



# Workshops-At-A-Glance

## 44<sup>th</sup> Annual New Mexico Conference on Aging Hybrid (Virtual and at Regional Senior Centers) 9/7–9/8/2022

### Follow COVID Safe Practices!

Wednesday, September 7, 2022 — 8:30–10:30 am

8:30–10:30 am **Keynote Address**— Lieutenant Governor, Howie Morales, PhD  
“Transformational Thinking” **Non-Cultural CEU**

Wednesday, September 7, 2022.

<p>11:00–11:50 am Advocacy and Resident Rights</p>	<p><b><i>Be the Voice: Become a Long-Term Care Ombudsman</i></b> The New Mexico Long-Term Care Ombudsman Program advocates for and alongside residents for the recognition, respect, and enforcement of the civil and human rights of residents of nursing homes and assisted living facilities. They often provide a voice for individuals who might otherwise go unheard which is why we want every resident to have access to an ombudsman every day. Come find out how we plan to make this possible and how you can help residents in the community where you live today.</p> <p><b>Carmen Bliss</b> is a committed public servant and social worker, serving in administrative and advocacy roles throughout her professional career, currently serving as the New Mexico State Long-Term Care Ombudsman. Throughout her career in state government, she has overseen forward thinking cross-system initiatives and system transformation critical to the effective delivery of health and human services, including long-term care, Medicaid, and behavioral health. She has developed and implemented data-driven processes which identify risks as well as strategic solutions. Over her career her accomplishments include creation and establishment of a centralized risk review for health and human services; design, implementation and expansion of home and community-based waiver programs; redesign of a public mental service delivery; and direct social work practice in hospice and level one trauma center emergency departments.</p> <p><b>Non-Cultural CEU</b></p>
<p>11:00–11:50 am Finances and Legal</p>	<p><b><i>Common Legal Issues for Senior Citizens</i></b> This workshop is intended to provide legal information about common legal issues affecting seniors. This workshop will discuss the purpose and function of certain planning tools such as Powers of Attorney and Advance Health Care Directives and the consequences of not having these documents in place in a time of need. This workshop will also discuss the Estate Planning and Probate process, Non-Probate transfers (including Transfer on Death Deeds), and Institutional Medicaid.</p> <p><b>Natalie Meyers, JD</b> is the Managing Attorney of Legal Resources for the Elderly Program (LREP). Natalie received her J.D. from the University of New Mexico School of Law in 2016. Natalie began her legal career representing persons with disabilities in front of the Social Security Administration. Natalie also worked with Law Access New Mexico to provide legal advice and brief services to low-income New Mexicans in the areas of Family Law and Public Benefits. Natalie joined LREP in 2019 to provide legal advice to seniors throughout New Mexico on a variety of civil legal issues. Natalie transitioned to serving as LREP’s Managing Attorney in December of 2021. In addition to providing legal advice to seniors, Natalie also teaches educational workshops at senior centers and community events and has helped develop content for LREP’s library of educational publications.</p> <p><b>Non-Cultural CEU</b></p>

## Wednesday, September 7, 2022.

11:00–11:50 am  
Aging Supports

### ***Prevent the Shuffle, Improve Your Balance***

Do you feel like you are starting to shuffle your feet when walking? While falls are more common as we age, they are not a normal part of aging. Changes in balance, strength, and flexibility can affect the way we walk. You will learn about these changes and how to improve your walking.

**Janet Popp** is a home health physical therapist and gerontologist working in Albuquerque. She is Chair of the New Mexico Adult Falls Prevention Coalition and teaches healthcare professionals about falls prevention via a contract with the NM Department of Health. As a member of a UNM research team and in partnership with the Pueblo of Zuni, Janet is helping to develop and test a CHR-led falls prevention program for Zuni elders.

**Non-Cultural CEU**

11:00–11:50 am  
Health and Wellness

### ***3 Key Messages for Preventing and Managing Diabetes***

Join us for health information that pertains to you, clients, and loved ones. By attending this workshop, participants will:

1. Evaluate their risk for prediabetes and type 2 diabetes.
2. Understand how often they should see their doctor and get tested.
3. Start a list of free resources to support diabetes prevention and management.

**Lucinda Banegas-Carreon, MPH** has 16 years working with community nutrition, health, and diabetes programming.

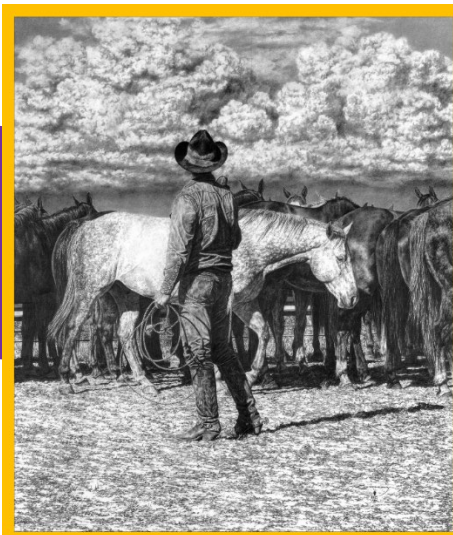
**Cassandra Vanderpool MS, RDN, LD** is dedicated to helping people live healthier and happier lives. She is a Registered Dietitian Nutritionist and has worked for the NMSU Cooperative Extension Service for 12 years. Her current role is with the Diabetes Management and Prevention Programs (a.k.a. Diabetes MAPP), in which she oversees Kitchen Creations and Know Diabetes by Heart programming. These programs offer diabetes, nutrition, and cooking education to adults throughout New Mexico free of charge.

Cassandra received a Bachelor of Science in Biology from NMSU before deciding to become a dietitian. She earned a Bachelor of Science in Nutrition/Dietetics and a Master of Science in Nutrition from UNM. In addition, she has completed three training programs funded by the Maternal and Child Health Bureau and more recently, the Certificate of Training in Obesity Interventions for Adults.

On a personal note, Cassandra loves to spend time with her family. She and her husband are raising two girls, two boys, and an increasing number of pets. They enjoy experiencing all New Mexico offers, travelling to new places, and of course . . . FOOD.

**Lourdás Olivas, (MA Curriculum, Instruction, & Education; BS Kinesiology)** has over 15 years working with the community around health, nutrition, physical activity, and diabetes.

**Non-Cultural CEU**



Ahead of the Rain  
Dino Cornay  
Pencil Artist

## Wednesday, September 7, 2022.

11:00–11:50 am  
Technology and  
Innovation

### ***Future of Aging: Innovations in Education and Outreach through Technology***

Introduce Teeniors / Project ECHO / NM-NEW to attendees and hear how the 3 organizations work together to put on 'Elder ECHO Events' today and the plan to make these hybrid events in the future at libraries/community centers, where people without access to technology can gather to participate. We will also discuss Palliative/Geriatric/Age-Friendly ECHOs.

**Trish Lopez** is a native New Mexican who has worked professionally with everyone from Hollywood executives to political leaders. After 13 years in the film industry, she returned to her home state of New Mexico in 2015 and created Teeniors® (tech-savvy teens helping seniors learn technology) after seeing her own mother struggle to adapt to the digital world. Lopez's goal is to empower older adults while providing paid, meaningful jobs for teens. Her team has received national awards and media while building collaborations in the private and public sectors to help thousands of seniors, who can't afford to pay. As a graduate of UNM, and supporter of numerous social causes, Lopez's primary interest is bringing people together from different backgrounds to create change in our communities.

**Andrea Botero Tompkins** Andrea encompasses extensive experience in organizational development, healthcare equity, community organizing, community-led research, and grant writing and management around healthcare topics. Her work is deeply informed through her advocacy for health equity of historically marginalized constituencies, one that interweaves a social justice lens into the development of programs. Currently, she is the Deputy Director for NM programs at Project ECHO. Her outside interests include hot yoga, the intersection of traditional and conventional medicine as an administrative topic, ethnobotany, reading, the arts, and outdoor activities with her family, dogs, and chickens.

**Paula Getz** Paula has recently started a new chapter in her life as Co-Founder of NM-NEW – a social profit working to engage people aged 50 to 70+ who wish to remain active in the community. Paula retired from Sun/Oracle in August 2021 after almost 40 years in the computer services industry, managing and leading global project & risk management teams. While at Oracle she passionately served as one of the volunteer leaders of OPEN (Oracle's global LGBTQ+ Employee Resource Group). Closer to home she is on the Boards of UNM Anderson School of Management Alumni Council and All Faiths Children's Advocacy Center. Paula is a native New Mexican, born & raised in Santa Fe, one of seven children. She earned her B.A. in Business Computer Systems from the UNM Anderson Business School. She lives in Los Ranchos with her wife and two dogs.

11:00–11:50 am  
OIEA

### ***Office of Indian Elder Affairs (OIEA)— Training for Tribes, Pueblos, and Nations***

*OIEA Sessions 1–8 will be conducted as workshops.*

Session 1—Identifying Training Needs of Tribal Elder Programs

**Rebecca Baca** is the Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.

In 1998, Rebecca was designated as an "Honorary Elder" by the New Mexico Indian Council on Aging. In 2000, she received the "International Heart & Spirit Award" from HOSW for her commitment to caring and advocating for tribal elders. Rebecca maintains a lifetime commitment as a member of the Ehecatl Aztec Calpulli and is committed to the Mexica Azteca prayer and dance tradition.

**Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs** manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.

**Cultural CEU**

## Wednesday, September 7, 2022.

**HUNKER UP!** is an upbeat, heartwarming, romantic comedy about a senior woman and man struggling to keep alive a "Covid friendship" as the Great Pandemic seems to be winding down in May 2021. The play will be performed live, immediately followed by a live audience talkback with the director, cast and playwright.

**Robert F. Benjamin (author of HUNKER UP)** is a late-blooming NM playwright following a distinguished career as a research physicist and science educator. He writes comedies about "Aging with Grace, Courage and Humor." Production credits include over twenty short plays and five full-length plays, including Albuquerque productions of Time Enough and Parted Waters, and an off-off-Broadway production of Salt and Pepper. He is a proud member of the Albuquerque Theatre Guild, Alliance for Jewish Theatre, Conscious Aging Network of NM, and he has been honored as a "Living Treasure" of Los Alamos County.

**Don Converse (performs "Kevin")** has performed on stage in dramas, comedies, and musicals, including, Big, the Musical, Big Fish, the Musical, Music Between Us, 1984, Flight Plan, many roles in Santa Fe Playhouse's Benchwarmers, One More Coffee and Dinosaurs 2018 & 2019, as well as the part of Henry Ford in the courtroom drama False Witness 2019. Don has also appeared in a series of Omega Mart commercials by Meow Wolf Studios in 2020, and the on stage as Reverend Salvation in the musical The Cradle Will Rock 2021. In both 2020 & 2021 Don performed in multiple Zoom plays including: Hunker Down, One More Coffee, Curious Smiles and Hunker Up. He worked as a cast member of the TV show, Better Call Saul, film shorts, My Life as a Bed and Use Hand, and has just been cast in the new feature film, No Place.

**Duchess Dale (performs "Bari")** has performed theater in Southern California including her award-winning role as Annie Sullivan in The Miracle Worker and the beloved Truvy in Steel Magnolias. She directed at the Santa Fe Playhouse: The Normal Heart and Marjorie Prime. Throughout the pandemic shutdown, she honed different skills by directing over a dozen plays on the Zoom format for the Adobe Theatre, Almost Adults Productions, and for Teatro Paraguas, including Julia Cameron's, Love in the DMZ; and Robert Benjamin's Almost Treason; in addition to directing and performing all three of Mr. Benjamin's Hunker Down plays. Duchess is currently directing Save the Bees written by NM State Senator Bill O'Neill for productions in Denver and Silver City NM this summer.

12:20 pm–1:00 pm  
Theater Event

***If You're Not Counted, Then You Don't Count: Why Collecting Sexual Orientation and Gender Identity Data Matters Encore Presentation*** Seniors in the lesbian, gay, bisexual, transgender (LGBT+) community face unique needs that often go unmet. Learn how to work with this population in a culturally humble manner and incorporate them in your planning process.

### **WellSky Encore Conference Presentation (2020)**

**James Moorhead**, Aging Service Manager, Maine Department of Health and Human Services, Office of Aging and Disability Services. James oversees Older Americans Act funded services across Maine and serves as a subject matter expert in a variety of topics, including assistive technology and LGBT cultural humility. His previous role was with the Georgia Department of Human Services Division of Aging Services as an Aging Services Coordinator where he managed OAA funded In-Home Services in Georgia and served as a system administrator for non-Medicaid HCBS services in the WellSky Framework environment. James received his M.A. in Gerontology and B.A. in Sociology for Georgia State University. He is married and has recently moved to Augusta, Maine.

**Cultural CEU**

1:00 pm–1:50 pm  
Advocacy and  
Resident Rights

## Wednesday, September 7, 2022.

1:00 pm–1:50 pm  
Finances and Legal

### ***Make a Grab and Go Binder with Important Papers***

Participants will create a binder to hold their most precious documents. A step-by-step process of gathering all of your important papers and documents for quick and easy retrieval. If you had an emergency and had to find your SS card, benefits letter, Doctors information, list of prescription medications, safety deposit information, bank accounts and personal passwords-would you have it accessible? Please join me in compiling a document you can keep and feel confident of its safe keeping.

**LuAnn Pfeifle** is a Job Developer and Trainer for the state of South Dakota. She works with Elders on Reservations and seniors around the state to assist in enhancing their Employability Skills. The National Indian Council on Aging and the Senior Community Service Employment Program works hard to advocate for improved services and economic wellbeing of American Indian and Alaska Native Elders.

1:00 pm–1:50 pm  
Aging Supports

### ***Guide for Caring for Self While Caring for Others***

It's easy to put yourself last. We all do it in various seasons of our lives. When in fact, the last thing we need to give up is the thing that gets us through. Using Mindfulness, we will explore practical tools for moving beyond coping to thriving.

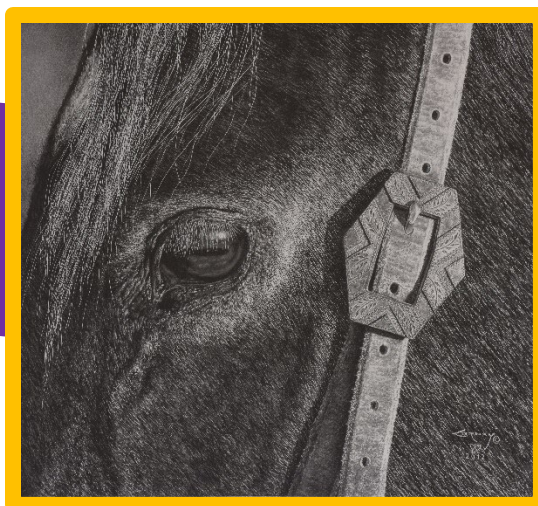
**Melissa Smith** Melissa Smith is the Executive Director and Founder of Caregiver Wellness Retreat (CWR), a Santa Fe nonprofit dedicated to the well-being of caregivers. She's a Yoga Alliance ERYT® 500 educator in Restorative and Sustainable Yoga, leads International yoga retreats, Alzheimer's and other Dementias caregiver advocate, and Mindfulness in Schools Educator. She is also a candidate for licensure in December 2022 for Clinical Mental Health (LMHC) through New Mexico Highlands University. Melissa lives in Santa Fe, New Mexico where she operates Pranava Yoga Studio. She hosts on-line wellness retreats for caregivers of Alzheimer's ([www.caregiverwellnessretreat.com](http://www.caregiverwellnessretreat.com)).

1:00 pm–1:50 pm  
Health and Wellness

### ***Mental Health Through Celebration of Life***

Objectives are to inform and encourage seniors to engage in activities which will keep their brain healthy while pursuing broadening their prospective on life. Also provided is information on depression, symptoms, potential affects to health in general and actions to take if needed. This workshop is based on the Global Council on Brain health research as well as a myriad of studies done by national researchers for AARP. In addition, information provided in the senior affairs quick guide to access local behavioral health providers is made available.

**AARP Presentation—Asia Negron-Esposito** Asia Negron-Esposito has over 20 years experience in Long-term care and Assisted Living facilities in addition to administering well-aging programs for the State of New York. Currently she develops content for AARP on well aging issues and delivers about 12 workshops a year.  
**Non-Cultural CEU**



Window to the Soul  
Dino Cornay  
Pencil Artist

## Wednesday, September 7, 2022.

1:00 pm–1:50 pm  
Technology and  
Innovation

### **Assistive Technology for Activities of Daily Living**

As individuals age, some facets of everyday life like eating and using appliances become more difficult. This educational session will discuss assistive technology devices for activities of daily living that will allow for greater independence in the home for individuals with disabilities. Devices covered will include adaptive eating utensils, basic environmental controls, and devices for hearing/vision assistance. The presentation will conclude with a live virtual demonstration of the above devices so attendees can see how they actually function.

Learning Objectives: —Attendees will be able to identify 3 adaptive eating utensils. —Attendees will be able to identify 3 devices for environmental modifications in the home —Attendees will be able to identify 3 devices for hearing/vision assistance

**Jessie Armijo** is the AT Coordinator with the New Mexico Technology Assistance Program (NMTAP) and has been with the state agency since December of 2014. He brings technological experience to the position and experience with different types of computer systems and programs. In addition to providing trainings on assistive technology, Jesse also has a particular interest in training individuals on the importance of web accessibility. Jesse is a certified Assistive Technology Professional (ATP) and holds two Bachelors Degrees from the University of New Mexico; a BA in English with a Psychology minor and a BA in Media Arts.

1:00 pm–1:50 pm  
OIEA

### **Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations**

Session 2—Nutritional Services for Tribal Elder Programs

**Rebecca Baca**, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.

**Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs** manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.

**Cultural CEU**

2:00 pm–2:50 pm  
Advocacy and  
Resident Rights

**AARP Smart Driving Course** Join us for a introduction to the AARP Smart Driver four hour classroom course and learn smart and safe driving practices.

**Dominic (Nick) Mandel** is a volunteer instructor with the AARP Driver Safety course. He also volunteers with SCORE (Senior Corps of Reserved Executives) helping entrepreneurs interested in start-up business and services and provides mentor services to retirees and seniors interested in living the best second half of their lives.

2:00 pm–2:50 pm  
Finances and Legal

**WellSky Encore Presentation—Reframing Initiative** FrameWorks Institute: Strategic Frame Analysis: Evidence-based, multi-disciplinary communications research; Empirically identify the most effective ways to reframe social issues; Grounded in an understanding of cultural models and neuroscience.

**Ms. Bridget Gavaghan** is helping communities across the country tell the public a new story about human services. She has spent her career promoting effective strategies designed to yield significant societal benefits. Prior to joining the National Reframing Initiative, she led Prevent Child Abuse America's public policy program She began her career at United Way of America, where she co-chaired national coalitions and engaged the organization's network in advocacy on behalf of a range of public policy priorities, including 2-1-1, federal human service funding, and charitable giving tax incentives. Previously, Bridget directed advocacy communications projects at Sustain, a national nonprofit that was dedicated to environmental and social justice issues.

## Wednesday, September 7, 2022.

2:00 pm–2:50 pm  
Aging Supports

### ***Posture And Strength as We Age***

Come join us and learn the physiologic changes of posture as we age and how we can minimize these changes through exercise and postural awareness.

**Genevieve Richter**, Doctor of Physical Therapy (DPT), Method Physical Therapy, Physical Therapist, with eleven years' experience.

**Nora J Quintal Calva**, Doctor of Physical Therapy (DPT), Method Physical Therapy, Physical Therapist, seven years' experience.

**Non-Cultural CEU**

2:00 pm–2:50 pm  
Health and  
Wellness

### ***Dementia Conversations***

For someone who is experiencing changes in memory, thinking and behavior, this education program provides tips and strategies for difficult — but important — conversations about changes that may be related to dementia.

**Ron Eppes** is the Program Director at the New Mexico Chapter of the Alzheimer's Association. He graduated from Oklahoma Christian University with a BS in Mathematics and Friends University with a MS in Information Systems. He worked at Intel Corporation for 18 years and after his mom was diagnosed with mixed dementia Ron decided to leave the corporate world to work in nonprofit management. He has been with the New Mexico Chapter since March of 2021.

**Craig Coleman**, Program Specialist, BBA 1984, University of Texas, Austin, Joined the Alzheimer's Association in August 2021. Prior background was mostly sales. Laid off during the pandemic and wanted to do something at the tail end of my career to give back to the community and people in general. Like most members of the Association, I was introduced to the disease with family members being stricken.

**Non-Cultural CEU**

2:00 pm–2:50 pm  
Technology and  
Innovation

**myHESTIA: A Smartphone App to Support Aging in Place** is a home safety assessment app that provides guidance on home modifications for aging adults, caregivers, and stakeholders interested in supporting aging-in-place (e.g., volunteers, installers like handymen, and healthcare practitioners). Attendees will learn about the federally funded project and will engage with the myHESTIA app in beta-version.

**Suzanne Perea Burns, PhD** received a Bachelor of Science in Nutrition/Dietetics from the University of New Mexico, a Master of Occupational Therapy from the University of New Mexico, and a Ph.D. in Occupational Therapy from Texas Woman's University. Dr. Burns also completed an interdisciplinary postdoctoral fellowship focused on disparities in stroke recovery outcomes at the Medical University of South Carolina. Dr. Burns' research has primarily focused on the development, testing, and implementation of mobile health (mHealth) assessments and interventions to improve community living outcomes for people with disabilities. A second major research focus is on addressing health and participation disparities among racial/ethnic minorities living with the effects of stroke through the development and evaluation of culturally tailored and technology-enhanced interventions. As a rehabilitation research scientist, she contributes expertise at the intersection of post-stroke disability (specifically executive function impairments) and community living. Dr. Burns' contributions have been disseminated through peer-reviewed publications and presentations, service on national boards, mentoring, and successful acquisition of competitive extramural and foundation grants as either PI or Co-I.

**Non-Cultural CEU**

## Wednesday, September 7, 2022.

<b>2:00 pm–2:50 pm OIEA</b>	<p><b>Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations</b> Session 3— Identifying Needs through Asset Mapping and Gap Analysis</p> <p><b>Rebecca Baca</b>, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.</p> <p><b>Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs</b> manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.</p> <p><b>Cultural CEU</b></p>
<b>3:00 pm–3:50 pm Advocacy and Resident Rights</b>	<p><b>Downsizing and Moving into Retirement, Independent or Assisted Living</b> My workshop is about helping seniors and their families navigate the entire process when it comes to downsizing and leaving their homes and moving when that time comes. I am a licensed Chaplain. I have a Seniors real estate specialist designation (SRES) from the NAR as well. After moving over 75 seniors in the last few years, I have learned what needs to be done and the shortest path to get there. When to decide it is time to move, where to move to, sorting, packing, moving, unpacking, estate sales, charity donations etc. I have 30 years of real estate experience; I also know how to get their home sold quickly and for the most money. I know this is daunting for families, but it does not have to be.</p> <p><b>Stefani Quintana</b> is the owner of Loving Transitions, LLC, where she serves seniors and their families -helping them transition from one season of life to the next. She specializes in downsizing, helping people find the perfect place for their loved ones, sorting/packing, moving, unpacking, holding estate sales, and then getting their home ready to sell and all that is involved in that process. Stefani has been in the real estate business here in the Albuquerque area for over 28 years. Stefani also holds an SRES Designation (Seniors Real Estate Specialist) from the National Association of Realtors and knows what is important to the 55+ community. She is also a Licensed Chaplain with the International Fellowship of Chaplains (I.F.O.C.) and serves the community and her clients with any additional needs that may arise. Stefani knows how important family is and treats all her clients as if they were her own parents/family. Stefani and her team have been in the top 10% to 20% of all Coldwell Banker Legacy agents in production and volume for many years now. She loves spending time with her children, family, and friends, attending church, cooking, listening to music and singing. She prides herself on serving her clients with love, kindness, integrity, and respect. She looks forward to serving you as well. <b>Non-Cultural CEU</b></p>
<b>3:00 pm–3:50 pm Finances and Legal</b>	<p><b>AARP NM Work and Save: Helping New Mexicans Take Control of Their Financial Future</b> Today, a secure retirement is out of reach for thousands of New Mexicans, especially those who work for themselves or small businesses. Come learn about the importance of the New Mexico Work &amp; Save Program and how it can help working New Mexicans save for retirement and build secure financial futures.</p> <p><b>Othiamba Umi</b> is the Associate State Director for Advocacy for AARP New Mexico. He is a licensed New Mexico attorney and has extensive experience in lobbying and policy work, providing direction and leadership throughout the New Mexico office on federal and state advocacy issues. In his previous role as field director for Think New Mexico, Mr. Umi helped coordinate grassroots organizing and coalition-building efforts while conducting policy research and engaging community, business, and government stakeholders. Before his advocacy work, Othiamba was an assistant trial attorney with the Second Judicial District Attorney’s Office. Othiamba holds a degree in psychology and Spanish from the University of New Mexico and is a graduate of the University of New Mexico School of Law. He also currently serves on the New Mexico Work &amp; Save Board and the New Mexico Lottery Authority Board.</p>



## Wednesday, September 7, 2022.

3:00 pm–3:50 pm  
Aging Supports

### ***Answering the Questions that Keep You Up at Night***

We know Medicare can be very confusing. We will explain how Medicare works for those caring for a parents or someone eligible for Medicare. We will explain what Medicare is, how it works, and present all the options available in terms they can understand.

Senior Citizens and Estate Planning—We are here today to help you understand why having an estate plan is so important. At Martone Law Firm, we focus our practice on helping individuals and families plan for their future. We have focused our practice on proving our clients eligibility for Social Security Disability benefits and advise on Estate Planning as tools for helping our client’s secure a financial future. Our Estate Planning services are for individuals and families looking to protect their loved one and plan for their incapacity or death. We provide education and insight into how an estate plan will benefit your goals.

**Carmen Good, Insurance Agent, H.O.P.E. Solutions**, Carmen Good is a native of Albuquerque, New Mexico. Currently, Carmen is a licensed insurance agent who is a Community Influencer and focuses on education and community outreach. Carmen serves on the Alzheimer’s Association Golf Tournament Planning Committee, Meals on Wheels Marketing Committee, and is an Ambassador with the Hispano Chamber of Commerce. She has developed a strong partnership with the City of Albuquerque Senior Affairs Department and with many organizations who support our community.

She understands that today’s Medicare beneficiaries have many options. Carmen’s goal and passion is to ensure that people know and understand all their options and enroll in the right Medicare plan that works best for their individual needs.

**Feliz Martone, Attorney, Martone Law Firm. PA**, Feliz was born and raised in New Mexico and understands the uniqueness of our culture and people. Feliz became an attorney with a passion for service. For the last 15 years, Feliz has served the disabled community by obtaining Social Security Disability benefits to those unable to work and may also have limited resources. In assisting her own family in planning for elderly grandparents, Feliz discovered a new way to serve our community. Feliz enjoys educating others in the importance of estate planning.

3:00 pm–3:50 pm  
Health and  
Wellness

### ***It is Game Time! Food Trivia!*** (General Audience, Basic to Intermediate Level) REPEATED

Come join the fun! Join the Molina and Farmbox nutrition team to play a fun food trivia game. We can have fun while learning about how the food we eat can energize us, can possibly harm us, and what can help us live as healthy as we can. All attendees will be entered into a drawing to win a FarmBox.

#### **Buffie Saavdra** Professional tidbits:

- 32 years healthcare, Managed Care, public benefits and advocacy experience
- Member and Community Director, Molina Healthcare
- Served on NM Board of Pharmacy for 12 years
- Currently serving on NM Medical Board
- Licensed in Health and Accident
- Served as the Deputy Cabinet Secretary for NM Aging & Long Term Services Department (ALTSD)
- Worked at the ALTSD for 9 years from 2001–2010 leading Consumer and Elder Rights

*Personal tidbits:* • Native New Mexican—6 generation Saavedra

- Three grown sons and one grandson who is 5
- Love to ski, golf, hike, exercise, read, dance, fish, camp
- Have lived in New Mexico my entire life

## Wednesday, September 7, 2022.

<p>3:00 pm–3:50 pm Technology and Innovation</p>	<p><b>AARP Medication Safety Program</b> Many people take medications incorrectly putting their health at risk. I will cover taking medication appropriately, compatibility issues, side effects, tracking, storage and even disposal methods. I include information from NIH-National Institute on Aging.</p> <p><b>Cheri Dotson, RN</b> I am a retired nurse with a BS in Nursing from Arizona State University and a Masters in Counseling and Psychology from NMSU. My 43-year career took me through an Air Force tour of duty, the VA hospital in Albuquerque and finally 31 years in school nursing/school nurse supervising where I found my passion running my own little ER and teaching others to do it. I am currently retired and living an avid volunteer life with AARP, the NM Association for Educational Retirees, and several Immunization Coalitions &amp; Advisory Councils. In my spare time I enjoy quilting, crocheting, reading, and writing. My husband is a retired pharmacist, and we have a son who gave us a wonderful daughter-in-law and 2 fabulous grandchildren.</p> <p><b>Non-cultural CEU</b></p>
<p>3:00 pm–3:50 pm OIEA</p>	<p><b>Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations</b> Session 4— AmeriCorps Vista Volunteers Intermediary Program</p> <p><b>Rebecca Baca</b>, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.</p> <p><b>Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs</b> manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.</p> <p><b>Cultural CEU</b></p>
<p>4:00 pm–4:30 pm</p>	<p><b>Question and Answer Panel for 9/7/22</b> Questions from the Audience</p>
<p>4:30 pm–5:00 pm</p>	<p><b>Closing and Virtual Sites</b> Visits to Regional Senior Center Sites Native Prayer</p>



Been There  
Dino Cornay  
Pencil Artist

## Thursday, September 8, 2022 — 8:30–10:30 am

8:30–10:30 am

**Keynote Address**— Amy Goyer, BA -- AARP's Family and Caregiving Expert  
**"Choosing to Care" Non-Cultural CEU**

## Thursday, September 8, 2022

11:00–11:50 am  
**Advocacy and Resident Rights**

### ***Learning Lab for Creative Self-Care***

The goal of this workshop is to create a learning lab for caregivers of all stripes to explore creativity as a way to prevent burnout, ease stress and approach care in a more loving, creative way. We will do a series of exercises that allow caregivers both family and professional to express themselves, learn breathing and mindfulness techniques and explore the use a drawing/writing journal for stress management. Given the extremely high rates of family caregiver illness and depression as well as the number of professionals living with burnout or leaving the field, it is time to bring creative skills to all caregivers. The workshop will also allow both professionals and family caregivers to have a dialogue on care and how they can all better care for others by paying attention to their needs and feelings as helpers.

**Ruth Dennis, MA, MFA**, Vista Living Care, Education and Social Services. I am currently an Educator for all our lovely Vista Homes. We follow the principles of the Eden Alternative. We seek to create a model of care that is based on creativity, engagement with life and love. My role is to provide support and education for families facing all forms of dementia and struggling with the aging process that their loved one is facing. Vista is also committed to embracing education for our staff and community. I have worked in mental health, the Arts and community education for more than 30 years. This work history has included receiving two National Endowment for the Arts funded grants, implementing creativity and healing programs for gifted and at-risk children, recovery programs and transitional homes that serve homeless, mentally ill adults, and elders facing dementia. Over the past few years, I have worked closely with and researched palliative care, hospice, and grief support. This journey is both professional and deeply personal. I have been given the honor to educate our community on the need for a balanced, loving, creative caregiving. This has allowed me to fuse my life as a painter, gardener, and most of all; the sister and caregiver to my brother Morgan, who has Down's syndrome, with my professional work. Morgan was my hero, the bravest man that I have ever known and was a wonderful artist with a deep connection to animals, babies, and science fiction. Along with my work experience, I have a Master's in Art Therapy and Fine Arts, am a certified Dementia Practitioner, Memory Care Alliance Board Member and volunteer with a variety of other nonprofits in New Mexico.

**Non-Cultural CEU**

11:00–11:50 am  
**Finances and Legal**

### ***Be a Smart Shopper: Practical Tips to Save Money and Avoid Rip-Offs***

A SCLO attorney will give practical consumer tips covering such topics as: how to deal with debt collectors; recognizing scams; handling high-pressure sales tactics; understanding loan disclosures and using them to get the best deal; buying a used car; and more. (General information only; attorney cannot give individual legal advice.)

**Michael McGuire, JD** received his B.A. from the University of Wisconsin (Madison) in 2007 and graduated from the University of Illinois College of Law in 2012. Prior to joining SCLO in 2016, he worked with legal services programs in Louisiana and Ohio, representing low-income taxpayers and military veterans. Michael's legal practice has focused on a variety of legal issues, including; identity theft; evictions; veterans' benefits; family law; tax disputes; and estate planning.

11:00–11:50 am  
Aging Supports

**Medicare— A Voice of a Generation**

This virtual session will have it all per-recorded with the following:

- 1) Opening by Rita Tolbert, with United Healthcare
- 2) Sizzle reel with lifting message / music
- 3) Medicare Educational Information / Medicare Made Clear
- 4) Video of Inspiring message from Vicki Carr "A Voice of A Generation"
- 5) Closing remarks where they can find this information, download Medicare materials both English & Spanish, Health Tips & Recipes
- 6) Maybe a fun give-away as they head to the green room or donate to the conference for their wonderful ideas to support the event.

**Rita Tolbert Director, Multicultural Marketing, UnitedHealthcare—Rita Tolbert** has more than 25 years of experience in the health insurance industry. She began in the health care industry as a patient advocate, helping patients understand their coverage and financial options in preparation for long-term hospitalization. She collaborated with patients, and caregivers to ultimately remove financial or insurance barriers and instead focus on treatment and recovery. That patient advocacy principle has remained at the core of how Rita approaches her daily work. At heart, she is a consumer advocate. While at UnitedHealthcare she's also been responsible for Multicultural marketing, acquisition marketing of the AARP Hospital Indemnity Plans and advancing Operational Excellence. Her consumer centric focus continues today as she works passionately to help Multicultural seniors and those who are Medicare eligible to gain a clearer understanding of Medicare and take control of their health care through education.

**Vicki Carr**, born Florencia Bisenta de Casillas Martinez Cardona in El Paso, Texas and raised in Southern California, the eldest of seven children, who would later change her name to Vikki Carr, began performing at the age of four singing Adeste Fidelis in Latin at a Christmas program. She was signed to a contract with Liberty Records in 1961. A legendary star of the stage and screen Vikki Carr has captivated audiences nationally and abroad for over 50 years with her melodic voice and presence. She is one of the best loved and most accomplished entertainers in the United States, Latin America, and Europe. In her illustrious career she has garnered four Grammy Awards including a Lifetime Achievement Award from the Recording Academy and has released over 60 best-selling recordings. She has performed for the Queen of England, five United States Presidents, wartime soldiers in Vietnam and sold-out audiences around the world. She has worked in radio, television, film, and theater. Her music embraces four languages, and she is among the first artists to bridge the cultures of the United States and Latin America, paving the way for many performers today.

11:00–11:50 am  
Health and Wellness

**Healthy Living for Brain and Body**

Make your own plan for healthy aging using the Healthy Living for Your Brain and Body plan. Identify the reasons for taking care of yourself as you age and strategies to age well in the following areas: physical health and exercise, diet and nutrition, cognitive activity, and social engagement.

**Ron Eppes** is the Program Director at the New Mexico Chapter of the Alzheimer's Association. He graduated from Oklahoma Christian University with a BS in Mathematics and Friends University with a MS in Information Systems. He worked at Intel Corporation for 18 years and after his mom was diagnosed with mixed dementia Ron decided to leave the corporate world to work in nonprofit management. He has been with the New Mexico Chapter since March of 2021.

**Craig Coleman**, Program Specialist, BBA 1984, University of Texas, Austin, joined the Alzheimer's Association in August 2021. Prior background was mostly sales. Laid off during the pandemic and wanted to do something at the tail end of my career to give back to the community and people in general. Like most members of the Association, I was introduced to the disease with family members being stricken.

**Non-Cultural CEU**

## Thursday, September 8, 2022

<p><b>11:00–11:50 am</b> <b>Technology and Innovation</b></p>	<p><b><i>Intro to Technology 2022</i></b> Are you an older adult looking to stay in the loop about technology? Join Teeniors® founder Trish Lopez as she presents a fun overview for seniors adapting to the digital world. Through real-life examples, and her own journey from flip phones in college to Smart TVs today, you can learn how to access the internet, the difference between Wi-Fi vs. cellular; using YouTube and Google, attaching photos to texts/email. See what's new in tech around the world and familiarize yourself with basic concepts. Open to all.</p> <p><b>Trish Lopez</b> is a native New Mexican who has worked professionally with everyone from Hollywood executives to political leaders. After 13 years in the film industry, she returned to her home state of New Mexico in 2015 and created Teeniors® (tech-savvy teens helping seniors learn technology) after seeing her own mother struggle to adapt to the digital world. Lopez's goal is to empower older adults while providing paid, meaningful jobs for teens. Her team has received national awards and media while building collaborations in the private and public sectors to help thousands of seniors who can't afford to pay. As a graduate of UNM, and supporter of numerous social causes, Lopez's primary interest is bringing people together from different backgrounds to create change in our communities.</p>
<p><b>11:00–11:50 am</b> <b>OIEA</b></p>	<p><b><i>Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations</i></b> Session 5— Developing an equitable funding formula for Tribal Elder Programs</p> <p><b>Rebecca Baca</b>, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.</p> <p><b>Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs</b> manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.</p> <p><b>Cultural CEU</b></p>
<p><b>1:00 pm–1:50 pm</b> <b>Advocacy and Resident Rights</b></p>	<p><b><i>New Mexico Senior Olympics</i></b> All the events and activities provided by New Mexico Senior Olympics</p> <p><b>Cecilia Acosta</b> Director, New Mexico Senior Olympics Cecilia Acosta has worked with Aging Programs for 35+ years, with the non-profit organization at NMSO for 31 years, prior to that she worked at the Roswell JOY Senior Center as a financial bookkeeper for three years and prior to that worked with Area Agency on Aging in 1983 under the auspices of Southeastern NM Economic Development District. Cecilia has two adult children and three grandchildren who reside in Las Cruces, NM.</p>
<p><b>1:00 pm–1:50 pm</b> <b>Finances and Legal</b></p>	<p><b><i>Pegasus Law Grandparents Raising Grandchildren</i></b> Provide an overview of the Kinship Guardianship Act, including eligibility to petition, required steps for those seeking guardianship of minors. Discussion of grandparent visitation statute, and eligibility for grandparent visitation under this statute. Finally, a brief discussion of public benefits available to those who might be in need.</p> <p><b>William Townley, JD</b> is a staff attorney at Pegasus Legal Services for Children, assisting clients with obtaining Kinship Guardianship. William attended the University of New Mexico School of Law. William has appeared in Courts throughout the state, including Isleta and Mescalero tribal courts.</p> <p><b>Non-Cultural CEU</b></p>

## Thursday, September 8, 2022

1:00 pm–1:50 pm  
Aging Supports

**WellSky Encore Presentation— Person-centered Thinking for Organizations** Objectives: Understand the relationship of business operations and organizational design to person-centered practices; Discuss the role of technology in supporting implementation of person-centered practices; Outline workforce practices that support the development of an organizational culture that supports and aligns with client-facing person-centered practices.

**Debbie Pierson, Principal, Sage Squirrel Consulting, LLC** I have been building and leading high performing teams across retail, not-for-profit, and government sectors for nearly 30 years. Direct communication, compassionate coaching, and sincere relationship building lifts people to their highest potential. When the people around me succeed, I succeed. After five years in Indiana's Division of Aging, I have found a personal mission to improve systems of long-term care, particularly for older adults but for all those with long term services and supports. These are systems in need of real transformative change. The systems of care of the last fifty years won't get us through the next fifty years. The demand for long term care is growing, expenditures are exploding, consumer preferences are changing. We can do better. We can create person centered systems that support informed decision making and allow individuals to retain maximum control over their lives and their care. I will bring my skills and experience to do my part.

**Yonda Snyder, Principal, Sage Squirrel Consulting, LLC** I partner with state staff, community organizations, providers, and advocates to identify and develop operational and policy solutions to the challenges associated with the growing numbers of persons over 65. Our goal is to improve the ability of older persons and their families to get the information, resources or services that may support them remaining in their homes and communities. I firmly believe that, over the long run, this will result in improved quality of life, improved health outcomes, and an improved expenditure trajectory for publicly funded long term care. Together we have created a platform for the transformation of Indiana's system of long-term care to prepare for the aging of the baby boom generation.

1:00 pm–1:50 pm  
Health and Wellness

### ***Reaching Forward: Living Well with Parkinson's Disease***

Parkinson's Disease are scary words but doesn't have to mean the end of aging well. This presentation aims to trigger thinking and action to foster independence, choice and "living well" with Parkinson's Disease.

**Cindy S. Brown LBSW CDP** Cindy received her Bachelor of Science in Social Work from the University of Tennessee and has been a Licensed Social Worker since 1998 and a Certified Dementia Practitioner since 2014. With her decades of experience in senior care and aging issues, her specialized expertise in the area of dementia care and her leadership in educating the community about the most important issues facing seniors today, Cindy works to be a resource, and advocate for seniors and their families throughout the region. As a founding member of the Parkinson's Connection of Central New Mexico, serves as President and is Chair of the Parkinson's Foundation Southwest Mission and Outreach Committee while striving to offer local support and education to those on a Parkinson's journey.

### **Non-Cultural CEU**

1:00 pm–1:50 pm  
Technology and Innovation

### ***Cyber-safety in the Digital Age***

This presentation points out the dangers and offers suggestions that will aid in keeping you secure in this digital era. Using the right programs and apps can help keep you safe and secure as well as shrink your digital footprint. Using free programs and apps whenever possible to accomplish this goal is an added bonus and this presentation includes information on many recommended free programs. Join presenter Bob Gostischa as he guides you in the right direction to enhance your Cyber-safety in the digital age.

**Norbert "Bob" Gostischa**, after a successful career in banking, enjoys his retirement as an enthusiastic IT security expert, most notably for Avast; the creator of Avast Antivirus software. The Avast website has a discussion and help forum where Bob has been helping with security-related and general computer issues since 2004. He has contributed over 46,000 forum interactions. There is no charge to the club, user group or organization, or its members for Bob's services.

## Thursday, September 8, 2022

### **Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations**

Session 6— Developing health related programs for elder services in tribal communities

1:00 pm–1:50 pm  
OIEA

**Rebecca Baca**, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.

**Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs** manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring.

**Cultural CEU**

### **Resident-Directed Advocacy: Long-Term Care Ombudsman Program**

Residents of nursing facilities and assisted living facilities have the rights to freedom, privacy, fairness, and self-determination. Respecting these rights is at the core of ensuring quality of care is provided and directly impacts quality of life. The Long-Term Care Ombudsman Program is committed to advocacy that is directed by the resident; preserving resident rights, dignity, and self-determination. Find out more about the Long-Term Care Ombudsman's unique role in health oversight.

2:00 pm–2:50 pm  
Advocacy and  
Resident Rights

**Carmen Bliss** is a committed public servant and social worker, serving in administrative and advocacy roles throughout her professional career, currently serving as the New Mexico State Long-Term Care Ombudsman. Throughout her career in state government, she has overseen forward thinking cross-system initiatives and system transformation critical to the effective delivery of health and human services, including long-term care, Medicaid, and behavioral health. She has developed and implemented data driven processes which identify risks as well as strategic solutions. Over her career her accomplishments include creation and establishment of a centralized risk review for health and human services; design, implementation and expansion of home and community-based waiver programs; redesign of a public mental service delivery; and direct social work practice in hospice and level one trauma center emergency departments.

**Non-Cultural CEU**



### **Auction Item**

Innocence Adorned  
Dino Cornay  
Pencil Artist

## Thursday, September 8, 2022

**WellSky Encore Presentation—Workforce Development Strategies for the Next Era of State Human Services** 1. Strengthening the Provider Workforce 2. Expanding Beneficiary Services 3. Enhancing the Use of Technology and Telehealth 4. Improving Quality 5. Impacting Social Determinants of Health

2:00 pm–2:50 pm  
Finances and Legal

**Tega Stokes, Deputy Director, NASDDS** A health and human services (HHS) policy executive with 30 years of experience in direct supports, advocacy, and state policy for home and community-based services (HCBS), including extensive experience in person-centered thinking, service delivery and quality monitoring. Ten years of experience providing direct technical assistance to states in HCBS program design, implementation, and quality. Twenty-five years of experience in project management, quality improvement, group facilitation, strategic planning, person-centered planning, and process improvement.

**Abby Cox, VP of Business Development WellSky** Abby has over 15 years of experience in healthcare industry with expertise in policy development, social services, long-term care, Medicare and Medicaid. As the Assistant Deputy Commissioner of the Department of Human Services, Division of Aging Services, she oversees a \$95 million budget and over 350 employees. Abby has advanced public private partnerships, like the Georgia Memory Net Project with Emory University, and has driven success through innovation and cultivating a strong aging and disability network across the state of Georgia. She is sought after for public speaking engagements at leading national conferences, has provided testimony to the Georgia House of Representatives and Senate, and presents quarterly to the Board of Directors of the Department of Human Services.

**Lance Robertson, Director, Guidehouse** is a director in the Healthcare practice. As the former U.S. Assistant Secretary for Aging at the Health and Human Services Administration on Community Living and the former State Director for Aging Services at the Oklahoma Department of Human Services, he has extensive experience working with programs and services that support the nation's most vulnerable and marginalized populations. His unmatched experience in the development and execution of large public sector agencies, both at the state and federal level, brings a unique point of view to any engagement. Lance also has the practical experience of creating partnerships and successful collaborations across disparate agencies and partners, increasing the potential for impactful solutions with lasting effects.

**Jayson Wright, Senior Consultant, Guidehouse Health**  
**Non-Cultural CEU**

2:00 pm–2:50 pm  
Aging Supports

**Service Animals and Applicable Laws** This presentation will cover the following topics and will be accompanied by a beneficial Q&A: How does the Americans with Disabilities Act define service animal? Who uses service animals? Are comfort animals or emotional support animals (ESAs) protected? What questions can be asked of the service animal handler? Where is a service animal allowed to go and under what circumstances can a service animal be excluded? When must leashes or tethers be utilized? Is a certification or harness required? Who is responsible for the animal's care? Can specific breeds of animals be excluded? We'll also discuss how the New Mexico Service Animal Act comes into play with the ADA and we will also share helpful publications and resources.

**Jeminie Shell Disability Specialist, NM Governor's Commission of Disability**, working in the Disability Awareness and Advocacy program. She provides technical assistance and trainings regarding the ADA and other disability-related laws to state and local governments and the public. She is a Certified ADA Coordinator and at the GCD she manages programs such as the ADA Coordinator Certification program and the Quality-of-Life Grant. In her role at the GCD she also covers topics such as service animals, higher education, Title III of the ADA, adaptive sports, and hospitality and tourism. She has over 10 years of experience working in program development and advocacy with an emphasis on social justice.



## Thursday, September 8, 2022

2:00 pm–2:50 pm  
Aging Supports

### ***Social Security— With you for Life's Journey***

During this workshop attendees will learn basic information on Retirement, Survivors, and Medicare benefits. Attendees will also learn about SSA's Advance Designation when you file for benefits. An advance designation allows you to designate up to three individuals who could serve as a representative payee for you if the need ever arises. Information on the Social Security Trust fund will also be discussed.

**Rhonda Romero, Public Affairs Specialist, SSA** began her career with Social Security Administration in 2001 as a Supplemental Security Income Claims Representative. In 2014 she became the SSA's Public Affairs Specialist in New Mexico. Rhonda currently serves on the SSA's National Alaska Native and American Indian Committee. She also is a member of the Dallas Regional Native American Workgroup. Rhonda holds a Bachelor's Degree from the University of New Mexico.

**Non-Cultural CEU**

2:00 pm–2:50 pm  
Health and Wellness

### ***Aging and Vision Loss***

Outcome 1: Attendees will be able to use this information to benefit themselves, their friends and their family members.

Objective 2: Understand the psychological aspects of vision loss.

Outcome 2: Attendees will gain a better understanding of the psychological effects of vision loss, including fears, public attitudes, and long-held misconceptions.

Objective 3: Know the various techniques, tools, and resources available to seniors with vision loss.

Outcome 3: Attendees will leave this session with knowledge of the vast array of resources and alternative techniques that enable blind and visually impaired seniors to live independent and productive lives.

**Juan Haro M.A., NOMC, NCUEB, NCLB** Since 2019, Mr. Haro has been leading the Independent Living/Older Blind Program that provides training in Braille, independent mobility, reading alternatives, transportation alternatives, grocery shopping, meal preparation, and other activities of daily living to blind adults across the state. Since 2011, Mr. Haro has been providing direct training in assistive technology, Office suite applications, and various applications commonly used in the workplace to independent living and vocational rehabilitation consumers throughout the state. From 2007 to 2010, Mr. Haro managed the Adult Orientation Center where residential training was provided in the areas of Braille, assistive technology, personal and home management, and independent mobility with the use of a long white cane. From 2005 to 2007, Mr. Haro directed the Access News reading program for the Blind where he coordinated volunteers, secured reading content, and managed the computer system that housed the reading service. From 2003 to 2005, Mr. Haro taught Orientation and Mobility and the use of the long white cane to adults and seniors in residential and commercial areas to vocational rehabilitation consumers to build greater independence and mobility.

**Non-Cultural CEU**

## Thursday, September 8, 2022

2:00 pm–2:50 pm  
Technology and  
Innovation

### ***Take an Educational Ride into Reverse Mortgage Outer Space!***

New Mexico is known for its contributions to science and technology via its National Laboratories and Spaceport America. Now, New Mexico is using technology to protect and educate senior homeowners on reverse mortgages. Understanding how a reverse mortgage really works is critical to determining if a reverse mortgage is right for you!

**Melissa A. Patterson-Kling** is the President and Co-Founder of Reverse Engineer Lab LLC. She is a FHA reverse mortgage subject matter expert and the co-inventor of the HECONOMICS software platform: a turnkey solution for Government Agencies, State Agencies, Organizations, and Senior Advocates who want to protect and empower senior homeowners with reverse mortgage education. She holds a B.S. in Business Communication from Southern New Hampshire University.

**Kris Winterowd**, NE Regional Coordinator for the State of New Mexico's State Health Insurance Assistance Program (SHIP), is a former teacher-turned-Medicare specialist. She has a Master's degree in Education as well as extensive training from the Centers for Medicare and Medicaid (CMS). SHIP is part of the New Mexico Aging and Long-Term Services Department, and offers free, unbiased, expert information and assistance to New Mexico residents. Kris is the education and outreach liaison for New Mexico's Reverse Mortgage Education Program.

**Non-Cultural CEU**

2:00 pm–2:50 pm  
OIEA

### ***Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations*** Session 7— Developing a roadmap for “Transforming the Future”

**Rebecca Baca**, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.

**Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs** manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring. **Cultural CEU**

3:00 pm–3:50 pm  
Advocacy and  
Resident Rights

### ***Know Your Rights and Correct the Wrongs in Long-Term Care***

Making decisions about moving into a long-term care setting can be difficult on everyone involved. It's important to know that living in a facility does not mean a person loses their rights. In fact, they gain additional rights— Resident Rights. Learn about the rights and protections people living in a nursing facility or assisted living facility have that are designed to make sure people get the care and services they need and the quality of life they deserve.

**Carmen Bliss** is a committed public servant and social worker, serving in administrative and advocacy roles throughout her professional career, currently serving as the New Mexico State Long-Term Care Ombudsman. Throughout her career in state government, she has overseen forward thinking cross-system initiatives and system transformation critical to the effective delivery of health and human services, including long-term care, Medicaid, and behavioral health. She has developed and implemented data driven processes which identify risks as well as strategic solutions. Over her career her accomplishments include creation and establishment of a centralized risk review for health and human services; design, implementation and expansion of home and community-based waiver programs; redesign of a public mental service delivery; and direct social work practice in hospice and level one trauma center emergency departments. **Non-Cultural CEU**

## Thursday, September 8, 2022

3:00 pm–3:50 pm  
Finances and Legal

**Life Planning** includes information about how to protect your autonomy and will provide legal tips and recommendations about how to ensure your wishes and desires are followed. This presentation will also touch on basic estate planning principals.

**Brwyn Downing** is a dedicated elder law attorney and also the Executive Director of the Senior Citizens' Law Office, Inc.

3:00 pm–3:50 pm  
Aging Supports

**AARP Comprehensive Caregiving Basics** A description of AARP's comprehensive sites on Family Caregiving Resources.

**Gary Williams** Gary D. Williams is currently the Associate State Director for AARP New Mexico, where he is responsible for management of community outreach initiatives within the state of New Mexico; which includes program development and delivery, recruitment/training/and retention of volunteers, and community-based outreach and advocacy for the state's 50 plus population.

Mr. Williams served 8 years as the Deputy Director at the New Mexico State Office of African American Affairs (OAAA). Prior to joining the staff at OAAA, Mr. Williams was the Investigations Officer for the City of Albuquerque's Human Rights Office.

Mr. Williams has more than twenty-six years of experience in the health care industry, with the majority of that time being spent in a regulatory capacity for federal and state government agencies.

Mr. Williams served as Corporate Director of Diversity Programs for Sun Healthcare Group, an international health care corporation based in Albuquerque, New Mexico.

Mr. Williams is a veteran of the U.S. Air Force.

3:00 pm–3:50 pm  
Health and Wellness

### ***It is Game Time! Food Trivia!***

(General Audience, Basic to Intermediate Level) REPEATED

Come join the fun! Join the Molina and Farmbox nutrition team to play a fun food trivia game. We can have fun while learning about how the food we eat can energize us, can possibly harm us, and what can help us live as healthy as we can. All attendees will be entered into a drawing to win a FarmBox.

### **Buffie Saavadra**

Professional tidbits:

- 32 years healthcare, Managed Care, public benefits, and advocacy experience
- Member and Community Director, Molina Healthcare
- Served on NM Board of Pharmacy for 12 years
- Currently serving on NM Medical Board
- Licensed in Health and Accident
- Served as the Deputy Cabinet Secretary for NM Aging and Long-Term Services Department (ALTSD)
- Worked at the ALTSD for 9 years from 2001–2010 leading Consumer and Elder Rights

Personal tidbits:

- Native New Mexican—6 generation Saavedra
- Three grown sons and one grandson who is 5
- Love to ski, golf, hike, exercise, read, dance, fish, camp
- Have lived in New Mexico my entire life

## Thursday, September 8, 2022

<p><b>3:00 pm–3:50 pm</b> <b>Technology and Innovation</b></p>	<p><b><i>Transforming the Future of Respite Care Services in New Mexico</i></b>— New Mexico is the 2022 recipient of the Administration for Community Living Lifespan Respite Care Grant to build a statewide system of respite services across the lifespan for New Mexicans. Come hear about the goals of this system and what that means for you and your circle of care.</p> <p><b>Cara Ortega, Director, Office of Alzheimer’s and Dementia Care NM, Aging and Long-Term Services Department</b> Cara Ortega is employed with the New Mexico Aging and Long-Term Services Department and serves as the Director of the Office of Alzheimer’s and Dementia Care. She is responsible for the implementation of the New Mexico State Plan for Alzheimer’s Disease and Other Dementias, and management of the state Office of Alzheimer’s &amp; Dementia Care. Her responsibilities include ongoing strategic planning and services coordination for Alzheimer’s and Dementia Care Services, both for those affected with the disease and their caregivers, providing technical assistance to contractors, partnering with a broad spectrum of public and private partner organizations. Cara has more than 26 of years of experience as a Clinical Social Worker. Her career has been dedicated to the health care and behavioral health care industry. Cara has served in direct patient care, management positions, and in program development and implementation within the private, State and Federal government sectors.</p> <p><b>Adrienne Smith, President and CEO, New Mexico Caregivers Coalition</b> Adrienne R. Smith is President and CEO of the New Mexico Caregivers Coalition, a statewide organization that advocates for and advances the professional development and workforce issues of New Mexico’s direct caregivers. Ms. Smith worked for National Youth Employment Coalition (NYEC) to develop and implement a national academy for training youth workers for future executive positions. That academy was recognized by the U.S. Department of Labor and led to training for Youth Opportunity (YO!) directors, grantees of \$4–\$12 million community-wide programs funded by the agency. Her work also includes four years as Vice President of the national Jobs for America’s Graduates, a model of youth employment transition. She was responsible for strengthening capacity and initiating new programs in states throughout the country. She also worked for former Governor Ray Mabus of Mississippi, who later served as United States Secretary of the Navy under President Obama, from 1989–91 in the areas of literacy, education, housing and workforce development. As a graduate student at University of Texas at San Antonio, Adrienne compiled data on behalf of the plaintiffs in the landmark Texas State Supreme Court education finance lawsuit, Edgewood v. Kirby.</p>
<p><b>3:00 pm–3:50 pm</b> <b>OIEA</b></p>	<p><b><i>Office of Indian Elder Affairs (OIEA)—Training for Tribes, Pueblos, and Nations</i></b> Session 8— Planning for a Tribal Elder Summit in 2023</p> <p><b>Rebecca Baca</b>, Director of the Office of Indian Elder Affairs (OIEA) with the New Mexico Aging and Long-Term Services Department (ALTSD). Prior to her appointment by Governor Michelle Lujan-Grisham, Rebecca worked with the National Indian Council on Aging, Healing our Spirit Worldwide, and as an ardent supporter of tribal elder and health programs.</p> <p><b>Marvina Chavez, Staff Manager for the Office of Indian Elder Affairs</b> manages the Indian Area Agency on Aging and is responsible for contract management and fiscal oversight for pueblos, tribes, and Navajo Nation; budgets; compliance and monitoring. <a href="#">Cultural CEU</a></p>
<p><b>4:00–4:30 pm</b></p>	<p>Question and Answer Panel for 9/8/22</p>
<p><b>4:30 pm–5:00 pm</b></p>	<p>Closing and Virtual Site visits to Senior Centers Tribal Prayer</p>