

Eleventh Annual MAIA Mid-America INSTITUTE on Aging and Wellness

UNIVERSITY OF
SOUTHERN INDIANA®

SWIRCA
& More

Thursday and Friday
August 9 and 10, 2018

University of Southern Indiana
Evansville, Indiana

ALL-STAR LINEUP

USI.edu/MAIA



Teepa Snow, MS, OTR/L, FAOTA
Best Practices in Dementia Care
and Pre-Conference Speaker



Ashton Applewhite
How Ageism Warps Our View
of Long Life



Jeff Speck, AICP, CNU-A, LEED-AP
Wellness, Walkability and
Community Design



Bill Thomas, MD
Magic of Elderhood

Corporate Sponsors

AARP Real Possibilities
Indiana

Deaconess

American Senior Communities

MEMORIAL HOSPITAL
And Health Care Center
Sponsored by the Sisters of the Little Company of Mary, Inc.

St. Vincent

SENIOR CONNECTION

2018 Agenda Mid-America Institute on Aging and Wellness

PRE-CONFERENCE WORKSHOP FOR DIRECT CARE PROVIDERS

(separate registration required)

WEDNESDAY, AUGUST 8

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

TWO-DAY CONFERENCE

THURSDAY, AUGUST 9

7 – 8:15 a.m. Registration
7:45 – 8:15 a.m. Chair Yoga with
Melanie Wilkinson
8:15 – 8:30 a.m. Welcome
8:30 – 10 a.m. **Teepa Snow** 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. **Ashton Applewhite** Plenary

FRIDAY, AUGUST 10

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. **Jeff Speck** Keynote
10 – 10:30 a.m. Break and Exhibits
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2:45 – 3 p.m. Break and Exhibits
3 – 4:30 p.m. **Dr. Bill Thomas** Plenary

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For exclusive updates

Find us on 

Mid-America Institute on Aging
and Wellness — MAIA

#maiarocks

Live longer, healthier and happier...

Joint Providers



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

Program Outcomes

This conference will provide practical tools and ground-breaking information to enable the attendee to incorporate current guidelines and best practices into the management of successful aging through interprofessional collaborative practice. 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 health care technology, equipment companies, senior health services, home health care agencies, long-term care facilities, assisted living facilities, rehabilitation services and acute care hospitals.

For Direct Care Providers

PRE-CONFERENCE WORKSHOP

Teepa Snow

Positive Approach®

Best Practices in Dementia Care

Wednesday, August 8, 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.

Sponsored by



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 if registering by July 30.

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

Two Concurrent Sessions on Day 1

Feeling OPTIMISTIC About Improving Nursing Home Care

Kathleen Unroe, MD, MHA

Associate Professor of Medicine, Geriatrics

Indiana University School of Medicine – Indianapolis

Thursday, August 9

Concurrent Session at 10:30 a.m. / Repeat Session at 12:30 p.m.

Dr. Kathleen Unroe is a geriatrician devoted to improving care for older adults, in particular those living in nursing homes. She is the primary investigator of OPTIMISTIC, a \$30 million Center for Medicare and Medicaid Services (CMS) demonstration project, designed to enhance care and reduce hospitalizations of nursing home residents. OPTIMISTIC embeds a registered nurse supported by a nurse practitioner, in nursing homes to deliver a multi-component intervention addressing the many causes of avoidable hospital transfers.



Keynotes

Teepa Snow, MS, OTR/L, FAOTA

Best Practices in Dementia Care

Thursday, August 9, 8:30 a.m.

Teepa Snow is an occupational therapist working as a dementia care and education specialist. She has over 40 years of clinical experience in the field of geriatrics and dementia care, as well as having provided care to family members and friends with various types of dementia. Currently, she operates an international training and consulting company, Positive Approach, LLC, as well as having clinical appointments with Duke University's School of Nursing and UNC-CH School of Medicine. Her mission is to help others better understand how it feels to be living with dementia. Teepa utilizes her gift of role play to demonstrate behavioral states and states of brain change associated with dementia, providing educational and practical hands-on training to organizations in over 30 countries world-wide.

Ashton Applewhite

This Chair Rocks: How Ageism Warps Our View of Long Life

Thursday, August 9, 3 p.m.

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

Ashton Applewhite is a leading voice in an emerging movement dedicated to dismantling ageism and making age a criterion for diversity. The author of *This Chair Rocks* and a TED2017 mainstage speaker, she reveals the untapped possibilities of late life—in our communities, at work and in ourselves. In her candid talks—as she does on her blog, *This Chair Rocks*, and her Q&A Tumblr, *Yo, Is This Ageist?*—Ashton debunks our culture's most pervasive myths about getting older. And with her funny, straight-talking approach (showcased on the TED2017 MainStage, where she received a standing ovation), audiences realize the often-overlooked benefits of advanced age, championing the need for greater age-based diversity in the workplace and our institutions.

In 2016, Applewhite joined the PBS site Next Avenue's annual list of 50 Influencers in Aging as their Influencer of the Year. She has been recognized by *The New York Times*, NPR and the American Society on Aging as an expert on ageism. She has written for *Harper's*, *Playboy*, and *The New York Times*. She speaks widely, at venues that range from universities and community centers to the Library of Congress and the United Nations.

Jeff Speck, AICP, GNU-A, LEED-AP

Wellness, Walkability and the Role of Community Design

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

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

Jeff Speck, Principal at Speck & Associates LLC, in Brookline, Massachusetts, is a city planner and urban designer who advocates internationally for more walkable cities. As director of design at the National Endowment for the Arts from 2003 through 2007, he presided over the *Mayors' Institute on City Design* and created the *Governors' Institute on Community Design*. Prior to his federal appointment, Speck spent 10 years as director of Town Planning at DPZ & Co., the principal firm behind the New Urbanism movement. Since 2007, he has led Speck & Associates, a boutique planning firm that specializes in making American downtowns thrive.

With Andres Duany and Elizabeth Plater-Zyberk, Speck is the co-author of *The Smart-Growth Manual* and the "modern classic" *Suburban Nation*, which the *Wall Street Journal* calls "the urbanist's bible." His latest book, *Walkable City*—which the *Christian Science Monitor* calls "timely and important, a delightful, insightful, irreverent work"—was the best-selling city-planning book from 2013-16.

Bill Thomas, MD

Magic of Elderhood

Friday, August 10, 3 p.m.

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

Dr. Bill Thomas is a geriatrician with a quarter century of experience with creating and replicating new approaches to health and well-being. Starting in the early 1990s, he co-founded the Eden Alternative with his wife, Jude Meyers Thomas. In the early 2000s, he developed the Green House™ that allowed older people living with frailty to become part of a household of 10-12 people and share meals at a big wooden table. In the late 2000s, he created the first emergency department for seniors. Now he is focused on helping people of all ages live where and how they wish. Dr. Thomas has recently developed a new form of housing called the Minka, which are homes exquisitely designed to foster independence. From a sociological perspective, he promotes the rise of elderhood and recognizes the value of this important life stage for individuals and society.

Dr. Thomas has authored novels in which importance of community and value of elders being at the core of that community are strong messages in the stories, including *Tribes of Eden* and *In the Arms of Elders*. His acclaimed non-fiction books are *Second Wind: Navigating the Passage to a Slower, Deeper, and More Connected Life* and *What Are Old People For?* His latest book, *Principia Senescentis*, examines the true nature of human aging and exposes the modern mythology that places independence at the heart of dignity.

"Another great conference! Congratulations on maintaining the interest and the quality presenters."

—2017 MAIA attendee

Start each day caring for yourself!

Chair Yoga with
Melanie Wilkinson

Tai Chi with
Ron Weatherford

Thursday, August 9, 2018



“All topics were informational and I came away with new material I can use at work. Many topics were covered and it was hard to choose which ones to attend.”

—2017 MAIA attendee

7 – 8:15 a.m.	Registration and Continental Breakfast
7:45 – 8:15 a.m.	Chair Yoga with <i>Melanie Wilkinson</i>
8:15–8:30 a.m. CARTER HALL	Welcome and Introductions
8:30–10 a.m.	KEYNOTE with <i>Teepa Snow</i> Understanding Dementia through the GEMS®: Creating Shining Moments Rather than focusing on a person’s loss, help each individual be their best with this caregiving model.

10–10:30 .a.m. BREAK • EXHIBITS OPEN

CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Alzheimer’s Disease: Symptomatic and Preclinical An overview of the development of Alzheimer’s disease, including changes occurring before onset of clinical symptoms. <i>Catherine M. Roe, PhD</i>	Current Trends Affecting the Elder Population: Crime, Safety and Security What are the current and future trends affecting the older population? Discuss traditional and “new wave” crime schemes to ensure safety. <i>James Pridgen, MSM, CDRP, CAS</i>	Palliative Care: What It Is and Isn’t Review of the history and current trends and impact on quality of life for those living with chronic illnesses. <i>Andrea Lantz, MSW, LCSW</i>	Exploration of Barriers for the Aging Ex-Offender Discussion of the collateral consequences an aging ex-offender has to navigate upon release. <i>Veronica Huggins, PhD, LMSW</i>	Feeling OPTIMISTIC About Improving Nursing Home Care An inside look at the successful clinical demonstration project designed to enhance care and reduce hospitalizations. <i>Kathleen Unroe, MD, MHA</i>	Shape Up with SH’BAM No dance experience required for this fun dance workout that incorporates modern music. <i>Nathalie Payne</i>
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11:30 a.m.–12:30 p.m. LUNCH • EXHIBITS OPEN

CONCURRENT SESSIONS 2 12:30–1:30 p.m.	Behind the Wheel: With and Without Alzheimer’s Disease Examination of driving decline and accident rates of older adult drivers as the population continues to grow. <i>Ganesh Babulal, PhD(c), OTD, MSIC, MOT, OTR/L</i>	Music for the Soul Explore music’s impact on the way people feel and how it helps reduce depression, stress and anxiety. <i>Patrick Preston, M.P.B.S</i>	Is Depression a Normal Part of Aging? Recognize the symptoms of depression and anxiety in older adults and the recommended treatment modalities. <i>Roseanna Parkhurst Gatewood, MSN, FNP-BC, PMHNP-BC</i>	Understanding the Valsalva Maneuver A clinical look at applications related to physical activity, exercise and daily life of older adults. <i>Guoyuan Huang, PhD</i>	Feeling OPTIMISTIC About Improving Nursing Home Care (repeat) An inside look at the successful clinical demonstration project designed to enhance care and reduce hospitalizations. <i>Kathleen Unroe, MD, MHA</i>	Positive Aging through the Arts Meet a panel of local artists who will display their works and discuss how their art promotes their health and well-being as they age. <i>Kathy Elpers, EdD, MSW, LCSW, LMFT</i>
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1:30 – 1:45 p.m. BREAK • EXHIBITS OPEN

CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	Food for Life Food as medicine is the theme of this session that promotes plant-based recipes and the benefits of healthier eating. <i>Susannah Dickman, MEd Daniel Dickman, MA</i>	Power of Music to Help Older Adults Overview of music therapy clinical practice along with information about the education and training of therapists. <i>Mary Ellen Wylie, PhD, MT-BC</i> <i>Jaley A. Montgomery, M.M., MT-BC</i>	Palliative Care: What It Is and Isn’t (repeat) Review of the history and current trends and impact on quality of life for those living with chronic illnesses. <i>Andrea Lantz, MSW, LCSW</i>	Current Trends Affecting the Elder Population: Crime, Safety and Security (repeat) What are the current and future trends affecting the older population? Discuss traditional and “new wave” crime schemes to ensure safety. <i>James Pridgen, MSM, CDRP, CAS</i>	Custody vs. Care: Challenges of Caring for Prisoners with Dementia A discussion of the competing ethical priorities of security and caregiving for this special population. <i>Jacquelyn Frank, PhD</i>	Benefits of Arts and Creativity Experience the rewards of creative expression during this interactive session. The first 20 people to register for this session will create a work of art! <i>Donna Mesker, RT</i>
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2:45 – 3 p.m. BREAK • EXHIBITS OPEN

3 – 4:30 p.m. CARTER HALL	PLENARY with <i>Ashton Applewhite</i> This Chair Rocks: How Ageism Warps Our View of Long Life What if discrimination on the basis of age were as unacceptable as any other kind of prejudice?
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Register online at USI.edu/maia.

Friday, August 10, 2018



“The conference was one of the best I’ve attended so far, and I’ve attended them all!”

—2017 MAIA attendee

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 Jeff Speck, AICP, CNU-A, LEED-AP, Honorary ASLA Wellness, Walkability and the Role of Community Design What is walkability, how does it contribute to wellness and how can we make more walkable communities?					

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

CONCURRENT SESSIONS 1 10:30–11:30 a.m.	Sleep and the Golden Years As we age, our sleep patterns change. Learn some common causes of sleep disturbances. <i>John Rodrigues, MD</i>	Cultivating Accessible Agriculture Discover assistive technologies and accommodations to help keep injured farmers and gardeners growing and active. <i>Stephen J. Swain, AT</i>	Alive Inside: Connecting Through Music and Beyond View the director’s cut of this award-winning documentary and participate in a community engagement activity to create actionable ideas related to the arts and dementia. <i>Kyrié Carpenter, MA</i>	The Most Precious Thing to Leave Our Children Creative drama, simple props, humor and smiles are the tools to share in this old campfire story of strength, perspective and hope! <i>Susan Fowler</i>	Chair Cardio and Strength Learn how correct posture and proper breathing leads to efficient exercise. <i>Don Gallucci, MHA</i>	Privacy and Aging in Place with Smart Home Technology An examination of “smart home” technologies and their potential impact on aging in place and privacy for community-dwelling older adults. <i>Jacquelyn Frank, PhD</i>
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11:30 a.m.–12:30 p.m. **LUNCH • EXHIBITS OPEN**

CONCURRENT SESSIONS 2 12:30 – 1:30 p.m.	MAGIC Workshop An interactive session to unleash creativity and teamwork as we look at multi-ability, multi-generational, intentional community building. <i>Bill Thomas, MD Kyrié Carpenter, MA Jeseoph Meyers</i>	Do You Know Who Grows Your Food? Discover the benefits of eating food grown locally in a responsible and harmonious way. <i>Farmer Joe Schalasky Julie Dietz</i>	Powers of Attorney and Guardianships A comprehensive overview of Indiana law, with a focus on the benefits and pitfalls of both. <i>Christopher Ripley, JD</i>	IN JOY! Unconditional Laughter for Holistic Wellness Experience the benefits of laughter yoga in this happy, interactive session. <i>Tiffany Floyd, LYTT, CYT, LMT, CRM</i>	It’s Not Always Alzheimer’s Discern the differences in presentation and treatment for Lewy Body/Parkinson’s dementia, vascular dementia and frontotemporal degeneration. <i>Diane Vance, PhD</i>	My Drugs Cost How Much? Understand Medicare prescription drug plans and how to find lower cost alternatives and discounts. <i>Gina Downs</i>
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1:30 – 1:45 p.m. **BREAK • EXHIBITS OPEN**

CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	“Doc, I Have Left Side Weakness. It’s Not Going Away ...” Overview of the pathophysiology of stroke, including recognizing the warning signs and how to reduce risk factors. <i>Faris M. Fadheel, MD</i>	Food for Life (repeat from Day 1) Food as medicine is the theme of this session that promotes plant-based recipes and the benefits of healthier eating. <i>Susannah Dickman, MEd Daniel Dickman, MA</i>	Powers of Attorney and Guardianships (repeat) A comprehensive overview of Indiana law, with a focus on the benefits and pitfalls of both. <i>Christopher Ripley, JD</i>	Money Safety for Seniors Elders and those who care for them should be ever vigilant about financial abuse, common scams and how to avoid being a victim. <i>Sherry Meeks Ben Joergens</i>	Healthy Living for your Brain and Body At any age, there are lifestyle habits we can adopt to help maintain or even improve our health and possibly delay the onset of cognitive decline. <i>Diane Vance, PhD</i>	Chair Cardio and Strength (repeat) Learn how correct posture and proper breathing leads to efficient exercise. <i>Don Gallucci, MHA</i>
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2:45 – 3 p.m. **BREAK • EXHIBITS OPEN**

3 – 4:30 p.m. CARTER HALL	PLENARY with Bill Thomas, MD Magic of Elderhood An imaginative look at how all of us can have some MAGIC (Multi-Ability, multi-Generational, Intentional, Community) in our lives.					
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Concurrent Session Speakers



Ganesh M. Babulal, PhD(c), OTD, MSIC, MOT, OTR/L
Washington University School of Medicine, St. Louis

Dr. Babulal is an instructor in the department of neurology at Washington University School of Medicine. His research interests are in healthy aging of older adults, health disparities, and the impact of driving decline and safety in populations with chronic neurological disease.



Susan E. Fowler
Harmony By Hand, Evansville, Indiana

For over 28 years, Susan 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 thru creative drama, music, sign language, smiles and simple props.

Kyrié Carpenter, MA

ChangingAging, San Francisco, California

Kyrié (pronounced Kheere-EE-AA) is a radical pro-aging and dementia-positive coach and thinker. Her passion for story led her to a career in film, studies in depth psychology and ultimately her work with Dr. Bill Thomas and ChangingAging. She is a book author and blog contributor. This fall, she is sharing her expertise as a USI adjunct instructor for the Special Topics "MAGIC" Course: Multi-Ability, Multi-Generational Inclusive Community Building.



Jacquelyn Frank, PhD
Eastern Illinois University, Charleston, Illinois

Dr. Frank is an associate professor of Aging Studies at Eastern Illinois University. She earned her PhD in Cultural Anthropology from Northwestern University and a Master of Studies in Law degree at University of Illinois College of Law. Her research focuses on aging in prison, and models of dementia care currently used in U.S. prisons.



Susannah Dickman MEd and Daniel Dickman, MA
Tri-State FFL Plant-Based Nutrition LLC, Evansville, Indiana

Susannah is a certified Food for Life Instructor and the owner of Tri-State FFL Plant-Based Nutrition LLC. She holds a certificate in plant-based nutrition from e-Cornell. Her co-presenter is her husband, Daniel, who teaches psychology at Ivy Tech and also holds a certificate in plant-based nutrition.



Don Gallucci, MHA
St. Vincent Warrick, Boonville, Indiana

Don is an exercise physiologist who has provided preventative fitness and exercise strategies for patients and clients in hospital-based fitness facilities since 2000. He has a solid track record of providing insight for patients' plan of care and creating beneficial outcomes for their health and wellness.

Julie Dietz

Seton Harvest, Evansville, Indiana

Julie is community outreach manager at Seton Harvest, a community-supported agriculture initiative sponsored by the Daughters of Charity Province of St. Louise. This certified Naturally Grown farm uses the land in a just and environmentally conscious way by sharing locally grown food with shareholders and persons who are financially poor and hungry in our community. In her role, Julie schedules community informational talks, health fairs, fundraisers and field trips to the farm.

Roseanna Parkhurst Gatewood, MSN, FNP-BC, PMHNP-BC
St. Vincent, Evansville, Indiana

Roseanna has been a nurse since 1981 and is currently practicing on the mental health unit at St. Vincent Evansville. She received a masters in family nurse practitioner in 1997 and a psychiatric nurse practitioner degree in 2012. She previously worked in the mental health field at Deaconess CrossPointe and the Evansville State Hospital.

Guoyuan Huang, PhD
University of Southern Indiana, Evansville, Indiana

Dr. Huang graduated from University of Kansas and obtained a PhD in physiology of exercise and gerontology. He currently is a full professor in exercise science at University of Southern Indiana. Additionally, he has an educational background in sports medicine and rehabilitation and clinical experience through working for Dr. Douglas Brown of The Orthopedic Center and other clinical settings in Louisiana.



Gina Downs, BA Psychology
Key Benefit Administrators/Senior Connection, Evansville, Indiana

A graduate of Purdue University with a bachelor's degree in psychology, Gina has been with Key Benefit Administrators since 2010. As vice president of Senior Connection, she assists area seniors with their search for affordable drug coverage and other medical plans. She has worked in the insurance industry for 12 years, most of that time in the Medicare insurance field.



Veronica C. Huggins, PhD, LSW
University of Southern Indiana, Evansville, Indiana

Dr. Huggins is an assistant professor in the social work department at USI. She received a Master of Social Work (clinical) degree from the University of Georgia in Athens, Georgia, and a Doctor of Philosophy in social work policy and planning administration with a concentration in criminal justice from Clark Atlanta University in Atlanta. Her areas of expertise are self-efficacy among vulnerable populations, mentoring and kinship care.

Kathy Elpers, EdD, MSW, LCSW, LMFT
University of Southern Indiana, Evansville, Indiana

Dr. Elpers is an associate professor of social work at USI. She teaches gerontology courses, and is interested in family care giving and intergenerational relationships. She has presented on topics of care giving, self care, mindfulness and spirituality.



Faris M. Fadheel, MD, MBChB
Midwest Neurological P.C., Evansville, Indiana

Dr. Fadheel is a volunteer clinical assistant professor of neurology 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.



Ben Joergens
Old National Bank, Evansville, Indiana

Ben is director of financial empowerment at Old National Bank, Evansville, and works to enhance financial literacy initiatives by partnering with schools, colleges, universities, businesses, non-profits and government agencies. Ben, a graduate of the University of Southern Indiana, has received numerous national awards, including the 2017 Financial Education Instructor of the Year Award from the National Financial Educators Council.



Tiffany Floyd, LYTT, CYT, LMT, CRM
All That IS, Evansville, Indiana

Tiffany is a certified laughter yoga teacher and trainer who studied under Dr. Madan Kataria, founder of Laughter Yoga University in Bangalore, India. Tiffany teaches the art of unconditional happiness and highest self living.



Andrea Lantz, MSW, LCSW
Palliative Care, Deaconess Health Systems, Evansville, Indiana

Andrea was hired as Deaconess Palliative Care's first social worker six years ago. She is an Indiana University graduate and has worked with patients with chronic and terminal illness in home care, long-term care and hospice since 2006.



Sherry Meeks
Old National Bank, Evansville, Indiana

Sherry is senior vice president and operational risk director of Old National Bancorp. She has more than 30 years of experience in banking and specializes in fraud prevention and investigations. Meeks is a member of the Association of Certified Fraud Examiners and is a certified information security manager. She is a graduate of the University of Southern Indiana.

Donna Mesker, RT
Evansville State Hospital, Evansville, Indiana

Donna became a rehabilitation therapist in 1986 and is director of Rehabilitation Therapy at the Evansville State Hospital. She has been conducting a painting class there since 2007.

Joseph Meyers
ChangingAging, Ithaca, New York

Joseph is a digital marketing expert specializing in website design and development, search engine optimization, social media marketing and pay-per-click advertising. He has created and managed digital properties for ChangingAging and Dr. Bill Thomas since 2014 and has experience activating campaigns.



Jaley A. Montgomery, M.M., MT-BC
University of Evansville, Evansville, Indiana

Jaley is a visiting assistant professor and coordinator of clinical practicum at the University of Evansville. She earned her master's degree from Colorado State University and was a music therapist for nine years in Indiana and Missouri.



Nathalie Payne
YMCA of Southwestern Indiana, Evansville, Indiana

Nathalie is a certified Les Mills SH'BAM instructor and a group exercise instructor at the YMCA of Southwestern Indiana. Les Mills International (LMI), founded in New Zealand nearly four decades ago, is credited with having the first group workouts driven by the beat of modern music. LMI, with programs at many gyms worldwide, is on a mission to create a fitter planet by helping people fall in love with fitness.



Patrick Preston, M.P.B.S.
Patrick Preston Music, Evansville, Indiana

Patrick Preston, a Mississippi native, is a musician, audio engineer and producer. For over 15 years he has been an accompanying concert pianist and organist in the United States and abroad. Additionally, he has worked as musical director for stage plays and music recording projects, working under platinum recording engineers. Patrick completed a B.S. in music production from Full Sail University and currently serves as the minister of music for New Hope Missionary Baptist Church in Evansville.



James Pridgen
The Pridgen Group, Columbus, Indiana

Mr. Pridgen is founder, CEO and president of a global risk mitigation firm. He has served as the chief security officer with global responsibility for a Fortune 150 company and as a 30+ year law enforcement professional. He provides risk mitigation support to global companies.



Christopher Michael Ripley, JD
Blachly, Tabor, Bozik & Hartman, LLC, Valparaiso, Indiana

Christopher has been a practicing Indiana attorney for over 10 years. He serves clients throughout Indiana, primarily in



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.

the areas of estate planning, elder law and civil litigation. He often works with clients and families to provide guidance and advocacy related to aging issues. Chris obtained his bachelor's degree in mathematics at Purdue University and a law degree at Indiana University Maurer School of Law.



John C. Rodrigues, MD, FAASM, FCCP
St. Vincent Sleep Disorders Center, Evansville, Indiana

Dr. Rodrigues serves as medical director of the St. Vincent Sleep Disorders Center. He is board-certified in sleep medicine by the American Board of Sleep Medicine, and the American Board of Internal Medicine. He is a Fellow of the American Academy of Sleep Medicine.

Catherine Roe, PhD
Washington University School of Medicine, St. Louis, Missouri

An Evansville native, Dr. Roe received her bachelor's degree from Purdue University, and her master's and doctoral degrees from Southern Illinois University. She is currently an associate professor of neurology at Washington University School of Medicine in St. Louis. Her research interests include the use of biomarkers for detection of preclinical and symptomatic Alzheimer's disease. She is the PI of an NIH/NIA grant investigating preclinical AD and driving performance, as well as other grants that examine naturalistic driving outcomes.

Joe Schalasky
Seton Harvest, Evansville, Indiana

Joe is the farm manager at Seton Harvest, a community-supported agriculture initiative sponsored by the Daughters of Charity Province of St. Louise. Working in landscaping for 22 years, he was an avid home gardener before working at Seton Harvest full time. At Seton Harvest, people are invited to purchase farm shares in return for fresh produce during a 26-week growing season, with 20 percent of the yield donated weekly to local charities. Under his guidance, Seton Harvest donates 10,000 to 15,000 pounds of produce each year to organizations like the Ozanam Family Shelter and Evansville Christian Life Center.

Stephen J. Swain, AT
Indiana AgrAbility Project, West Lafayette, Indiana

Stephen has been the rural rehabilitation coordinator for Indiana AgrAbility Project since August 2000. Before joining AgrAbility, he worked in commercial agriculture, manufacturing and feed sales. He has conducted accessibility assessments of farms and homes for Vocational Rehabilitation Services for 17 years.

Kathleen Unroe, MD, MHA
Indiana University School of Medicine, Indianapolis, Indiana

Dr. Unroe is a geriatrician devoted to improving care for older adults, in particular those living in nursing homes. She is the primary investigator of OPTIMISTIC, a \$30 million Center for Medicare and Medicaid Services (CMS) demonstration project, designed to enhance care and reduce hospitalizations of nursing home residents.

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.



Mary Ellen Wylie, PhD, MT-BC
University of Evansville, Evansville, Indiana

Dr. Wylie is a professor of music at the University of Evansville, and has been the director of the music therapy program since 2000. She is a past president of the American Music Therapy Association.

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 9-10 Mid-America Institute on Aging, HPR812

3

easy ways
to
register



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

Call Outreach and Engagement at 812-464-1989.

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 27

- \$225 for both days
- \$120 for one day
- \$ 60 for retirees and students for both days
- \$ 35 for retirees and students for one day

After July 27

- \$285 for both days
- \$150 for one day
- \$ 70 for retirees and students for both days
- \$ 45 for retirees and students for one day

- Registration for ONLY Ashton Applewhite's closing Plenary at 3 p.m., Thursday, August 9. No cost. Reservations required.
- Registration for ONLY Jeff Speck's opening Keynote at 8:30 a.m., Friday, August 10. No cost. Reservations required.
- Registration for ONLY Dr. Bill Thomas' closing Plenary at 3 p.m., Friday, August 10. No cost. Reservations required.

Cancellation Policy: Registration fees are refundable, less a \$15 service charge, through August 8, 2018. No refunds will be made after that date.

DAY 1 - Thursday, August 9

Concurrent Session 1 - Choose one

- Alzheimer's Disease
- Current Trends: Crime, Safety and Security
- Palliative Care: What It Is and Isn't
- Barriers for Aging Ex-Offender
- Feeling OPTIMISTIC About Improving Nursing Home Care
- Shape Up with SH'BAM

Concurrent Session 2 - Choose one

- Behind the Wheel: With and Without Alzheimer's Disease
- Music for the Soul
- Is Depression a Normal Part of Aging?
- Understanding the Valsalva Maneuver
- Feeling OPTIMISTIC (repeat)
- Positive Aging Through the Arts

Concurrent Session 3 - Choose one

- Food for Life
- Power of Music to Help Older Adults
- Palliative Care: What It Is and Isn't (repeat)
- Current Trends: Crime, Safety and Security (repeat)
- Custody vs. Care
- Benefits of Art and Creativity

DAY 2 - Friday, August 10

Concurrent Session 1 - Choose one

- Sleep and the Golden Years
- Cultivating Accessible Agriculture
- Alive Inside*: Connecting Through Music
- The Most Precious Thing to Leave Our Children
- Chair Cardio and Strength
- Privacy and Aging in Place with Smart Home Technology

Concurrent Session 2 - Choose One

- MAGIC Workshop
- Do You Know Who Grows Your Food?
- Powers of Attorney and Guardianship
- IN JOY! Unconditional Laughter for Holistic Wellness
- It's Not Always Alzheimer's
- My Drugs Cost How Much?

Concurrent Session 3 - Choose One

- Doc, I Have Left Side Weakness ...
- Food for Life (repeat from Day 1)
- Powers of Attorney and Guardianship (repeat)
- Money Safety for Seniors
- Healthy Living for Your Brain and Body
- Chair Cardio and Strength (repeat)

Positive Approach® Pre-Conference Workshop

**Wednesday, August 8
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, and Indiana social workers and health facility administrators, will be awarded up to 6 contact hours on day one and up to 6 contact hours on day two with attestation of sessions attended and completed program evaluation. Completion of the online evaluation and attestation of attendance is required within two weeks of completion of the conference in order to receive certificate of completion. No requests for certificates after two weeks will be accepted. Certificates will be emailed in four to six weeks.

University of Southern Indiana is an approved provider of continuing education for social workers, marriage and family therapists, psychologists and other professionals licensed in the state of Indiana. Social workers in other states should check for approval on a program-by-program basis.



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.

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

This program is approved by the National Association of Social Workers (Approval # 886658356-1439) for 12 continuing education contact hours.

This program has been submitted to The Commission for Case Manager Certification to provide continuing education credit to CCM® board-certified case managers.

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).

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: To receive your certificate, you must attend 90% of the conference and complete an evaluation. A link to an electronic evaluation and attendance confirmation will be emailed to program attendees. You have two weeks to complete the program evaluation in order to receive a certificate. Evaluations submitted after the two-week period will not be honored..

Questions?

Call 812-464-1989
Email: Outreach@usi.edu
USI.edu/health

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



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Mark your calendars!
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August 9 and 10, 2018
University of Southern Indiana
Evansville, IN
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**“I plan to attend every year ...
I enjoy the diversity of the sessions
offered and the quality speakers.”**
—2017 MAIA attendee

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