

# Ninth Annual MAIA Mid-America INSTITUTE on Aging and Wellness

UNIVERSITY OF  
SOUTHERN INDIANA®

SWIRCA  
& More

August 11 and 12, 2016

University of Southern Indiana

Evansville, Indiana

[USI.edu/maia](http://USI.edu/maia)

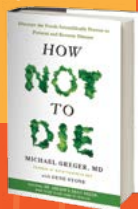
## KEYNOTES



**Michael Greger, MD**

Food as Medicine

Physician and  
Bestselling  
Author



**Greg O'Brien**

Living with Alzheimer's



**Linda Briggs, MS, MA, RN**

Advance Care Planning

## ALSO FEATURING

Ginny Hunneke and Jennifer Maurer



Corporate Sponsors



**PRE-CONFERENCE WORKSHOP  
 FOR DIRECT CARE PROVIDERS**

(separate registration required)

**WEDNESDAY, AUGUST 10**

9 a.m. – 2:45 p.m. Best Friends Approach™ to Alzheimer’s Care with **David Troxel**, with concert by **Kareen King**

**TWO-DAY CONFERENCE**

**THURSDAY, AUGUST 11**

7 – 8:15 a.m. Registration  
 7:45 – 8:15 a.m. Yoga with **Kay Corpus, MD**  
 8:15 – 8:30 a.m. Welcome  
 8:30 – 10 a.m. **Dr. Michael Greger** 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 – 4:15 p.m. **Greg O’Brien** Plenary  
 4:15 – 4:30 p.m. Closing and Evaluation

**FRIDAY, AUGUST 12**

7 – 8:15 a.m. Registration  
 7:45 – 8:15 a.m. Tai Chi with **Ron Weatherford**  
 8:15 – 8:30 a.m. Welcome  
 8:30 – 10 a.m. **Linda Briggs** 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 – 4:15 p.m. **The Fun Conspiracy** Plenary  
 4:15 – 4:30 p.m. Closing and Evaluation

[USI.edu/maia](http://USI.edu/maia)

For exclusive updates

Find us on 

Mid-America Institute on Aging  
 and Wellness — MAIA

#maiarocks

# Live longer, healthier and happier...

## 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.

## 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.

## Objectives

After attending the conference, the attendee 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

## Joint Providers



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](http://www.swirca.org)

## MAIA Pre-Conference Workshop for Direct Care Providers

**Wednesday, August 10, 9 a.m. to 2:45 p.m.**

**Best Friends™ Approach to Alzheimer’s Care**

Sponsored by: 

*To us, it's personal.™*



**Kareen King,**  
Drama Therapist



**David Troxel,**  
Dementia Expert  
Best Friends™  
Approach

This workshop 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.

**David Troxel** has become nationally and internationally known for his writing and teaching in the fields of Alzheimer’s disease and long-term care. He has co-authored five influential books (most notably, *The Best Friends™ Approach to Alzheimer’s Care*) on Alzheimer’s care and numerous articles relating to dementia care and staff development and training.

Registered drama therapist **Kareen King** will close the Pre-Conference Workshop with a special performance titled: “Finding Emilou: A Relationship-Centered Care Case Study in Concert.” In a unique case study format using original song and narrative, she will illustrate several crucial relationship-centered care lessons she learned from an individual with dementia.

**Register 4 and get 1 more FREE!** Workshop registration is \$30 per person or \$120 for direct care team of five.

For more information, and to access registration form, go to [USI.edu/maia](http://USI.edu/maia).

## Pre-Conference participants say:

“This is an amazing experience.”

“Excellent!”

“Very interesting and helpful. I would recommend this for training.”

**Specialty Track on Day 1**

Best Friends™ Approach to Alzheimer’s Care with David Troxel



See page 6 for details

# Keynotes



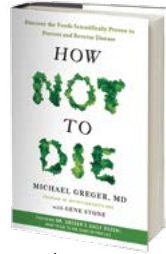
## Michael Greger, MD

**Food as Medicine: Preventing and Treating Disease with Diet**

**Thursday, August 11, 8:30 a.m.**

*This keynote is open to the public at no cost—registration required*

Dr. Michael Greger has scoured the world's scholarly literature on clinical nutrition and developed his presentation based on the latest in research that explores the role diet may play in preventing and reversing our leading causes of death and disability. He is a founding member and Fellow of the American College of Lifestyle Medicine; a physician; *New York Times* best-selling author; and internationally-recognized speaker on nutrition, food safety and public health issues. In his latest book, *How Not to Die*, Dr. Greger examines the 15 top causes of death in America—heart disease, various cancers, diabetes, Parkinson's, high blood pressure and more—and explains how nutritional and lifestyle interventions can sometimes trump prescription pills and other pharmaceutical and surgical approaches, freeing us to live healthier lives.



## Greg O'Brien

**Living with Alzheimer's**

**Thursday, August 11, 3 p.m.**

Greg O'Brien has more than 35 years of experience as a writer, editor, investigative reporter and publisher. His work has appeared in the *Boston Herald*, *Arizona Republic*, *Associated Press*, *Denver Post*, *Huffington Post*, *Psychology Today*, *Readers Digest*, *USA Today* and *Boston Magazine*, where he was a senior writer, among other publications. Greg is the editor/author of several books including *On Pluto: Inside the Mind of Alzheimer's*. He talks about what it feels like to slowly lose his memory and why he decided to document his journey for others. "While I have the facility to do so, I want to communicate to others, to those who will face this demon someday and those who love them, that with the proper medical direction, life strategies, faith and humor, one can prevail," he says.



## Linda Briggs

**Discovering the Power of Advance Care Planning Conversations**

**Friday, August 12, 8:30 a.m.**

As associate director of Respecting Choices with Gundersen Medical Foundation, Linda Briggs consults with healthcare leaders, organizations and communities around the world, providing education and support in implementing the principles of effective and sustainable advance care planning programs. Her clinical and research interests have focused on the disease-specific planning needs of patients with advanced illness and their families. Her presentation will show how advance care planning results in improved healthcare outcomes, including care more aligned with known patient values, better palliative care, lower distress on families and reduced cost of care.



## The Fun Conspiracy

**What's All the Buzz About Play?**

**Friday, August 12, 3 p.m.**

The Fun Conspiracy provides personal coaching, consulting and educational programs that promote the power of play to support wellness. Intentionally subversive, The Fun Conspiracy challenges prevailing cultural beliefs that play is just for kids, must be earned as a reward or must be expensive. In this keynote presentation, "What's All the Buzz about Play," The Fun Conspiracy's founder Ginny Hunneke and co-conspirator Jennifer Maurer will share research that play is an essential biological drive that enhances cognitive functioning, creativity, physical and emotional health, relationships and well-being throughout our lives. Ginny and Jennifer are both certified life coaches with backgrounds in education, consulting, and substance abuse and mental health recovery. They have shared the healing power of play in keynotes and workshops for recovery programs, schools and organizations across the United States and abroad.



## Start each day caring for yourself!



### Thursday:

Yoga with  
Kay Corpus, MD



### Friday:

Tai Chi with  
Ron Weatherford





# Thursday, August 11, 2016




**“I always look forward to the Mid-America Institute on Aging. I learn a lot and get inspired to try new strategies and learn about topics of interest.”**


**—2015 MAIA attendee**

7 – 8:15 a.m.	<b>Registration and Continental Breakfast</b>
7:45 – 8:15 a.m.	<b>Yoga with Kay Corpus, MD</b>
8:15–8:30 a.m. CARTER HALL	<b>Welcome and Introductions</b>
8:30–10 a.m.	<b>KEYNOTE with Michael Greger, MD</b> <b>Food as Medicine: Preventing and Treating Disease with Diet</b> Learn the latest research on the role diet may play in preventing and reversing our leading causes of death and disability.


## 10–10:30 .a.m. BREAK • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 1</b> 10:30–11:30 a.m.	<b>Dementia and Family Dynamics: Turning a “No” into a “Yes”</b>  This session will share strategies for understanding behavior and developing strategies to turn around these challenges.  <i>David Troxel, MPH</i> 	<b>Let’s Get Unreal! — Part One</b>  Practical tools to incorporate creativity for life enrichment in older adult care communities.  <i>Kareen King, MA, RDT</i>	<b>Medical Fitness with Older Adults</b>  This will provide introductory steps to better clients’ understanding of proper movement patterns necessary for activities of daily living.  <i>Don Gallucci</i>	<b>The Road of Recovery for Patients with Traumatic Brain Injury</b>  Explores the typical behaviors and the road of recovery across the continuum of care.  <i>Linda Atchison, PT</i> <i>Amy Jo Sheeley, OTR/L, MSOT, BS, BA</i>	<b>From Pain to Wellness: Using Food as Medicine</b>  Learn how certain foods cause inflammation and chronic pain, while other foods can alleviate, if not eliminate, pain for good.  <i>Kay Corpus, MD</i>	<b>Personalized Medicine: Pharmacogenetics</b>  An overview of how our genes affect our response to medications, eliminating the guesswork of prescribing medications while decreasing risk of adverse reactions.  <i>Kathy Richard, PhD, MBA, RN</i>
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## 11:30 a.m.–12:30 p.m. LUNCH • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 2</b> 12:30–1:30 p.m.	<b>Spirituality and the Dementia Patient</b>  Creating spiritual connections for the person with dementia also supports quality of life for the professional and family care partner.  <i>David Troxel, MPH</i> 	<b>Let’s Get Unreal! — Part Two</b>  Provided with a lesson plan, participants will leave with tools to facilitate a creative engagement experience.  <i>Kareen King, MA, RDT</i>	<b>I Will Survive: Stress Management for Daily Life</b>  A real-life look at stress management that is humorous and thought-provoking.  <i>Jodi L. Hoagland, RN</i>	<b>Elders and Substance Abuse</b>  Identify the warning signs of problematic alcohol or prescription drug use among an aging population.  <i>Lisa A. Withrow, LCSW, LCAC</i>	<b>Healing Hormone Havoc: Natural Methods of Managing Hormones</b>  Improve hormone balance naturally through holistic approaches: diet, life balance and appropriate supplementation.  <i>Kay Corpus, MD</i>	<b>Veterans Administration Aid and Attendance Pension Developments</b>  An overview of proposed VA Aid and Attendance program changes and brief explanation of Medicaid program differences.  <i>Randall Craig, JD, CELA, CAP</i>
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## 1:30 – 1:45 p.m. BREAK • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 3</b> 1:45 – 2:45 p.m.	<b>Best Friends™ Approach to Alzheimer’s Care</b>  This life-affirming, contemporary model of care focuses on empathy, relationship, communication, life story and activity.  <i>David Troxel, MPH</i> 	<b>Mneme Therapy</b>  Art and creative expression promotes whole brain communication for individuals with Autism, Alzheimer’s Disease and many other brain disorders.  <i>Tina Gibbs</i>	<b>I Will Survive: Stress Management for Daily Life (repeat)</b>  A real-life look at stress management that is humorous and thought-provoking.  <i>Jodi L. Hoagland, RN</i>	<b>Elders and Substance Abuse (repeat)</b>  Identify the warning signs of problematic alcohol or prescription drug use among an aging population.  <i>Lisa A. Withrow, LCSW, LCAC</i>	<b>Probiotics: An Evolving Field</b>  Learn to identify key probiotics and how to use them for optimal health.  <i>Rajiv Sharma, MD</i>	<b>Caregiver Impact</b>  Learn strategies to address the needs and concerns of the caregiver providing care to the patient.  <i>M. Jane Swartz, DNP, RN, ACNS-BC</i>
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## 2:45 – 3 p.m. BREAK • EXHIBITS OPEN

3 – 4:30 p.m. CARTER HALL	<b>PLENARY with Greg O’Brien</b> <b>Living with Alzheimer’s</b>  “While I have the facility to do so, I want to communicate to others, to those who will face this demon someday and those who love them, that with the proper medical direction, life strategies, faith and humor, one can prevail.”
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**Register online at [USI.edu/maia](http://USI.edu/maia).**

# Friday, August 12, 2016



**“This is the one conference I budget for every year. I learn so much and have skills to bring back to the healthcare organization that I work for to make a difference to the patient populations and communities I serve.”**

**—2015 MAIA attendee**

7 – 8:15 a.m.	<b>Registration and Continental Breakfast</b>
7:45 – 8:15 a.m.	<b>Experience Tai Chi with Ron Weatherford</b>
8:15–8:30 a.m. CARTER HALL	<b>Welcome and Introductions</b>
8:30–10 a.m.	<b>KEYNOTE with Linda Briggs, MSN, MA, RN</b> <b>Discovering the Power of Advance Care Planning Conversations</b> Improved outcomes include care more aligned with known patient values, better palliative care, lower distress on families and reduced cost of care.

**10–10:30 .a.m. BREAK • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 1</b> 10:30–11:30 a.m.	<b>Experiencing the Power of Facilitated Advance Care Planning Conversations</b>  The presentation will discuss the value of a group facilitated conversation from both the individual recipient and clinician perspectives.  <i>Linda Briggs, MSN, MA, RN</i>	<b>The Invisible Victim Population: Older Battered Women</b>  Professionals in the field of aging are in a unique position to identify and address the needs of women victims of domestic violence.  <i>Ronald Dolon, EDD, MSW, BA</i>	<b>Retirement and Financial Planning</b>  What does retirement mean for you? What do you want and expect? Consider options to help you achieve the retirement lifestyle you envision.  <i>John L. Schutz, CWA</i>	<b>Eat to Your Heart’s Content</b>  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>	<b>The New Faces of Parkinson’s</b>  Families, facilities and care partners can work together to equip people with Parkinson’s to live their best life now.  <i>Karen J. Smith</i>	<b>Jumpstart Joy</b>  Experiential Playshop reveals how laughter and play can transport us from states of exhaustion and burnout to renewed energy, creativity and joyful connection with ourselves and those we support.  <i>The Fun Conspiracy</i>
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**11:30 a.m.–12:30 p.m. LUNCH • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 2</b> 12:30 – 1:30 p.m.	<b>New Harmony Conversations</b>  A community-based initiative, encouraging and facilitating advance care planning.  <i>New Harmony Conversations Team</i>	<b>Suicide in the Elderly</b>  This presentation will offer an overview of the signs and symptoms of possible suicidality in the elderly.  <i>Janie Chappell, RN, MSN</i>	<b>Retirement: Now What?</b>  There may be challenges, but retirement also offers a whole “new world” and chance to pursue dreams.  <i>Phyllis Bussing, PhD</i>	<b>Eat to Your Heart’s Content (repeat)</b>  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>	<b>Rock Steady Boxing</b>  Learn how this YMCA program is impacting the lives of those living with Parkinson’s disease.  <i>Tracy Gander, MS</i>	<b>Daily Dose of Fun</b>  Explore playful prescriptions to liberate more joy and create fun ways to enhance memory, mood and wellbeing for our clients and ourselves.  <i>The Fun Conspiracy</i>
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**1:30 – 1:45 p.m. BREAK • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 3</b> 1:45 – 2:45 p.m.	<b>Suicide in the Elderly (repeat)</b>  This presentation will offer an overview of the signs and symptoms of possible suicidality in the elderly.  <i>Janie Chappell, RN, MSN</i>	<b>He Who Laughs Last: Humor as Stress Management</b>  There are many benefits of using humor as a way to prevent burnout.  <i>Ronald Dolon, EDD, MSW, BA</i>	<b>Traveling with the Elderly</b>  Air travel with older adults is sometimes challenging, so plan ahead and have fun!  <i>Jerry Clewlow and Douglas P. Joest</i>	<b>Introduction to Mindfulness: What It Is and Isn’t</b>  A growing body of research supports the use of mindfulness with many health conditions. But, as popularity has grown, so has misunderstanding.  <i>Koren Ganas, PsyD HSPP</i>	<b>Be A Bridge: Practical Tools for Developing Spirituality</b>  Learn how developing your own personal spirituality can impact those in your circle of influence and our entire world.  <i>Mary Beth Davis, RN</i>	<b>Daily Dose of Fun (repeat)</b>  Explore playful prescriptions to liberate more joy and create fun ways to enhance memory, mood and wellbeing for our clients and ourselves.  <i>The Fun Conspiracy</i>
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**2:45 – 3 p.m. BREAK • EXHIBITS OPEN**

3 – 4:30 p.m. CARTER HALL	<b>PLENARY with The Fun Conspiracy</b> <b>What’s All the Buzz About Play?</b>  Two life coaches from The Fun Conspiracy – Ginny Hunneke, founder, and her “co-conspirator” Jennifer Maurer – will share research that play is an essential biological drive that enhances cognitive functioning, creativity, physical and emotional health, relationships and wellbeing throughout our lives.
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# Concurrent Session Speakers

## Linda Atchison, PT

*Select Specialty Hospital, Evansville, Indiana*

Linda Atchison, PT, is a graduate of the University of Evansville and has been a physical therapist for more than 30 years. She has worked in the long-term acute care setting for 16 years and is currently director of quality management at Select Specialty Hospital in Evansville, Indiana. A strong focus of Linda's clinical background includes treatment of the traumatically brain injured patient and implementation of the Brain Injury Program at Select Specialty Hospital.



## Linda Briggs, MSN, MA, RN

*Gundersen Health System, La Crosse, Wisconsin*

With 25 years of nursing experience as a critical care staff nurse, nurse manager, clinical nurse specialist and educator, Linda Briggs joined the Gundersen Health System in 1999 to provide leadership in the development and dissemination of the internationally recognized program, Respecting Choices. She has been privileged to consult with healthcare leaders, organizations and communities around the world, providing education and support in implementing the principles of effective and sustainable advance care planning programs. Her clinical and research interests have focused on the disease-specific planning needs of patients with advanced illness and their families.

## Phyllis Bussing, PhD, MA, BA

*Adjunct Instructor, Evansville, Indiana*

Dr. Phyllis Bussing is a former teacher, principal, assistant superintendent and superintendent of Catholic schools for the Diocese of Evansville. Since retirement, she has discovered a "whole new world" as a college adjunct instructor for both the University of Evansville and University of Southern Indiana. Phyllis, her husband Bill, and his family are owners of the Evansville Otters baseball team.

## Kay Corpus, MD

*The Center for Integrative Medicine, Henderson, Kentucky*

Kay Corpus, MD, is a family physician specializing in Integrative and Functional Medicine, as well as a 200-hour registered yoga teacher. She completed family medicine residency at Penn State Lehigh Valley Hospital in Allentown, Pennsylvania, the two-year Integrative Medicine fellowship with the renowned Andrew Weil, MD, at the Arizona Center for Integrative Medicine, and functional medicine training with the Institute of Functional Medicine with Mark Hyman, MD. She also is a certified practitioner with the Whole Health Medicine Institute with Lissa Rankin, MD. She and her patients work together to illuminate how pathology occurs as a result of physical, emotional, psychological and spiritual imbalances.



## Janie Chappell, RN, MSN

*Deaconess Cross Pointe, Evansville, Indiana*

Janie Chappell is manager of Community Services and Business Development at Deaconess Cross Pointe. She also is chairperson of the Southwestern Indiana Suicide Prevention Coalition.



## Randall K. Craig, JD, CELA, CAP

*Attorney at Law, Evansville, Indiana*

Randall K. Craig is a certified elder law attorney, board-certified estate and trust attorney, and a member of the Council of Advanced Practitioners of the National Academy of Elder Law Attorneys.

**"I found this year's MAIA conference to be informative but also refreshing. It was great to take back practical information, as well as spend some time in reflection and my own self care."**

**—2015 MAIA attendee**

## Mary Beth Davis, RN

*Holistic Health Resources, LLC, Evansville, Indiana*

Mary Beth Davis has over 30 years' experience in holistic health and wellness. As owner of Holistic Health Resources, LLC, she works as a holistic health and wellness specialist and consultant, providing complementary/integrative information and networking to healthcare, universities, business and industry, and individuals. She is a Fellow of the Kaiser Institute Program for Integrative Medicine, a licensed One-On-One HeartMath® provider and has training in numerous other healing modalities. She is passionate about networking and continues to connect and support holistic/integrative medicine and health and wellness practitioners in her area.

## Ronald Dolon, EdD, MSW, BA

*Department of Social Work, Ball State University*

Dr. Ronald Dolon is a professor of Social Work with experience as a caseworker with older adults, adult protective services investigator, mental health consultant and staff development consultant.



## The Fun Conspiracy

*Asheville, North Carolina*

The Fun Conspiracy provides personal coaching, consulting and educational programs that promote the power of play to support wellness. Intentionally subversive, The Fun Conspiracy challenges prevailing cultural beliefs that play is just for kids, must be earned as a reward, or must be expensive.

**Ginny Hunneke, BA**, is The Fun Conspiracy's founder

and a certified intrinsic life coach who has shared the healing power of play in keynotes and workshops for recovery programs, schools

and organizations across the United States and Europe. Ginny received her BA from Wake Forest University and has served as an educator, founder and board member for several educational institutions. She is passionate about substance abuse prevention and recovery, and has helped lead state-wide efforts as a board member for Drug-Free NC (now Insight Human Services).

**Jennifer Maurer, MA**, is a play researcher, public speaker and certified life coach at The Fun Conspiracy with more than 20 years' experience working in a variety of fields including mental health recovery, non-profit development, strategic planning and marketing. Jennifer realized the tremendous healing power of play when she directed a nonprofit supporting families experiencing mental health challenges. She is passionate about sharing the benefits of play for promoting creativity and optimal well-being across the life span. Jennifer is a Martha Beck-certified life coach and has formal training in mindfulness and trauma-informed approaches, Insight Dialogue and Emotional CPR.



## Don Gallucci, BS, CSCS

*St. Mary's Warrick, Boonville, Indiana*

Don Gallucci is an exercise physiologist with more than 20 years of personal training experience, including 16 years in the medical fitness industry. He has nearly 16,000 hours of personal training of clients in hospital-based wellness facilities.



## Koren Ganas, PsyD, HSPP

*Family Medicine Residency, Deaconess Hospital, Evansville, Indiana*

Dr. Koren Ganas holds a doctorate in clinical psychology and is a health service provider in psychology. She directs behavioral science services and teaching at Deaconess Family Medicine Residency. A long-time student of contemplative traditions and their application to healing and wellness, Dr. Ganas has practiced and taught mindfulness-based interventions since 2005.

## Tracy Gander

*YMCA of Southwestern Indiana, Evansville, Indiana*

Tracy Gander has been with the YMCA of Southwestern Indiana since December of 2012. Originally from Albion, Illinois, Tracy has a BA in speech communication and a master of science degree in public service administration.

## Tina Gibbs

*Beautiful Minds, LLC, Newburgh, Indiana*

Tina Gibbs was born and raised in Evansville. She is a graduate of Mater Dei High School and Purdue University with a bachelor's degree in Interior Design. She has always had a passion for the arts and for helping others maintain a better quality of life. As a member of Art Without Boundaries™, she provides rewarding experiences and promotes whole brain communication for individuals with Autism, Alzheimer's disease and many other brain disorders.



### Jodi L. Hoagland, RN

*Bill C. Brown Associates, Bloomington, Indiana*

Jodi Hoagland has been a registered nurse for over 25 years. She spent most of that time practicing in the field of oncology and hematology. Four years ago, she was recruited by Bill C. Brown Associates to develop the position of RN-Wellness Coordinator. This role has evolved to assist dozens of employer groups of all sizes and business models throughout the state in establishing and implementing internal employee health and wellness programs.



### Amy Jo Sheeley, OTR/L, MSOT, BS, BA

*Select Specialty Hospital, Evansville, Indiana*

Amy Jo Sheeley, is an occupational therapist and is currently the rehab therapy manager at Select Specialty Hospital in Evansville, Indiana. As rehab therapy manager, Amy Jo is instrumental in the coordination of skilled therapy services and the implementation of the Brain Injury Program. She has provided OT services in the long-term acute care setting for over 10 years. She is a graduate of USI and holds a master's degree in occupational therapy and a bachelor's degree in psychology.

### Karen King, MA, RDT

*The Golden Experience®, Osage City, Kansas*

Karen King, founder of The Golden Experience®, is a keynote speaker, registered drama therapist, creative engagement specialist, recording artist and author of *Engage! 28 Creative Enrichment Experiences for Older Adults* (ArtAge Publications). She provides educational concerts and creative engagement workshops to enrich the world of aging. Her CDs have been used as a training resource for caregivers.



### 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.

### Kathy Richard, PhD, MBA, RN

*ViaQuest, Dublin, Ohio*

With over 25 years in the healthcare industry, Dr. Kathy Richard is recognized nationally for her work and advancement of pharmacogenetics and is credited with bringing pharmacogenetics to both the home health and hospice industries. She has received numerous state and national awards for her work. She sits on numerous healthcare advisory committees and boards and is an active volunteer for the American Red Cross, Relay for Life and numerous Autism associations.



### John Schutz, CWA

*Hilliard Lyons, Evansville, Indiana*

John Schutz has worked at Hilliard Lyons since 1986 as a financial consultant. He received his chartered wealth advisor designation in 2003. He graduated from the Wharton School of Business Securities Institute in 1999. He has been an adjunct instructor at USI since 1992, teaching classes on Social Security and retirement.

### Rajiv Sharma, MD

*Digestive Care Center, Evansville, Indiana*

Dr. Sharma is a gastroenterologist with the Digestive Care Center in Evansville. He received his graduate degree from Loma Linda University in 2009 and completed fellowship at University of Rochester Medical Center, Strong Memorial Hospital in 2012. Dr. Sharma is a member of the American Gastroenterological Association, ASGE, Indian Medical Association of Southern California, American Association of Medical Colleges, and American College of Gastroenterology. Dr. Sharma has authored the book, *The Pursuit of Gut Happiness: A guide for using probiotics to achieve optimal health*.



### Karen J. Smith

*Parkinson's Advocate, Evansville, Indiana*

Karen Smith is a former quality control specialist with Bristol Myers Squibb Pharmaceutical Company. After she was diagnosed with young onset Parkinson's disease at age 42, she focused her time on advocacy in the Parkinson's community. In 2012, Ms. Smith was selected to serve on Parkinson's Disease Foundation's People with Parkinson's Advisory Council, and in 2014, she was elected vice chair. In addition to volunteering as a Parkinson's Disease Foundation Research Advocate, she also is a committee member of Women and PD Initiative, the first national coordinated effort dedicated to improving the health and well-being of women living with Parkinson's. She works to educate both healthcare professionals and people living with Parkinson's and has formed and facilitated a young onset Parkinson's disease support group.

### M. Jane Swartz DNP, RN, ACNS-BC

*University of Southern Indiana, Evansville, Indiana*

Dr. M. Jane Swartz has been a nurse for over 40 years with experience in medical-surgical care, intensive care and the emergency department. For the last 20 years she has taught for associate and baccalaureate nursing programs. She is a member of National Association of Clinical Nurse Specialists, American Association of Critical Care Nurses, American Nurses Association, American Association of Heart Failure Nurses and Sigma Theta Tau. Since 1996, she has been board certified as an adult clinical nurse specialist by American Nurses' Credentialing Center. She also has worked with the Community Patient Safety Coalition of Southwestern Indiana/Kentucky on projects to enhance patient safety across organizations. At USI, she currently serves as coordinator of educational content for Online Continuing Education for Health Professionals, an adjunct assistant professor for graduate courses in the clinical nurse specialist specialty and as a mentor for DNP capstone projects.

### David Troxel, MPH

*Best Friends™ Approach to Alzheimer's Care, Sacramento, California*

David Troxel has become nationally and internationally known for his writing and teaching in the fields of Alzheimer's disease and long-term care. He has co-authored five influential books (most notably, *The Best Friends Approach to Alzheimer's Care*) on Alzheimer's care and numerous articles relating to dementia care and staff development and training. He is a past Executive Board member of the American Public Health Association and past member of the National Alzheimer's Association Ethics Advisory Board. He most recently served as the executive director of the Santa Barbara (California) Alzheimer's Association (1994-2004). Today, he works as a writer, speaker and long-term care consultant. He has spoken at over 300 conferences including keynote presentations at various national and international conferences.



### Lisa A. Withrow, LCSW, LCAC

*Veterans Administration, Evansville, Indiana*

Lisa Withrow works for the Veterans Administration as a regional substance use disorder coordinator. A graduate of the University of Louisville's Master of Social Work (MSW) program, she is a member of the adjunct faculty for USI's MSW program and a former addictions coordinator at Stepping Stone.



**Carotid artery screening:**  
Faculty members from the USI Diagnostic Medical Sonography Program will perform free carotid artery ultrasound screenings by appointment only during the conference.

### 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.



## Registration for the August 11-12 Mid-America Institute on Aging, HPR812

4

easy ways  
to  
register



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

Using VISA, MasterCard, Discover or American Express, call Extended Services 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/health](http://USI.edu/health).

### 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

Registration for ONLY Dr. Michael Greger's opening Keynote at 8:30 a.m., Thursday, August 11. No cost. Reservations required.

**Cancellation Policy:** Registration fees are refundable, less a \$15 service charge, through August 10, 2016. 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

### DAY 1 - Thursday, August 11

#### Concurrent Session 1 - Choose one

- Dementia and Family Dynamics
- Let's Get Unreal - Part 1
- Medical Fitness with Older Adults
- The Road of Recovery/Brain Injury
- From Pain to Wellness
- Personalized Medicine: Pharmacogenetics

#### Concurrent Session 2 - Choose one

- Spirituality and the Dementia Patient
- Let's Get Unreal - Part 2
- I Will Survive: Stress Management
- Elders and Substance Abuse
- Healing Hormone Havoc
- VA Aid and Attendance

#### Concurrent Session 3 - Choose one

- Best Friends™ Approach
- Mneme Therapy
- I Will Survive: Stress Management (repeat)
- Elders and Substance Abuse (repeat)
- Probiotics: An Evolving Field
- Caregiver Impact

### DAY 2 - Friday, August 12

#### Concurrent Session 1 - Choose One

- Advance Care Planning Conversations
- The Invisible Victim Population
- Retirement and Financial Planning
- Eat to Your Heart's Content
- The New Faces of Parkinson's
- Jumpstart Joy

#### Concurrent Session 2 - Choose One

- New Harmony Conversations
- Suicide in the Elderly
- Retirement: Now What?
- Eat to Your Heart's Content (repeat)
- Rock Steady Boxing
- Daily Dose of Fun

#### Concurrent Session 3 - Choose One

- Suicide in the Elderly (repeat)
- He Who Laughs Last
- Traveling with the Elderly
- Introduction to Mindfulness
- Be a Bridge: Practical Tools for Developing Spirituality
- Daily Dose of Fun (repeat)

## Best Friends™ Approach Pre-Conference Workshop

Wednesday, August 10, HPR812C

Not included in MAIA registration fee

Pre-Conference limited to the first 150 registrants

Flyer and registration form at [USI.edu/maia](http://USI.edu/maia)



**Karen King,**  
Drama Therapist

**David Troxel,**  
Dementia Expert  
Best Friends™ Approach



### 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.

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 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 12 CE contact hour(s). Activity code: C00021113 Approval Number: 160001906; to claim these CE's, log into your CE Center account at [www.ccmcertification.org](http://www.ccmcertification.org).

Sponsored by University of Southern Indiana, a designated 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) and/or Master Certified Health Education Specialists (MCHES) to receive up to twelve total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours available are zero (0).

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).

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

Appropriate for Indiana Department of Aging (DA) continuing education hours. If audited by the DA, attendee presents contact hours earned to the DA.

### 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 website where the conference materials, including handouts and agenda, may be accessed and printed. No hard copy of handouts will be provided.

**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](mailto:Extserv@usi.edu)

[USI.edu/health](http://USI.edu/health)

*University of Southern Indiana is an affirmative action/equal employment opportunity institution.*

**Celebrate 10 years of MAIA in 2017!**

**MAIA** Mid-America  
**INSTITUTE**  
on Aging and Wellness

August 10 and 11, 2017

Teepa Snow returns  
for Pre-Conference on  
August 9, 2017





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August 11 and 12, 2016  
University of Southern Indiana  
Evansville, IN  
[USI.edu/maia](http://USI.edu/maia)



**"I always enjoy attending...  
I come away with new ideas  
and new perspectives on aging."  
—2015 MAIA attendee**

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