

Fifteenth Annual MAIA Mid-America INSTITUTE on Aging and Wellness

UNIVERSITY OF
SOUTHERN INDIANA®

SWIRCA
& More

Thursday and Friday

August 11 and 12, 2022

University of Southern Indiana

Evansville, Indiana

KEYNOTES



Gregory Jicha, MD, PhD

Normal Brain Aging



Erin Ramsey, MPA

Reset & Rejuvenate: Paving a Positive Path Forward



Pauline Boss, PhD

Caregiving Through Uncertain Times: Finding Meaning and New Hope in Ambiguous Loss



**John Omura, MD, MPH, and
Laura Whalen, MPH**

Risk Reduction Strategies for Brain Health

Corporate Sponsor



2022 Agenda Mid-America Institute on Aging and Wellness

TWO-DAY CONFERENCE

THURSDAY, AUGUST 11

7 – 8:15 a.m.	Registration
7:45 – 8:15 a.m.	Chair Yoga or Tai Chi
8:15 – 8:30 a.m.	Welcome
8:30 – 10 a.m.	Gregory Jicha Keynote
10 – 10:30 a.m.	Break and Exhibits
10:30 – 11:30 a.m.	Concurrent Sessions
11:30 a.m. – 12:30 p.m.	Lunch and Exhibits
12:30 – 1:30 p.m.	Concurrent Sessions
1:30 – 1:45 p.m.	Break and Exhibits
1:45 – 2:45 p.m.	Concurrent Sessions
2:45 – 3 p.m.	Break and Exhibits
3 – 4:15 p.m.	Erin Ramsey 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.	Chair Yoga or Tai Chi
8:15 – 8:30 a.m.	Welcome
8:30 – 10 a.m.	Pauline Boss Keynote
10 – 10:30 a.m.	Break and Exhibits
10:30 – 11:30 a.m.	Concurrent Sessions
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1:30 – 1:45 p.m.	Break and Exhibits
1:45 – 2:45 p.m.	Concurrent Sessions
2:45 – 3 p.m.	Break and Exhibits
3 – 4:15 p.m.	CDC Plenary
4:15 – 4:30 p.m.	Closing and Evaluation

Register at [USI.edu/maia](https://www.usi.edu/maia)

For exclusive updates

Find us on 

Mid-America Institute on Aging
and Wellness — MAIA
#maiarocks

Live longer, healthier and happier...

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

Program Outcomes

This conference will provide practical tools and ground-breaking information to enable the attendee to incorporate current guidelines and best practices in successful aging and wellness 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.

PRE-CONFERENCE WORKSHOP

For Direct Care Providers



Teepa Snow

A Positive Approach to Dementia Care:
Time to Reflect and Recover

Wednesday, August 10, 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 healthcare providers.

Sponsored by



By the end of this workshop, learners will be able to:

- Define the stages of dementia and parts of the brain involved
- Describe common behaviors that are symptoms of dementia
- Apply communication strategies to include family in conversations
- Identify changes associated with social isolation and the pandemic

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 \$40 per person or \$160 for direct care team of five if registering by July 30.

“This is an excellent program. I wish our entire facility could get this training. It would make a huge difference in care.”

—Previous Pre-Conference Workshop attendee

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



Keynotes



Gregory Jicha, MD, PhD

Normal Brain Aging

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

Dr. Jicha is a Professor of Neurology with University of Kentucky HealthCare. He received his medical degree from Albert Einstein College of Medicine, Bronx, NY. He then completed a fellowship at Mayo Clinic, Rochester, MN. He is board certified by the American Board of Psychiatry and Neurology.

Erin Ramsey, MPA

Reset and Rejuvenate: Paving a Positive Path Forward

Thursday, August 11, 3 p.m.

Erin Ramsey has worked in the nonprofit sector for 30 years as an executive, trainer and community organizer. She has an undergraduate degree in child development and psychology from California State University at Sacramento. She earned a master of science in public service administration from the University of Evansville. She is the author of *Be Amazing: Tools for Living Inspired and Inspired Work: Showing Up & Shining Bright*. Erin resides with her family in Kentucky where they own a lavender farm called Big Roots. Their goal is to GROW PEACE and provide a place for inspiration and rejuvenation for the well-being of others.



Photo credit: Stephan Kistler

Pauline Boss, PhD

Caregiving Through Uncertain Times: Finding Meaning and New Hope in Ambiguous Loss

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

Dr. Boss coined the term ambiguous loss in the 1970s and since then, developed and tested the theory of ambiguous loss, a guide for working with families of the missing, physically or psychologically. Her books include the widely acclaimed *Ambiguous Loss: Learning to Live with Unresolved Grief; Loss, Trauma, and Resilience: Therapeutic Work with Ambiguous Loss*; and *Loving Someone Who Has Dementia: How to Find Hope While Coping with Stress and Grief*. Her most recent book is *The Myth of Closure: Ambiguous Loss in a Time of Pandemic and Change*. In her keynote, Dr. Boss will share her stress-based approach to finding meaning and new hope in caregiving and its ambiguous loss.

John Omura, MD, MPH, and Laura Whalen, MPH

Risk Reduction Strategies for Brain Health

Friday, August 12, 3 p.m.

Dr. John Omura is a Medical Officer on the Alzheimer's Disease Team within the CDC's Healthy Aging Branch in the National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health. He completed medical school at the University of Western Ontario and holds a master of public health degree from Harvard University. At the CDC, Dr. Omura participates in national initiatives to implement public health approaches to addressing brain health, Alzheimer's disease and related dementias and healthy aging.



Laura Whalen is a Public Health Advisor in the CDC's National Center for Chronic Disease Prevention and Health Promotion, Healthy Aging Branch. She coordinates support to state, local and tribal public health departments in implementing public health approaches to addressing brain health, including Alzheimer's disease and other dementias, and elevating early detection and diagnosis of dementia as a public health priority. She has worked in public health for over 25 years and is an epidemiologist by training.



Start each day caring for yourself!

Chair Yoga

Tai Chi



FREE Registration

for Retirees and Family Caregivers from Rural Areas



If you are a retiree or a family caregiver from these counties, you could attend MAIA for **FREE**:

- Daviess
- Dubois
- Gibson
- Greene
- Knox
- Martin
- Perry
- Pike
- Posey
- Spencer

The USI Geriatrics Workforce Enhancement Program (GWEP) is offering this opportunity for retirees and caregivers from rural areas. Your free two-day registration includes optional transportation to and from the USI campus, breakfast, lunch and afternoon snack!

SPACE IS LIMITED!

Retirees and Family Caregivers from Rural Areas register by clicking below:

REGISTER NOW

Or learn more at [USI.edu/rural-maia](https://www.usi.edu/rural-maia)

UNIVERSITY OF
SOUTHERN INDIANA®

**Geriatrics Workforce
Enhancement Program**

Thursday, August 11, 2022



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

—Previous MAIA attendee

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

Friday, August 12, 2022



“Excellent!! Amazing that it is so organized and smooth! Food and refreshments excellent.”

—Previous MAIA attendee

7 – 8:15 a.m.	Registration and Continental Breakfast					
7:45 – 8:15 a.m.	Tai Chi					
8:15 – 8:30 a.m.	Welcome and Introductions					
8:30 – 10 a.m.	KEYNOTE with <i>Pauline Boss, PhD</i> Caregiving Through Uncertain Times: Finding Meaning and New Hope in Ambiguous Loss					

10 – 10:30 a.m. BREAK * EXHIBITS OPEN

CONCURRENT SESSIONS 1 10:30 - 11:30 a.m.	Before It's Too Late Learn about the importance of Advance Care Planning and Palliative Care to reduce unnecessary stress and complicated grief as well as increase a sense of empowerment and quality of life. <i>Andrea Lantz, LCSW</i>	Living a Healthy Life with Chronic Conditions (repeat) Learn how sleep, nutrition, exercise and medication management all play a role in managing chronic disease. <i>Cathy Jones, MBA</i>	AARP and the Benefits of Volunteering This inspiring presentation will focus on the positive aspects of involvement and helping others. <i>Deborah Turner</i>	Exercising Safely with Rock Steady Learn about this unique form of exercise and experience a demonstration of a Rock Steady Boxing class. <i>Meghan Craven</i>	Holistic Therapies and Current Medical Treatment Discuss the different approaches of holistic and traditional approaches to medical problems. <i>Margaret Gregory, MSN, RN, FNP</i>	Elder Fraud Learn about current and past elder fraud schemes, signs to look for to identify victims and ways to prevent fraud. <i>Vanessa Hassler, MPAC, CPA</i>
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11:30 – 12:30 p.m. LUNCH * EXHIBITS OPEN

CONCURRENT SESSIONS 2 12:30 – 1:30 p.m.	Homeless and Aging Populations A review of the effects of housing availability and affordability trends for aging populations. <i>Danette Romines, BSW, MPA</i>	Tackling Stereotypes of Aging with AARP We all have preconceived notions about aging. Learn how we can change them! <i>Migdalia Cruz and Marilyn Diaz</i>	COVID-19 Overview A conversation with the President of Deaconess Health System. <i>James Porter, MD, FAAP, FACHE</i>	Fraud: From a Law Enforcement Officer's Experience Prevent being a victim by learning the warning signs of fraud and identity theft. <i>Trevor L. Helmer, First Sergeant</i>	Diabetes Survival Skills A general overview of diabetes including type 2 & prediabetes, including prevention strategies and tips for diabetes management. <i>Kylie Heckard-Boink, BSN, RN, CCRN-K, SCRNP and Alyssa Mills, BSN, RN</i>
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1:30 – 1:45 p.m. BREAK * EXHIBITS OPEN

CONCURRENT SESSIONS 3 1:45 – 2:45 p.m.	Research Well to Age Well: How to Find Credible Information Online This session will discuss some resources, strategies and practical tips for navigating the vast world of online health information. <i>Becca Neel, MLS</i>	Dementia Friendly Communities: Working Together for Older Adults Dementia friendly communities respect and support people with dementia and their care partners. <i>Katie Ehlman and Kris Izzi</i>	Post-COVID Panel Discussion A health facility administrator, nurse practitioner and case manager discuss how the pandemic has changed healthcare. <i>Brian Bailey, HFA, MA Michael Halling, MS Monica Maikranz, ACNP-BC, CMSRN, TNS</i>	Geriatric Psychiatry Unit: When Do You Admit? An overview of the criteria for admission to a geriatric psych unit, with a discussion of delirium and older adults. <i>Roseanna Gatewood, NP</i>	Homeless and Aging Populations (repeat) A review of the effects of housing availability and affordability trends for aging populations. <i>Danette Romines, BSW, MPA</i>
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2:45 – 3 p.m. BREAK * EXHIBITS OPEN

3 – 4:30 p.m. CARTER HALL	CLOSING KEYNOTE with <i>John Omura, MD, MPH, and Laura Whalen, MPH</i> Risk Reduction Strategies for Brain Health	<p>Free screenings: Faculty members and students from the USI Diagnostic Medical Sonography Program will perform free carotid artery ultrasound screenings for conference registrants by appointment only.</p>	
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Follow #maiarocks on Twitter.

Registration for the August 11-12 Mid-America Institute on Aging and Wellness

2

easy ways
to
register



Mail completed form with check or money order (payable to USI) to
USI Center for Health Professions Lifelong Learning
8600 University Boulevard, Evansville, Indiana 47712.



Register online at USI.edu/maia.

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 (register online at USI.edu/maia)

COST

Includes continental breakfast, lunch and certificate of attendance.

Register by August 1

- \$130 per day
- \$65 per day for retirees
- \$60 for graduate students
- \$20 for undergraduate students

After August 1

- \$150 per day
- \$65 per day for retirees
- \$60 for graduate students
- \$20 for undergraduate students

Cancellation Policy: Registration fees are refundable, less a \$25 administrative fee, through August 10, 2022. No refunds will be given after that date.

DAY 1 - Thursday, August 11

Concurrent Session 1 - Choose one

- Effective Communication Strategies
- Purposeful Spirituality and Self-Care
- Elder Abuse: From Mouthwash to Meth
- Polypharmacy Causes and Management
- Living a Healthy Life with Chronic Conditions

Concurrent Session 2 - Choose one

- Making the Most of the Volunteer Experience
- Solving the Medicare Puzzle
- Elder Abuse: From Mouthwash to Meth (repeat)
- Exercising Safely with SHA'BAM™
- Depression and Elders
- Sleep Apnea

Concurrent Session 3 - Choose one

- Time Travel Paradigm of Alzheimer's
- A Matter of Balance
- Dementia Friends Indiana
- The Pandemic and Effects of Isolation
- Mental Health First Aid
- When the Time Comes

DAY 2 - Friday, August 12

Concurrent Session 1 - Choose one

- Before It's Too Late
- Living a Healthy Life with Chronic Conditions (repeat)
- Benefits of Volunteering
- Exercising Safely with Rock Steady
- Holistic Therapies
- Elder Fraud

Concurrent Session 2 - Choose one

- Homeless and Aging Populations
- Tackling Stereotypes of Aging
- COVID-19 Overview
- Fraud: A Law Officer's Experience
- Diabetes Survival Skills

Concurrent Session 3 - Choose one

- Research Well to Age Well
- Dementia Friendly Communities
- Post-COVID Panel Discussion
- Geriatric Psychiatry Unit
- Homeless and Aging Populations (repeat)

Positive Approach® Pre-Conference Workshop

Wednesday, August 10

Not included in MAIA registration fee

Pre-Conference limited to the
first 150 registrants

**Flyer and registration form at
USI.edu/maia**



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.** Please provide a correct, individual email address when registering.

Disability Accommodations: If a disability-related accommodations are required, contact the Center for Health Professions Lifelong Learning at 812-461-5217 or email kacollazo@usi.edu.

Questions?



Email: kacollazo@usi.edu



Call 812-461-5217



USI.edu/maia

Find us on 

Mid-America Institute on Aging
and Wellness — MAIA
#maiarocks

As an Equal Opportunity/Affirmative Action Employer, the University of Southern Indiana considers all qualified applicants for employment without regard to race, color, religion, sex, pregnancy or marital status, national origin, age (40 or older), disability, genetic information, sexual orientation, gender identity, veteran status, or any other category protected by law or identified by the University as a protected class.

CONTINUING EDUCATION CREDIT

Attendees may receive up to 6 contact hours on day 1 and up to 6 contact hours on day 2 with attestation of attendance and submission of the electronic program evaluation.

In support of improving patient care, University of Southern Indiana Center for Health Professions Lifelong Learning is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Psychological Association (APA), and the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to provide continuing education for the healthcare team.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

The University of Southern Indiana Center for Health Professions Lifelong Learning designates this activity for 6 contact hours each day for nurses.

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 number: 98000033A

The University of Southern Indiana Center for Health Professions Lifelong Learning designates this activity for a maximum of 6.0 *AMA PRA Category 1 Credits™* each day. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

As a Jointly Accredited Organization, the University of Southern Indiana Center for Health Professions Lifelong Learning is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. The University of Southern Indiana maintains responsibility for this course. Social workers completing this course receive 6 live continuing education credits each day.

This program has been pre-approved by the Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

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 12 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.

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

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.