

AGENDA

- 7:00 **REGISTRATION, REFRESHMENTS, EXHIBITOR VISITS**
- 8:00 **WELCOME ADDRESS**
- 8:15 **KEYNOTE | Do My Genes Determine My Cognitive Health and Longevity | Brian Browne, Cognitive Care Management, Neuro Nutrition**
- 9:15 **BREAK AND EXHIBITOR VISITS**
- 9:30 **MORNING BREAKOUT SESSIONS**
- Understanding and Optimizing the Cognitive Domains of the Brain
 Fall Prevention: How to Stay Strong and Steady
 Dancing for Brain Health
 Dementia Capable Care: An Effective Approach to Prevent and Safely De-escalate Distress Behaviors
 Comprehensive Skin Health: Care, Inspection, Disease Considerations, and Community Resources
- 10:45 **BREAK AND EXHIBITOR VISITS**
- 11:00 **KEYNOTE | Passions Project Panel Discussion | Panel Led by Heidi Wagner, Passions Project**
- 12:00 **LUNCH AND EXHIBITOR VISITS**
- 1:15 **AFTERNOON BREAKOUT SESSIONS**
- Understanding and Optimizing the Cognitive Domains of the Brain
 Protecting Yourself from Medicare Fraud
 Games and Brain Health
 Zumba
 You're a Music Therapist? What Is It That You Do Exactly?
- 2:30 **BREAK AND EXHIBITOR VISITS**
- 2:45 **KEYNOTE | What Matters Most? How to Have Conversations that Matter | Mary L. Hook, PhD, RN, Linda Bub, MSN, RN, GCNS-BC, NPD-BC, Ann Gallo, MBA, Cindy Kollauf, MS, RN, ACNS-BC, Advocate Aurora Health**
- 3:45 **CLOSING ADDRESS**

EXHIBITORS

Connect with the latest products and services from leading health and wellness practitioners and providers during the conference.

CEUs/CEHs

UW-Parkside's CEUs/CEHs meet continuing education requirements for many professionals, agencies, and organizations. Professional associations may have specific licensing requirements, and you are encouraged to contact your licensing association to determine whether CEUs/CEHs will fulfill requirements.

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33RD ANNUAL

AGING WELL
 Conference

JUNE 7 | 7 am-4 pm

KEYNOTE PRESENTATIONS



DO MY GENES DETERMINE MY COGNITIVE HEALTH AND LONGEVITY?
BRIAN BROWNE, PRESIDENT OF COGNITIVE CARE MANAGEMENT, FOUNDER OF NEURO NUTRITION™

Do our genes predict our cognitive health and our present and future health? Current research sheds new light on whether we can count on our genes to help us or hurt us as we age. Are we destined to get Alzheimer's/dementia or become stricken with illness and disease as we age? Let's discover how the science of aging and epigenetics impact how normal and abnormal aging occurs and what it means for determining your current and future health.



PASSIONS PROJECT PANEL DISCUSSION
HEIDI WAGNER, THE PASSIONS PROJECT, HEIDI WAGNER PHOTOGRAPHY

Join THE PASSIONS PROJECT photographer and creator, Heidi Wagner, for a panel discussion focused on living life connected to your passion. The panel features several LGBTQ+ older adults that were featured in Wagner's recent photography project THE PASSIONS PROJECT | LGBTQ+ Racine. The panel will explore the intersectionality of being LGBTQ+ and aging, and the importance of following your passions and living unapologetically. Heidi's photography will also be featured prominently throughout the conference.



WHAT MATTERS MOST? HOW TO HAVE CONVERSATIONS THAT MATTER
MARY L. HOOK, PHD, RN, LINDA BUB, MSN, RN, GCNS-BC, NP-BC, ANN GALLO, MBA, CINDY KOLLAUF, MS, RN, ACNS-BC, ADVOCATE AURORA HEALTH

Everyone knows it's important to ask "WHAT MATTERS MOST" when talking to patients, clients, and family members about their goals, wishes, and needs. But how do we support them to get an actionable answer? This session will feature a fun and interactive experience with tips and resources for your personal and professional life.

MORNING BREAKOUT SESSIONS

UNDERSTANDING AND OPTIMIZING THE COGNITIVE DOMAINS OF THE BRAIN | Brian Browne, Cognitive Care Management, Neuro Nutrition

Our brain is an incredible and complex organ that impacts virtually every aspect of our existence. Let's journey together and unpack how each of the brain's cognitive domains are designed to harmoniously work together to optimize your total health and wellness.

FALL PREVENTION: HOW TO STAY STRONG AND STEADY | Margaret Ricchio, BS, Haleigh Couch, BA, Kenosha County ADRC

Explore various tips and tricks on how to prevent falls and discover local resources that will help those in our community remain upright.

DANCING FOR BRAIN HEALTH | Magda Kaczmarska, MFA, Global Brain Health Institute
 Dance is an art form increasingly recognized for its role in promoting lifelong learning brain health and well-being. In this interactive discussion, current research will be presented on the connection of dance and brain health and offer examples of how this research can be translated into practice for older adults and people living with dementia.

DEMENTIA CAPABLE CARE: AN EFFECTIVE APPROACH TO PREVENT AND SAFELY DE-ESCALATE DISTRESS BEHAVIORS | Kim Warchol, OTR/L, Crisis Prevention Institute

Over 90% of individuals living with dementia will experience distress behaviors putting themselves and others at risk. But it doesn't have to be this way. This session will describe a highly effective, non-pharmacological approach to prevent and de-escalate distress behaviors and improve quality care outcomes.

COMPREHENSIVE SKIN HEALTH: CARE, INSPECTION, DISEASE CONSIDERATIONS, AND COMMUNITY RESOURCES | Jessica Birkholz, BSN, RN, WCC, Cary Thompson, BSN, RN, WCC, Advocate Aurora Health

Learn about essential skills in skin care and inspection and a comprehensive understanding of the process. Disease-specific considerations will be covered, as well as when to seek medical advice, prevention strategies, and community health system resources.

AFTERNOON BREAKOUT SESSIONS

UNDERSTANDING AND OPTIMIZING THE COGNITIVE DOMAINS OF THE BRAIN | Brian Browne, Cognitive Care Management, Neuro Nutrition

Our brain is an incredible and complex organ that impacts virtually every aspect of our existence. Let's journey together and unpack how each of the brain's cognitive domains are designed to harmoniously work together to optimize your total health and wellness.

PROTECTING YOURSELF FROM MEDICARE FRAUD | Ingrid Kundering, MBA, Greater Wisconsin Agency on Aging Resources

Did you know that Medicare loses billions, yes BILLIONS of dollars each year due to fraud, errors, and abuse? Join us to learn more about how you can protect, detect, and report Medicare-related fraud with the help of Wisconsin's Senior Medicare Patrol.

GAMES AND BRAIN HEALTH | Linda Bub, MSN, RN, GCNS-BC, NP-BC, Advocate Aurora Health, Andrew Bub

When most people think of stroke recovery they think of hours of therapy, not fun and games. For those that don't qualify for therapy or those looking to supplement therapy with something fun, board games are a way to do just that! Learn how games can help in your recovery, allow you to see progress over time and just have fun!

ZUMBA | Gina Mayer

Experience Zumba Gold, a vibrant dance workout tailored for active older adults, offering the exhilaration of Zumba at a lower intensity. Join us for an invigorating session that will help you work on balance, flexibility, and coordination, leaving you feeling empowered and energized.

YOU'RE A MUSIC THERAPIST? WHAT IS IT THAT YOU DO EXACTLY? | Heidi Wojtak, MT-BC, Hospice Alliance

Come learn and explore what music therapy and a music therapist is and how they take the therapeutic nature of music and use it for different areas of wellness. Learn the difference between music therapy and therapeutic music, the different populations that can benefit, as well as participate in some examples of music therapy experiences.

REGISTRATION FORM | JUNE 7, 2024

Registration also available online | uwp.edu/agingwell

Name: _____

Agency Name: _____

Phone: _____ Email: _____

Address: _____

City/State/Zip: _____

INVESTMENT

_____ SINGLE Full Event | \$129*

CEUs are included in the price of the registration.

*\$129 before May 7, then \$149

Groups of 3 or more receive 10% off. Register online for the group rate: uwp.edu/agingwell

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DIETARY RESTRICTIONS

Lactose Free Gluten Free Vegetarian Vegan

Allergies (please explain) _____

QUESTIONS? 262-595-3340 or continuing.ed@uwp.edu