

Seventh Annual
**Mid-America
INSTITUTE**
MAIA on Aging



SWIRCA
& More

Thursday and Friday

August 14 and 15, 2014

University of Southern Indiana

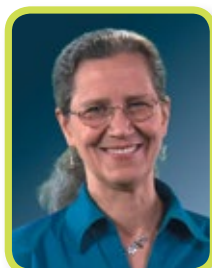
Evansville, Indiana

FEATURING:



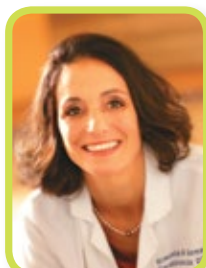
Diana Nyad

Never, Ever Give Up!



Teepa Snow, MS, OTR/L, FAOTA

Making Moments of Joy:
It's What You Choose to Do
as a Caregiver




Mimi Guarneri, MD, FACC

Natural Approaches to
Prevention of Disease



Breeda Miller

Finding Your Funny Sauce in
the Caregiver Sandwich

A decorative blue wave graphic at the bottom of the page.

“Never, Ever Give Up”

PURPOSE:

This interprofessional gerontology conference will provide practical tools and ground-breaking information to enable the attendee to incorporate life-enhancing strategies for successful aging into their professional practice and/or their lifestyle. Topics will include inspirational keynotes as well as multiple sessions ranging from healthy aging to coping with illness.

TARGET AUDIENCE

Health professionals, nurses, social workers, employees working in long-term care settings, nursing home administrators, occupational therapists, physical therapists, dental professionals, case managers, caregivers and members of the community.

COURSE OBJECTIVES

After attending this conference participants will be able to:

- Demonstrate knowledge, interest and commitment in working with older adults.
- Describe ground-breaking ideas for improving the lives of older adults.
- Assist elders, families and their caregivers to successfully navigate health issues important to older adults.
- Describe options available for elders to pursue a more active and enjoyable lifestyle.
- Describe the magic and power of caring for the caregiver and the recipient of care.
- Identify how a sense of humor induces physical and mental changes in the body.

EXHIBIT HALL

Join your colleagues, friends and over 30 area organization representatives in the exhibit area throughout this conference. Use this opportunity to network with sales representatives from healthcare technology, equipment companies, senior health services, home healthcare agencies, long-term care facilities, assisted living facilities, rehabilitation services and acute care hospitals.

Co-Providers



Corporate Sponsor



NEW THIS YEAR

MAIA Pre-Conference Workshop for Direct Care Providers with Teepa Snow

Wednesday, August 13, 9 a.m. to 2:30 p.m.

Teepa Snow's presentation, "Positive Approaches to Provide Support and Care: Changing Challenging Behaviors" will be useful to direct care providers who work with or care for those with memory disorders, dementia and/or Alzheimer's disease: certified nursing assistants, activities and dietary staff, housekeepers, social workers, nurses, long-term care personnel and home healthcare providers.

For more information and to access registration form, go to USI.edu/health/maiapreconference.

Schedule At-A-Glance

THURSDAY, AUGUST 14

7–8 a.m.	Registration
7:45–8:15 a.m.	Drumming for Health
8:15–8:30 a.m.	Welcome
8:30–10 a.m.	Keynote
10 - 10:30 a.m.	Break and Exhibits
10:30–11:30 a.m.	Six Concurrent Sessions
11:30 a.m.–12:30 p.m.	Lunch and Exhibits
12:30–1:30 p.m.	Six Concurrent Sessions
1:30–1:50 p.m.	Break and Exhibits
1:50–2:50 p.m.	Six Concurrent Sessions
2:50–3:10 p.m.	Break and Exhibits
3:10–4:30 p.m.	Closing Plenary

FRIDAY, AUGUST 15

7–8 a.m.	Registration
7:30–8 a.m.	Enjoy sounds of the flute
8–8:15 a.m.	Thai Chi
8:15–8:30 a.m.	Welcome
8:30–10 a.m.	Keynote
10 - 10:30 a.m.	Break and Exhibits
10:30–11:30 a.m.	Six Concurrent Sessions
11:30 a.m.–12:15 p.m.	Lunch and Exhibits
12:15–1:15 p.m.	Six Concurrent Sessions
1:15–1:30 p.m.	Break and Exhibits
1:30–2:30 p.m.	Six Concurrent Sessions
2:30–3 p.m.	Break and Exhibits
3–4:30 p.m.	Closing Plenary

FEATURING



Diana Nyad

Never, Ever Give Up!

Closing Plenary

Friday, August 15, 2014

3–4:30 p.m.

“You are never too old to chase your dreams,” says 64-year-old endurance swimmer Diana Nyad, who this past fall became the first person to swim from Cuba to Florida without a shark cage. Diana will bring her inspirational story to this year’s Mid-America Institute on Aging (MAIA). Back in the 1970s, Nyad was the greatest long-distance swimmer in the world. Her world records, such as circling Manhattan Island and cross-

ing the 102.5 miles between the Bahamas and Florida, led to inductions to many Halls of Fame, such as the International Women’s Sports Hall of Fame. Nyad became a prominent sports broadcaster, filing compelling reports for NPR, ABC’s Wide World of Sports, Fox Sports and the *New York Times*. She has written three books and has earned the reputation of a uniquely passionate and entertaining public speaker, receiving standing ovations from a broad spectrum of audiences.



Teepa Snow, MS, OTR/L, FAOTA

Making Moments of Joy: It’s What You Choose to Do as a Caregiver

Keynote Address

Thursday, August 14, 2014

8:30–10 a.m.

Dementia expert Teepa Snow returns to MAIA to share her insight and information on specific ways caregivers can help older adults with memory loss and dementia. Teepa has over 33 years of experience in geriatrics, with a strong and varied clinical background. She was the OT director in a head injury facility, a clinical specialist in geriatrics at a Veteran’s Administration

Medical Center and has worked as a restorative care coordinator for long-term care facilities, as well as providing direct care in community, home health, long-term care, assisted living and rehabilitation settings.

FEATURING



Erminia "Mimi" Guarneri, MD, FACC

Natural Approaches to Prevention of Disease

Keynote Address

Friday, August 15, 2014

8:30–10 a.m.

Dr. Mimi Guarneri is board-certified in cardiovascular disease, internal medicine, nuclear medicine and holistic medicine. Guarneri is president of the American Board of Integrative Holistic Medicine and founded the Scripps Center for Integrative Medicine, serving as the medical director for 15 years. She is now founder and director of Guarneri Integrative Health, Inc. and Taylor Academy for Integrative Medicine Education and

Research located at Pacific Pearl La Jolla in La Jolla, California. Guarneri is the author of *The Heart Speaks*, a poignant collection of stories from heart patients who have benefited from integrative medicine approaches. Her work has been featured on NBC Today and PBS's *To the Contrary* and *Full Focus* and also was featured in a two-part PBS documentary, *The New Medicine*. She will speak on how most health challenges are totally preventable with natural medicine, including heart disease, diabetes and obesity.



Breeda Miller

Finding Your Funny Sauce
in the Caregiver Sandwich

Closing Plenary

Thursday, August 14, 2014

3:10–4:15 p.m.

"Witty and inspiring," that's what people say about Breeda Miller. Breeda is a speaker who engages, entertains and inspires audiences who are stuck in the "Sandwich Generation." A successful executive, mother of three (two with special needs) children, and caregiver to her frail mother (including hospice care), Breeda has an ability to find humor in the most unlikely places and to use it as an extraordinary coping tool.

Thursday, August 14, 2014

7–8 a.m.	Registration and Continental Breakfast Sponsored by The Communities of Solarbron		
7:45–8:15 a.m.	PRE-CONFERENCE • CARING FOR SELF Drumming for Health <i>Cindy Goodwin, MSN, RN</i>		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Music Therapy and Aging: A Continuum of Care Application and research for music therapy for older adults in a variety of community and residential settings. <i>Kathleen M. Murphy, PhD, MT-BC</i>	Happily Married After Retirement A practical approach to couple-hood in retirement years. <i>Mike and Judy Barnett, BS</i>	Managing Menopause: What's New Explore the physiology of menopause, common symptoms and strategies for management. <i>Anne Moore, DNP, APN, FAANP</i>
	BREAK • EXHIBITS OPEN		
11:30–12:30 p.m.	LUNCH • EXHIBITS OPEN		
CONCURRENT SESSIONS 2 12:30–1:30 p.m.	Fall Prevention and Reduction of Fear of Falling Experiential presentation of various evidence-based, body-mind-spirit modalities helpful in preventing falls and reducing fear of falling. <i>Helen Emge Shymanski, CHC, E-RYT 200</i>	Think of Me When ... Life is full of fond memories, and there are more to be made. Funeral preplanning can offer peace of mind, so you can enjoy the present, knowing the future is secure. <i>Carol Chambers Doug Hoog</i>	Identity Theft Learn tips to maintain confidentiality of your personal information and what to do in the event your identity is stolen. <i>Greg Oeth Posey County Sheriff</i>
	BREAK • EXHIBITS OPEN		
1:30–1:50 p.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:50–2:50 p.m.	Enhancing Speech Through Music Discover how SongShine helps stroke victims and those with Parkinson's strengthen their speaking voices. <i>Kim Atwood, Rebecca Brookman, Pat Denton, JoAnn Drennen, Barbara Fosse and Colleen Martin</i>	Honor Flight for the Greatest Generation Discover how this non-profit organization provides World War II veterans an opportunity to visit Washington, D.C. <i>Grant Thompson</i>	Elder Abuse in Indiana: A Legal Primer A comprehensive look at Indiana's laws on elder abuse, mandatory reporting requirements, and best practices and strategies for improvement. <i>Kerry Hyatt Blomquist, JD</i>
	BREAK • EXHIBITS OPEN		
2:50–3:10 p.m.	BREAK • EXHIBITS OPEN		
PLENARY 3:10–4:15 p.m.	Finding Your Funny Sauce in the Caregiver Sandwich Caring for frail, aging parents while raising your children and holding down a job can be enough best you can be. <i>Breeda Miller</i>		
	4:15–4:30 p.m.	Closing and Evaluation	

8:15–8:30 a.m.

Welcome and Introductions

8:30–10 a.m.

Keynote

Making Moments of Joy: It’s What You Choose to Do as a Caregiver

A positive approach to help you connect with those with dementia without “sweating the small stuff.”

Teepa Snow, MS, OTR/L, FAOTA

Who Will Care For Us?

Look into the future of provision of healthcare services.

Linda E. White, FACHE

Introduction to Advance Directives: Basics of Self-Determination

Learn the basics of advance directives and why they are needed.

Karen L. Williams, BS

HeartMath Relieves Stress Now

This experiential presentation provides awareness and tools for on-demand stress relief, resilience and vitality.

Kimberly Gray, RN, HN-BC, BA, LMT, CHTP/I

Care Transitions: From Hospital to Home

Using SWIRCA & More’s Care Transitions to reduce hospital readmissions while stabilizing patients in a community setting.

*Cathleen L. Eli, BS
Michael Halling, MS*

Jimmo vs. Sebelius: Its Impact on Health Services for Chronically Ill

A legal settlement by CMS eliminates the “improvement requirement” for home health skilled services. How does this affect home health coverage?

Jean Macdonald, BSN, MS, RN

Self-Care IS Healthcare

An experiential presentation introducing integrative/holistic tools for self-care, stress relief and how to restore a sense of balance/renewal.

Kimberly Gray RN, HN-BC, BA, LMT, CHTP/I

Creative Solutions in Caregiving

Clever ways to solve challenging problems with humor and grace.

Breeda Miller

Exercise for Health and Well-being

Intimidated by traditional exercise classes? Try these approaches so you can remain active longer.

Dave Enzler, MA

Self-Care IS Healthcare (repeat)

An experiential presentation introducing integrative/holistic tools for self-care, stress relief and how to restore a sense of balance/renewal.

Kimberly Gray RN, HN-BC, BA, LMT, CHTP/I

to bring the strongest to their knees. This session will inspire and show you ways to use the power of humor to be the

Friday, August 15, 2014

7–8 a.m.	Registration and Continental Breakfast		
7:30–8 a.m.	PRE-CONFERENCE • CARING FOR SELF Relax to Sounds of the Native American Flute <i>Doug Luzar</i>		
8–8:15 a.m.	Experience Tai Chi <i>Ron Weatherford</i>		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Health by Design: Creating Communities that Support Active Aging How the built environment impacts older adults' ability to be safe, active and engaged in community. <i>Kim Irwin, MPH</i>	The Science of Mind-Body Connection Review the science linking attitude, mental status and emotions to health and disease. <i>Mimi Guarneri, MD, FACC</i>	Assessing Depression in the Older Adult Population: Does it Present Differently? How signs and symptoms of depression may represent a more significant problem than depression. <i>Julie Wood, MD</i>
	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 2 12:15–1:15 p.m.	Improving Access to Support Services and Care Strategies from Health Agencies Focused on Parkinson's Disease Learn how to more effectively serve clients affected by Parkinson's disease and other neurological conditions. <i>Leo G. Rafail, BSW</i>	The Science of Mind-Body Connection (repeat) Review the science linking attitude, mental status and emotions to health and disease. <i>Mimi Guarneri, MD, FACC</i>	Assessing Depression in the Older Adult Population: Does it Present Differently? (repeat) How signs and symptoms of depression may represent a more significant problem than depression. <i>Julie Wood, MD</i>
	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:30–2:30 p.m.	Improving Access to Support Services and Care Strategies from Health Agencies Focused on ALS Learn how to more effectively serve clients affected by ALS and other neurological conditions. <i>Leo G. Rafail, BSW</i>	Fit and 50: Become Your Own Champion! Watch highlights of athletes who compete at the National Senior Games and hear from a panel of local senior athletes. <i>Kristin Hood Holly Schneider</i>	Women! Protect Yourself Learn tips and techniques for women's self defense from RAD (Rape Aggression Defense Program). <i>Jeff Chestnut, MA, BS</i>
	BREAK • EXHIBITS OPEN		
PLENARY 3–4:30 p.m.	Never, Ever Give Up! "I have three messages. One is we should never, ever give up. Two is you are never too old to cha <i>Diana Nyad</i>		

8:15–8:30 a.m.

Welcome and Introductions

8:30–10 a.m.

**Keynote
Natural Approaches to Prevention of Disease**

Most health challenges are totally preventable such as heart disease, diabetes and obesity. These are just a few of the diseases amenable to natural medicine.

Mimi Guarneri, MD, FACC

Benefits of Dancing for Older Adults

Meet this fun group of dancers who will teach a line dance and a few steps of the East Coast Swing.

Kathy Osburn and members of the River City Bop Club

Introduction to Advance Directives: Basics of Self-Determination
(repeat from Day 1)

Learn the basics of advance directives and why they are needed.

Karen L. Williams, BS

Care Transitions: From Hospital to Home (repeat from Day 1)

Using SWIRCA & More's Care Transitions to reduce hospital readmissions while stabilizing patients in a community setting.

*Cathleen L. Eli, BS
Michael Halling, MS*

Pickleball: The Fastest Growing Family Sport in the USA

A demonstration of this simple paddle game that is not only good exercise but a way to have fun and make new friends.

Dick LaDuc

OPTIMISTIC: An Approach to Increasing Quality of Life for Long-Term Care Residents

Explanation of the OPTIMISTIC program and tools implemented to date.

Noadiah Malott RN, MSN, ACNP-BC

Providing Affirming Services to LGBT Seniors (Part 1 of 2)

Basic information about LGBT terms, respectful language and barriers to service.

*Jean Capler, MSW, LCSW
Cathleen Weber, MSW, LCSW*

Tai Chi for Health, Tai Chi for Everyone

Experience the joy of movement, coordinating breathing with simple, easy to follow exercises that stimulate energy flow as well as physical fitness.

Ron Weatherford

Optimized Aging with Nutritional and Weight Management Techniques

Aging well depends on optimal nutrition as well as weight management, which may get more difficult with age.

Louis B. Cady, MD, FAPA

More on Providing Affirming Services to LGBT Seniors (Part 2 of 2)

Building on the previous session, with focus on agency environment, policy and procedure, forms, documentation and other aspects of service.

*Jean Capler, MSW, LCSW
Cathleen Weber, MSW, LCSW*

...se your dreams. And three is it looks like a solitary sport but it takes a team.”

Day 1–August 14, 2014

CONCURRENT SESSION I (10:30 – 11:30 A.M.)

Music Therapy and Aging: A Continuum of Care

Kathleen M. Murphy, PhD, MT-BC

University of Evansville Music Department, Evansville, Indiana

Kathleen M. Murphy is an associate professor of music therapy at the University of Evansville. She has over 30 years of clinical experience working with children and adults in a variety of healthcare, community and educational settings.

Happily Married After Retirement

Mike and Judy Barnett, BS

Community Marriage Builders, Evansville, Indiana

The Barnetts have 20 years of experience teaching marriage and parenting classes in churches and throughout the Tri-State region. They are trained as marriage educators via Community Marriage Builders.

Managing Menopause: What's New

Anne Moore, DNP, APN, FAANP

Vanderbilt University, Nashville, Tennessee

Anne Moore is the program director for the Women's Health Nurse Practitioner Program at Vanderbilt University in Nashville, Tennessee. She is nationally recognized as a thought leader and clinician in the area of women's health with a particular focus in menopausal care.

Who Will Care For Us?

Linda E. White, FACHE

Deaconess Health System, Evansville, Indiana

Linda White is president and CEO of Deaconess Health System, a six-hospital system with headquarters in Evansville, Indiana. She joined the hospital in 1985 and has been in her current position for 12 years. Ms. White is a graduate of the Deaconess Hospital School of Nursing and holds a bachelor of science in mathematics from Indiana State University. She earned a baccalaureate degree in nursing and master's in business administration from the University of Evansville and is a Fellow of the American College of Healthcare Executives.

Introduction to Advance Directives: Basics of Self-Determination

Karen L. Williams, BS

Indiana Legal Services, Evansville, Indiana

Karen Williams has been a paralegal with Indiana Legal Services since 2002, focusing on long-term care and elder care. She has a bachelor of science degree from the University of Evansville.

HeartMath Relieves Stress Now

Kimberly Gray, RN, HN-BC, BA, LMT, CHTP/I

HeartMath, Tampa, Florida

Kimberly Gray is an RN with 30 years of experience, including board certification in holistic nursing, licensed massage therapist, certified Healing Touch practitioner/instructor, and a licensed HeartMath trainer/coach. Since 1999, she has incorporated holistic therapies into her bedside care and has been focused solely on integrative/holistic healthcare and wellness services since 2004. She is founder of the Healing Touch Program at St. Joseph's Hospital and the Integrative Wellness Program at Tampa General Hospital, both in Tampa, Florida.

CONCURRENT SESSION 2 (12:30 – 1:30 P.M.)

Fall Prevention and Reduction of Fear of Falling

Helen Emge Shymanski, CHC, E-RYT 200

St. Mary's Women's Wellness Center & Hope Resource Program, Newburgh, Indiana

Helen Emge Shymanski has been a speaker and instructor of holistic health and well-being practices for 14 years. She is passionate about the beauty, power and gift of mindfulness and energy practices and delights in partnering with people on their lifestyle behavior changes and path of self-inquiry.

Think of Me When...

Carol Chambers

Pierre Funeral Home, Evansville, Indiana

Doug Hoog

Independent Funeral Planning Association, Brookville, Indiana

Carol Chambers and Doug Hoog have 20-plus years of experience in the funeral industry, educating funeral homes and consumers on the emotional and financial benefits of advanced funeral planning.

Identity Theft

Gregory R. Oeth

Posey County Sheriff's Office, Mt. Vernon, Indiana

Greg Oeth has 34 years of experience in the Criminal Justice System and is in his first term as sheriff of Posey County. He retired from the Indiana State Police South Region where he served as forensic field support commander and southwest bomb squad team leader.

Care Transitions: From Hospital to Home

Cathleen L. Eli, BS

Michael Halling, MS

SWIRCA & More, Evansville, Indiana

Cathleen Eli has a bachelor of science in Liberal Studies from University of Central Florida. She has been a case manager at SWIRCA & More for 10 years and a Care Transitions coach there for one year.

Michael Halling has been with SWIRCA & More for six years and currently oversees their ADRC and Care Transitions programs. Michael has extensive knowledge on community and government resources available to elderly and/or disabled individuals.

Jimmo vs. Sebelius: Its Impact on Health Services for Chronically Ill

Jean Macdonald, BSN, MS, RN

Indiana Association for Home & Hospice Care, Indianapolis, Indiana

Jean Macdonald is director of Home Health Policy for the Indiana Association for Home & Hospice Care. She graduated from the Ohio State University College of Nursing in 1964, and her primary focus has been in home care since 1986.

Self-Care IS Healthcare

Kimberly Gray, RN, HN-BC, BA, LMT, CHTP/I

HeartMath, Tampa, Florida

Kimberly Gray is an RN with 30 years of experience, including board certification in holistic nursing, licensed massage therapist, certified Healing Touch practitioner/instructor and a licensed HeartMath Trainer/Coach. Since 1999, she has incorporated holistic therapies into her bedside care and has been focused solely on integrative/holistic healthcare and wellness services since 2004. She is founder of the Healing Touch Program at St. Joseph's Hospital and the Integrative Wellness Program at Tampa General Hospital, both in Tampa, Florida.

CONCURRENT SESSION 3 (1:50 – 2:50 P.M.)

Enhancing Speech Through Music

Kim Atwood, Rebecca Brookman, Pat Denton, JoAnn Drennen, Barbara Fosse and Colleen Martin

SongShine, Evansville, Indiana

Trained as SongShine certified instructors, these volunteers represent a variety of academic, professional and personal achievements. SongShine is a music-based vocal course for persons with Parkinson's, stroke and other neurological disorders or aging voices, designed to strengthen the speaking voice through the use of classical singing exercises, speech and respiratory therapy methods, rhythmic movement and group singing.

Honor Flight for the Greatest Generation

Grant Thompson

Indy Honor Flight, Indianapolis, Indiana

Grant Thompson is chairman of Indy Honor Flight, a non-profit organization with a mission to honor World War II veterans by providing them an expense-paid escorted day trip to visit the WWII Memorial in Washington, D.C. The WWII Memorial was completed in 2004, so unfortunately, Grant was unable to take his grandfather, who passed in 1997. So he did the next best thing: he took someone else, then another, and another! To date Indy Honor Flight has transported over 350 WWII veterans, with an average age of 90 years old.

Elder Abuse in Indiana: A Legal Primer

Kerry Hyatt Blomquist, JD

Indiana Coalition Against Domestic Violence, Indianapolis, Indiana

Kerry Hyatt Blomquist is the legal counsel at the Indiana Coalition Against Domestic Violence (ICADV) and an adjunct professor of law at the Indiana University Robert H. McKinney School of Law in Indianapolis, specializing in state and federal domestic violence law, public policy and practice. She is a frequent speaker on the legal issues confronting abuse survivors and a recipient of numerous awards and recognitions including the Leadership in Law Award from the Indiana Lawyer publication where she was recognized as a "Distinguished Barrister" in Indiana.

Creative Solutions in Caregiving

Breeda Miller

See Thursday Closing Plenary description for information about presenter.

Exercise for Health and Well-being

Dave Enzler, MA

Recreation, Fitness and Wellness, University of Southern Indiana, Evansville, Indiana

Dave Enzler has been director of Recreation, Fitness and Wellness at USI since 2001. He also is an instructor in the department of Kinesiology and Sport. He is a graduate of the University of Maryland, where he received a BS in Kinesiology and an MA in Biomechanics. He has coached swimming and/or cross country at the collegiate and high school levels for over 40 years. He and his wife, Frances, currently coach the swimming and diving team at Memorial High School. Prior to coming to USI, he was the Fitness Center director and an instructor in physical education at the University of Evansville for 16 years.

Self-Care IS Healthcare (repeat)

Kimberly Gray, RN, HN-BC, BA, LMT, CHTP/I

See Day 1 Concurrent Session 2 for information about presenter.

Day 2 – August 15, 2014

CONCURRENT SESSION 1 (10:30 – 11:30 A.M.)

Health by Design: Creating Communities that Support Active Aging

Kim Irwin, MPH

Alliance for Health Promotion, Indianapolis, Indiana

Kim Irwin is the executive director of the Alliance for Health Promotion. She has a Master of Public Health from the Indiana University School of Medicine Department of Public Health and an undergraduate degree from Northwestern University. Her entire career has been spent in health-related program and administrative management, and she has been the executive director of the Alliance for Health Promotion since January 2008.

The Science of Mind-Body Connection

Mimi Guarneri, MD, FACC

See Friday Keynote description for information about presenter.

Assessing Depression in the Older Adult Population

Julie Wood, MD

Southwestern Behavioral Healthcare, Evansville, Indiana

Dr. Julie Wood is a general adult psychiatrist at Southwestern Behavioral Healthcare with special interest in geriatric psychiatry and women's mental health. She recently completed her psychiatry residency training at University of Texas, Southwestern in Dallas, Texas. Prior to attending medical school, she worked as a research scientist in the pharmaceutical and biotech industry.

Benefits of Dancing for Older Adults

Kathy Osburn and friends

River City Bop Club, Evansville, Indiana

Kathy Osburn and her husband, Randy, began ballroom dance lessons as a hobby and for exercise in 2004. This soon led to a particular love of swing and country dancing. Kathy teaches dance at the Dance Hall in Henderson, Kentucky, and for a dance group in Evansville.

Introduction to Advance Directives: Basics of Self-Determination (repeat)

Karen L. Williams, BS

See Day 1 Concurrent Session 1 for information about presenter.

Care Transitions: From Hospital to Home (repeat)

Cathleen L. Eli, BS

Michael Halling, MS

See Day 1 Concurrent Session 2 for information about presenters.

CONCURRENT SESSION 2 (12:15 – 1:15 P.M.)

Improving Access to Support Services and Care Strategies From Health Agencies Focused on Parkinson's Disease

Leo G. Rafail, BSW

The ALS Association Indiana Chapter, Indianapolis, Indiana

Leo Rafail is care services program manager for the ALS Association Indiana Chapter. Leo has spent the last 18 years providing social work services and developing programs for people affected by neurological disease. In addition to providing direct services, he has presented at numerous conferences and symposia throughout the United States to professionals and patients and families.

The Science of Mind-Body Connection (repeat)

Mimi Guarneri, MD, FACC

See Friday Keynote description for information about presenter.

Assessing Depression in the Older Adult Population (repeat)

Julie Wood, MD

See Concurrent Session 1 for information about presenter.

Pickleball: The Fastest Growing Family Sport in the USA

Dick LaDuc

Pickleball League, Evansville, Indiana

Known as the Pickleball ambassador for Evansville, Dick LaDuc first learned how to play this racket sport in Florida. Since then he has set up a Pickleball league at the C.K. Newsome Community Center, introducing many older adults to this sweet sport with a sour name.

OPTIMISTIC: An Approach to Increasing Quality of Life for Long-Term Care Residents

Noadiah Malott, RN, MSN, ACNP-BC

OPTIMISTIC Program, Fishers, Indiana

Noadiah Malott, a lifelong resident of Indiana, began her nursing career as an LPN then earned her ASN and BSN at IU Kokomo and her MSN at the University of Southern Indiana. Her career started in long-term care as a nurse aid and has now come full circle as a nurse practitioner.

Providing Affirming Services to LGBT Seniors (Part 1 of 2)

Jean Capler, MSW, LCSW

Cathleen Weber, MSW, LCSW

Indiana University School of Social Work, Bloomington, Indiana

Jean Capler and Cathleen Weber are licensed clinical social workers in private practice. Jean specializes in LGBTQ mental health; Cathleen specializes in aging and Alzheimer's disease and provides affirming services for LGBTQ families. Both are adjunct faculty at Indiana University School of Social Work in Bloomington, Indiana, teaching courses on practice, diversity, aging and LGBTQ topics. Together, Jean and Cathleen have over 35 years of social work experience in mental health, healthcare and community organizing and advocacy.

CONCURRENT SESSION 3 (1:30 – 2:30 P.M.)

Improving Access to Support Services and Care Strategies From Health Agencies Focused on ALS

Leo G. Rafail, BSW

See Concurrent Session 2 for information about presenter.

Fit and 50: Become Your Own Champion

Kristin Hood

Holly Schneider

SWIRCA & More, Evansville, Indiana

Holly and Kristin have combined experience of 23 years at SWIRCA & More, working in healthy aging and with 50+ year-old athletes. Both have developed and implemented programming for persons with various levels of physical and mental abilities. Kristin has been a Senior Games coordinator, and Holly is coordinator of the Indiana State Games – Fit & 50.

Women! Protect Yourselves

Jeff Chestnut, MA, BS

University of Evansville, Evansville, Indiana

Jeff Chestnut is director of the Fitness Center at the University of Evansville. He has a bachelor of science in Physical Education from Indiana State University and a master of counseling degree from the University of Evansville.

Tai Chi for Health, Tai Chi for Everyone

Ron Weatherford

Evansville, Indiana

Ron Weatherford, instructor of Tai Chi and the Martial Arts for over 30 years, currently shares Tai Chi at several organizations in Evansville including USI, SWIRCA & More, and local retirement facilities. He has a special interest in tailoring exercises for those who have special needs, including remaining in a sitting position during exercise.

Optimized Aging with Nutritional and Weight Management Techniques

Louis B. Cady, MD, FAPA

Cady Wellness Institute, Newburgh, Indiana

Dr. Louis Cady is CEO and founder of the Cady Wellness Institute. Trained first as a classical pianist, he went on to obtain two degrees, with honors, from the Conservatory of Music of the University of Missouri at Kansas City, before obtaining his medical degree in 1989 from the University of Texas Medical Branch in Galveston, Texas. He then trained in psychiatry at Mayo Clinic, beginning his practice of child, adolescent, adult and forensic psychiatry in Evansville, Indiana, in 1993. In addition to his training in medicine and psychiatry, Dr. Cady has subsequently received additional training in Age Management Medicine from the Cenegenics Medical Institute in Las Vegas, Nevada.

More on Providing Affirming Services to LGBT Seniors (Part 2 of 2)

Jean Capler, MSW, LCSW

Cathleen Weber, MSW, LCSW

See Concurrent Session 2 for information about presenters.

Registration for the August 14-15 Mid-America Institute on Aging, HPR812

4

easy ways
to
register



Mail completed form with check or money order payable to USI to Continuing Education, 8600 University Boulevard, Evansville, IN 47712.

Using VISA, MasterCard, Discover, or American Express, call Outreach and Engagement at 812-464-1989 or 800-467-8600.

Using VISA, MasterCard, Discover, or American Express, fax to 812-465-7061.

Register online at health.usi.edu (not available for Teepa Snow Pre-conference Workshop).

ATTENDEE INFORMATION

First _____ MI _____ Last _____

Institution _____

Home Address _____

City _____ State _____ ZIP _____

Telephone(H) _____ (W) _____

Email _____

(Individual email required for continuing education credit)

Do you have any special requirements of which we should be aware? _____

PAYMENT INFORMATION

Check or Money Order (payable to USI)

Credit Card: VISA MasterCard Discover American Express

Card # _____ Security Code _____

(three digit code on back of card)

Billing ZIP _____ Exp Date: Mo. _____ Yr. _____

Name as it appears on card _____

COST

Includes continental breakfast, lunch, certificate of attendance and Diana Nyad's closing keynote on Day 2.

Register by July 31

\$195 for both days

\$105 for one day

\$ 60 for retirees and students for both days

\$ 35 for retirees and students for one day

After July 31

\$255 for both days

\$135 for one day

\$ 70 for retirees and students for both days

\$ 45 for retirees and students for one day

Cancellation Policy: Registration fees are refundable, less a \$15 service charge, through August 13, 2014. No refunds will be made after that date.

DAY 1

Concurrent Session 1 - Choose one

- Music Therapy and Aging
- Happily Married After Retirement
- Managing Menopause: What's New
- Who Will Care For Us?
- Introduction to Advance Directives
- HeartMath Relieves Stress Now

Concurrent Session 2 - Choose one

- Fall Prevention
- Think of Me: Funeral Preplanning
- Identity Theft
- Care Transitions
- Jimmo vs. Sebelius
- Self-Care IS Healthcare

Concurrent Session 3 - Choose one

- Enhancing Speech Through Music
- Honor Flight for the Greatest Generation
- Elder Abuse in Indiana: A Legal Primer
- Creative Solutions in Caregiving
- Exercise for Health and Well-being
- Self-Care IS Healthcare (repeat)

DAY 2

Concurrent Session 1 - Choose One

- Health by Design: Creating Communities
- The Science of Mind-Body Connection
- Assessing Depression in Older Adult Population
- Benefits of Dancing for Older Adults
- Introduction to Advance Directives (repeat)
- Care Transitions (repeat)

Concurrent Session 2 - Choose One

- Improving Access to Services: Parkinson's Disease
- The Science of Mind-Body Connection (repeat)
- Assessing Depression in Older Adult Population (repeat)
- Pickleball: Fastest Growing Family Sport
- OPTIMISTIC: Quality of Life for Long-Term Care Residents
- Providing Affirming Services to LGBT (Part 1)

Concurrent Session 3 - Choose One

- Improving Access to Services: ALS
- Fit and 50: Become Your Own Champion!
- Women! Protect Yourselves
- Tai Chi for Health, Tai Chi for Everyone
- Optimized Aging: Nutritional and Weight Management
- More on Providing Affirming Services to LGBT (Part 2)



Registration for only
Diana Nyad's
closing keynote at 3 p.m.
on Friday, August 15.
HPR812C

Only use this form if not registered for Day 2 of MAIA Conference, combined with Attendee and Payment Information on page 14.

Register by July 31

\$25

After July 31

\$40

No continuing education will be awarded when registering for this session only. **Cancellation Policy:** No refunds. Substitutions may be sent without additional charge if the original registrant(s) cannot attend.

Teepa Snow Pre-conference Workshop
Wednesday, August 13, HPR812A
Not included in MAIA registration fee



Pre-conference limited to the first 150 registrants

Flyer and registration form at
USI.edu/health/maiapreconference

CONTINUING EDUCATION CREDIT

Nurses, social workers, health facility administrators and dental hygienists will receive up to 5.8 contact hours on Day 1 and up to 6.0 contact hours on Day 2 with registration to the conference, check-in at registration desk, submission of documentation of sessions attended and completed program evaluation.

University of Southern Indiana College of Nursing and Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

University of Southern Indiana is an approved provider of continuing education for several professionals licensed in the state of Indiana, including social workers, marriage and family therapists, psychologists, occupational therapists, occupational therapy assistants, and dental professionals.

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers. The course is approved for 11.75 CE contact hour(s). Activity code: C00010882 Approval Number: 140000897.

Sponsored by the University of Southern Indiana, designated a provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive up to 12 entry level Category 1 CECH in health education, Provider Number: SEP4457.

The University of Southern Indiana has been approved by the Indiana State Board of Health Facility Administrators as a sponsor of continuing education programs for health facility administrators (License #98000033A).

This program has been submitted to NASW and the Indiana Division of Aging for approval for continuing education credit.

CONFERENCE INFORMATION

Location: The pre-conference and conference will be held in the University Center on the campus of the University of Southern Indiana, Evansville, Indiana. USI is located on Highway 62 approximately two miles west of Evansville.

Hotel Accommodations: Hotel accommodations in proximity to the University include the Fairfield Inn West (812-429-0900) and Holiday Inn Express (812-421-9773). Mention attendance at a USI program to receive the USI rate.

Conference Materials: The day before the conference, registrants will be emailed a link to a web site where the conference materials, including handouts and agenda, may be accessed and printed. **No hard copy of handouts will be provided.**

Conference Mobile APP: New this year, participants with iOS and Android phones and tablets will be able to access the free conference mobile App. Information about how to access the App will be emailed to registrants the day before the conference. Participants are encouraged to download and become familiar with the App prior to the conference.

Certificate of completion: Following the conference, a link to an electronic evaluation and attendance confirmation will be emailed to program attendees. Please ensure that you provide a correct email address when registering. You must complete the program evaluation and attest to the sessions attended in order to receive a certificate.

Questions?

Call 812-464-1989 or 800-467-8600
 Email: Extserv@usi.edu
 USI.edu/health





Continuing Education
College of Nursing and Health Professions
8600 University Boulevard
Evansville, Indiana 47712

18076-01046 P14-110545

Mark your calendars!
Mid-America Institute on Aging

August 14 and 15, 2014
University of Southern Indiana
Evansville, IN
USI.edu/health



At age 64, Diana Nyad completed a 110-mile swim from Cuba to Florida.