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.

SPECIAL ACCOMMODATIONS:
Wichita State University is committed to making programs available to people with disabilities. If you wish to volunteer information regarding any special assistance you may need, please contact the Office of University Conferences at (316) 978-6493.

NOTICE OF NONDISCRIMINATION:
Wichita State University does not discriminate in its employment practices, educational programs or activities on the basis of age, color, disability, gender, gender expression, gender identity, genetic information, marital status, national origin, political affiliation, pregnancy, race, religion, sex, sexual orientation, or status as a veteran. Retaliation against an individual filing or cooperating in a complaint process is also prohibited. Sexual misconduct, relationship violence and stalking are forms of sex discrimination and are prohibited under Title IX of the Education Amendments Act of 1972. Complaints or concerns related to alleged discrimination may be directed to the Director of Equal Opportunity or the Title IX Coordinator, Wichita State University, 1845 Fairmount, Wichita KS 67204.

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 11, 2019. 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.
AAA Resources
Looking Great At Any Age

10 Warning Signs of Alzheimer’s
10:30 a.m.
Breana Tucker, LMSW, Program Director
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.

Scams: What You Should Know
12:30 p.m.
Nomi Burget, Public Affairs Coordinator, Office of Kansas Attorney General Derek Schmidt
General information about the common scams currently being used on consumers.

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.

Lines of Sight: A Low Vision Rehabilitation Model
9:30 a.m.
Andra Miss, 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.

Understanding and Responding to Dementia-Related Behavior
10:30 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.

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.

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 in age in place, and recognize the technologies and services that can assist someone at home.

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 both impact the choices we make how we communicate them.

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?

Estate Planning for All Seasons of Life
12:30 p.m.
Michael C. Brown, Elder Law of Kansas, Attorney at Law; Pamela J. Thompson, Estate Planning and Elder Law Practice, 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.

Senior Services: Meals on Wheels
1:30 p.m.
Sherrr Filippo, Social Service Director for Meals on Wheels
Inadequate nutrition and safety are two primary reasons many people move into nursing homes. Like the rest of the population seniors prefer to live in their own homes for as long as possible. Meals on Wheels delivers a hot, nutritious noon meal to homebound people age 60 + each weekday. The Meals on Wheels program currently serves approximately 900 seniors a day. Sherri will share information in regards to: eligibility criteria for seniors living at home, receiving 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.

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.

Medicare Options
1:30 p.m.
Teresa Hatfield, Family & Consumer Sciences Agent
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.