

Presented by:



Sponsors:



# Positive Aging

Protect Your Health, Wealth and Self



Tuesday, June 18, 2019

8:30am– 3:00pm  
Doors Open at 8:00 am

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 from Jason's Deli and  
vendor booths.  
Register by June 14, 2019 to secure a  
lunch.

\$15.00 per person ages 55+  
\$20.00 for students  
\$35 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)

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**KEYNOTE SPEAKER – 8:30 AM**

Robert Miller, LMSW,  
CDP, Vice President of  
Company Development,  
ComfortCare Homes



**You're Promoted:  
Caregiver to Care Manager**

Families and caregivers often find themselves overwhelmed in the role of care-giving. 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 care-giving role can be difficult and emotional. This session will discuss the importance of understanding a family caregiver's need for help and meaningful purpose in the role of care, how to redefine the role as the person with dementia faces the progression of the disease, and how to partner with various community resources and facility staff to manage increasing needs.

**KEYNOTE SPEAKER – 11:30 AM**

Bonnie Bing,  
*The Wichita Eagle*



**Aging Gracefully, or At Least  
Giving it Your Best Shot**

I'll discuss the changes that come about with aging and how to take the high road.

## MX 132

### 1.1 AAA Resources

9:30 a.m.

*Celia Easley, MS, Central Plains Area Agency on Aging, Local Aging & Caregiver Resources*

Learn what the Central Plains Area Agency on Aging has to offer older adults and their caregivers. Other local resources will also be discussed.

### 2.1 10 Warning Signs of Alzheimer's

10:30 a.m.

*Denise Vann, Walk Manager / Outreach Specialist* Alzheimer's and other dementias cause changes in memory, thinking and behavior that interfere with daily life. Join us to learn about 10 common warning signs and what to watch for in yourself and others. The one-hour program covers: typical age-related changes, common warning signs of Alzheimer's, how to approach someone about memory concerns, early detection, the benefits of a diagnosis and the diagnostic process.

### 3.1 Scams: What You Should Know

12:30 p.m.

*Niomi Burget, Public Affairs Coordinator, Office of Kansas Attorney General Derek Schmidt* General information about the common scams currently being used on consumers.

### 4.1 The ABC's of Retirement Living: What you need to know about the levels, lifestyles, cost and more!

1:30 p.m.

*Jennifer Sanders, Director of Marketing/Clinical Liaison, Catholic Care Center*

The world of retirement living is ever changing, and it can feel like it is being spoken about in a foreign language if you are not familiar with the terms and concepts offered today. Come learn the ABC's of Retirement Living so that you will be equipped to help yourself or a loved one make informed decisions should the need arise to consider retirement living options.

## MX 180

### 4.5 Looking Great At Any Age

1:30 p.m.

*Bonnie Bing, The Wichita Eagle*

This session will provide tips on how to stay current with fashion. In addition, I'll discuss how-to dressy trendy, but in an age appropriate way.

## MX 138

### 1.2 Understanding and Responding to Dementia-Related Behavior

9:30 a.m.

*Denise Vann, Walk Manager / Outreach Specialist* Behavior is a powerful form of communication and is one of the primary ways people living with dementia communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common triggers, and learn strategies to help manage some of the most common behavioral challenges of Alzheimer's disease.

### 2.2 Lines of Sight: A Low Vision Rehabilitation Model

10:30 a.m.

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

This will cover adaptations that can be made in everyday life and in the home for individuals with low vision.

### 3.2 Effective Exercise Interventions for Active Aging

12:30 p.m.

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

This session will review the benefits of exercise and demonstrate specific flexibility, strength, and balance activities shown to improve overall health and function in older adults.

### 4.2 Home Your Own Way

1:30 p.m.

*Michael Steinberg, MS, PHR, Chief Executive Officer and Owner, Home Instead Senior Care*

It's a question many of us begin to ask ourselves as we grow older: Should I stay in my longtime home or choose another place in which to age? This presentation will help you make a plan to start the conversation about where a senior loved one or you would like to age, discover home pitfalls that could jeopardize someone's safety and independence, identify the remodeling and design changes that could help an individual age in place, and recognize the technologies and services that can assist someone at home.

## MX 130

### 1.3 The Truth About Communicating with Adult Children

9:30 a.m.

*Katherine Ambrose*

Are you prepared for the next evolution in your relationship with your adult children? Relationships evolve and change just like people, but navigating those changes aren't always easy. Complex family dynamics, blended families, and changing social norms impact both the choices we make how we communicate them.

### 2.3 Newtrition

10:30 a.m.

*Jane Byrnes, RD, College of Health Professions* Let's sort out some truly exciting advances in nutrition knowledge from the truly nutty. A few awakenings in food and nutrition, including: What's the big deal about blueberries? Why would we ever respect germs? Which is more nutritious, food or pills?

### 3.3 Estate Planning for All Seasons of Life

12:30 p.m.

*Michael C. Brown, Elder Law of Kansas, Attorney at Law*

We will present information on Basic Estate Planning and the documents that you will need throughout the different stages of life. Your needs change depending on whether you are in your 20's and 30's, or 40's and 50's, or 60's and throughout your retirement years. You also have different concerns if you are single, divorced or widowed.

### 4.3 Senior Services: Meals on Wheels & Senior Employment

1:30 p.m.

*Sherri Flippo, Social Service Director for Meals on Wheels; Cherie Wenderott-Shields*

Inadequate nutrition and safety are two primary reasons many people move into nursing homes. Sherri will share information regarding eligibility criteria for seniors looking to receive Meals on Wheels services, what type of Meals served (including nutritional guidelines), and the tools used to screen for nutrition risk of the Meals on Wheels clients. Reaching "retirement age" doesn't always mean "ready for retirement." As Americans live longer and participate in the interests they have always enjoyed, our concept of retirement has changed. Cherie will share information about the program including information on how jobs are received, what happens during job development with a client, the programs application, orientation, and job club elements.

## MX 137

### 1.4 COMCARE CAPS: Community Assessment Program for Seniors

9:30 a.m.

*Judi Jones, LMSW, COMCARE Program Manager of Sedgwick County Offender Assessment Program and Crisis Stabilization Unit*

This is a free in-home service that provides 3 counseling services to any Sedgwick County resident age 60 and over. Information will be provided about the program and how to refer someone who may need extra support.

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

10:30 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) Important Forms: Updating the Clearinghouse, Release of Information, Medical Representative.

### 3.4 The Truth About Downsizing and Decluttering Your Home

12:30 p.m.

*Katherine Ambrose, Empowered Senior Series* Did you know that physical clutter can also cause psychological clutter? Psychological clutter is known to create depression, anxiety, and even physical illness and disease. I'll discuss how to manage or liquidate clutter. I'll also discuss what steps can be taken to simplify the downsizing process and the emotional toll that comes with it.

### 4.4 Medicare Options

1:30 p.m.

*Teresa Hatfield, Family & Consumer Sciences 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 how Medicare Advantage Plans work, and what help is available paying for Medicare costs.