

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.

UNIVERSITY OF WISCONSIN PARKSIDE

900 Wood Road | Kenosha, WI 53144

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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 caretakers. 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.

PANEL DISCUSSION AGE DISRUPTORS-BREAKING STEREOTYPES

Lorraine Hollingsworth, Charles Jacobson, Herschel Ryales, Bernice Wikstrom

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!

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, 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 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 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.

REGISTRATION FORM

Name: _____

Agency Name: _____

Phone: _____

Address: _____

City/St/Zip: _____

Email: _____

LUNCH PREFERENCE

Vegan Vegetarian

All meals are gluten free

Check enclosed (Payable to UW-Parkside)

Send form and payment to:

UW-Parkside
Continuing Education
900 Wood Rd
Kenosha, WI 53144

BREAKOUT SESSIONS (please circle)

Morning Session 1A 1B 1C 1D 1E
Afternoon Session 2A 2B 2C 2D 2E

PAYMENT (price includes lunch)

_____ SINGLE by April 26: \$109
_____ SINGLE after April 26: \$129
_____ 3 OR MORE by April 26: \$99/person
_____ 3 OR MORE after April 26: \$119/person
_____ Earn 0.6 CEUs (6 hours): \$20

TOTAL \$ _____

For credit card payments please contact our office at 262-595-3340 or register online: uwp.edu/agingwell

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

Registration is also available online | uwp.edu/agingwell