizations. Professional associations may have specific licensing requirements, and you are encouraged to contact your licensing association to determine whether CEUs/CEHS will fulfill requirements.

PLATINUM



GOLD



SILVER



BRONZE

- Adventures in Lifelong Learning | TMG | Kenosha Place Assisted Living & Memory Care
- Azura Memory Care of Kenosha | Kenosha County Aging & Disability Resource Center
- Creative Wellness Therapies



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KEYNOTE PRESENTATIONS



CREATING EQUITABLE AND INCLUSIVE COMMUNITIES FOR ALL | Sheria Robinson-Lane, PhD, MSN, MHA, RN, University of Michigan

How we age can vary significantly based upon how we have been able to live. Social factors such as income over our life course, familial connections, support systems, disability status, and how we have experienced stress can play an important role in our overall health and end-of-life experiences. Inclusive communities that create belonging can positively shift the aging experience. Let's examine strategies for creating spaces where everyone is welcome.



AGE-RELATED COGNITIVE DECLINE IS NOT INEVITABLE: FINDINGS FROM THE SUPERAGING RESEARCH INITIATIVE | Amanda Cook Maher, PhD, University of Michigan

While it is commonly thought that cognition declines with increasing age, a subset of the population appears to defy this expectation. These remarkable 80+ year-olds are called "SuperAgers." The SuperAging Research Initiative is a multi-site study taking place North America that aims to understand behavioral, biological, environmental, genetic, and psychosocial characteristics that contribute to successful cognitive aging in the 8th and 9th decades of life, and beyond. This presentation will present what we have learned thus far about SuperAgers and where this important research is going.



THE IMPORTANCE OF MUSIC IN CONTINUING CARE | Cole Thomas, Cole Thomas Music

Music plays an important role in the world as a universal, artistic language. From a first piano recital to a first wedding dance, every song we hear can bind to a profound memory and be a source of inspiration throughout our lives. Join Cole Thomas (and his piano) as he shares stories of music uplifting assisted living and memory care communities while also highlighting the importance songs can play in aging well.

MORNING BREAKOUT SESSIONS

Advancing Inclusion: Tools and Strategies for Equity Assessments | Sheria Robinson-Lane, PhD, MSN, MHA, RN, University of Michigan

The equity assessment is a process used to examine organizational progress toward developing inclusive community goals. This workshop will provide participants with a framework and helpful tools to start this assessment and integrate it into ongoing quality improvement strategies.

Practical Solutions for Living with Vision Loss | Vision Forward

Understand an eye health assessment. Explore a variety of practical approaches to improve daily life for individuals with vision loss. Attendees will discover how simple changes to their environment and routines can boost independence, safety, and comfort, allowing for a more manageable and fulfilling lifestyle

Speaking for Yourself: The Importance of Advance Directives in End-of-Life Care | Rita Hagen, MSN, RN, Hospice Alliance

Advance directives are a vital tool in ensuring that an individual's values, preferences, and wishes are respected and followed if they become unable to make medical decisions for themselves. This talk will explore the importance of advance directives, the benefits they bring to patients, families, and healthcare providers, and the steps to create and implement them effectively. This research can be translated into practice for older adults and people living with dementia.

Serving the Latino Community in a Culturally Sensitive Way | Cristina Huitron, MSW, Milwaukee County ADRC

Professionals working in the dementia field will be informed of the strategies, programs and lessons learned while implementing programming. During this session, you will also learn the importance and how to engage with Latino caregivers to maximize connection.

Drug Nutrient Depletion – Making Sense of Meds | Sunday Muniz, Family Strong Wellness

All medication has its time and place, but Drug Nutrient Depletion can lead to many uncomfortable side effects. Not only can correcting this nutrient loss improve how you or a patient feels with meds but this change to a positive wellbeing can lead to all around better medication adherence.

AFTERNOON BREAKOUT SESSIONS

Maintain Your Brain! Research-Based Tips to Promote Cognitive Health | Amanda Cook Maher, PhD, University of Michigan

As we age, maintaining cognitive function becomes increasingly important for overall well-being and quality of life. In this engaging and interactive session, we'll explore the latest scientific research on brain health and provide practical, evidence-based strategies to help keep your mind sharp.

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Benefits of Exercise for Seniors | Mathias Werve, Racine County YMCA

Exercise can be a powerful tool in promoting overall health, improving balance and managing or preventing chronic diseases in seniors. Learn how exercise can reduce the risk of certain conditions like heart disease and diabetes. Try out an intro to different fitness programs tailored for seniors of all levels.

Healthy Living for Your Brain and Body | Virginia Zerpa, Alzheimer's Association of Wisconsin

Learn about research in the area of diet, exercise, cognitive activity and social engagement. Find ways to incorporate these recommendations into a plan for healthy aging.

Storytelling: Building Team Trust and Understanding | Advocate Aurora

Discover how storytelling can foster deeper trust, empathy, and connection within healthcare teams and with the seniors they serve. This interactive session will explore practical storytelling techniques to enhance communication, strengthen relationships, and improve person-centered care.

REGISTRATION FORM | JUNE 6, 2025

Registration also available online | uwp.edu/agingwell

Name: _____

Agency Name: _____

Phone: _____ Email: _____

Address: _____

City/State/Zip: _____

INVESTMENT

— SINGLE Full Event | \$149* \$ _____

CEUs are included in the price of the registration.

*\$149 before May 6, then \$169

Groups of 3 or more receive 10% off. Register online for the group rate: uwp.edu/agingwell

TOTAL \$ _____

PAYMENT BY CHECK

☐ Check enclosed (Payable to UW-Parkside)

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PAYMENT BY CARD

For credit card payments please register online:
uwp.edu/agingwell

DIETARY RESTRICTIONS

☐ Lactose Free ☐ Gluten Free ☐ Vegetarian ☐ Vegan

☐ Allergies (please explain) _____

QUESTIONS? 262-595-3340 or continuing.ed@uwp.edu