

Thursday, August 11, 2022

7 – 8:15 a.m.	Registration and Continental Breakfast
7:45 – 8:15 a.m.	Chair Yoga
8:15 – 8:30 a.m.	Welcome and Introductions
8:30 – 10 a.m.	KEYNOTE with Gregory Jicha, MD, PhD Normal Brain Aging

“Appreciate the reduced cost for retired persons and look forward to being present at future MAIA conferences.”

—Previous MAIA attendee



10 – 10:30 a.m. BREAK * EXHIBITS OPEN

CONCURRENT SESSIONS 1 10:30 -11:30 a.m.	Effective Communication Strategies This program will explain the communication changes that take place through the course of someone living with dementia. It will help decode the verbal and nonverbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to that person. <i>Becky Vogel</i>	Purposeful Spirituality and Self-Care: Insights for Aging Patients and Their Caregivers Caregivers and providers will understand the importance of the unique spirituality in the aging patient which can delightfully transform their later years. <i>Chaplain Becky Capps, MDiv</i>	Elder Abuse: From Mouthwash to Methamphetamine and Everything In-Between Identify and discuss the most prevalent substances abused by the elder population, including some that are “in plain sight” at home. <i>James Pridgen, BS, MSM, CDRP, CAS, Certified 6S Sponsor</i>	Polypharmacy Causes and Management Understand the causes and ways to prevent medication issues. <i>Margaret Gregory, MSN, RN, FNP</i>	Living a Healthy Life with Chronic Conditions Learn how sleep, nutrition, exercise and medication management all play a role in managing chronic disease. <i>Cathy Jones</i>
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11:30 – 12:30 p.m. LUNCH * EXHIBITS OPEN

CONCURRENT SESSIONS 2 12:30 – 1:30 p.m.	Making the Most of the Volunteer Experience Develop strategies for individuals and organizations to make the most of the volunteer experience for volunteers and the community alike. <i>Trent Engbers, PhD</i>	Solving The Medicare Puzzle: Putting the Pieces of Medicare Coverage Together Explore all parts of Medicare health coverage, coordination of benefits and how to access assistance with Medicare costs. <i>Melanie Garland, BSW</i>	Elder Abuse: From Mouthwash to Methamphetamine and Everything In-Between (repeat) Identify and discuss the most prevalent substances abused by the elder population, including some that are “in plain sight” at home. <i>James Pridgen, BS, MSM, CDRP, CAS, Certified 6S Sponsor</i>	Exercising Safely with SH'BAM™ A discussion of the benefits of staying active and options/modifications for active older adults (AOA). <i>Nathalie Moreno, CPT</i>	Depression and Elders This presentation will describe the causes and treatment of depression in the older adults. <i>Jessica I. Puntney, MS, CTRS</i>	Sleep Apnea: Symptoms and Referrals Recognize the symptoms of sleep apnea and become familiar with testing methods. <i>Lindsay Lang, RN, BSN, NP-C</i>
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1:30 – 1:45 p.m. BREAK * EXHIBITS OPEN

CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	The “Time Travel” Paradigm of Alzheimer’s Disease This presentation outlines a new model of Alzheimer’s disease as a “trip back in time” which was published in the American Journal of Alzheimer’s Disease. <i>Dr. Chris Johnson</i>	A Matter of Balance: Reduce the Fear of Falling Join this interactive class that helps increase activity levels among older adults. <i>Melanie Garland, BSW and Kristin Hood, BS</i>	Dementia Friends Indiana: Taking Action and Making Impact Discover the novel achievements that are improving the state of dementia in Indiana and how they can be replicated. <i>Dustin Ziegler</i>	The Pandemic and Effects of Isolation An exploration of the effects of the pandemic and social isolation on overall mental health. <i>Scott Branam, MA, LMHC, MBA</i>	Mental Health First Aid for Older Adults An introduction to an evidence-based program that teaches participants how to be more supportive of older adults in their lives. <i>Susie Schenk, LMHC</i>	When the Time Comes: Are you Prepared? Learn what is needed, beyond the usual (will, power of attorney and healthcare representative) to maintain someone’s affairs if they become incapacitated or to administer an estate. <i>Carol Havens, RN</i>
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2:45 – 3 p.m. BREAK * EXHIBITS OPEN

3 – 4:30 p.m.	CLOSING PLENARY with Erin Ramsey, MPA Reset and Rejuvenate: Paving a Positive Path Forward
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CARTER HALL



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, acute care hospitals and the wellness industry.

Register online at USI.edu/maia.