AGENDA

7:00  Registration, Refreshments, and Exhibitor Visits
8:00  Welcome
8:15  KEYNOTE  |  Creating Moments of Joy  |  Jolene Brackey
9:15  Break and Exhibitor Visits
9:30  Morning Breakout Session
   1A.  Techniques for Enhancing Memory
   1B.  Tales and Travel Memories
   1C.  Old and Alone: Strategies for Connection
   1D.  Redefining Aging in Place with Assistive Technology
   1E.  Resources for Combating Elder Financial Exploitation
10:45 Break and Exhibitor Visits
11:00 KEYNOTE PANEL  |  Age Disruptors—Breaking Stereotypes!
   Lorraine Hollingsworth, Charles Jacobson
   Herschel Ryales, Bernice Wikstrom
12:00 Lunch and Exhibitor Visits
1:15  Afternoon Breakout Session
   2A.  Building a Life Expectancy Calendar
   2B.  Senior Home Sharing
   2C.  Cardio Drumming
   2D.  Improving the Quality of Life through Palliative Care
   2E.  Medical Marijuana and Other Opioids: What You Need to Know
2:45  KEYNOTE  |  The Aging of America, How’s It Going?
   Tom Perls, MD, MPH, FACP
4:00  Adjournment

EXHIBITORS

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

CEUs

UW-Parkside’s CEUs 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 before assuming UW-Parkside CEUs will fulfill requirements.
THREE MEMORABLE KEYNOTE PRESENTATIONS

CREATING MOMENTS OF JOY
Jolene Brackey
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 caregivers. Learning to trigger memories and inspire happy moments can make a significant difference for everyone, especially the person experiencing memory loss.

THE AGING OF AMERICA, HOW’S IT GOING?
Tom Perls, MD, MPH, FACP
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.

CUSTOMIZE YOUR CONFERENCE EXPERIENCE

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, MSEd, MFCS
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 COMBATTING ELDER FINANCIAL EXPLOITATION
April Devalkenae, 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 stress 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.