

Presented by:



Protect Your Health,  
Wealth and Self

Positive  
Aging

**Tuesday**  
**June 26, 2018**

**8:30am– 3:00pm**

Doors Open at

8:00 a.m.



**Location:**  
Eugene M. Hughes  
Metropolitan Complex  
5015 East 29th St N,  
Wichita, KS 67220

**Contact Information**  
**316-978-6493**

Registration fee includes:  
workshops, continental breakfast,  
boxed lunch and vendor booths.  
Register by June 20, 2018 to secure a  
lunch.

**\$10.00 per person ages 55+**  
**\$10.00 for students**  
**\$25 for Professionals**

register at  
[www.wichita.edu/conferences/pad](http://www.wichita.edu/conferences/pad)

For questions regarding registration,  
please contact the WSU Conference  
Office at 316-978-6493; or email:  
[conference.office@wichita.edu](mailto:conference.office@wichita.edu)

**SPECIAL ACCOMMODATIONS:**

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**Keynote Speaker - 8:30 am**



**Michael E. Rogers, PhD,**  
*CSCS, FACSM, FAAAJ*  
*Wichita State University*  
*Chair of Human*  
*Performance Studies*

**Standing Strong: Strength and Balance**  
**Exercises for Fall Prevention**

Poor balance has been associated with frequent falling, and there is increasing interest exercise programs to improve balance in older adults. Older adults who perform specific exercises can improve strength and balance—two important risk factors contributing to falls. The purpose of this presentation is to provide evidence-based exercises to improve balance and strength in older adults, thereby reducing the risk factors of falls.

**Keynote Speaker - 11:30 a.m.**



**Patricia L. Dooley, PhD**  
*Wichita State University*  
*Elliott Distinguished Professor*  
*of Communication*

**Fake News: All the News Not Fit to Print**

Fake news has been around for a long time, so what makes the current situation different? This presentation will explore today's fake news crisis, the broader environment that contributes to it, and strategies that can be used to confront it.

**CANCELLATION POLICY:**

Failure to attend does not constitute notice of cancellation. Cancellation must be in writing. Telephone cancellations will not be accepted. A 15% administrative fee will be assessed on all cancellations (this includes unpaid purchase orders.) There will be no refunds after Tuesday, June 12, 2018. You will receive an email confirmation within 7-10 business days of the receipt of your registration form. If you do not, please contact: Teruko Mitchell at 316-978-6493.

## MX 132

### 1.1 Effective Communication Strategies

9:30 a.m.

*Breana Tucker, LMSW, Program Director*  
*Jenna Smith, MPH, Family Care Coordinator*

Learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate at each stage of the disease.

### 2.1 What's New at WSU

10:30 a.m.

*Kim Moore, JD, Director*

*Workforce, Professional and Community Education*  
*Wichita State University*

Did you know that seniors age 60+ years of age can take college classes for little to no cost? WSU now offers classes designed specifically for senior citizens at area senior centers and residential facilities throughout the area. Last year more than 600 seniors enrolled in one or more of these classes. WSU will announce the fall schedule of courses at this session. Be the first to hear what's new for fall and how you can be a part of this fun and engaging experience!

### 3.1 Know the 10 Signs: Early Detection Matters

12:30 p.m.

*Breana Tucker, LMSW, Program Director*  
*Jenna Smith, MPH, Family Care Coordinator*

Learn the 10 Warning Signs of Alzheimer's disease, hear from people who have the disease, and find out how to recognize the signs in yourself and others.

### 4.1 WSU's Best-Kept Secrets: Patient-Serving Clinics

1:30 p.m.

*Dean Elledge, DDS*

*Julie Scherz, PhD, CCC-SLP, ASHA Fellow*

*Lisa Belt, RDH, MS*

Wichita State University is home to three health clinics offering low cost services to anyone. The clinics include the Hearing Clinic and two dental clinics. Learn about the many services provided and what you can expect as a patient helping to educate the next generation of health providers.

## MX 138

### 1.2 Estate Planning Through the Seasons of Life

9:30 a.m.

*Pamela J. Thompson, Attorney at Law*

Learn about basic estate needs including Wills, Health Care Power of Attorneys, General Durable Power of Attorneys, and Living Wills. We will also talk about trusts and using Transfer on Death Deeds.

### 2.2 Advance Care Planning: Make the Decision Yours

10:30 a.m.

*Carolyn M. Harrison, MN, Nurse Educator*

Advance Care Planning is a process. Your health care and end of life decisions may be the most important choices facing you in the future. This speaker will help you understand possible future health care choices, values and goals to talk about with your family and health care professionals. Advance Directives (Durable Power of Attorney for Health Care, Living Will and Do Not Resuscitate forms will be discussed and available.

### 3.2 Retirement Living 101

12:30 p.m.

*Jennifer Sanders, Director of Marketing, Catholic Care Center*

Does it ever seem like retirement communities are speaking a different language? So often you here about assisted living, memory care, and long-term care; but what does it all really mean? Don't miss this opportunity to educate yourself about the true meaning of retirement living and how the industry has changed in recent years. Learn what the various levels of living entail and how to choose the one that is right for you!

### 4.2 Kansas Senior Games - Let's Go Play

1:30 p.m.

*Sue Nyberg, MHS, PA-C, DFAAPA*

*Wichita State University PA Program*

This presentation will include an overview of the Kansas Senior Games, "the Sunflower state's multi-sport competition for ages 50+". We will discuss the wide variety of sports available, ranging from horseshoes and shuffleboard to pickleball, golf, bowling, softball and track and field. You will discover who can attend, how to register and benefits of participation in these fun events.

## MX 130

### 1.3 Medicare Options

9:30 a.m.

*Teresa Hatfield, Family & Consumer Science Agent, K-State Research & Extension, Sedgwick County*  
Navigating the maze of Medicare can be difficult. Learn about Medicare basics as well as what other insurance works with Medicare. Find out what how Medicare Advantage Plans work, and what help is available paying for Medicare costs.

### 2.3 Quirky Kansas

10:30 a.m.

*Beccy Tanner, Wichita Eagle*

Join us as we explore the quirkiest, unique sides of Kansas. Topics include places to go, eat and hang out, famous Kansans and festivals, and unique places you don't want to miss. After 34 1/2 years as a reporter at The Wichita Eagle, Beccy Tanner has discovered there are still many stories to tell.

### 3.3 Seniors and the Gap

12:30 p.m.

*Michael Steinberg, MS, PHR*

As Baby Boomers begin turning 65, neither they nor their adult children are well enough informed to plan for their future care.

### 4.3 You're Promoted: Caregiver to Care Manager

1:30 p.m.

*Robert Miller, LMSW*

*Vice President of Company Development*

*ComfortCare Homes, Inc. & Founders Crest*

Families and caregivers often find themselves overwhelmed in the role of caregiving, especially when a loved one is faced with Alzheimer's or other forms of dementia. So when it is time to consider additional support or placing a loved one in a care home to meet their growing needs, the struggle to redefine the caregiving role can be difficult and emotional. This hour will discuss the importance of understanding a family caregiver's need for meaningful purpose in the role of care, how to redefine that role as the person with dementia faces the progression of the disease, and how to work with various community resources and facility staff to manage those needs.

## MX 137

### 1.4 The KanCare (Kansas Medicaid) Application Process and What to Expect

9:30 a.m.

*Lisa Churchill, KanCare Ombudsman Volunteer Coordinator*

The KanCare Ombudsman office will be discussing the following: (1) What's the Difference between the MCO, KanCare Clearinghouse and the KanCare Ombudsman, (2) KanCare (Kansas Medicaid) Programs for individuals over 65 years, (3) Application Assistance Folder, (4) Selecting and Changing your Managed Care Organization (MCO), and (5) Importance of Updating the KanCare Clearinghouse form and the Medical Representative form.

### 2.4 Living With Low Vision

10:30 a.m.

*Andra Mies, Certified Occupational Therapy Assistant, Envision, Inc.*

Discusses the major eye diseases that cause low vision, modifications that can be made, as well as adaptive devices available

### 3.4 Stroke Awareness: Causes, Prevention, Survival

12:30 p.m.

*Julie Scherz, PhD, CCC-SLP, ASHA Fellow*

Stroke affects many families every year. There are multiple causes of stroke, some of which are preventable. This session will address these causes, provide information about stroke prevention, and discuss how to communicate successfully with persons who may have communication difficulties (aphasia) after surviving a stroke.

### 4.4 Benefits and Healing Power of Movement Skills

1:30 p.m.

*Nathan Engels, MA,BS,CHC*

Gerontologist Nathan Engels as discusses the benefits and healing power of movement. Nathan received his bachelor's in Exercise Science and master's in Aging Studies from Wichita State University. He is a Health and Wellness coach in the Wichita area who specializes in Dementia and Alzheimer's prevention. His passion is helping older adults to reestablish hope and find purpose throughout the aging process.