

MAIA Mid-America
INSTITUTE
on Aging and Wellness



UNIVERSITY OF
SOUTHERN INDIANA

SWIRCA
& More

Thursday and Friday

August 10 and 11, 2017

University of Southern Indiana

Evansville, Indiana



Changing Aging Forever

BILL THOMAS, MD

Physician, Musician
and Author

*“What if everything
you’ve been told about
aging is wrong?”*



AUGUST 9

Pre-Conference Workshop

Teepa Snow, MS, OTR/L, FAOTA

Positive Approach®

Best Practices in Dementia Care

Joint Providers

Pre-conference Joint Provider



To us, it's personal.



2017 Agenda Mid-America Institute on Aging and Wellness

PRE-CONFERENCE WORKSHOP FOR DIRECT CARE PROVIDERS

(separate registration required)

WEDNESDAY, AUGUST 9

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

TWO-DAY CONFERENCE

THURSDAY, AUGUST 10

- 7 – 8:15 a.m. Registration
- 7:45 – 8:15 a.m. Yoga with **Gayle Golike** and **April Nading**, Yoga 101
- 8:15 – 8:30 a.m. Welcome
- 8:30 – 10 a.m. **Dr. Bill Thomas** 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 – 2:55 p.m. Break and Exhibits
- 2:55 – 4:30 p.m. **Faith Roberts** Plenary

FRIDAY, AUGUST 11

- 7 – 8:15 a.m. Registration
- 7:45 – 8:15 a.m. Thai Chi with **Ron Weatherford**
- 8:15 – 8:30 a.m. Welcome
- 8:30 – 10 a.m. **Dr. Dean Hartley** 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 – 2:55 p.m. Break and Exhibits
- 2:55 – 4:30 p.m. **Dr. Neha Sangwan** Plenary

USI.edu/maia

For exclusive updates

Find us on 

Mid-America Institute on Aging
and Wellness — MAIA

#maiarocks

Live longer,

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

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.

Objectives

Join your colleagues, friends and over 30 area organization representatives in the exhibit area throughout this conference. Use this opportunity to network with representatives working in health care technology, home health, senior services, long-term care, assisted living, rehabilitation, acute care and wellness.

healthier and happier...

Featuring...



Bill Thomas, MD

Eldertopia:

Changing Aging Forever

Thursday, August 10, 8:30 a.m.

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

What if everything you've been told about aging is wrong? Dr. Thomas' riveting message will challenge the way we think about aging. In what promises to be a wildly exuberant presentation, he will focus on age-inclusive thinking to overcome barriers to promote aging well and inspire generations to "live together and be together" on life's journey. Dr. Thomas is an author, entrepreneur, musician, teacher, farmer and physician whose wide-ranging work explores the terrain of human aging. His synthesis of imagination and action led the *Wall Street Journal* to highlight Dr. Thomas as one of "top 10 innovators" changing the future of retirement in America, and *U.S. News and World Report* to name him as one of "America's best leaders."

Best known for his health care system innovations, he is the founder of a global non-profit The Eden Alternative®, which works to improve the care provided to older people. He is the creator of The Green House® which *Provider Magazine* has called the "pinnacle of culture change." In addition to his keynote presentation, Dr. Thomas will lead a concurrent session, "Live Together & Be Together: Designing Intentional Communities in Traditional Nursing Homes."



For Direct Care Providers

PRE-CONFERENCE WORKSHOP

Teepa Snow

Positive Approach®

Best Practices in Dementia Care

Wednesday, August 9, 9 a.m.–2:30 p.m.

This workshop will be useful to direct care providers who work with or care for people living with dementia: certified nursing assistants, activities and dietary staff, housekeepers, social workers, nurses, long-term care personnel and home health care providers.

Joint Provider



To us, it's personal.™

About Teepa Snow: As one of America's leading educators on dementia, Teepa Snow's philosophy is reflective of her education, work experience, available medical research and first-hand caregiving interactions. Working as a registered occupational therapist for over 35 years, her wealth of experience has led her to develop Positive Approach® to care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world.

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.

Keynotes



Faith Roberts, MSN, CRRN

From Nose Rings to Wedding Rings

Thursday, August 10, 3 p.m.



Why can't things stay the way they were? Why is it so difficult to attract and retain people who care? Where is the "work ethic" in today's young health care providers? In her presentation, Faith Roberts will highlight the stories, values, heroes and traditions of the four generational groups in the workforce today. Faith is currently the director of Magnet, Professional Practice and Parish Nursing for Carle Foundation Hospital in Urbana, Illinois. She draws on her extensive experiences in administration, education and clinical practice to bring to life the drama and humor found in health care. Her gift of storytelling and unique ability to blend theory and reality make her presentations truly powerful and enjoyable.

Dean Hartley, PhD

If Research Brings Hope—Where Do We Stand?

Friday, August 11, 8:30 a.m.

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



Dean M. Hartley, Ph.D., is director of Science Initiatives at the Alzheimer's Association. He manages the development of the Association's research and scientific initiatives, primarily by effectively communicating the goals and achievements of the Alzheimer's Association research and science program to a wide range of audiences. His presentation at MAIA will discuss the current status of Alzheimer's research and the uncertainties and potential promise of new treatments and the ultimate goal: prevention. In addition, Dr. Hartley represents the Association's science division, both internally and externally, and works with the division's senior leaders on public relations activities and scientific workgroups to advance the Association's science agenda. Importantly, Dr. Hartley works closely with development to build support and resources needed to advance research. Dr. Hartley completed postdoctoral fellowships in the departments of Medicine, Genetics and Neurology at Harvard Medical School after completing his PhD in neuroscience at Stanford University in 1991. He has a master's degree in environmental toxicology from the University of Illinois, Urbana.

Neha Sangwan, MD

The Prescription for Mastering Challenging Personalities

Friday, August 11, 3 p.m.



When trying to get your point across, wouldn't it be nice if people actually listened? Are there others whose emotional outbursts and challenging personalities make it difficult to communicate with them? This workshop reveals the secrets to transforming these interactions and gives you an advantage in any conversation. Neha Sangwan, MD, internal medicine physician and communication expert, empowers individuals to reduce stress, resolve conflict and build rapport quickly, especially during high-stress, emotionally charged conversations. Dr. Neha Sangwan speaks for and partners with Harvard's Brigham and Women's Hospital, Stanford's Medicine X, Kaiser Permanente, the American Heart Association, American Express and Google. She is the author of *TalkRx: Five Steps to Honest Conversations that Create Connection, Health & Happiness*, and her public television show is titled, *The Talk Prescription*.

Start each day caring for yourself!



Yoga with
Gayle Golike and
April Nading



Tai Chi with
Ron Weatherford



**“Great speakers,
great planning committee,
wonderful energy and flow.”**

—2016 MAIA attendee

Bring your electronic devices on both days for free technology support from the Evansville Vanderburgh Public Library!



Celebrating our 10th annual conference

In August 2008, the USI Center for Healthy Aging and Wellness and SWIRCA & More collaborated to present the very first Mid-America Institute on Aging, better known as MAIA. That year, Sandy Markwood, CEO of the National Association of Area Agencies on Aging, spoke on a national survey that tracked cities’ and counties’ aging preparedness and the “Blueprint for Action,” a how-to guide to create lifelong communities. Also featured were Rosemary Cox, sage-ing leader from South Bend, Indiana; Diana Waugh, a nursing home consultant who spoke on “People Truly Communicating with People”; and Faith Roberts, then the parish nurse coordinator for Carle Foundation Hospital in Champaign, Illinois.

Even though the 2008 brochure had the title, “First Annual,” MAIA organizers likely never dreamed that this two-day conference would evolve and continue to be a much-anticipated educational offering for 10 straight years.

To celebrate our 10th annual MAIA in 2017, the planning committee pored over past conference evaluations and invited several “crowd favorite” speakers back, including Dr. Bill Thomas, Faith Roberts, Margaret Gregory, Ron Weatherford and Dr. Anne Butsch. We have designated these individuals and several other past presenters with a 10th annual logo.



This year promises to be another exciting year, with some familiar faces and many new ones. If the past is any indication, this year’s lineup of speakers will provide evidence-based research, practical advice and inspiring messages related to health care delivery and wellness across the lifespan. We invite you to continue with us on our MAIA journey to live longer, healthier and happier!

Thursday, August 10, 2017

7 – 8:15 a.m.	Registration and Continental Breakfast		
7:45 – 8:15 a.m.	Yoga with Gayle Golike and April Nading, Yoga 101		
8:15–8:30 a.m. CARTER HALL	Welcome and Introductions		
8:30–10 a.m.	KEYNOTE with Bill Thomas, MD  Eldertopia: Changing Aging Forever Last at MAIA in 2011, this physician/innovator returns for yet another riveting presentation to challenge the way you approach aging.		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Therapeutic Use of Photography with Older Adults  A picture could be worth a thousand words when it comes to addressing the behavioral health needs of older adults. <i>Vaughn DeCoster, MSW, PhD, LCSW, ACSW</i>	Challenges of Long-Distance Caregiving  Caregivers who live far from those in need of care face difficult questions and issues, but knowing how they can help from a distance and where to look for answers can make all the difference. <i>Carolyn Conners, BS</i>	Natural Solutions for Digestive and Bowel Disorders How to prevent and support digestive disorders through diet and lifestyle choices. <i>Bonnie Schnautz, ND</i>
	LUNCH • PROVIDED BY MARKET STREET LIVING • EXHIBITS OPEN		
CONCURRENT SESSIONS 2 12:30–1:30 p.m.	“Age is Just a Number”  A community panel of older adults will discuss the various ways they embrace living a fulfilling life. <i>Kathy Elpers, EdD, MSW, LCSW, LMFT</i>	Caregiving: “This is Not Working!”  An interactive discussion of the unforeseen difficulties and frustrations encountered in caregiving and review of tools for coping. <i>Pat Evans, RN</i>	Live Together and Be Together  It is possible to design intentional communities in traditional nursing homes. <i>Bill Thomas, MD</i>
	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	Aging and Dying in Prison: What Gerontology Professionals Need to Know Explore the challenges of providing end-of-life care for incarcerated men and women and learn how the Aging Network is beginning to respond to the prison population crisis. <i>Dr. Jacquelyn Frank, PhD</i>	It’s in Every One of Us  Too often, competence is rewarded at the expense of caring. Take a new look at guest relations programs and the impact staff has on patient satisfaction. <i>Faith Roberts, MSN, CRRN</i>	Palliative Care: Redesigning the End of Our Lives Help ensure that as the end of our lives approach, we receive the care we want and not more. <i>Robert Stone, MD</i>
	BREAK • EXHIBITS OPEN		
2:45 – 2:55 p.m.	The Third Thing with Susan E. Fowler Meet this story-telling artist and scientist who will provide a “thought-filled appetizer” before the closing speaker.		
2:55 – 4:30 p.m. CARTER HALL	PLENARY with Faith Roberts, MSN, CRRN  From Nose Rings to Wedding Rings Laugh along with this gifted storyteller as she explores the dynamics of four generations in the health care workforce today.		

“BRAVO! I don’t know how you do it, but you keep coming back every year with a stellar program! God bless you for being a voice for quality of life in our aging years in a culture that worships youth.”

—2016 MAIA attendee



Harmonicas for Better Breathing

Many with obstructive lung disease say playing the harmonica helps them breathe easier. Plus, making music is a lot of fun!

Liesl Fraley, BSc, MSc, MHA, CES

Growing Trend of Abuse in the Elder Population

Understand the demographics, types of abuse and associated mitigating methods.

James Pridgen, MSM

Learn to Love the Library!

Did you know the public library is at your fingertips? Bring your phone or other device and learn how to access free digital movies, music, eBooks and more.

Kate Linderman, MLIS

Special Needs Trusts for Asset Protection



An overview of how special needs trust are used to protect assets; planning strategies; and alternative ways of structuring trust distribution criteria. Also, learn about Medicaid transfer and income rules.

Randall Craig, J.D., CELA, CAP

Growing Trend of Abuse in the Elder Population (repeat)

Understand the demographics, types of abuse and associated mitigating methods.

James Pridgen, MSM

The Sacred Joy of Drumming



Drum circles are a widely used therapeutic modality for healing, spiritual exploration, meditation and/or stress relief.

Cynthia Goodwin, RN, MSN, CHTP, CR
Peggy Gaul, MSN, RN, CHTP

LGBT Issues on Aging



An overview of LGBT culture and ways caregivers can better serve these seniors.

Kelley M. Coures, BA

Be Kind to Your Feet!

Discuss common foot problems and how to avoid them, and also learn which shoes are good and how to determine this.

Jane Koch, DPM

The Sacred Joy of Drumming (repeat)



Drum circles are a widely used therapeutic modality for healing, spiritual exploration, meditation and/or stress relief.

Cynthia Goodwin, RN, MSN, CHTP, CR
Peggy Gaul, MSN, RN, CHTP

Register online at USI.edu/maia.

Friday, August 11, 2017

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. CARTER HALL	Welcome and Introductions			
8:30–10 a.m.	KEYNOTE with Dean M. Hartley, PhD If Research Brings Us Hope – Where Do We Stand? Learn about the status of Alzheimer’s research and the uncertainties and potential promise of new treatments and the ultimate goal: prevention.			
10–10:30 a.m.	BREAK • EXHIBITS OPEN			
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Integrative Medicine for the Older Adult  How acupuncture and other complementary treatments can contribute to healthy aging and vitality. <i>Anne Butsch, MD</i>	Effective Services for People Living with Brain Injury  Traumatic brain injury is often misdiagnosed as mental illness or dementia. Appropriate treatment and services depend on correct diagnosis and appropriate referral. <i>Jean Capler, MSW, LCSW</i>	Polypharmacy: Tips for the Lay Person  How to work with your doctor to avoid the use of excess medications. <i>Margaret Gregory, BSN, MSN, CFNP</i>	
	CONCURRENT SESSIONS 2 12:30 – 1:30 p.m.	Accepting Aging as AWESOME! Join this master storyteller as she weaves Heart, Humor and History around the poem “Desiderata” (by Max Ehrmann) and other literature highlighting the gifts of aging! <i>Susan E. Fowler</i>	Exploring the Options for Pain Management Review pain management 101, current options for pain management and how pain affects quality of life. <i>Nancy Bradley, BSN, RN-BC</i>	SongShine: Where Voices Come to Life  SongShine uses music, speech and creative drama to strengthen voices for those with Parkinson’s disease, stroke and other neurological disorders. <i>SongShine Evansville Team</i>
	CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	Caregiving: “This is Not Working!” (repeat)  Words of advice from someone who understands the demands of caregiving can often lead to frustration and resentment. <i>Pat Evans, RN</i>	A Response to Opioid Addiction An overview of opioid use, misuse and the challenges of adequate pain management. <i>Nancy Bradley, BSN, RN-BC</i>	Dysfunctional Dynamics in Medicine (and Life) Eliminate missed expectations, confront passive-aggressiveness and unravel unnecessary drama. Don’t miss this interactive session on making clear agreements and what to do when someone doesn’t hold up their end of the bargain. <i>Neha Sangwan, MD</i>
2:45 – 2:55 p.m.	BREAK • EXHIBITS OPEN			
2:55 – 4:30 p.m. CARTER HALL	The Landscape Teaches...with Susan E. Fowler Meet this story-telling artist and scientist who will provide a “thought-filled appetizer” before the closing speaker. PLENARY with Neha Sangwan, MD The Prescription for Mastering Challenging Personalities To reduce stress, resolve conflict and build rapport, mastering your conversation skills is just what this doctor orders.			

“I appreciated the fact that the information presented was research based. The presenters were knowledgeable and enthusiastic. I will be able to use the information to enhance my own wellbeing as well as the wellbeing of my clients.”

—2016 MAIA attendee



Technology Time

Feeling lost in the digital world? Bring your phone and other computer devices to this session for a more connected life!

*Abigail Cook
High School Student*

Let’s #DisruptAgeism Together

There is still much work to be done to create a “new lens” through which we challenge society’s longstanding view of aging as deterioration and decline.

E. Ayn Welleford, MSG, PhD, AGHEF

A Deeper Dive into Alzheimer’s

Our understanding of Alzheimer’s is changing. What does this mean for developing treatment strategies?

Dean Hartley, PhD

Mapping Out a Plan for Fit Community Mobility



Discussion regarding risks for senior drivers, BMV requirements and interventions that can reduce risk and prolong fit driving.

Jessica Schultheis, OTR, CDRS

Let’s #DisruptAgeism Together (repeat)

There is still much work to be done to create a “new lens” through which we challenge society’s longstanding view of aging as deterioration and decline.

E. Ayn Welleford, MSG, PhD, AGHEF

It’s Not Always Alzheimer’s

Discern the differences in presentation and treatment for Lewy Body/ Parkinson’s dementia, vascular dementia and frontotemporal degeneration.

Diane Vance, PhD

Polypharmacy: Tips for Health Care Providers



Help identify patients at risk for inappropriate polypharmacy and learn how to educate patients and families about risk reduction.

Margaret Gregory, BSN, MSN, CFNP

Dancing for Health



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

Evansville River City Bop Club

Effective Communication Strategies for Dementia

Learn to decode the verbal and behavioral messages delivered by someone with dementia.

Helene French, BSW

Follow #maiarocks on Twitter.

Concurrent Session Speakers

Nancy Bradley, BSN, RN-BC

Deaconess Pain Management Center, Evansville, Indiana

Nancy Bradley is a registered nurse employed by the Deaconess Health System Pain Management Center. Nancy maintains a national certification in pain management. At the Pain Center, Nancy helps patients achieve pain relief through nursing interventions, education and with treatments for acute and chronic pain.



Anne Butsch, MD

Evansville Integrative Medicine, Evansville, Indiana

Dr. Anne Butsch is a family medicine physician, board certified in holistic medicine and specializes in acupuncture and nutritional and herbal medicine. Having a life-long fascination with natural remedies, Dr. Butsch trained for a year in Epsom, Surrey, England, under the European medical system which has more openly embraced and included alternative forms of medicine.

Jean Capler, MSW, LCSW

Rehabilitation Hospital of Indiana, Bloomington, Indiana

Jean Capler is a licensed clinical social worker employed by the Rehabilitation Hospital of Indiana. She provides training on brain injury to community providers and has experience in mental health, health care, addictions and community organizing and advocacy.

Carolyn Conners, BS

SWIRCA & More, Evansville, Indiana

Carolyn Conners is the business development director at SWIRCA & More. For 31 years, she has worked on behalf of older adults and people with disabilities. She has experience in coordinating case management and in-home services for clients, as well as personal and professional experience in caregiving.

Abigail Cook

Signature School, Evansville, Indiana

Abigail Cook is a student at Signature School who is dedicated to helping seniors improve their lives through exploring technology.

Kelly M. Coures, BA

Department of Metropolitan Development, Evansville, Indiana

Kelly Coures is a strong community supporter who is very involved in a number of organizations and charitable causes. For more than 30 years, he has worked for LGBT rights locally and throughout the state of Indiana. He is the recipient of the 2011 Sadelle Berger Civil Rights Award, the highest civil rights award presented by the City of Evansville.



Randall K. Craig, J.D., CELA, CAP

Attorney at Law, Evansville, Indiana

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



Vaughn DeCoster, MSW, PhD, LCSW, ACSW

University of Southern Indiana, Evansville, Indiana

Dr. DeCoster is a professor of social work and has been a social worker for 25 years. He has over 50 publications and reports with funded projects in diabetes, geriatric social work and, most recently, the use of photography as a therapeutic tool in mental health. He is a John P. Hartford Foundation Geriatric Scholar and continues to practice as a clinical social worker.



Kathy Elpers, EdD, MSW, LCSW, LMFT

University of Southern Indiana, Evansville, Indiana

Dr. Elpers is an associate professor of social work at the University of Southern Indiana, where she has been a faculty member for 30 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.



Pat Evans, RN

Retired Patient Advocate, Santa Claus, Indiana

Pat Evans retired in 2012 from a 47-year career as an RN, which included 18 years in long-term care (director of nurses) and 11 years as a patient advocate at Memorial Hospital in Jasper, Indiana. She has simultaneously managed a public speaking/retreat master career over the past 20-plus years.

Evansville River City Bop Club

Kathy Osburn, Bruce Hensley and friends, Evansville, Indiana

Evansville River City Bop Club is non-profit dance organization directed toward the entertainment and fellowship of the members and devoted to the preservation of a great American dance style collectively known as “swing.” Their music is bop, shag and rhythm and blues which will inspire you to dance to the rhythm of the beat.

Susan E. Fowler

Harmony By Hand, Evansville, Indiana

For over 27 years, Susan E. Fowler has been a story-telling artist and scientist with Harmony By Hand, which she founded to celebrate beauty, diversity and cultures and to promote harmony in this wonder-filled world. Her programs bring stories to life in an interactive style that engages her audience through creative drama, music, sign language, smiles and simple props. To commemorate this 10th annual MAIA, Susan will create a “Memory Sketch,” a journal page of conference events.



Liesl Fraley, BSc, MSc, MHA, CES

St. Vincent Health, Evansville, Indiana

Liesl Fraley is a clinical exercise physiologist for St. Vincent Evansville Cardiopulmonary Rehab. She graduated with BSc and MSc in 1995 from Western Kentucky University, and earned her MHA degree from the University of Southern Indiana. She has 19 years combined experience in outpatient rehabilitation services.

Jacquelyn Frank, PhD

Eastern Illinois University, Charleston, Illinois

Dr. Jacquelyn Frank earned her PhD in cultural anthropology from Northwestern University and is currently completing a Master of Studies in Law degree at University of Illinois College of Law. Her research focuses on the areas of family caregiving, end-of-life care in prison and the intersection of legal and ethical issues related to aging.

Helene French, BSW

Alzheimer's Association, Evansville, Indiana

Helene French has served as community outreach coordinator for the Alzheimer's Association Greater Kentucky/Southern Indiana Chapter for nearly seven years. She fosters public awareness about prevention, causes and risk factors for Alzheimer's disease, and provides educational outreach for those living with Alzheimer's disease and related dementias, their families and professionals.

Peggy Graul, MSN, RN, CHTP

Retired Nurse Educator, Henderson, Kentucky

Peggy Graul is former coordinator of continuing education at the USI College of Nursing and Health Professions. She has 18 years of experience in mind, body, spirit modalities and energy healing. Certified in Healing Touch, she currently is an energy healer in private practice and a practitioner of Access Consciousness Bars. In addition, she has a special interest in sacred drumming and drumming for health.





Cynthia Goodwin, RN, MSN, CHTP, CR
Retired Registered Nurse, Evansville, Indiana

As a nurse, Cindy Goodwin has had a long career in various settings, including psych/mental health, critical care, hospice and nursing education. She has incorporated Reiki, massage, aromatherapy, journaling, meditation, drumming, music, art and creative writing into her life and into her volunteer and clinical practice work with others, and is certified as a practitioner of Reflexology and Healing Touch.

Margaret Gregory, BSN, MSN, CFNP
Nurse Practitioner, Evansville, Indiana

Margaret Gregory has been devoted her long career in nursing to geriatrics and the challenges faced by older adults. She worked as a nurse for 40 years, with 30 of those years as a nurse practitioner. She was with Deaconess Primary Care for Seniors for 13 years, and currently works as a part-time nurse practitioner in palliative care.

Jane Koch, DPM

First Podiatry, Evansville, Indiana

Dr. Jane Koch graduated from the Dr. William Scholl College of Podiatric Medicine in Chicago and then completed a surgical residency at Thorek Hospital, also in Chicago. She has been in practice on Evansville's west side for 26 years and is board-certified by the American Board of Podiatric Surgery. Dr. Koch served as president of the Indiana Podiatric Medical Association and is currently serving on the Indiana Podiatric Medical Licensing Board, as appointed by former Governor Mike Pence. She is married and the mother of three.



Kate Linderman, MLIS

Evansville Vanderburgh Public Library, Evansville, Indiana

Kate Linderman is the branch experience manager at McCollough and East branches. She has a Master of Library and Information Science degree from the University of Illinois at Urbana-Champaign. A lifelong lover of gadgets and technology, she's thrilled to be able to incorporate her passions (reading, technology and helping people find information) into her everyday work at the library.

James Pridgen

Global Security and Risk Mitigation Consultant, Columbus, Indiana

James Pridgen is founder, president and CEO of a global security and risk mitigation consulting firm. Jim holds a bachelor's degree in accounting and a master's in management. Retired as the chief global security director for Cummins Inc., he also is a reserve deputy sheriff with 31 years of experience with the Bartholomew County Sheriff's Department. Jim is currently engaged in numerous local, state and federal organizations and is certified as a senior instructor from the Indiana Law Enforcement Academy, a disaster recovery planner and an anti-terrorism specialist. He is a colonel in the Indiana Guard Reserve, serving as deputy chief of staff and head of the Intelligence Unit. Jim also has taught as an adjunct instructor at Ivy Tech Community College, and he is a former advanced emergency medical technician.



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 health care technology, equipment companies, senior health services, home health care agencies, long-term care facilities, assisted living facilities, rehabilitation services, acute care hospitals and the wellness industry.

Bonnie Schnautz, ND

B Renewed Wellness Center, Evansville, Indiana

Dr. Bonnie Schnautz is a naturopathic doctor, Loomis digestive health specialist and holistic cancer educator. She is the owner of B Renewed Wellness Center, which offers consulting, natural products and nutritional testing.

Jessica Schultheis, OTR, CDRS

Therapeutic Mobility Services, Inc., Evansville, Indiana

Jessica Schultheis has been a practicing occupational therapist for 15 years, specializing in driver rehabilitation for the past 10 years. She completes safety evaluations with seniors to determine modifications that may be necessary to maintain good, safe and independent driving.



SongShine Evansville Team

Becky Brookman, Sue Daseler, Barb Fosse, Colleen Martin, Marcia Miller, Mary Jane Palmer and Judy Peerboom

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

Robert Stone, MD

Director of Outpatient Palliative Care, Bloomington, Indiana

Dr. Stone grew up in Evansville and graduated from Dartmouth College and the University of Colorado Medical School. He is board certified in hospice and palliative medicine and practices in Bloomington, Indiana.



Diane Vance, PhD

Retired Professor, Richmond, Kentucky

Dr. Vance earned a PhD in radiochemistry from the University of Kentucky. Her research explored the potential role of trace elements in Alzheimer's disease. She was a senior scientist in the Department of Energy nuclear weapons complex before joining the faculty at Eastern Kentucky University. For several years, she was the sole caregiver for her husband who had Lewy Body dementia.

E. Ayn Welleford, MSG, PhD, AGHEF

Virginia Commonwealth University, Richmond, Virginia

Dr. Ayn Welleford is associate professor and chair of VCU's Department of Gerontology, where she works to #DisruptAgeism while "Promoting Optimal Aging for Individuals and Communities" through her teaching, scholarship and community engagement. Outside of the classroom, she provides community education and serves on several boards and committees.



"Thank you for this conference. I especially appreciate the low retired person's price, which makes it possible for me to attend. This has become my favorite conference over the years." —2016 MAIA attendee

Carotid artery screening:

Faculty members and students from the USI Diagnostic Medical Sonography Program will perform free carotid artery ultrasound screenings for conference registrants by appointment only.



Registration for the August 10-11 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.



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



Register online at 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)

List dietary needs or other special requirements: _____

PAYMENT INFORMATION

Check or Money Order (payable to USI)

Credit Card (call 812-464-1989)

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. Bill Thomas' opening Keynote at 8:30 a.m., Thursday, August 10. No cost. Reservations required.

Registration for ONLY Dr. Dean Hartley's Keynote at 8:30 a.m., Friday, August 11. No cost. Reservations required.

Cancellation Policy: Registration fees are refundable, less a \$15 service charge, through August 9, 2017. 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 10

Concurrent Session 1 - Choose one

- Therapeutic Use of Photography with Older Adults
- Challenges of Long-Distance Caregiving
- Natural Solutions for Digestive and Bowel Disorders
- Harmonicas for Better Breathing
- Growing Trend of Abuse in the Elder Population
- Learn to Love the Library!

Concurrent Session 2 - Choose one

- "Age is Just a Number"
- Caregiving: This is Not Working!
- Live Together and Be Together
- Special Needs Trusts for Asset Protection
- Growing Trend of Abuse in the Elder Population (repeat)
- The Sacred Joy of Drumming

Concurrent Session 3 - Choose one

- Aging and Dying in Prison
- It's in Every One of Us
- Palliative Care: Redesigning the End of Our Lives
- LGBT Issues on Aging
- Be Kind to Your Feet!
- The Sacred Joy of Drumming (repeat)

DAY 2 - Friday, August 11

Concurrent Session 1 - Choose One

- Integrative Medicine
- Effective Services for People Living with Brain Injury
- Polypharmacy: Tips for the Lay Person
- Technology Time
- Let's #DisruptAgeism Together
- A Deeper Dive into Alzheimer's

Concurrent Session 2 - Choose One

- Accepting Aging as Awesome
- Exploring the Options for Pain Management
- SongShine: Where Voices Come to Life
- Mapping out a Plan for Fit Community Mobility
- Let's #DisruptAgeism Together (repeat)
- It's Not Always Alzheimer's

Concurrent Session 3 - Choose One

- Caregiving: This is Not Working! (repeat)
- A Response to Opioid Addiction
- Dysfunctional Dynamics in Medicine (and Life)
- Polypharmacy: Tips for Health Care Providers
- Dancing for Health
- Effective Communication Strategies for Dementia

Positive Approach® Pre-Conference Workshop

**Wednesday, August 9
HPR812B**

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.

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 to provide continuing education credit to CCM® board certified case managers. for 12 CE contact hour(s).

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.**

Disability Accommodations: If disability-related accommodations are required, contact Outreach and Engagement at 812-464-1989 or email at Outreach@usi.edu. It is recommended that you make this request at the earliest possible date to ensure that the requested accommodations are in place when needed.

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
Email: Extserv@usi.edu
USI.edu/health

University of Southern Indiana is an
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Mark your calendar for the 2018 MAIA

MAIA Mid-America
INSTITUTE
on Aging and Wellness

August 9 and 10, 2018

Teepa Snow returns
for Pre-Conference on
August 8, 2018



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

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Mark your calendars!
MAIA Mid-America
INSTITUTE
on Aging and Wellness

August 10 and 11, 2017
University of Southern Indiana
Evansville, IN
USI.edu/maia



“I’ve been to all but one of the MAIAs. Overall, it is still one of the best conferences available on the topics of aging and wellness.”

—2016 MAIA attendee

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