

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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