

# Twelfth Annual MAIA Mid-America INSTITUTE on Aging and Wellness

UNIVERSITY OF  
SOUTHERN INDIANA®

SWIRCA  
& More

Thursday and Friday  
**August 8 and 9, 2019**

University of Southern Indiana  
Evansville, Indiana

## KEYNOTES

[USI.edu/MAIA](http://USI.edu/MAIA)



**Emily Allen, BS, MS**

AARP Foundation  
*Helping Vulnerable Populations Thrive*



**Greg O'Brien**

Journalist and Author  
*Inside the Mind of Alzheimer's*



**Harley Gordon, JD**

Attorney and National Speaker  
*Who Pays for Mom and Dad?*



**Tim Brimmer, DA**

Butler University  
*Solutions for Healthy Aging*

### Corporate Sponsors

**MEMORIAL HOSPITAL**  
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**American Senior  
Communities**

**AARP** Real  
Possibilities  
Indiana

  
**SENIOR CONNECTION**

 **Northwestern Mutual**

# 2019 Agenda Mid-America Institute on Aging and Wellness

## PRE-CONFERENCE WORKSHOP FOR DIRECT CARE PROVIDERS

(separate registration required)

### WEDNESDAY, AUGUST 7

9 a.m. – 2:30 p.m. Positive Approach® – Best Practices  
in Dementia Care with **Teepa Snow**

## TWO-DAY CONFERENCE

### THURSDAY, AUGUST 8

7 – 8:15 a.m. Registration  
7:45 – 8:15 a.m. Chair Yoga with  
**Cecile Martin**  
8:15 – 8:30 a.m. Welcome  
8:30 – 10 a.m. **Emily Allen** Keynote  
10 – 10:30 a.m. Break and Exhibits  
10:30 – 11:30 a.m. Six Concurrent Sessions  
11:30 a.m. – 12:30 p.m. Lunch and Exhibits  
12:30 – 1:30 p.m. Six Concurrent Sessions  
1:30 – 1:45 p.m. Break and Exhibits  
1:45 – 2:45 p.m. Six Concurrent Sessions  
2:45 – 3 p.m. Break and Exhibits  
3 – 4:15 p.m. **Harley Gordon** Plenary  
4:15 – 4:30 p.m. Closing and Evaluation

### FRIDAY, AUGUST 9

7 – 8:15 a.m. Registration  
7:45 – 8:15 a.m. Tai Chi with **Ron Weatherford**  
8:15 – 8:30 a.m. Welcome  
8:30 – 10 a.m. **Greg O'Brien** Keynote  
10 – 10:30 a.m. Break and Exhibits  
10:30 – 11:30 a.m. Six Concurrent Sessions  
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2:45 – 3 p.m. Break and Exhibits  
3 – 4:30 p.m. **Tim Brimmer** Plenary  
4:15 – 4:30 p.m. Closing and Evaluation

**USI.edu/maia**

For exclusive updates

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Mid-America Institute on Aging  
and Wellness — MAIA

#maiarocks

# Live longer, healthier and happier...

## Joint Providers



## SWIRCA & More

SWIRCA & More, the Area Agency on Aging for southwestern Indiana, works to enhance opportunities for independent living in Gibson, Posey, Perry, Spencer, Vanderburgh and Warrick counties.

[www.swirca.org](http://www.swirca.org)

## Program Outcomes

This conference will provide practical tools and ground-breaking information to enable the attendee to incorporate current guidelines and best practices in successful aging and wellness through interprofessional collaborative practice. Topics will include inspirational keynotes as well as multiple sessions ranging from healthy aging to coping with illness.

## Target Audience

Older adults, family members, caregivers, nurses, social workers, employees working in long-term care settings, nursing home administrators, occupational therapists, physical therapists, dental professionals and case managers.

## 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, equipment companies, senior health services, home health care agencies, long-term care facilities, assisted living facilities, rehabilitation services and acute care hospitals.

## For Direct Care Providers PRE-CONFERENCE WORKSHOP

## Teepa Snow Positive Approach® Best Practices in Dementia Care

Wednesday, August 7, 9 a.m.–2:30 p.m.

Sponsored by



This workshop will be useful to direct care providers who work with or care for people living with dementia: certified nursing assistants, activities and dietary staff, housekeepers, social workers, nurses, long-term care personnel and home health care providers.

New content for 2019 will help learners:

- Build connections
- Focus on personhood
- Identify changes related to sexuality

**About Teepa Snow:** As one of America's leading educators on dementia, Teepa Snow's philosophy is reflective of her education, work experience, available medical research and first-hand caregiving interactions. Working as a registered occupational therapist for over 35 years, her wealth of experience has led her to develop Positive Approach® to Care techniques and training models that now are used by families and professionals working or living with dementia or other brain changes throughout the world.

### Register 4 and get 1 more FREE!

Workshop registration is \$30 per person or \$120 for direct care team of five if registering by July 30.

For more information and to access registration form, go to [USI.edu/maia](http://USI.edu/maia).



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

—2018 Pre-Conference  
Workshop attendee



# Keynotes

## Emily Allen, BS, MS

**A Future Without Senior Poverty**

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

*This keynote is free and open to the public at no cost — registration is required.*

Emily Allen is senior vice president of programs for the for the national AARP Foundation, located in Washington, D.C. Throughout her career, her primary passion has been serving the needs of those most at risk in our communities. She has served in a number of capacities in the non-profit, education and workforce development arenas and has worked across generations to ensure vulnerable and at-risk individuals have access to the resources and services they need to thrive. In her current role, Emily is responsible for overseeing AARP Foundation's programmatic portfolio that focuses on increasing economic opportunity and social connections for low income older adults. Through innovation and the development and implementation of programs and interventions, the Foundation's collective work focuses on ensuring that low income older adults are able to secure the essentials in life. She holds a bachelor's degree in psychology from Westminster College and a master's degree in human and organizational learning from The George Washington University.

*Emily Allen's keynote presentation is sponsored by AARP Indiana.*

## Harley Gordon, JD

**Who Pays for Mom and Dad?**

**Thursday, August 8, 3 p.m.**

Harley Gordon, of Newton, Massachusetts, is a founding member of the National Academy of Elder Law Attorneys, the country's premier trade organization on elder law issues. He created the certified long-term care professional designation with over 20,000 graduates. Harley also is the author of *The Conversation*, which helps family members engage those they love about the consequences of the long-term care event. His presentation will help people talk to those they love about creating a plan for providing and paying for care.

*Harley Gordon's keynote presentation is sponsored by Northwestern Mutual, Evansville.*

## Greg O'Brien

**Inside the Mind of Alzheimer's**

**Friday, August 9, 8:30 a.m.**

*This keynote is free and open to the public at no cost — registration is required.*

Greg O'Brien, who grew up on Cape Cod, Massachusetts, has nearly 40 years of experience as a writer, editor, investigative reporter and publisher. His work has appeared in the *Boston Herald*, *Arizona Republic*, *Associated Press*, *Denver Post*, *Huffington Post*, *Psychology Today*, *Readers Digest*, *USA Today*, and *Boston Magazine*, where he was a senior writer, among other publications. Greg is the editor/author of several books including *On Pluto: Inside the Mind of Alzheimer's*. He is co-host of *The Forgetting*, an NPR podcast that talks about and demystifies Alzheimer's disease. Greg first spoke at MAIA in 2016. He is returning to continue the conversation about what it feels like to slowly lose his memory and why he decided to document his journey for others. "While I have the facility to do so, I want to communicate to others, to those who will face this demon someday and those who love them, that with the proper medical direction, life strategies, faith and humor, one can prevail," he says.

## Tim Brimmer, DA

**Solutions for Healthy Aging**

**Friday, August 9, 3 p.m.**

Tim Brimmer is a professor of music at Butler University, Indianapolis, and executive director of SoundMinds, a non-profit formed to improve the health and quality of life of individuals through music, expressive arts and sound-safe environments. As a child, Tim was fascinated with music's health benefits. Four decades of teaching, performing, conducting and researching music's role in quality of life helped Dr. Brimmer bring a collaborative team of interdisciplinary colleagues, students and industry leaders together, alongside leading physicians, nurses and caregivers to create solutions for healthy aging.

## Start each day caring for yourself!

**Chair Yoga** with  
Cecile Martin

**Tai Chi** with  
Ron Weatherford

**"MAIA offers great learning and sharing experiences. I enjoy the social contact with presenters and fellow participants."**

**—2018 MAIA attendee**

# Thursday, August 8, 2019



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

—2018 MAIA attendee

7 – 8:15 a.m.	<b>Registration and Continental Breakfast</b>
7:45 – 8:15 a.m.	<b>Chair Yoga with Cecile Martin</b>
8:15–8:30 a.m. CARTER HALL	<b>Welcome and Introductions</b>
8:30–10 a.m.	<b>KEYNOTE with Emily Allen, AARP Foundation</b> <b>A Future Without Senior Poverty</b> Innovations to improve outcomes for vulnerable older adults. <i>Keynote sponsor is AARP Indiana</i>

**10–10:30 .a.m. BREAK • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 1</b> 10:30–11:30 a.m.	<b>Elder Abuse and Scams</b> Discuss the many aspects of elder abuse, identify the numerous developing scam techniques aimed at seniors and learn how to mitigate these attempts. <i>James Pridgen, MSM, CDRP, CAS</i>	<b>For Health Professionals: Mental Health and Aging</b> A clinical discussion of the three Ds: depression, delirium and dementia. <i>Olivia Taylor, PMHNP-BC</i>	<b>Dental Bacteria and Dementia</b> New research shows a possible connection between oral bacteria and Alzheimer’s disease. Examine the evidence and learn ways to fight oral infections. <i>Emily R. Holt, MHA, RDH, CDA, EFDA</i>	<b>Caregiver Self Care Tools</b> It can be overwhelming to take care of a loved one, and too much stress can be harmful to both of you. Learn ways to manage stress and be a healthier caregiver. <i>Helene French, BSW</i>	<b>Preventing Drug Administration Errors</b> To eat or not to eat? Learn about common medication interactions with food and other drugs. <i>Tara Reinbrecht, RPh</i>	<b>TimeSlips: Facilitating Creative Storytelling with Alzheimer’s</b> Discover how TimeSlips helps shift the emphasis from memory to imagination. <i>Lisa Maiden</i>
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**11:30 a.m.–12:30 p.m. LUNCH • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 2</b> 12:30–1:30 p.m.	<b>Gardening for Health</b> Sow a few seeds and reap a harvest of benefits for both mind and body. <i>Rita Thomas Wedig, PhD</i>	<b>Death is a Part of Life</b> Panel of experts discusses death and ways to breathe life into conversations about dying. <i>Panel: Debbie Folz, Genevieve McGuire and Jim Zaher. Moderated by Barbara Stahura</i>	<b>COPD: Past and Present</b> An overview of the history, prevalence, diagnosis and treatment of chronic obstructive pulmonary disease. <i>Robert Rieti, DO, FCCP, MBA</i>	<b>Senior Housing Options</b> Advice for downsizing and determining where your next home will be. <i>Peggy Forbes, ABR, SRES</i>	<b>Is Grandpa Missing or Missing Out?</b> Learn about the types of hearing loss in older adults, devices that can help them hear better and tips to help them cope with hearing loss. <i>Angela K. Esterline, AuD</i>	<b>Women! Protect Yourself</b> Learn tips and techniques for women’s self-defense. <i>Jeff Chestnut, MA, BS</i>
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**1:30 – 1:45 p.m. BREAK • EXHIBITS OPEN**

<b>CONCURRENT SESSIONS 3</b> 1:45 – 2:45 p.m.	<b>Elder Abuse and Scams (repeat)</b> Discuss the many aspects of elder abuse, identify the numerous developing scam techniques aimed at seniors and learn how to mitigate these attempts. <i>James Pridgen, MSM, CDRP, CAS</i>	<b>For Lay Persons: Mental Health and Aging</b> An overview of key issues related to mental health in older adults. <i>Olivia Taylor, PMHNP-BC</i>	<b>For Financial Planners: Helping Clients with the Long-Term Care Conversation</b> Help clients understand the consequences of not having a plan for an extended care event. <i>Harley Gordon, JD</i>	<b>Caregiver Self Care Tools (repeat)</b> It can be overwhelming to take care of a loved one, but too much stress can be harmful to both of you. Learn ways to manage stress and be a healthier caregiver. <i>Helene French, BSW</i>	<b>Dementia Friends Indiana</b> Discover a movement that is changing the way people think, act and talk about dementia. This initiative is an outreach of Dementia Friendly America. <i>Dustin Ziegler</i>	<b>Elder Law Estate Planning</b> Making decisions at a time when you still can is key when planning for long-term care. <i>Gary K. Price, Esq.</i>
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**2:45 – 3 p.m. BREAK • EXHIBITS OPEN**

3 – 4:30 p.m. CARTER HALL	<b>PLENARY with Harley Gordon, JD</b> <b>Who Pays for Mom and Dad?</b> Changing the intent of the long-term care conversation. <i>Keynote sponsor is Northwestern Mutual, Evansville</i>
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**Register online at [USI.edu/maia](http://USI.edu/maia).**

# Friday, August 9, 2019



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

—2018 MAIA attendee

7 – 8:15 a.m.	<b>Registration and Continental Breakfast</b>					
7:45 – 8:15 a.m.	<b>Experience Tai Chi with Ron Weatherford</b>					
8:15–8:30 a.m. CARTER HALL	<b>Welcome and Introductions</b>					
8:30–10 a.m.	<b>KEYNOTE with Greg O’Brien</b> <b>Inside the Mind of Alzheimer’s</b> Returning for another candid conversation about living with Alzheimer’s.					

## 10–10:30 .a.m. BREAK • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 1</b> 10:30–11:30 a.m.	<b>Alternatives to Guardianship</b> Indiana law provides other mechanisms for assistance for individuals with disabilities. <i>Rebecca W. Geyer, JD</i>	<b>The Aging Brain</b> Identify changes in the aging brain and determine what is normal and abnormal, plus lifestyle choices that facilitate healthy brain aging. <i>Dawn Westfall, MS, CCCLSLP</i>	<b>Chi Gung for Health</b> Learn breathing techniques, gentle exercises and visual meditations to improve and maintain health of mind, body and spirit. <i>Sifu Ron Weatherford</i>	<b>Pros and Cons of Reverse Mortgages</b> Extra money provided by a reverse mortgage could be a retirement life-changer, but beware of scam artists. <i>Brandon Briddell</i>	<b>Understanding Social Security: Retirement, Spouse and Survivor Benefits</b> Enhance your participation by bringing your Social Security statement to this session (not required). Details at <a href="http://socialsecurity.gov/myaccount">socialsecurity.gov/myaccount</a> . <i>Charo Boyd, MS</i>	<b>CBD 101</b> A summary of the research-based evidence for the use of cannabidiol (CBD) for various medical conditions. <i>Diane E. Vance, PhD</i>
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## 11:30 a.m.–12:30 p.m. LUNCH • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 2</b> 12:30 – 1:30 p.m.	<b>What is Adult Protective Services?</b> Discover this agency’s critical role in combating elder abuse or the abuse of other vulnerable adults. <i>Linda Kincheloe, MSW</i>	<b>Walking Alongside the Geriatric Cancer Patient</b> Session designed for oncology social workers to understand the challenges older cancer patients face. <i>Evelyn Hunter, LCSW</i>	<b>Understanding Social Security Disability Benefits: SSDI and SSI</b> Enhance your participation by bringing your Social Security statement to this session (not required). Details at <a href="http://socialsecurity.gov/myaccount">socialsecurity.gov/myaccount</a> . <i>Charo Boyd, MS</i>	<b>What to Expect: Total Joint Replacement</b> Joint pain and disability often lead patients to consider this surgery. <i>Anthony P. Czaplicki III, MD</i>	<b>Aging and Diabetes</b> Diabetes affects one in every 11 adults. Understand the pathophysiology and impact on older adults’ health. <i>Sunny Huang</i>	<b>Music Therapy and You</b> Research shows numerous benefits to music therapy interventions targeting the needs of those fighting neurologic impairments. <i>Kenna Hudgins, MM, MT-BC</i>
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## 1:30 – 1:45 p.m. BREAK • EXHIBITS OPEN

<b>CONCURRENT SESSIONS 3</b> 1:45 – 2:45 p.m.	<b>Open Your Eyes</b> A glimpse into the role eyes can play in managing hypertension and diabetes. <i>Brittney McWilliams, OD</i>	<b>Is Your Space SoundSafe?</b> Noise is not conducive to healthy aging. Health care facilities are seldom acoustically designed for healthy engagement. Learn how acoustical testing, treatment and training can improve resident engagement. <i>Eric Smith and Tim Brimmer, DA</i>	<b>Mind-Body Skills</b> A brief introduction to mindfulness including techniques to reduce stress and increase positive coping skills in daily life. <i>Jennifer Schuetter-Bromm, LCSW, ACSW</i>	<b>Dying a Good Death</b> Learn the components of a “good death” and how to maximize quality of life in a person’s final days. <i>Kristel Swan-Griffin, RN, BBA</i>	<b>Navigating Health Care Data Bases</b> In a sea of health care information, learn how to find trustworthy online resources to help answer your questions. <i>Helen Azarian, MLIS</i>	<b>CBD 101 (repeat)</b> A summary of the research-based evidence for the use of cannabidiol (CBD) for various medical conditions. <i>Diane E. Vance, PhD</i>
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## 2:45 – 3 p.m. BREAK • EXHIBITS OPEN

3 –4:30 p.m. CARTER HALL	<b>PLENARY with Tim Brimmer, DA</b> <b>Solutions for Healthy Aging</b> What follows the Centers for Medicare & Medicaid Services’ 2011 directive to reduce black box label drugs? Our research suggests music listening, music and movement, live music making and SoundSafe environments.					
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# Concurrent Session Speakers

## Helen Azarian MLIS

*Evansville Vanderburgh Public Library, Evansville, Indiana*

Helen Azarian is a librarian at the Evansville Vanderburgh Public Library. With 15 years of experience in home care, as well as 10 years of experience in a public library, she brings a unique world view combining health care and information studies. Her passion is to empower individuals to become informed consumers and partners in their overall health with their health care providers.



## Charo N. Boyd, MS

*Social Security Administration, Indianapolis, Indiana*

Charo N. Boyd, is the Social Security Administration's (SSA) public affairs specialist for the Indianapolis metropolitan and southern Indiana areas. She is responsible for informing the public about SSA programs and benefits and has been employed with SSA since 2002. Charo began her career as a claims representative in the downtown Indianapolis SSA office, and worked as an insurance specialist in all areas of the Title II Program (Medicare, Retirement, Survivors and Disability Insurance Benefits). She has a BS in psychology and an MS in guidance and counseling from Tennessee State University.

## Brandon Briddell

*German American Bank, Evansville, Indiana*

Brandon Briddell is a mortgage loan originator, serving Warrick and Vanderburgh counties. Having joined German American Bank in 2017, he brings over a decade of experience in financial markets, and prides himself on customer service and knowledge of underwriting guidelines which he uses to determine the best loan product to fit his clients' needs.



## Jeff Chestnut, MA

*University of Evansville, Evansville, Indiana*

Jeff Chestnut, in his 29th year at the University of Evansville, is director of the UE Fitness Center. He attended Indiana State on a football scholarship and graduated with a degree in physical education. He received a master's degree in counseling from the University of Evansville.

## Anthony P. Czaplicki III, MD

*Orthopaedic Associates, Evansville, Indiana*

Dr. Anthony Czaplicki is an orthopaedic surgeon with a fellowship in joint replacement surgery, which means he spent an extra year of training to focus only on total joint replacement, particularly the more challenging cases and revisions.

## Angela K. Esterline, AuD

*Healthcare Center, Inc., Evansville, Indiana*

Dr. Angela K. Esterline has over 28 years of clinical experience. She has worked in a variety of settings: hospitals, E.N.T. offices, nursing homes, state schools, a military base and private practice. She is a state licensed and nationally certified audiologist. She holds degrees from Purdue University in Indiana and AT. Still University in Arizona.

## Debbie Folz, MSW, LSW

*Heritage Hospice, Evansville, Indiana*

Debbie Folz has been a social worker in the Evansville area for the past 38 years. She is currently employed at Heritage Hospice, which serves people with advanced illnesses in Vanderburgh, Posey, Warrick and Gibson counties. Hospice social work is her passion. She feels privileged to provide education, emotional support and compassion to patients and their families.



## Peggy Forbes, ABR, SRES

*F.C. Tucker Emge Realtors, Evansville, Indiana*

Since 2007, Peggy Forbes has helped people buy and sell real estate. She has earned her SRES designation (Seniors Real Estate Specialist) and enjoys helping seniors make the right move. In her presentation, she will explain factors to consider when downsizing and how seniors can select housing to best fit their needs.

## Helene French, BSW

Helene French has served as Community Outreach Coordinator for the Alzheimer's Association Greater Kentucky/Southern Indiana Chapter for over eight years. She fosters public awareness about prevention, causes and risk factors for Alzheimer's disease and provides educational outreach for those living with Alzheimer's disease and related dementias, their families and professionals. She also advocates for the importance of early diagnosis, increased funding for Alzheimer's research, and support for caregivers by meeting with physicians and public officials.



## Rebecca W. Geyer, JD

*Rebecca W. Geyer & Associates, PC, Carmel, Indiana*

Rebecca W. Geyer's practice concentrates in estate planning, estate and trust administration, elder



law, tax planning and business services. She is a board-certified Indiana trust and estate specialist (certified by the Indiana Trust and Estate Specialty Board) and a Fellow of the American College of Trust and Estate Counsel. Rebecca is also an adjunct professor of elder law at the Indiana University Robert H. McKinney School of Law. She received her juris doctor from the Indiana University Maurer School of Law.



## Emily R. Holt, MHA, RDH, CDA, EFDA

Emily Holt is a clinical associate professor of dental hygiene at the University of Southern Indiana. She has experience in the study of periodontal health and disease as well as mental illness education for dental professionals.



## Sunny Huang

*MD/PhD Candidate, University of Iowa*

Sunny is a MD/PhD student at the University of Iowa, Carver College of Medicine. She graduated from the University of Southern Indiana with a BS in chemistry in 2011 and worked at the National Institutes of Health for two years before starting her MD/PhD training. She is passionate about studying metabolism and developing new therapies that can be quickly translated into the clinical setting. Her presentation will explain how diabetes impacts the health and wellbeing of older adults.

## Kenna Hudgins, MM, MT-BC

*Music Therapist, Cadiz, Kentucky*

Kenna Hudgins has been a practicing music therapist for nearly two decades, working with a number of populations from children with special needs to adults with mental/behavioral health needs. Kenna has realized her passion in the field by gaining certification in Neurologic Music Therapy in 2013 and using her knowledge and skills to positively impact hospice patients and their families. She currently contracts with Pennyroyal Hospice as the only music therapist for hospice in Western Kentucky.



## Evelyn Hunter, MSW, LCSW

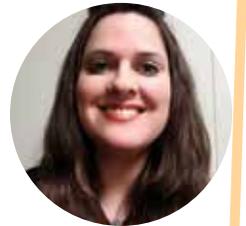
*Baptist Health Cancer Center, New Albany, Indiana*

Evelyn Hunter is a graduate of the University of Southern Indiana where she obtained her bachelor's degree in psychology and a master's degree in social work. She is employed with the Baptist Health Cancer Center in New Albany, Indiana, where she has worked as an oncology social worker for five years.

## Linda Kincheloe, MSW

*Adult Protective Services, Evansville, Indiana*

Linda Kincheloe graduated from the University of Southern Indiana with a bachelor of science degree in psychology and a master's degree in social work. She has worked as a social worker in long-term care, a facilitator for Goodwill Industries and as a caregiver for Home Instead Senior Care. She worked as a victim advocate for the Vanderburgh County Prosecutor's Office over eight years before being named the director of Adult Protective Services, Unit 13B, in the Prosecutor's Office.



## Lisa Maiden

*TimeSlips, Owensboro, Kentucky*

Lisa Maiden is the adult programming coordinator at the Daviess County Public Library in Owensboro, Kentucky. She has worked in this position for six years. Her favorite part of the job is engaging older adults, both in the library and out, in the community through various outreach programs.

## Genevieve McGuire

*SouthernCare Hospice, Evansville, Indiana*

Genevieve McGuire is the bereavement/volunteer coordinator for SouthernCare Hospice. She has 16 years of experience with death and dying and is the author of *Journey on the Edge of Midnight*.



## Brittney McWilliams, OD

*McWilliams Vision Care, Evansville, Indiana*

Dr. Brittney McWilliams is a private practice optometrist who enjoys relationships she builds with patients while treating their eyecare needs. She graduated from Indiana University School of Optometry in 2011. She currently serves as president for the Southwestern Society of the Indiana Optometric Association (IOA).





**Gary K. Price, Esq.**  
*Terrell, Baugh, Salmon & Born, LLP, Evansville, Indiana*

Gary K. Price is a partner attorney at Terrell, Baugh, Salmon & Born, LLP, where he concentrates his practice in estate and long-term care planning, including asset and income analysis for Medicaid pre-planning and crisis cases, Medicaid applications and Medicaid appeal hearings. He also practices law in the areas of elder law, probate law, guardianships, estate planning, estate recovery and estate and trust administration with a focus on asset preservation.

**James Pridgen, BS, MSM, CDRP, CAS**

*Columbus, Indiana*

James Pridgen is a much sought-after presenter addressing global topics. His passion is focused on safeguarding and protecting the elder population. As a retired chief security executive for a global Fortune 200 Company, he is an expert on global risk mitigation and executive protection.



**Tara Reinbrecht, RPh**

*PCA Pharmacy, Louisville, Kentucky*

Tara Reinbrecht is a registered pharmacist with over 20 years of long-term care pharmacy consulting experience in the Tri-State area. She is a graduate of Purdue University and is licensed to practice in Indiana, Illinois and Kentucky.

**Robert Rieti, DO, FCCP, MBA**

*St. Vincent Evansville, Evansville, Indiana*

Dr. Robert Rieti is a board-certified physician practicing pulmonary, critical care and sleep medicine at St. Vincent Evansville. He completed his undergraduate training at The College of New Jersey and received his doctorate at Rowan University of New Jersey.



**Jennifer Schuetter-Bromm, ACSW, LCSW**

*Southwestern Behavioral Healthcare, Evansville, Indiana*

Jennifer Schuetter-Bromm is a licensed clinical social worker who has been practicing for 22 years. She conducts mindfulness groups in her practice and volunteers as a facilitator for Mind-Body Workshops across the country for the American Red Cross Service to Armed Forces Division.

**Eric Smith**

*Acoustic Therapeutics, Indianapolis, Indiana*

Acoustic Therapeutics, LLC, is a wholly owned subsidiary of Aurelex Acoustics, Inc., which was founded by Eric Smith in 1977. Acoustic Therapeutics creates calming environments in hospitals, medical offices and senior living communities. Throughout his career, he has been a strong advocate of education, and he has guest lectured at numerous high schools and colleges throughout the country on the subjects of acoustics, broadcasting, entrepreneurship and business ethics.

**Barbara Stahura, CJF**

*Certified Journal Facilitator, Evansville, Indiana*

Barbara Stahura is a certified journal facilitator. She leads people in harnessing the power of journaling so they can improve their wellbeing and enhance their self-understanding. She often works with people with brain injuries and with family caregivers. She is co-author of *After Brain Injury: Telling Your Story*, the first journaling book for people with brain injuries.

**Kristel Swan-Griffin, RN, BBA**

*Anew Home Care, Tennyson, Indiana*

Kristel Swan-Griffin is the clinical manager of the southern territory for Anew Home Care. She is responsible for home health staff and the care provided to patients and family members. She received her associate degree in nursing from Wabash Valley College and her MBA from the University of Southern Indiana.



**Olivia Taylor, PMHNP-BC**

*Memorial Hospital and Health Care Center, Jasper, Indiana*

Olivia Taylor obtained a MSN in Management and Leadership from USI in 2011 and a Post Master's Certificate, Psychiatric Mental Health Nurse Practitioner in 2016. She currently practices in Jasper, Indiana, at Memorial Hospital on the inpatient geriatric psych unit. In addition to the inpatient role, also provides outpatient medication management to several local nursing facilities.

**Diane E. Vance, PhD**

*Retired Professor, Richmond, Kentucky*

Dr. Diane Vance earned a PhD in radiochemistry from the University of Kentucky. She was director of the forensic science program at Eastern Kentucky University. She taught courses related to the characteristics, effects and identification of cannabis for both undergraduates and law enforcement.



**Ron Weatherford**

*Martial Arts and Tai Chi Instructor, Evansville, Indiana*

Sifu Ron Weatherford began training in Kung Fu in 1977 and was introduced to Tai Chi and Chi Gung in 1979. He began teaching Kung Fu in 1980 and an intense study of Tai Chi and Chi Gung in 1985. He teaches several classes weekly.

**Rita Thomas Wedig, PhD**

*Master Gardener, Evansville, Indiana*

Dr. Rita Thomas Wedig received her PhD in nutrition from Purdue University. During her career, she worked with children and older individuals clinically, trained graduate students and conducted research and clinical trials in rural counties of western Kentucky. In retirement, Dr. Wedig is a master gardener and works in the Food Bank Garden, planting and nurturing the vegetables, and is involved with other community gardening projects.



**Dawn Westfall, MS, CCCLSLP**

*Progressive Health, Newburgh, Indiana*

Dawn Westfall is a speech-language pathologist who has specialized in brain injury/neuro rehabilitation for the past 29 years. She currently works for Progressive Health in the ortho/neuro outpatient department. She also is on the board of the Brain Injury Association of Indiana and is a certified brain injury specialist.

**Jim Zaher**

*Guardians of the Story, Evansville, Indiana*

Jim Zaher has completed extensive death doula/end-of-life coach training and is the owner of Guardians of the Story, which provides support in the end-of-life process. He earned a degree in secondary education from Adrian College in Adrian, Michigan, and is a certified death doula through Momdoulary Death & Mourning Doula Training Program. He has held various roles in youth ministry and special education and worked in facilities caring for people living with dementia.

**Dustin Ziegler**

*CICOA Aging and In-Home Solutions, Indianapolis, Indiana*

Dustin Ziegler is director of community programs for CICOA Aging and In-Home Solutions, the local Area Agency on Aging in Central Indiana. Dustin leads and oversees numerous CICOA initiatives in this role, including the development and leadership of the statewide Dementia Friends Indiana movement, with CICOA serving as state administrator for the program. Dustin previously worked with the medical and research community throughout the state of Indiana in his role with the Alzheimer's Association. He earned his degree in gerontology/health and aging from Indiana University.



**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, equipment companies, senior health services, home health care agencies, long-term care facilities, assisted living facilities, rehabilitation services, acute care hospitals and the wellness industry.

**Free screenings:**  
Faculty members and students from the USI Diagnostic Medical Sonography Program will perform free carotid artery ultrasound screenings for conference registrants by appointment only.



## Registration for the August 8-9 Mid-America Institute on Aging, HPR812

3

easy ways  
to  
register



Mail completed form with check or money order payable to USI, 8600 University Boulevard, Evansville, Indiana 47712.

Call Outreach and Engagement at 812-464-1989.

Register online at [USI.edu/health](http://USI.edu/health).

### ATTENDEE INFORMATION

First \_\_\_\_\_ MI \_\_\_\_\_ Last \_\_\_\_\_

Institution \_\_\_\_\_

Home Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Telephone(H) \_\_\_\_\_ (W) \_\_\_\_\_

Email \_\_\_\_\_

(Individual email required for continuing education credit)

List dietary needs or other special requirements: \_\_\_\_\_

### PAYMENT INFORMATION

Check or Money Order (payable to USI)

Credit Card (call 812-464-1989)

### COST

Includes continental breakfast, lunch and certificate of attendance.

#### Register by July 30

\$225 for **both days**

\$120 for **one day**

\$ 60 for retirees and students for **both days**

\$ 35 for retirees and students for **one day**

Registration for ONLY Emily Allen's opening Keynote at 8:30 a.m., Thursday, August 8. No cost. Reservations required.

Registration for ONLY Greg O'Brien's opening Keynote at 8:30 a.m., Friday, August 9. No cost. Reservations required.

**Cancellation Policy:** Registration fees are refundable, less a \$15 service charge, through August 7, 2019.

No refunds will be made after that date.

### DAY 1 - Thursday, August 8

#### Concurrent Session 1 - Choose one

- Elder Abuse and Scams
- For Health Professionals: Mental Health and Aging
- Dental Bacteria and Dementia
- Caregiver Self Care Tools
- Preventing Drug Administration Errors
- Timeslips: Creative Storytelling with Alzheimer's

#### Concurrent Session 2 - Choose one

- Gardening for Health
- Death is a Part of Life
- COPD: Past and Present
- Senior Housing Options
- Hearing Loss: Is Grandpa Missing or Missing Out?
- Women! Protect Yourselves

#### Concurrent Session 3 - Choose one

- Elder Abuse and Scams (repeat)
- For Lay Persons: Mental Health and Aging
- For Financial Planners: Helping Clients with the Long-Term Care Conversation
- Caregiver Self Care Tools (repeat)
- Dementia Friends Indiana
- Elder Law Estate Planning

### DAY 2 - Friday, August 9

#### Concurrent Session 1 - Choose One

- Alternatives to Guardianship
- The Aging Brain
- Chi Gung for Health
- Pros and Cons of Reverse Mortgages
- Social Security: Retirement, Spouse and Survivor Benefits
- CBD 101

#### Concurrent Session 2 - Choose One

- What is Adult Protective Services?
- Walking Alongside the Geriatric Cancer Patient
- Social Security Disability Benefits: SSDI and SSI
- What to Expect: Total Joint Replacement
- Aging and Diabetes
- Music Therapy and You

#### Concurrent Session 3 - Choose One

- Open Your Eyes
- Is Your Space SoundSafe?
- Mind-Body Skills
- Dying a Good Death
- Navigating Health Care Data Bases
- CBD 101 (repeat)

## Positive Approach<sup>®</sup> Pre-Conference Workshop

Wednesday, August 7  
HPR812B

*Not included in MAIA registration fee*

Pre-Conference limited to the  
first 150 registrants

Flyer and registration form at  
[USI.edu/maia](http://USI.edu/maia)



### CONTINUING EDUCATION CREDIT

Attendees may receive up to 6 contact hours on day 1 and up to 6 contact hours on day 2 with check-in at registration desk, attestation of attendance and submission of the electronic program evaluation. In support of improving patient care, University of Southern Indiana Center for Health Professions Lifelong Learning is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), the American Nurses Credentialing Center (ANCC), the American Psychological Association (APA), and the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program to provide continuing education for the healthcare team.



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

The University of Southern Indiana Center for Health Professions Lifelong Learning designates this knowledge-based CPE activity for 6 contact hours each day for completion of this program. Pharmacists who request to have their contact hours reported to the Certified Pharmacy Education Monitor (CPE) must indicate this request during registration and include the correct NABP e-PID# and Birthdate (mmdd). Pharmacists will receive 6 contact hours each day for completion of this program.

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

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

This program has been submitted to The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.

Sponsored by University of Southern Indiana, a designated provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) and/or Master Certified Health Education Specialists (MCHES) to receive up to twelve total Category I continuing education contact hours. Maximum advanced-level continuing education contact hours available are zero (0).

Appropriate for Indiana Department of Aging (DA) continuing education hours. If audited by the DA, attendee presents contact hours earned to the DA.

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

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).

### CONFERENCE INFORMATION

**Location:** The pre-conference and conference will be held in the University Center on the campus of the University of Southern Indiana, Evansville, Indiana. USI is located on Highway 62, approximately two miles west of Evansville.

**Hotel Accommodations:** Hotel accommodations in proximity to the University include the Fairfield Inn West (812-429-0900) and Holiday Inn Express (812-421-9773). Mention attendance at a USI program to receive the USI rate.

**Conference Materials:** The day before the conference, registrants will be emailed a link to a website where the conference materials, including handouts and agenda, may be accessed and printed. **No hard copy of handouts will be provided.** Please provide a correct, individual email address when registering.

**Disability Accommodations:** If disability-related accommodations are required, contact Outreach and Engagement at 812-464-1989 or email at [Outreach@usi.edu](mailto:Outreach@usi.edu). It is recommended that you make this request at the earliest possible date to ensure that the requested accommodations are in place when needed.

**Certificate of Completion:** To receive your certificate, you must attend 90% of the conference and complete an evaluation. A link to an electronic evaluation and attendance confirmation will be emailed to program attendees. You have two weeks to complete the program evaluation in order to receive a certificate. Evaluations submitted after the two-week period will not be honored.

#### Questions?

Call 812-464-1989

Email: [Outreach@usi.edu](mailto:Outreach@usi.edu)

[USI.edu/health](http://USI.edu/health)

*The University of Southern Indiana is committed to principles of equal opportunity and affirmative action.*



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August 8 and 9, 2019  
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**“I have attended this conference  
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attending each year.”**

—2018 MAIA attendee

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