

Eighth Annual

Mid-America INSTITUTE MAIA on Aging

UNIVERSITY OF
SOUTHERN
INDIANA™

SWIRCA
& More

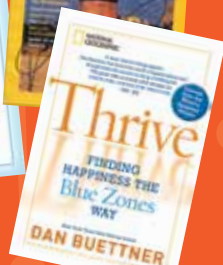
Thursday and Friday

August 13 and 14, 2015

University of Southern Indiana

Evansville, Indiana

FEATURING:



DAN BUETTNER

Blue Zones:
Secrets of a Long Life

AUGUST 12
Pre-Conference Workshop

Teepa Snow, MS, OTR/L, FAOTA
Best Practices in Dementia Care:
Seeing It From the Other Side



2015 Agenda

Mid-America Institute on Aging

PRE-CONFERENCE WORKSHOP FOR DIRECT CARE PROVIDERS

(separate registration required)

WEDNESDAY, AUGUST 12

9 a.m. – 2:30 p.m. Positive Approach™ in
Dementia Care with **Teepa Snow**

TWO-DAY CONFERENCE

THURSDAY, AUGUST 13

7 – 8:15 a.m.	Registration
7:45 – 8:15 a.m.	Yoga
8:15 – 8:30 a.m.	Welcome
8:30 – 10 a.m.	Dan Buettner 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 – 1:45 p.m.	Break and Exhibits
1:45 – 2:45 p.m.	Six Concurrent Sessions
2:45 – 3 p.m.	Break and Exhibits
3 – 4:30 p.m.	Zachary Benedict Plenary

FRIDAY, AUGUST 14

7 – 8:15 a.m.	Registration
7:45 – 8:15 a.m.	Tai Chi
8:15 – 8:30 a.m.	Welcome
8:30 – 10 a.m.	Sandy Markwood 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 – 1:45 p.m.	Break and Exhibits
1:45 – 2:45 p.m.	Six Concurrent Sessions
2:45 – 3 p.m.	Break and Exhibits
3 – 4:30 p.m.	Eva Kor Plenary

Get full details and latest agenda updates at
USI.edu/maia

Live longer,

Purpose

This 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

Older adults, family members, caregivers, nurses, social workers, employees working in long-term care settings, nursing home administrators, occupational therapists, physical therapists, dental professionals and case managers.

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.

Presented by



SWIRCA & More

SWIRCA & More, the Area Agency on Aging for southwestern Indiana, works to enhance opportunities for independent living in Gibson, Posey, Perry, Spencer, Vanderburgh and Warrick counties.

www.swirca.org

Joint Providers



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healthier and happier...

Featuring...



Dan Buettner

**Blue Zones:
Secrets of a Long Life**

Thursday, August 13, 8:30 a.m.

In collaboration with:



What should you be doing to live a longer life? Dan Buettner, a *New York Times* best-selling author and National Geographic Fellow, debunks the most common myths and offers a science-backed blueprint for the average American to live another 12 quality years. Dan has delivered more than 3,000 speeches to audiences world-wide, and is the author of two best-sellers on longevity: *The Blue Zones* and *Thrive*. To find the path to long life and health, Dan and his team study the world's "Blue Zones," communities whose elders live with vim and vigor to record-setting age. In his talk, Dan will share the nine common diet and lifestyle habits – Power 9® – that keep them spry past age 100.

PRE-CONFERENCE WORKSHOP

Teepa Snow

**Best Practices in Dementia Care:
Seeing It From the Other Side**

**PRE-CONFERENCE WORKSHOP
Wednesday, August 12, 9 a.m. - 2:30 p.m.**



Teepa Snow is an occupational therapist currently working as a dementia care and training specialist. She has an independent practice, and has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. Teepa's presentation, "Best Practices in Dementia Care: Seeing It From the Other Side" 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 members, housekeepers, social workers, nurses, long-term care personnel and home healthcare providers. *For more information and to access registration form, go to USL.edu/maia.*

Keynote Speakers



Zachary Benedict

The Power of Place: How Engagement, Happiness and Attachment Could Shape the Midwest

Thursday, August 13, 3 p.m.

Zachary Benedict is a managing partner at MKM architecture + design in Fort Wayne, Indiana, a firm that has been consistently recognized as one of the Top 100 healthcare architecture firms in the country by *Modern Healthcare Magazine*. While designing numerous projects ranging from senior care facilities to public libraries, Zachary manages the firm's community-based projects and research efforts. His presentation will explain the challenges facing our growing older adult population, limitations often imposed by the built environment and how the way in which we understand and develop a sense of place is essential to how we measure quality of life.



Sandy Markwood

Aging in Place ... Aging Well

Friday, August 14, 8:30 a.m.

Sandy Markwood is CEO of the National Association of Area Agencies on Aging, in Washington, D.C., where she provides policy and programming support in areas relating to aging in counties and cities across the United States. She has a bachelor's degree in American history with a specialization in urban/regional development, and a master's degree in urban and environmental planning with a specialization in social planning. Sandy has 30 years of experience working on aging issues and on the development of aging programs and policies at the national and local levels. She also has more than 35 years of experience working with local city, county and regional governments to promote services that empower citizens of all ages and communities at-large to be livable across the lifespan.



Eva Kor

Triumph of the Human Spirit

Friday, August 14, 3 p.m.

Eva Kor is a Holocaust survivor, forgiveness advocate and public speaker. Powered by a never-give-up attitude, Eva has emerged from a trauma-filled childhood as a brilliant example of the human spirit's power to overcome. Even at the age of 80, she continues to be a community leader, champion of human rights and tireless educator. Eva founded CANDLES, (Children of Auschwitz Nazi Deadly Lab Experiments Survivors) and opened the CANDLES Holocaust museum and education center in Terre Haute, Indiana, with an ever-broadening vision of teaching visitors the importance of forgiveness, respect, equality and peace.

Specialty Tracks



Improving Aging Services for LGBT

with

Tim Johnston, PhD
of SAGE, New York



Arts and Creativity

with

Kareen King, MA, RDT
Drama Therapist



First Responders and Dementia

with

Teepa Snow, MS, OTR/L, FAOTA
Dementia Expert

For more information, see pages 12 and 13.



The University of Southern Indiana celebrates its 50th anniversary in 2015! The past five decades have seen a remarkable transformation from Indiana State University Evansville to USI, a thriving independent public institution with a reputation for excellence in education and community engagement.

USI is celebrating its anniversary with a series of events throughout the year, including the Mid-America Institute on Aging. These festivities commemorate the University's history, but also focus on the future, as USI continues to grow and expand to meet the ever-changing needs of the region and its students.

September 14-20, the week of the University's founding, will be the 50th Anniversary Celebration Week and will feature a multitude of events, including a capstone event on September 19.

We hope you will join us in celebrating our history and success! More information at www.USI.edu/50.

Thursday, August 13, 2015

7 – 8:15 a.m.	Registration and Continental Breakfast		
7:45 – 8:15 a.m.	Yoga with Kay Corpus, MD		
8:15–8:30 a.m.	Welcome and Introductions		
8:30–10 a.m.	Keynote with Dan Buettner Blue Zones: Secrets of a Long Life 		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Dementia Competence for Emergency Personnel and First Responders – Part 1 It's not what you think and it's everywhere – recognize the signs, symptoms and indicators of dementia. Teepa will address the “real world” issues that occur when someone is developing and then living with brain failure. <i>Teepa Snow, MS, OTR/L, FAOTA</i> 	Prevention of Falls Falls can cause hip fractures and head traumas, and can increase the risk of early death for the elder population. Fortunately, this public health problem is largely preventable. <i>Judith Canlas, MD Beth Taylor, DPT</i>	Eat to Your Heart's Content Eating fresh, plant-based meals and snacks can help prevent diabetes and heart disease. Learn tips for incorporating more into your daily life. <i>Robin Mallery, RN</i>
	CONCURRENT SESSIONS 2 12:30–1:30 p.m.	Dementia Competence for Emergency Personnel and First Responders – Part 2 Builds on Part 1 with strategies to effectively control situations and deal with challenging behaviors. Partnered activities will promote skill development and encourage active learning opportunities. <i>Teepa Snow, MS, OTR/L, FAOTA</i> 	Volunteer Outreach Using a volunteer approach to keep older adults in their own homes and also engaging elders in volunteerism. <i>Lori Reed, BS</i>
11:30 a.m.–12:30 p.m.	LUNCH • EXHIBITS OPEN		
1:30 – 1:45 p.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	Self-Care for Emergency Personnel and First Responders Emergency response is a demanding, stressful occupation. Learn tips for self-care with applications for working with older adults. <i>Gregory P. Gordon, MA, LCSW</i> 	When You are a Parent ... Again Grandparents are more involved in “kinship care” than ever before. Learn how this affects the grandparent, the children they are raising and the relationships with the parents. <i>Donna Wagner, AS, MS</i>	Macular Degeneration Learn treatment options and how to recognize the early symptoms of this medical condition that could lead to loss of vision in older adults. <i>Omar M. Dukar, MD</i>
	2:45 – 3 p.m.	BREAK • EXHIBITS OPEN	
PLENARY 3 – 4:30 p.m.	The Power of Place How engagement, happiness and attachment could shape the Midwest <i>Zachary Benedict, AIA, LEED, AP</i>		

“The Mid-America Institute on Aging consistently is THE best conference I attend.”

-2014 MAIA attendee



A Green Light to Think Blue

Many steps have already been taken to help make southwest Indiana a healthier place to live, learn, work, play and pray. In this session you will learn about those efforts, help imagine Evansville as a Blue Zone and find out how you can get involved.

Andrea S. Hays, MPH

The Golden Experience: An Educational Concert

Original songs and stories that provide insight into the needs and experiences of older adults. Leave with a renewed passion for caregiving and ideas for initiating creatively engaging activities.

Kareen King, MA, RDT

Honoring Veterans – Part 1

Learn how to identify veterans' individualized needs with an overview of how each era/war has impacted their health today.

Sue Gipson, RN, CHPN

Care for Yourself, Too: Journaling for Family Caregivers

Hands-on workshop demonstrates how a journal can become a private haven for therapeutic self-expression.

Barbara Stahura, CJF

What's With the Feet?

The feet are truly the “connectors” of the body. Explore how reflexology works in providing an avenue for better holistic health.

Tina Weisman, BS, MS

Honoring Veterans – Part 2

Anticipate end-of-life issues in veterans and explore ways they may approach this time differently than civilians.

Sue Gipson, RN, CHPN

Progression of Dementia: Discovering GEMS™ and Seeing More Than LOSS!

Teepa Snow's GEMS™ model not only classifies a state or stage of dementia, but also improves interaction and appreciation of individuals.

Melanie Bunn, RN, MS

What's With the Feet? (repeat)

The feet are truly the “connectors” of the body. Explore how reflexology works in providing an avenue for better holistic health.

Tina Weisman, BS, MS

There's No Place Like Home

Understand the connection between place and privacy in modern senior living facilities, with strategies for creating “home-like” environments for older adults.

Zachary Benedict, AIA, LEED, AP

Register online at USI.edu/maia.

Friday, August 14, 2015

7 – 8:15 a.m.	Registration and Continental Breakfast		
7:45 – 8:15 a.m.	Experience Tai Chi with Ron Weatherford		
8:15–8:30 a.m.	Welcome and Introductions		
8:30–10 a.m.	Keynote with Sandy Markwood Aging in Place... Aging Well		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 1 10:30--11:30 a.m.	Creative Engagement Practicum: How to Facilitate a Golden Experience for Older Adults – Part 1 Based on a growing body of evidence about the therapeutic value of the arts and creativity for older adults. Learn ideas for fostering the desire to play, discover, create and belong. <i>Kareen King, MA, RDT</i>	How are Medicaid and Medicare Different? Understand the various benefits available from Medicare and Medicaid and the basic eligibility requirements for both programs. <i>John Williams, BA</i>	Hospice and Palliative Care: A Family-Centered Approach Learn the difference of hospice care and palliative care and how to guide patients and their families through the process. <i>Karl Sash, MD</i>
	LUNCH • EXHIBITS OPEN		
11:30 a.m.– 12:30 p.m.	Creative Engagement Practicum: How to Facilitate a Golden Experience for Older Adults – Part 2 Further explores arts and creativity for older adults. Experience a creative engagement experience and receive a lesson plan to apply in your workplace. <i>Kareen King, MA, RDT</i>	The Diseases of Aging Learn about the normal aging process and common neurological conditions that occur with aging. <i>Faris M. Fadheel, MD</i>	He Told Me With a Whisper A woman's story of how her spirituality from the Catholic perspective helps to deal with the devastating feelings of grief and loss. <i>Penny Schreiber</i>
	BREAK • EXHIBITS OPEN		
1:30 – 1:45 p.m.	Mental Health The management of new and exacerbated behaviors in the home environment. <i>Dana Allyn, MSW</i> <i>Lynnan Bentley, RN, MSW</i> <i>Julie Wood, MD</i>	Mindfulness and Self-Care for the Caregiver Explore mindfulness concepts and techniques as a caregiver and the importance of self-care and self-compassion in caregiving. <i>Kathy Elpers, EdD, MSW, LCSW, LMFT</i>	Physiologic Elements of Death and Dying Understand the death and dying process and end-of-life care needs and options. <i>Cheryl Arnold, MHS, RN, CHPN</i>
	BREAK • EXHIBITS OPEN		
2:45 – 3 p.m.	BREAK • EXHIBITS OPEN		
3–4:30 p.m.	PLENARY Triumph of the Human Spirit A Holocaust survivor's amazing story of survival and forgiveness. <i>Eva Kor</i>		

“Excellent day. The vendors were great, the food was delicious. I cannot wait for next year’s conference.”

-2014 MAIA attendee



Improving Aging Services for LGBT Older Adults – Part 1

Learn about the unique culture, needs and concerns of LGBT (lesbian, gay, bisexual and/or transgender) older adults.

Tim Johnston, PhD

SNAP Program and Food Assistance for Seniors

An overview of the SNAP program and how to cook for one or two people on a limited income.

Tena Jones, BA

Honoring Veterans – Part 1 (repeat from Day 1)

Learn how to identify veterans’ individualized needs with an overview of how each era/war has impacted their health today.

Sue Gipson, RN, CHPN

Improving Aging Services for LGBT Older Adults – Part 2

Consider why LGBT older adults are less likely to access health and social services.

Tim Johnston, PhD

Differential Diagnostic Dilemmas

What is causing an elder’s acute mental status change? Delirium for their medical situation, depression or undiagnosed dementia? Put on your detective hat to answer these questions.

Jennifer Schuetter-Bromm, ACSW, LCSW

Honoring Veterans – Part 2 (repeat from Day 1)

Anticipate end-of-life issues in veterans and explore ways they may approach this time differently than civilians.

Sue Gipson, RN, CHPN

Improving Aging Services for LGBT Older Adults – Part 3

Learn practices for helping LGBT older adults to feel more included in aging network organizations.

Tim Johnston, PhD

Special Diets for Older Adults with Medical Conditions

Diets and reading food labels can help control certain medical conditions. Discover delicious recipes that are healthy, too!

Nathan Gerth, BS, MFP

Soldier Dogs for Independence

Soldier dogs not only provide companionship, but also are capable of many day-to-day tasks to make life easier for veterans with physical and/or mental injuries.

Michael Barrentine

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Concurrent Session Speakers

Dana Allyn, MSW

Southwestern Behavioral Healthcare, Evansville, Indiana

Dana Allyn is the first community-based therapist at Southwestern Behavioral Healthcare to work with adults with severe mental illness in the home setting. For nearly 26 years, she was a police officer with the Mt. Vernon, Indiana, Police Department, with a rank of captain/assistant chief when she retired in 2014. She received two Social Work degrees from USI: bachelor's in 2011 and master's in 2014.

Cheryl Arnold, MHS, RN, CHPN

Gentiva Hospice, Owensboro, Kentucky

Cheryl Arnold is director of Clinical Hospice Operations for Gentiva Hospice. She has a master's degree with emphasis on end-of-life care and 18 years of clinical experience in hospice and palliative care, including seven years as a clinical director. She also is a trainer for End of Life Care Nursing Consortium (ELNEC).

Michael Barrentine

Soldier Dogs for Independence, Evansville, Indiana

An Iraq War veteran, Michael Barrentine, is president of Soldier Dogs for Independence, a nonprofit, 501(c)(3) organization designed to help local veterans with physical and/or mental injuries. This organization offers hand-picked dogs from local shelters that are available for trial or adoption, or veterans may enroll with their own dog upon approval. Each veteran and their dog will join a 20-week training program. Soldier dogs not only provide companionship, but also service, and are capable of many day-to-day tasks with the potential to make life easier for veterans.

Zachary Benedict, AIA, LEED, AP

MKM architecture + design, Fort Wayne, Indiana

Zachary Benedict, a partner at MKM architecture + design in Fort Wayne, Indiana, has built a career around his passion for people and places. With an extensive background in urban sociology and community redevelopment, he oversees the design of various projects within the office while leading the firm's planning and urban design efforts. In his attempt to illustrate how design can impact community health and well-being, he has been nationally recognized for his work exploring the socio-economic benefits of intergenerational neighborhoods and "lifelong villages."

Lynnan Bentley, RN, MSW

Specialty Home Health Care, Evansville, Indiana

Lynnan Bentley has been a social worker in the Tri-state area for 20+ years, with expertise with discharge planning, mental health and geriatrics. She has been a nurse with a focus on the mental health field for four years.

Judith Canlas, MD

Methodist Hospital, Henderson, Kentucky

Dr. Judith Canlas is a physiatrist and the medical director of Therapy Services at Methodist Hospital in Henderson/Union County, Kentucky. She attended medical school at the University Santo Thomas in the Philippines and completed her internship and residency in Physical Medicine and Rehabilitation (PM&R) at Rush University Medical Center in Chicago. She is certified by the American Board of Physical Medicine & Rehabilitation. Her clinical interests include neuro-musculoskeletal rehabilitation, women's health, female athletes, sports medicine, non-operative spine and electrodiagnostic medicine.

Omar Dugar, MD

The Eye Group of Southern Indiana, Evansville, Indiana

Dr. Omar Dugar completed his ophthalmology residency and fellowship in glaucoma at the University of Louisville. He has been practicing ophthalmology in Evansville since 1993.





Kathy Elpers, EdD, MSW, LCSW, LMFT

Social Work Program, University of Southern Indiana, Evansville, Indiana

Kathy Elpers is an associate professor of Social Work at the University of Southern Indiana, where she has been a faculty member for 27 years. She has provided clinical services to elders and families and conducted research in the area of family caregiving. In addition, she teaches gerontology classes and has presented on aging topics locally, regionally and internationally.



Faris M. Fadheel, MD

Midwest Neurological P.C., Evansville, Indiana

Dr. Faris Fadheel is a clinical assistant professor at Indiana University School of Medicine, Evansville Program and a preceptor for the Deaconess Residency Program. He did an internal medicine and psychiatry internship at Wayne State University and his neurology residency at the University of Chicago.

Nathan Gerth, BS, MFP

Sous Chef, TouchPoint Support Services, Evansville, Indiana

Nathan Gerth earned his bachelor of science in Food and Nutrition from the University of Southern Indiana in 2014. He is a ServSafe, Manage First Professional with 11 years of experience in food service with six of those in the healthcare setting. He has a true passion for food, helping others and being in the forefront of culinary innovation.

Sue Gipson, RN CHPN

SouthernCare Hospice, Princeton, Indiana

Sue Gipson works as a clinical liaison of Veteran Affairs for SouthernCare Hospice. She is honored to have provided nursing care to terminally ill patients and family members for 23 years. For the past two years, she implemented and directed the Veteran Initiative for SouthernCare Hospice, including the participation in the nationally recognized “We Honor Veterans” program. Sue has been married for 31 years to a Vietnam combat Marine and also is mother to an active-duty Marine who has been deployed into “the sandbox” three times.

Gregory P. Gordon, MA, LCSW

Evansville, Indiana

As an employee assistance counselor, clinical director of the Southwest Indiana Critical Incident Stress Team and District 10 co-team leader of the Indiana Disaster Mental Health Team, Greg Gordon has provided counseling, consultation and critical incident debriefing for hundreds of emergency responders since 1989. At St. Mary’s Medical Center, he was a group leader for the Senior Day Therapy program, which treated many dementia patients. He has maintained a private counseling practice for adults, families and children in Evansville since 1988.

Andrea S. Hays, MPH

Welborn Baptist Foundation, Evansville, Indiana

Andrea Hays is director of **move·ment**, an initiative that promotes healthy eating and active living through policy, systems and environmental changes, for the Welborn Baptist Foundation in the Tri-state area of Indiana, Kentucky and Illinois. In September 2013, the White House recognized Andrea as one of eight Champions of Change for prevention and public health. In addition to receiving her Master of Public Health from the Indiana University School of Medicine, she has over 15 years of experience as a public health professional working on infectious disease, chronic disease and healthy community efforts. She also teaches Gerontology 318 (Healthy Aging) for the University of Southern Indiana.

“I always find this conference to be beneficial. There is a broad range of topics, and speakers are well prepared. It also provides a good opportunity to network.”

-2014 MAIA attendee



Tim Johnston, PhD

Services and Advocacy for GLBT Elders (SAGE), New York, New York

Tim Johnston is the Manager of Education and Training for SAGE's National Resource Center on LGBT Aging. He is responsible for coordinating nationwide trainings about the needs of LGBT older adults for aging providers and LGBT organizations, developing training curricula and tracking training outcomes and evaluations. Tim has a PhD in Philosophy, with a focus on women's and gender studies. He has published scholarly articles on gender and LGBT identity, and has worked on issues in bioethics, such as end-of-life care, informed consent and the specific medical needs of the transgender and intersex communities. Apart from his work at SAGE, Tim frequently lectures on a variety of topics ranging from transgender rights to anti-LGBT violence.



Tena Jones, BA

Purdue University Cooperative Extension Service, Evansville, Indiana

Tena Jones, a Family Nutrition program assistant, has been with Purdue Extension since September 1997, and greatly enjoys helping people learn how to shop for and cook healthy meals for their families. Purdue Extension's Nutrition Education Program provides many benefits via educational workshops offered in communities across Indiana. The program increases the ability of individuals and families with limited resources to utilize their food dollars and SNAP benefits appropriately and provide a safe meal environment.

Karen King, MA, RDT

The Golden Experience®, Osage City, Kansas

Karen King is a Registered Drama Therapist who educates through original song and storytelling. She also is the author of *Engage! 28 Creative Enrichment Experiences for Older Adults* (ArtAge Publications). Her educational concerts empower individuals who live and work in older adult settings. She champions person-centered care with an emphasis in empathy, creativity and creating peak experiences in older adult communities.



Robin Mallery, RN

HeartMatters, Evansville, Indiana

Robin Mallery is passionate about food! During her 25 years of hospital-based cardiovascular nursing, she saw firsthand that whole food choices can enhance our state of health, and how processed and preserved foods can deplete health, leading to a disease state. Robin left the disease-management model of healthcare to focus on health management. She is a committed educator and advocate for fresh and local whole foods and their contribution to optimal health and wellbeing.

Lori Reed, BS

Community One, Evansville, Indiana

Lori Reed is community development director at Community One, shifting from her role as executive director of Habitat for Humanity of Evansville and joining Community One in 2013 to focus more on community development. She graduated from USI in 1998 with a bachelor of science degree in sociology, and worked for Habitat for Humanity for 14 years: seven years with Habitat for Humanity International in the U.S. field office serving Illinois, Wisconsin, Michigan and Kentucky affiliates, and seven years as the executive director for Habitat for Humanity of Evansville.

Karl Sash, MD

St. Mary's Medical Center, Evansville, Indiana

Dr. Karl Sash is a local physician who has been with St. Mary's Health since 1999. He is board certified in internal medicine and geriatric medicine with special interest in hospice and palliative care. Dr. Sash is medical director of St. Mary's Palliative Care and with AseraCare in Evansville.

Penny Schreiber

Evansville, Indiana

Penny Schreiber is a spiritual freelance writer who doesn't mind telling about her personal hardships in exchange for opening your mind and heart to experience the beauty of life. Born and raised Catholic, she was a devoted wife to her husband for 52 years until illness took him away. She is now striving to understand the devastating feeling of grief and loss through spirituality and religion.



Jennifer Schuetter-Bromm, ACSW, LCSW

Southwestern Behavioral Healthcare, Evansville, Indiana

Jennifer Schuetter-Bromm is a licensed clinical social worker who has been practicing at Southwestern Behavioral Healthcare for the past 19 years. She specializes in the older adult population and in the State and Federal Preadmission Screening Resident Review Programs. She also is an adjunct instructor, teaching up to three classes at a time at the University of Southern Indiana for the Social Work department in addition to working full-time for Southwestern Behavioral Healthcare. She is a team leader for the Red Cross mental health disaster team and co-leader for the Indiana State District 10 Disaster Mental Health Response Team.

Teepa Snow, MS, OTR/L, FAOTA

Positive Approach™ to Care, Efland, North Carolina

Teepa Snow is an occupational therapist currently working as a dementia care and training specialist. She has an independent practice, and has clinical appointments with Duke University's School of Nursing and UNC-Chapel Hill's School of Medicine. Teepa provides educational and training sessions to organizations and providers throughout the United States and Canada. She works closely with a variety of dementia specialty service providers to develop, improve and optimize programs and services to people living with dementia, their care partners and family members.



Barbara Stahura, CJF

Evansville, Indiana

Barbara Stahura, certified journal facilitator, leads people in harnessing the power of journaling so they can improve their wellbeing and enhance their self-understanding. She often works with people with brain injury and with family caregivers, and is the co-author of *After Brain Injury: Telling Your Story*, the first journaling book for people with brain injury.

Beth Taylor, DPT

Methodist Hospital, Henderson, Kentucky

Dr. Beth Taylor, a physical therapist, oversees the Balance and Falls Prevention program along with the Vestibular Rehabilitation program at Methodist Hospital.

Donna Wagner, AS, MS

Carver Community Organization, Evansville, Indiana

Since November 2013, Donna Wagner has been the coordinator of the Relative as Parents program, which is a support, advocacy, educational and crisis intervention program for individuals and/or families that are caring for a relative's child. She plans monthly meetings with relative caregivers, and at one point was a relative caregiver for her nephew. Donna has a master's in speech pathology and an associate's in early childhood. For 32 years she worked in the Evansville Vanderburgh School Corporation.



Tina Weisman, BS, MS

Peaceful Soles of Highbanks, Otwell, Indiana

Tina Weisman is an educator as well as a certified reflexology practitioner and Reiki master. After a career of teaching in public schools and at the university level, she has turned her attention to holistic health as well as practicing mindful enjoyment through gardening and writing.

John Williams, BA

State Health Insurance Assistance Program (SHIP), Anderson, Indiana

For the past 47 years, John Williams has helped many elderly and disabled Hoosiers receive financial and medical assistance from federal and state agencies. In his position at SHIP as a Medicare specialist, he tries to enable clients by providing them the knowledge needed to understand and successfully pursue benefits from the Social Security Administration, Medicare and Medicaid programs.

Julie Wood, MD

Southwestern Behavioral Healthcare, Evansville, Indiana

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

Registration for the August 13-14 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 USI.edu/maia (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, and certificate of attendance.

Register by July 30

\$195 for both days

\$105 for one day

\$ 60 for retirees and students for both days

\$ 35 for retirees and students for one day

\$ 35 for Emergency Personnel/First Responder*

Registration for ONLY Dan Buettner's opening Keynote at 8:30 a.m., Thursday, August 13. No cost. Reservations required.

* For Day one only

Cancellation Policy: Registration fees are refundable, less a \$15 service charge, through August 12, 2015.

No refunds will be made after that date.

After July 30

\$255 for both days

\$135 for one day

\$ 70 for retirees and students for both days

\$ 45 for retirees and students for one day

\$ 45 for Emergency Personnel/First Responder*

DAY 1 - Thursday, August 13

Concurrent Session 1 - Choose one

Dementia Competence for EMS – Part 1

Prevention of Falls

Eat to Your Heart's Content

A Green Light to Think Blue

The Golden Experience: An Educational Concert

Honoring Veterans – Part 1

Concurrent Session 2 - Choose one

Dementia Competence for EMS – Part 2

Volunteer Outreach

Eat to Your Heart's Content (repeat)

Care for Yourself, Too: Journaling

What's With the Feet?

Honoring Veterans – Part 2

Concurrent Session 3 - Choose one

Self-Care for Emergency Personnel

When You are a Parent ... Again

Macular Degeneration

Progression of Dementia: Discovering GEMS™

What's With the Feet? (repeat)

There's No Place Like Home

DAY 2 - Friday, August 14

Concurrent Session 1 - Choose One

Creative Engagement Practicum – Part 1

How are Medicaid and Medicare Different?

Hospice and Palliative Care

Improving Aging Services for LGBT – Part 1

SNAP Program and Food Assistance

Honoring Veterans – Part 1 (repeat from Day 1)

Concurrent Session 2 - Choose One

Creative Engagement Practicum – Part 2

The Diseases of Aging

He Told Me With a Whisper

Improving Aging Services for LGBT – Part 2

Differential Diagnostic Dilemmas

Honoring Veterans – Part 2 (repeat from Day 1)

Concurrent Session 3 - Choose One

Mental Health

Mindfulness and Self-Care for the Caregiver

Physiologic Elements of Death and Dying

Improving Aging Services for LGBT – Part 3

Special Diets for Older Adults

Soldier Dogs for Independence

Pre-Conference Workshop

POSITIVE APPROACH™ in DEMENTIA CARE

FEATURING:

Wednesday, August 12, 9 a.m. - 2:30 p.m.

Dementia expert

TEEPA SNOW

returns for a workshop for direct care providers

- Build connections
- Attain caregiving skills
- Focus on personhood

*Not included in MAIA registration fee • Pre-conference limited to the first 150 registrants
Flyer and registration form at USI.edu/maia*

CONTINUING EDUCATION CREDIT

Nurses, social workers, health facility administrators, health education specialists, case managers and dental hygienists will receive up to 6.0 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 submitted to NASW for approval for social workers for up to 6.0 contact hours per day.

This program has been submitted to The Commission for Case Manager Certification for approval to provide board certified case managers with 6.0 clock hours.

This program has been submitted to the National Commission for Health Education Credentialing, Inc. for Certified Health Education Specialist (CHES) contact hours.

This program has been submitted to the Indiana Department of Aging for approval of up to 6.0 contact hours.

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).

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: Two days before the conference, registrants will be emailed a link to a website where the conference materials, including handouts and agenda, may be accessed and printed. **No hard copy of handouts will be provided.** Please ensure that you provide a correct, individual email address when registering.

Conference Mobile APP: Instructions on how to access the free USI Conference Mobile App will be included in the email sent prior to the conference. Participants with IOS and Android phones and tablets will be able to download the App, which will provide all conference materials, as well as provide networking capability.

Certificate of completion: Prior to the conference, a link to an electronic evaluation and attendance confirmation will be emailed to program registrants. Within two weeks post-conference, attendees must complete the program evaluation and attest to the sessions attended in order to receive a certificate of completion.

Questions?

Call 812-464-1989 or 800-467-8600

Email: outreach@usi.edu

USI.edu/maia





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

18076-01052 P15-112466

Mark your calendars!

**Mid-America
INSTITUTE
MAIA ON Aging**

August 13 and 14, 2015
University of Southern Indiana
Evansville, IN
USI.edu/maia



**“Enjoyed the program immensely.
This was my first year and I will
attend next year.”**

- 2014 MAIA attendee