

Second Annual

**Mid-America
INSTITUTE
MAIA on Aging**

*Living Long...
Living Well...*

**Wednesday & Thursday
August 12 & 13, 2009**

**University of Southern Indiana
Evansville, Indiana**

**Presented by
Southwestern Indiana Regional Council on Aging
and
University of Southern Indiana
College of Nursing and Health Professions**

*An educational gathering for professionals,
older adults, and all others interested
in promoting healthy aging.*





Living Long... Living Well...



Second Annual Mid-America Institute on Aging

PURPOSE

This multi-disciplinary gerontology conference will provide practical tools and ground-breaking information related to successful aging and gerontology. 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.

COURSE OBJECTIVES

After attending this conference participants will be able to:

- Demonstrate knowledge, interest, and commitment in working with older adults
- Identify elements and strategies necessary to develop an elder-friendly community
- Discuss options for long-term care
- Assist elders, families, and their caregivers to successfully navigate health issues important to older adults
- Describe options available for elders to pursue a more active and enjoyable lifestyle

EXHIBIT HALL

Join your colleagues, friends, and over 30 area organization representatives in the exhibit area throughout this conference. Use this opportunity to network with sales representatives from health-care technology and equipment companies, senior health services, home health-care settings, long-term care settings, assisted living settings, rehabilitation services, and acute care hospitals.

Bronze Sponsor
St. Mary's Medical Center



ST. MARY'S

Healing BODY, MIND and SPIRIT.

Schedule At-A-Glance

WEDNESDAY, AUGUST 12, AND THURSDAY, AUGUST 13

8–8:30 a.m.	Registration
8:30–8:45 a.m.	Yoga on Wednesday, Tai Chi on Thursday
8:45–9 a.m.	Welcome
9–10 a.m.	Plenary
10:30–11:45 a.m.	Six Concurrent Sessions
11:45 a.m.- 1 p.m.	Lunch and Exhibits
1–2:15 p.m.	Six Concurrent Sessions
2:30–3:45 p.m.	Plenary
3:45–4 p.m.	Closing & Evaluation

WHAT LAST YEAR'S PARTICIPANTS HAD TO SAY



*Enjoyed greatly!
...a wonderful first
conference on aging*

*I attended this conference...
purely for my own enrichment*

*I'm better educated
to educate staff*

*Learned of new resources
within the community*



*Will share with my family
members to assist in giving
care to my parents*

*Very good conference!
Hope there are many more!*

Wednesday, August 12, 2009

TIME	LIVING WELL	CAREGIVING	ACTIVITY
8–8:30 a.m.	Registration Hours		
8–8:30 a.m.	Relax to Sounds of Harp from Cyndi Bickel		
8:30–8:45 a.m.	Experience Yoga: Lezlie Ward		
8:45–9 a.m.	Welcome and Introductions		
9–10 a.m.	Keynote Successful Aging—Scientific Discoveries for Increased Longevity Enhanced Quality of Life <i>Karen Wolfe, M.B.B.S., MA</i> <i>Mission Viejo, California</i>		
10-10:30 a.m.	EXHIBITS		
10:30-11:45 a.m.	Toast to Girlfriends Insight into the importance of friendships among women <i>Janie Chappell, MSN, RN</i>	Caregiving for the Older Adult with Dementia Part I Communication strategies to achieve an enjoyable journey for persons with dementia and their caregivers <i>Marty Sparks, PhD, GCNS, FNGNA</i>	Drumming Up Health Experience the drum circle as a fun way to discover your rhythm and increase your level of health and well-being <i>Cindy Williams, BSN, RN, MSMI</i>
11:45 a.m.–1 p.m.	Lunch and Exhibits		
1–2:15 p.m.	Living Well with Diabetes How diabetes affects the body, how diabetes can be prevented at any age, and how we can stay healthy as older adults <i>Jan Oakley, MSN, RN</i>	Caregiving for the Older Adult with Dementia Part II Preventing or managing challenging behaviors associated with dementia <i>Marty Sparks, PhD, GCNS, FNGNA</i>	Wii: It's Not Just for Kids Nintendo's Wii Fit® is an innovative video gaming system that combines the excitement of virtual reality with the health benefits of physical activity. <i>Barbara Williams, OTD, OTR</i>
2:30–3:45 p.m.	Plenary Wellness and Humor: Let's Get Personal <i>Mark Laker, MS</i> <i>Rowlett and Laker, Inc.</i> <i>Indianapolis, Indiana</i>		
3:45–4 p.m.	Closing & Evaluation		

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ENVIRONMENT

LEGAL

HEALTH CARE

Clap On! Clap Off! Learn How Technology Can Assist Disabled and Aging Individuals

Leveraging technology to support individuals with disabilities in their homes

Kris Sandefur, BS

Senior Citizens and Marketplace Fraud

Simple tips for avoiding fraud and protecting oneself against unethical business practices

Beth Rodriguez, MA

Dying: Doing it Right the First Time

Ways to assist the dying person and their family to live life to the fullest, in the moment, and prepare for the best possible outcome

Joyce Rhoades, BSN, RN, MPA

Making Indiana Elder-Friendly

Report on Southwestern Indiana as a place to grow old and strategies for creating elder-friendly communities

Phillip Stafford, PhD

Asset Preservation and Planning For Long-Term Care

Property and ownership concepts, long-term care insurance, and trust, wills, power of attorney, and health care advance directives

Randall Craig, JD

Assessing the Older Adult: Bringing Nursing and Social Work Together

Key assessment information that is unique to the older adult client from the perspective of nursing and social work

*Renée Dugger, RN, MSN, GCNS-BC
Kathy Elpers, EdD, MSW, LCSW, LMFT*

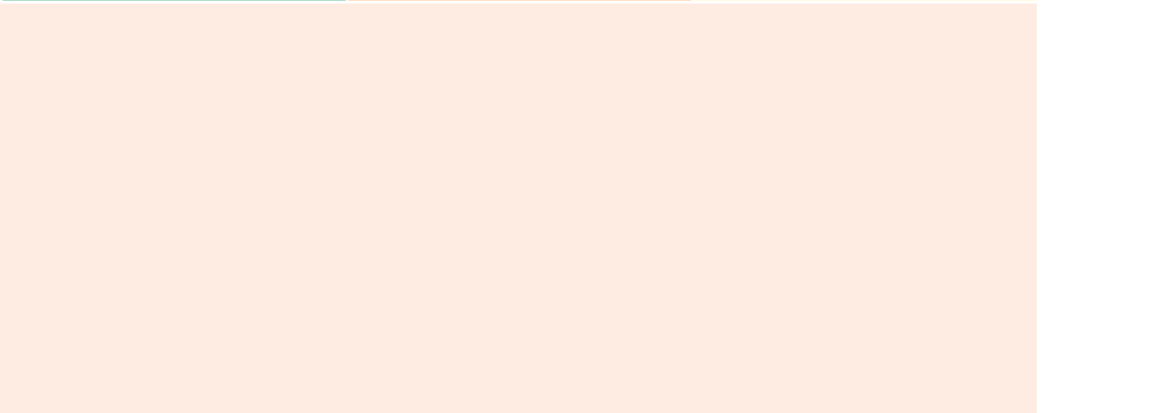
Thursday, August 13, 2009

TIME	LIVING WELL	CAREGIVING	ACTIVITY
8–8:30 a.m.	Registration Hours		
8–8:30 a.m.	Relax to Sounds of Harp from Cyndi Bickel		
8:30–8:45 a.m.	Experience Tai Chi: Ron Weatherford		
8:45–9 a.m.	Welcome and Introductions		
9–10 a.m.	Keynote Modernizing the Older Americans Act: Partnerships and Opportunities Bob Hornyak, Director, Office of Core Programs, Administration on Aging Washington, DC		
10-10:30 a.m.	EXHIBITS		
10:30-11:45 a.m.	Aging in a Faith Community Discover ways to re-energize the senior population of a congregation while addressing challenges of aging <i>Carol Havens, RN</i>	Dealing with Difficult People Personality types of difficult people and appropriate and effective ways to cope with each type <i>Janet Cambell-McIntosh, MS, NCP, LMHC</i>	Activities: Beyond Bingo Discover various dimensions of care and pleasure through activities <i>Mark Laker, MS</i>
11:45 a.m.–1 p.m.	Lunch and Exhibits		
1–2:15 p.m.	Dining for One How to cook tasty, healthy, small quantities of foods—see variety of preparation methods as well as taste the foods <i>Lesa F. Cagle, MS, RD, CD</i>	Making Molehills out of Mountains How to cope with stress and be more productive in times of adversity <i>Abby Shields, BCBT</i>	Activities: Encouraging, Exciting, and Electrifying The three “E”s —encouraging, exciting, and electrifying, will provide a framework for offering successful activities <i>Mark Laker, MS</i>
2:30–3:45 p.m.	Plenary Life Happens! Embracing Life’s Inevitable Changes <i>Abby Shields, BCBT</i> <i>Covington, Louisiana</i>		
3:45–4 p.m.	Closing & Evaluation		

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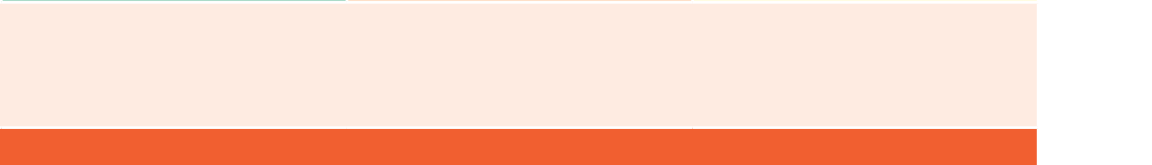
ENVIRONMENT	LEGAL	HEALTH CARE
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<p>Picture a Livable Community: Trends from Indiana Communities</p> <p>Pictures and commentary addressing the livability of multiple Indiana communities</p> <p><i>Katie Ehlman, PhD, CHES, LNHA</i></p>	<p>Do You Need Long-Term Care Insurance to <i>Live Happily Ever After</i>?</p> <p>Explore the impact of a long-term care situation on you, your family, your finances, and your retirement goals</p> <p><i>Stephen Imes</i></p>	<p>Causes of Mental Status Changes</p> <p>Looks at the causes of mental status changes in the elderly, as well as focusing on prevention and treatment</p> <p><i>Douglas Hatler, MD</i></p>
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<p>Home Modifications: Big and Small</p> <p>Basic, inexpensive home modifications that help older persons safely age in place</p> <p><i>Sherri Mathis, OTA, OTR and Rick Oakley</i></p>	<p>Legal Tips for Caregivers—Handling Difficult Affairs</p> <p>How to deal with the incapacity of a loved one and the responsibilities that necessarily shift to the caregiver as the result of incapacity</p> <p><i>Katherine Rybak, JD</i></p>	<p>Age-Related Changes and Affects on Medication Therapies</p> <p>Learn about the use of medications among the aging population including potential drug interactions, polypharmacy, and the principles of drug therapy</p> <p><i>David Bose, MD</i></p>
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Keynote Address

Wednesday, August 12, 2009
9–10 a.m.

Karen Wolfe, M.B.B.S., MA
Mission Viejo, California

*Sponsored by Indiana Family and Social Services
Administration*



Successful Aging—Scientific Discoveries for Increased Longevity Enhanced Quality of Life

What determines how well we age? How can we maintain optimal physical and mental strength throughout later life? Rather than looking at aging in terms of expected disease and decline, Dr. Wolfe explores the scientific evidence for healthy longevity that includes how regular aerobic exercise stimulates better and more effective mental activity as well as brain longevity and the role of stress reduction, sleep, productive work, self-care, and service to others.

Karen Wolfe is a national and international speaker, author, and wellness coach. She is a licensed physician in her homeland Australia. Dr. Wolfe worked initially as a family physician followed by eight years of experience in the administration of national health care, wellness, and senior programs in her role as the medical director of the Australian Government Health Service. She has extensive experience in health care, wellness, and disease management and presents at local, national, and international conferences on subjects such as Mind/Body Medicine, health care reform, managed care, specific disease management strategies, and integrated health management.

Plenary

Wednesday, August 12, 2009
2:30–3:45 p.m.

Mark Laker, MS
Indianapolis, Indiana



Wellness and Humor: Let's Get Personal

This session will include various dimensions of wellness including the mind, body, and spirit. Exploring humor as an important part of wellness will allow participants to not only understand the importance of humor, but also to laugh and have fun.

Mark Laker worked as a health educator for over 28 years with the Indiana State Department of Health where he presented hundreds of programs on health and wellness. He has presented programs on humor at the National Conference on Alzheimer's, the Governor's Conference on Aging, and the National Conference of Activity Professionals.

Keynote Address

Thursday, August 13, 2009

9–10 a.m.

Bob Hornyak

Washington, DC



Modernizing the Older Americans Act: Partnerships and Opportunities

The Administration on Aging is strategically focused on enhancing consumer control, choice, and independence for older adults and persons with disabilities. This is a three-pronged strategy including: Aging and Disability Resource Centers; Evidence-Based Prevention Programs; and Medicaid and Nursing Home Diversion. This session will provide information on the role of the administration on aging in health and long-term care reform, including discussion on opportunities to serve older adults afforded to states, agencies on aging, and local communities.

Bob Hornyak is the director of the Office of Core Programs within the U.S. Administration on Aging. The Office of Core Programs is responsible for all services under Titles III-B (supportive services), III-C (nutrition services), III-D (health promotion), and III-E (National Family Caregiver Support Program).

Plenary

Thursday, August 13, 2009

2:30–3:45 p.m.

Abby Shields, BCBT

Covington, Louisiana



Life Happens! Embracing Life's Inevitable Changes

As we move into the second half of our lives, adapting to life's inevitable changes can be challenging. How we respond to these changes can profoundly affect the way we live out our later years. Life's transitions, difficult as they can be, afford us the opportunity to find our true inner direction and engage in the process of self-renewal. You won't want to miss this fun-filled program as Ms. Shields looks at some guidelines to make the journey rewarding and joy-filled.

Abby Shields is a dynamic international speaker and author who brings objectivity, sensitivity, enthusiasm, and a liberal dose of humor to her programs. Ms. Shields was named to *Who's Who of Professional Women*, and *Who's Who of American Educators*. Her work with organizations has been featured on NBC's *The Today Show*. Attendants at Abby's seminars have said, "She redefines the term global warming as she lays down the cornerstone to her dream that one day all people will treat one another with dignity and respect."

Day 1—Wednesday, August 12, 2009

A.M. Session Presenters (10:30–11:45 a.m.)

Toast to Girlfriends

Janie Chappell, MSN, RN
Deaconess Cross Pointe

Janie Chappell has over 24 years of experience in the field of addictions and mental health. She is the manager of Community Services and Business Development for Deaconess Cross Pointe, the behavioral services division of the Deaconess Health System.

Caregiving for the Older Adult with Dementia, Part I

Marty Sparks, PhD, GCNS, FNGNA
University of Southern Indiana

Dr. Marty Sparks is an adult health nursing specialist with an emphasis in geriatrics and Alzheimer's disease. Dr. Sparks' practice areas include hospital, long-term care facilities, home health, and hospice. She currently teaches an undergraduate course and an online certificate program, Alzheimer's Disease: Assessment and Management. She has presented numerous continuing education programs, published six articles, and contributed to four monographs related to confusion in older adults.

Drumming Up Health

Cindy Williams, RN, BSN, MSMI
Health Advocate Coordinator, St. Mary's Medical Center

Cindy Williams is a HealthRhythms-trained facilitator and is certified as a holistic stress management instructor. She is an adjunct faculty member at USI and has more than 20 years of experience in health promotion and corporate wellness.

Clap on! Clap off! Learn How Technology Can Assist Disabled and Aging Individuals

Kris Sandefur, BS
Coordinator for Western Kentucky Assistive Technology Center (WKATC)
Owensboro, Kentucky

Kris Sandefur is the coordinator for Western Kentucky Assistive Technology Center in Owensboro, Kentucky. Through WKATC, Ms. Sandefur helps make assistive technology information, devices, and services easily obtainable for people of any age and any disability to improve productivity and quality of life.

Senior Citizens and Marketplace Fraud

Beth Rodriguez, MA
Director, Tri-State Better Business Bureau, Inc

Beth Rodriguez is the director of Better Business Bureau (BBB) Services and manages the BBB Consumer Education Foundation, creating programs for students, seniors, and instituting the local Charity Review Program. Senior citizens are often the targets of fraudulent sales offers, identity thieves, home-improvement scams, and fake lotteries. Through the BBB, Ms. Rodriguez supports an ethical marketplace where buyers and sellers can trust each other.

Dying: Doing it Right the First Time

Joyce Rhoades, BSN, RN, MPA
Retired Hospice Director

Joyce Rhoades has 47 years of experience in nursing and health care including Welborn Baptist Hospital, The Tri-State Rehabilitation Hospital, Visiting Nurse Association Hospice, and Corpus Christi Catholic Church Health Ministry Program. Her work experience includes extensive nursing and administrative experience in medical/surgical, critical care, rehabilitation, hospice, bereavement, parish nursing and health ministry, and administration in hospitals and hospice.

Day 1—Wednesday, August 12, 2009

P.M. Session Presenters (1–2:15 p.m.)

Living Well with Diabetes

Jan Oakley, MSN, RN

Program Coordinator, Deaconess Diabetes Center

Jan Oakley is manager of the Deaconess Diabetes Center which specializes in diabetes prevention, diabetes education, and diabetes management. Ms. Oakley is a member of the leadership board of the local area American Diabetes Association, serving as youth coordinator.

Caregiving for the Older Adult with Dementia, Part II

Marty Sparks, PhD, GCNS, FNGNA

See A.M. Session for information about presenter.

Wii: It's Not Just for Kids

Barbara Williams, OTD, OTR

Director of Master of Occupational Therapy Program, University of Southern Indiana

Dr. Barbara Williams is program director of the Occupational Therapy Program at the University of Southern Indiana and continues practice at HealthSouth Deaconess Rehabilitation Hospital. Her research interests include health and wellness of the geriatric population. Graduate students Andrew Bender, BS, MSOTS; Nicole Doherty, BS, MSOTS; Keegan Humphrey, BS, MSOTS; Holly Mattox, BS, MSOTS; and Jesse Tibbs, BS, MSOTS conducted a graduate research study on the effects of Nintendo's Wii Fit® on the well-elderly population and will report on the benefits observed.

Making Indiana Elder-Friendly

Phillip Stafford, PhD

Indiana University

Dr. Phillip Stafford is a cultural anthropologist and director of the Center on Aging and Community at Indiana University in Bloomington. Dr. Stafford is a national leader in the movement to create elder-friendly communities and the author of the new book, *Elderburbia: Aging with a Sense of Place in America*. Indiana has been at the leading edge of the AdvantAge Initiative project, a national planning project that employs a benchmarking survey and community participation process to create elder-friendly communities.

Asset Preservation and Planning For Long-Term Care

Randall Craig, JD

Randall Craig is certified as an Elder Law attorney by the National Elder Law Foundation and a certified estate planning and administration specialist by the Specialty Certification Board of the Indiana State Bar Association. Mr. Craig is president and a member of the board of directors of the Southwestern Indiana Regional Council on Aging, Inc.

Assessing the Older Adult: Bringing Nursing and Social Work Together

Renée Dugger, RN, MSN, GCNS-BC, Instructor and Kathy Elpers, EdD, MSW, LCSW, LMFT, Associate Professor

University of Southern Indiana

Renée Dugger, nursing faculty in the University of Southern Indiana College of Nursing and Health Professions, developed and coordinates a gerontology nursing course that was recognized with a national Curriculum Innovation award in 2008. Ms. Dugger has been certified as a clinical specialist in gerontology since January 1991, and is currently pursuing her doctorate in nursing practice with a focus in gerontology.

Dr. Kathy Elpers is a faculty member in the University of Southern Indiana Social Work department. Dr. Elpers teaches gerontology classes and is faculty advisor of a student group (STELLAR) that connects with the older adult population. Her research interest is in the area of family caregiving.

Day 2—Thursday, August 13, 2009

A.M. Session Presenters (10:30–11:45 a.m.)

Aging in a Faith Community

Carol Havens, RN

Coordinator of Health Ministries, Welborn Baptist Foundation

Carol Havens is a commissioned minister of health and education in the United Church of Christ and coordinator of Health Ministries for the Welborn Baptist Foundation. As a faith-community nurse she has worked with senior citizens for over 15 years in the church setting.

Dealing with Difficult People

Janet Campbell-McIntosh, MS, NCP, LMHC

Therapist, Deaconess Cross Pointe

Janet Campbell-McIntosh is an outpatient therapist and trainer at Deaconess Cross Pointe Concern. Ms. Campbell-McIntosh is a dynamic, interactive speaker who will engage her audience in discovering why some individuals seem to be more difficult to get along with than others and how their behaviors do not go along with our expectations.

Activities: Beyond Bingo

Mark Laker, MS

Rowlett and Laker, Inc.

Indianapolis, Indiana

See Plenary Sessions for information about speaker.

Picture a Livable Community: Trends from Indiana Communities

Katie Ehlman, PhD, CHES, LNHA

Director, Center for Healthy Aging and Wellness

Assistant Professor of Gerontology

University of Southern Indiana

Katie Ehlman is the director of the Center for Healthy Aging and Wellness and assistant professor of Gerontology at the University of Southern Indiana. She has a PhD in gerontology from Virginia Commonwealth University and is conducting research in areas pertaining to quality of life for older adults, including the benefits of oral history and generativity, the benefits of bladder ultrasound scanners in nursing homes, and the relationship between yoga and falls in older adults. Additionally, she coordinates student projects assessing the livability of Indiana communities.

Do You Need Long-Term Care Insurance to Live Happily Ever After?

Stephen Imes

Director

St. Mary's Senior Connection

Stephen Imes is the director of St. Mary's Senior Connection in Evansville, an independent insurance agency specializing in senior products and services as a program of St. Mary's Medical Center. With over 13 years of experience, he and his staff provide insurance counseling, education, claims assistance, and personalized insurance plans pertaining to Medicare and retirement-planning options.

Causes of Mental Status Changes

Douglas Hatler, MD

Deaconess Primary Care for Seniors

Douglas Hatler has practiced geriatrics for nearly 20 years. He also is the medical director of Deaconess Hospice, the chairman of Deaconess Hospital's Ethics Committee, and is active in caring for patients in long-term care settings.

Day 2—Thursday, August 13, 2009

PM Session Presenters (1–2:15 p.m.)

Dining for One

Lesa F. Cagle, MS, RD, CD

Assistant Professor, University of Southern Indiana

Lesa Cagle is an assistant professor of food and nutrition at the University of Southern Indiana and has worked in the food and nutrition field for over 20 years. Before beginning her teaching career, she worked in food service and in both acute and long-term care.

Making Molehills Out of Mountains

Abby Shields, BCBT

See Plenary Sessions for information about speaker.

Activities: Encouraging, Exciting, and Electrifying

Mark Laker, MS

See Plenary Sessions for information about speaker.

Home Modifications: Big and Small

Sherri Mathis, OTA, OTR

Assistant Professor, University of Southern Indiana

Sherri Mathis currently teaches in the Occupational Therapy and Occupational Therapy Assistant Programs at USI. She has eight years of experience providing occupational therapy services to the elderly population through home health, nursing homes, and assisted living facilities.

Rick Oakley

NHB Certified Aging in Place Specialist

Rick Oakley has been remodeling homes since 1981, concentrating on interior improvements, specifically bathrooms. Mr. Oakley is a certified Graduate Remodeler and certified Aging in Place Specialist.

Legal Tips for Caregivers—Handling Difficult Affairs

Katherine Rybak, JD

Indiana Legal Services, Inc.

Katherine J. Rybak, JD, a staff attorney with Indiana Legal Services, Inc., has provided civil legal services to older adults for 28 years. Additionally, Ms. Rybak offers educational programs for lawyers, service providers, and members of the community.

Age-Related Changes and Affects on Medication Therapies

David Bose, MD

St. Mary's Senior Health

David Bose, MD, a geriatric medicine specialist at the St. Mary's Senior Health Center, has a wealth of experience in the day-to-day medical management of older adults.

Continuing Education Credit

Nurses, social workers, health facility administrators, case managers, and dental hygienists will receive up to five contact hours on each day with submission of documentation of sessions attended and completed program evaluation.



University of Southern Indiana College of Nursing and Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

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

Approved by the Commission for Case Manager Certification (CCMC).
Approval # CM1605-A200

The University of Southern Indiana is designated a provider of Category 1 continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is a designated event for the Certified Health Education Specialist (CHES) to receive up to 10 Category 1 CECH in health education (NCHEC Provider Number is SEP3161).

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

The University of Southern Indiana is an approved provider for continuing education credits by the Indiana Health Professions Bureau and the Illinois Board of Dentistry.

Registration Information

Date & Time: Wednesday & Thursday, August 12 & 13, 2009

Registration: 8 a.m.–8:30 a.m. each day

Location of Conference: The conference will be held in the Health Professions 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 close proximity to the University include the Fairfield Inn West (812/429-0900) and Holiday Inn Express (812/477-2677). Mention the Aging Institute to receive the USI rate.

Refund Policy: Registration fees are refundable, less a \$10 service charge, through August 11, 2009. No refunds will be made after that date.



QUESTIONS?
Call 812/464-1989 or 800/467-8600
E-mail: extserv@usi.edu
health.usi.edu

Registration Form

Mid-America Institute on Aging, HPR 812

DAY 1

Choose One - Morning Sessions

- Toast to Girlfriends
- Caregiving for the Older Adult with Dementia, Part I
- Drumming Up Health
- Clap On! Clap Off! Learn how Technology can Assist Disabled and Aging Individuals
- Senior Citizens and Marketplace Fraud
- Dying: Doing it Right the First Time

Choose One - Afternoon Sessions

- Living Well with Diabetes
- Caregiving for the Older Adult with Dementia, Part II
- Wii: It's Not Just for Kids
- Making Indiana Elder-Friendly
- Asset Preservation and Planning for Long-Term Care
- Assessing the Older Adult: Bringing Nursing and Social Work Together

DAY 2

Choose One - Morning Sessions

- Aging in a Faith Community
- Dealing with Difficult People
- Activities: Beyond Bingo
- Picture a Livable Community: Trends from Indiana Communities
- Do You Need Long-Term Care Insurance to *Live Happily Ever After?*
- Causes of Mental Status Changes

Choose One - Afternoon Sessions

- Dining for One
- Making Molehills Out of Mountains
- Activities: Encouraging, Exciting, and Electrifying
- Home Modifications: Big and Small
- Legal Tips for Caregivers—Handling Difficult Affairs
- Age-Related Changes and Effects on Medication Therapies

4

easy ways
to
register



Mail completed form with check or money order payable to USI, to Continuing Education, 8600 University Boulevard, Evansville, IN 47712

Using VISA, MasterCard, or Discover, call Extended Services at 812/464-1989 or 800/467-8600

Using VISA, MasterCard, or Discover Fax to 812/465-7061

Register online at health.usi.edu

First _____ MI _____ Last _____

Institution _____

Address _____

City _____ State _____ Zip _____

Telephone(H) _____ (W) _____

Email _____

Do you have any special requirements of which we should be aware? _____

Cost (includes continental breakfast, lunch, and materials):

Register by July 29

- \$140 for both days
- \$75 for one day
- \$50 for retirees and students for both days
- \$25 for retirees and students for one day

After July 29

- \$160 for both days
- \$85 for one day
- \$60 for retirees and students for both days
- \$30 for retirees and students for one day

Payment Information

Check or Money Order (payable to USI)

Credit Card: VISA MasterCard Discover

Card # _____ Expiration Date: Mo. _____ Yr. _____

Name as it appears on card _____

1 800-4-01038



College of Nursing and Health Professions
8600 University Boulevard
Evansville, Indiana 47712

Second Annual
**MID-AMERICA
INSTITUTE
MAIOA ON Aging**

Wednesday & Thursday
August 12 & 13, 2009

University of Southern Indiana
Evansville, Indiana

health.usi.edu
1-800-467-8600