

PROGRAM AGENDA



"HELEN OF MESITA" by Marla Allison



NEW MEXICO 45TH ANNUAL **Conference on Aging**

November 13-14, 2023 • Albuquerque



Michelle Lujan Grisham, Governor
Jen Paul Schroer, Cabinet Secretary Designate



Medicare Fall Open Enrollment

October 15 - December 7

Now is the time to select your Medicare plan for the coming year. If you have questions about your coverage, or your needs have changed, reach out to the Aging and Disability Resource Center for free and unbiased options counseling.

[1-800-432-2080](tel:1-800-432-2080)

NMmedicare.org

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The New Mexico Aging and Long-Term Services Department (ALTSD) was established in 2004 to provide advocacy, support, and resources for seniors and adults with disabilities. The department oversees the state’s Area Agencies on Aging to elevate the quality of care at senior centers, offers advocacy through the Long-Term Care Ombudsman volunteer program, and provides intervention through the agency’s national award-winning Adult Protective Services. Additionally, ALTSD houses the state’s Aging and Disability Resource Center, which offers options counseling, education, and connection to resources.



LETTER FROM THE GOVERNOR



Michelle Lujan Grisham

Governor of New Mexico

Dear Conference Attendees,

It is my pleasure to welcome you all to the 45th Annual Conference on Aging. Our seniors have not only shaped our state’s history, but continue to play pivotal roles in our communities. They embody resilience, strength, and the spirit of togetherness that defines New Mexico. It is a priority of this administration to make sure that every single New Mexican receives the care, respect and support they deserve, including our elders.

Throughout my time as Governor, I have prioritized improving healthcare access throughout the state, particularly for our older adults and their families.

We have expanded Medicaid coverage, exempted social security income from taxation, launched initiatives to reduce the cost of prescription drugs, and improved access to affordable and high-quality foods. I’m also especially proud of the complete renovation of the New Mexico Veterans Home in Truth or Consequences, which will provide cutting-edge care to those who bravely served our country.

Please enjoy today’s event – it’s been a while since we were all together in person! I encourage you to fully participate in all of the incredible programming throughout this conference. Together, we are making New Mexico the best place to be a senior.

Thank you for being part of this incredible event!



LETTER FROM THE SECRETARY



Jen Paul Schroer

ALTSO Cabinet Secretary
Designate

Dear Conference Attendees,

I am delighted to extend a warm and heartfelt welcome to each of you as we gather for the 45th Annual Conference on Aging.

This conference is not just an event; it is a testament to our collective commitment to uplifting the lives of our seniors and caregivers in New Mexico. It is an opportunity for us to come together, learn from each other, and collectively address the challenges and opportunities that come with aging.

Our elders are the bearers of wisdom, the custodians of our heritage, and the foundation upon which we build our future. It is our responsibility to ensure that they are supported, respected, and provided with the resources they need to lead fulfilling lives.

Throughout this year's conference, you'll have the opportunity to engage in a wide range of workshops, listen to distinguished speakers, and connect with others. I look forward to the meaningful discussions, insightful sessions, and lasting connections that will emerge during our time together.

Thank you for being part of a brighter and more inclusive future for all New Mexicans.

Warm Regards,



MONDAY OPENING REMARKS



Michelle Lujan Grisham

Governor of New Mexico

A 12th generation New Mexican, Michelle Lujan Grisham is currently serving as the 32nd governor of New Mexico and is the first Democratic Hispanic woman in U.S. history to be elected governor. Driven by a deep compassion for seniors and those living with disabilities, Lujan Grisham was appointed as the first ever Cabinet Secretary for the Aging and Long-Term Services Department. She has carried that care and passion into her governorship prioritizing investments in health care infrastructure and innovative programming to improve access and quality of care for New Mexicans across the state.

MONDAY KEYNOTE ADDRESS



Barbara "Mother" Hubbard

Executive Director
American Collegiate Talent
Showcase

A celebrated figure from Las Cruces, Barbara "Mother" Hubbard has left an impression the entertainment industry in New Mexico and throughout the globe. Originally from Benton, Arkansas, Hubbard came to Las Cruces in 1954 and has served as the executive director of the American Collegiate Talent Showcase (ACTS) since 1978. Now in her mid 90's, "Mother" Hubbard is known for her joy for living, and her passion has centered on helping others enjoy their lives as well. Her speech at the conference will be titled, "There is a Tomorrow," and will focus on providing an uplifting and motivating message for the conference attendees.



TUESDAY OPENING REMARKS



Howie Morales

Lieutenant Governor
of New Mexico

Howie Morales has served as the Lieutenant Governor of New Mexico since January 2019. Throughout his time in office, he has been an advocate for ensuring that New Mexicans can live their best lives by improving access to education and healthcare services. He has also been a strong voice for small businesses and rural communities, providing leadership and supporting new infrastructure to bolster job opportunities for all New Mexicans. A lifelong resident of Silver City, Morales still resides there with his two children.

TUESDAY KEYNOTE ADDRESS

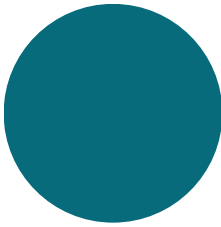


Valerie Tsosie

Executive Director
So' Tsoh Foundation

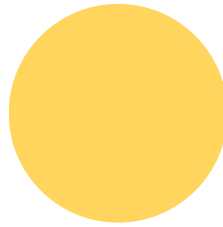
Valerie Tsosie leads the award winning So' Tsoh Foundation, an organization that aims to create pathways to better health by offering innovative solutions for Diné caregivers. Those solutions are centered on increasing access to behavioral and physical wellness as well as quality care for the caregiver and their families. In her speech at the conference, titled, "You are Not Alone," Tsosie will use her experience as a caregiver and nonprofit director to speak about the experience of supporting individuals in their caregiving journeys.

AREAS OF LEARNING + INTEREST



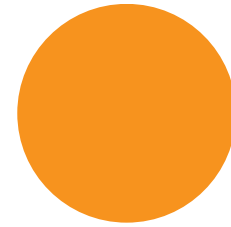
Activities

Accessible Backyard Gardening
 Accessible State Parks and Trails
 Art Class: Finding the Artist Within
 Birding in New Mexico
 Connecting through Literature
 Cooking Demonstrations
 Geology in Your Backyard
 Get the Buzz on Beekeeping
 Guide to How to Write Your Story
 Staying Healthy & Active



Support

Ageism: How Bias Contributes to Risk
 Alternatives to Guardianship
 Alzheimer's: 10 Warning Signs
 Caregiver Advocacy
 Common Legal Issues
 Home and Personal Safety
 Long-Term Medicaid
 Medicare 101
 Medicare and Indian Health Services
 Military and Families Program
 New Mexicare
 Preventing Falls: Balance and Movement
 Senior Employment in the Technical Age



Community Living


Aging with Pride for LGBTQ Elders
 Ageism: How Bias Contributes to Risk
 Caring for Our Wisdom Keepers
 Explore Your Cultural Heritage
 Grief as a Risk Factor
 Native American Storytelling
 Smart Shopping
 Technology for Older Adults

HOW TO USE THE COLORS

Each workshop has a color tab to the right of the description that correlates with one of the three areas of learning. Use these color tabs to help you find workshops in topics that interest you most.

Example:

11:30 am - 12:15 pm **Wells Fargo Auditorium, Performing Arts Bldg**
Caring for Our Wisdom Keepers: Supporting Native Elders
 The goals for this workshop are to share our stories, build new connections, deepen our understanding of the needs of Native Elders, and learn how to meet those needs and advocate by their side. Presented by Rebecca Owl Morgan from the National Indian Council on Aging.



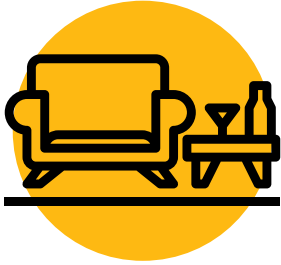


This workshop has an orange tab, so it falls under the area of Community Living.



FUN HAPPENINGS

ONGOING ACTIVITIES



SOCIAL LOUNGE

Education Building
Multi-Purpose Space

Visit with other conference attendees in this comfortable lounge space. Catch up with friends, have a snack and work on the community puzzle throughout the conference. Tune in for live broadcasts of the Duchess Dale Podcast.



ART MUSEUM TOUR

NHCC Art Museum

Gather at the front desk in the Visual Arts Building for a guided tour. Immerse yourself in a vibrant celebration of artwork and artists representing a rich tapestry of Latino experiences during guided tours of the National Hispanic Cultural Center's Art Museum. Explore the beauty, culture, and history of Latino art in a welcoming and inclusive space.



AGING EXPO

Performing Arts
Building Corridor

Visit the many vendor exhibits to learn about their current programs and offerings. Make sure to bring your conference tote bags to collect your conference goodies.

AGING EXPO **Performing Arts Building Corridor**

- A Place at Home Albuquerque
- AARP New Mexico
- Aging & Disability Resource Center
- Agri-Cultura Cooperative Network
- Alzheimer's Association of New Mexico
- Ambercare
- Blue Cross and Blue Shield of New Mexico
- CNM Ingenuity / NM NEW
- Comagine Health
- Consumer Direct Care Network - New Mexico
- City of Albuquerque Department of Senior Affairs
- Home Modification Solutions
- Human Services / Behavioral Health Services Division / Medicaid Assistance Division
- Jemez Historic Site
- KDSK New Mexico's Oldies Radio
- Long-Term Care Ombudsman Program
- Molina Healthcare
- New MexiCare
- New Mexico Attorney General's Office
- New Mexico Caregivers Coalition
- New Mexico Corrections Department Corrections Industries Division
- New Mexico Senior Olympics
- New Mexico State Bar Foundation
- New Mexico Taxation & Revenue Department
- Optum New Mexico
- Peopleworks New Mexico
- Presbyterian Health Plan, Inc.
- Scan Health Plan New Mexico
- Senior.One
- The Education Plan
- United Healthcare
- Wellcare



"Helen of Mesita"

by Marla Allison

Originally from Laguna Pueblo, Marla Allison is a visual artist producing artwork inspired by traditions, cultural displacement and the human experience. She is committed to participating in artist residencies that facilitate collaborations with artists worldwide.

www.MarlaAllison.com

PHOTO COURTESY: DUANE HEMEYESTEWA



MONDAY MORNING | 8:00 - 11:30 am

MONDAY, NOVEMBER 13

8:00 - 9:00 am
Registration

Sandia Hall, Performing Arts Bldg.

Visit the registration area to get your name tag, conference bag, meal and prize tickets.

8:00 - 9:00 am
Breakfast

**Condit Lobby, Performing Arts Bldg. &
Multipurpose Room, Education Bldg.**

Please join us for a healthy breakfast to start your day with coffee, yogurt, whole fruit and muffins made with “New Mexico Grown” fruit from AgriCultura farmers. Muffins are made fresh by YouthWorks participants from Santa Fe.

9:00 - 11:00 am
General Session

Journal Theater, Performing Arts Bldg.

- National Anthem
- Honor Song
- Land Acknowledgment
- Welcoming Remarks
- Cabinet Secretary Designate: Jen Paul Schroer
- New Mexico Governor: Michelle Lujan Grisham
- Keynote Speaker: Barbara “Mother” Hubbard

BREAK | 11:00 - 11:30 am

AGING EXPO - Performing Arts Bldg. & Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- A Place at Home Albuquerque
- AARP New Mexico
- Aging & Disability Resource Center
- Agri-Cultura Cooperative Network



MONDAY MORNING | 11:30 am - 12:15 pm

MONDAY, NOVEMBER 13

11:30 am - 12:15 pm **Wells Fargo Auditorium, Performing Arts Bldg.**
Caring for Our Wisdom Keepers: Supporting Native Elders

The goals for this workshop are to share our stories, build new connections, deepen our understanding of the needs of Native Elders, and learn how to meet those needs and advocate by their side. Presented by Rebecca Owl Morgan from the National Indian Council on Aging.

11:30 am - 12:15 pm **Bank of America Theater, Performing Arts Bldg.**
Medicare 101

Medicare decisions can be overwhelming. New Mexico SHIP is your free, unbiased, expert source for Medicare information and assistance. Whether you're just starting out or want to understand your benefit options better, this workshop will give you a grounding in the basics of Medicare and empower you to make confident decisions. Presented by Kris Winterowd from the New Mexico Aging and Long Term Services Department.

11:30 am - 12:15 pm **Grand Hall #1, Education Bldg.**
Grief as a Risk Factor: Why the Grieving are at Higher Risk

Participants will learn about grieving theories, cultural considerations, and the relationship between grief and other conditions. We will delve deeply into what is normal, what is not, and how grief can make us more susceptible to abuse, neglect and exploitation. Presented by Roberta Farley from the New Mexico Aging and Long Term Services Department.

11:30 am - 12:15 pm **Grand Hall #2, Education Bldg.**
Preventing Falls: Effective Balance and Movement

Falls are not a “normal”; part of aging; they are preventable. Learn about balance and movement programs that can reduce falls related risk factors and join in some of the movements! Local fitness instructor, Ilene Dunn and Albuquerque Oasis Health and Wellness Coordinator, Cynthia LaCoe-Maniaci will provide tips for finding the right program for seniors—and sticking with it.



MONDAY MORNING | 11:30 am - 12:15 pm

MONDAY, NOVEMBER 13

11:30 am - 12:15 pm

Grand Hall #3, Education Bldg.

Accessible Backyard Gardening

Discover how to create and nurture a vibrant green space at home, and experience the physical, mental, and emotional benefits of gardening. This workshop is led by Mary Thelander-Hill, an experienced occupational therapist.

11:30 am - 12:15 pm

Grand Hall #4, Education Bldg.

Healthy Culinary Creations: Eating Seasonally with Local

A cooking demo tailored to seniors looking to enhance their well-being through nutritious meals. Discover simple, yet flavorful recipes and cooking tips that promote healthy eating. These engaging cooking demonstrations will be led by nutritionists focused on seasonal recipes. It is easier than ever to savor good food and good health. Led by Ashley Dunworth.

11:30 am - 12:15 pm

Learning Lab 120, Education Bldg.

Senior Art Class: Finding the Artist Within

Embrace the holiday spirit in a seasonal art project workshop led by a local artist, designed especially for seniors. Dive into the festive world of art and craft beautiful holiday creations. Discover new techniques and ignite your creative spark in a welcoming and supportive setting.

LUNCH BREAK | 12:15 - 1:30 pm



Lunch Information

Condit Lobby
Performing Arts Building
&
Multipurpose Room
Education Bldg.

AGING EXPO

Performing Arts Bldg. &
Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- Ambercare
- Alzheimer's Association of New Mexico
- Blue Cross and Blue Shield of New Mexico
- CNM Ingenuity / NM NEW
- Comagine Health



MONDAY AFTERNOON | 1:30 - 2:15 pm

MONDAY, NOVEMBER 13

1:30 - 2:15 pm

Wells Fargo Auditorium, Performing Arts Bldg.

Aging with Pride: Cultural Competency Considerations for LGBTQ Elders

Learn about New Mexico's LGBTQ Elder Community and explore best practices for fostering safe and welcoming spaces. Listen to data-supported insights to guide what language is most appropriate for describing LGBTQ older adults and their experiences, as well as best practices for creating safe & welcoming spaces. Presented by Havens Levitt (she/her/hers) from ORCA (Older Rainbow Community of Albuquerque).

1:30 - 2:15 pm

Bank of America Theater, Performing Arts Bldg.

Senior Employment Finding a Job in the Technical Age

Explore many topics related to finding a job when you are over 50 years of age. Learn what they of work is available and how to go about finding those jobs. Explore the topics of age discrimination and understand the importance of computer skills as you search for your next job. Presented by Doug Calderwood from New Mexico Aging and Long Term Services Department.

1:30 - 2:15 pm

Grand Hall #1, Education Bldg.

Senior Itinerary: Accessible State Parks & Trails

New Mexico is known for its breathtaking sunsets and fresh air. From high desert to aspen vistas, our 35 state parks have something for everyone! Whether a nature hike or an afternoon picnic, there is something for seniors to experience. Learn about state parks that are ideal for seniors to explore from the New Mexico State Parks Department.

1:30 - 2:15 pm

Grand Hall #2, Education Bldg.

How to Write Your Story: A Guided Experience

Unleash the power of your memories and ignite your creativity in this dynamic storytelling workshop. This step-by-step experience invites you to embark on a journey of self-discovery as you craft, share, and polish your life narratives, led by local author and memoir-writing instructor, Marcia Rosen.

1:30 - 2:15 pm

Grand Hall #3 Education Bldg.

Accessible Backyard Gardening

Discover how to create and nurture a vibrant green space at home, and experience the physical, mental, and emotional benefits of gardening. This workshop is led by Mary Thelander-Hill, an experienced occupational therapist.



MONDAY AFTERNOON | 1:30 - 2:15 pm

MONDAY, NOVEMBER 13

1:30 - 2:15 pm
New MexiCare

Grand Hall #4, Education Bldg.

Learn about New MexiCare. The New MexiCare Caregiver Health Model is a program to provide financial assistance and training to caregivers who are assisting friends or family members with daily activities due to physical or cognitive limitations. The goal of the program is to allow older adults to thrive in their homes and communities and reduce nursing home placements and emergency department visits. Steven Fernandez, New Mexicare Program Manager.

1:30 - 2:15 pm
Native American Storytelling

Learning Lab 124, Education Bldg.

Don efforts to preserve this traditional Native American art form, through his storytelling presentation, Emmett “Shkeme” Garcia hopes to inspire attendees in various ways including; learning the art of storytelling, writing, or sharing their own stories. Emmett “Shkeme” Garcia’s lively animated storytelling features both traditional and modern-day references, which make for a lighthearted, and often humorous, presentation for all age audiences. Emmett “Shkeme” Garcia is from the Pueblos of Tamaya (Santa Ana) and Walatowa (Jemez) in New Mexico.

BREAK | 2:15 - 2:30 pm



Snacks & Refreshments

Social Lounge

Performing Arts Center
Concessions

AGING EXPO

Performing Arts Bldg. &
Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- Coimagine Health
- Consumer Direct Care Network - New Mexico
- City of Albuquerque Department of Senior Affairs
- Home Modification Systems



MONDAY AFTERNOON | 2:30 - 3:15 pm

MONDAY, NOVEMBER 13

2:30 - 3:15 pm
Military and Families Program

Wells Fargo Auditorium, Performing Arts Bldg.

AARP has a long history of supporting those who served in the US Armed Forces. This workshop is designed to highlight programs and services that are available to veterans, military, and their families to help navigate complexities of life's transitions by delivering tangible, actionable value. Presented by Gary Williams.

2:30 - 3:15 pm
Common Legal Issues

Bank of America Theater, Performing Arts Bldg.

This workshop will provide legal information about Common Legal Issues that affect senior citizens. This workshop will cover topics such as the purpose and function of Powers of Attorneys and Advance Health Care Directives; the purpose of Probate; Estate Planning and Non-Probate Transfers (including Transfer on Death Deeds); and Institutional Medicaid to help pay for Long-Term Care. Presented by Natalie Meyers, LREP Managing Attorney at Legal Resources for the Elderly.

2:30 - 3:15 pm
Long-Term Medicaid

Grand Hall #1, Education Bldg.

Learn how seniors can qualify for Long-Term Care Medicaid, including Institutional Care, Waiver and PACE. Learn about Spousal Impoverishment protections for the stay at home spouse in a married couple. Presented by Cristobol Munoz of the Senior Citizens Law Office.

2:30 - 3:15 pm
How to Write Your Story: A Guided Experience

Grand Hall #2, Education Bldg.

Unleash the power of your memories and ignite your creativity in this dynamic storytelling workshop. This step-by-step experience invites you to embark on a journey of self-discovery as you craft, share, and polish your life narratives, led by local author and memoir-writing instructor, Marcia Rosen.

2:30 - 3:15 pm
Birding in New Mexico

Grand Hall #3 Education Bldg.

Birds are magical. They can inspire and motivate you into action. Bird watching is a gateway to engage in our natural world. In this workshop, you'll learn about common birds in New Mexico and tips to start your new hobby from local bird watching experts.



MONDAY AFTERNOON | 2:30 - 3:15 pm

MONDAY, NOVEMBER 13

2:30 - 3:15 pm **Grand Hall #4, Education Bldg.**
Staying Healthy & Active: Local Games & Walk4Fitness

Join Cecilia Acosta, Executive Director of New Mexico Senior Olympics to explore the key strategies for maintaining fitness as we age, with a focus on local games and walking. Learn how to stay active, vibrant, and engaged in an inclusive and supportive environment.

2:30 - 3:15 pm **Learning Lab 120, Education Bldg.**
Senior Art Class: Finding the Artist Within

Embrace the holiday spirit in a seasonal art project workshop led by local artist Kerry Bergen, designed especially for seniors. Dive into the festive world of art and craft beautiful holiday creations. Discover new techniques and ignite your creative spark in a welcoming and supportive setting.

BREAK | 3:15 - 3:45 pm



Snacks & Refreshments

- Social Lounge
- Performing Arts Center
- Concessions

AGING EXPO

Performing Arts Bldg. &
Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- Consumer Direct Care Network - New Mexico
- City of Albuquerque Department of Senior Affairs
- Home Modification Solutions



DAY 1 CLOSING SESSION | 3:45 - 4:45 pm

MONDAY, NOVEMBER 13

3:45 - 4:45 pm **Journal Theater, Performing Arts Bldg.**
Community Panel: Aging in New Mexico
Door Prizes & Announcements

Panel Discussion with New Mexican adults as they discuss aging in New Mexico.

Conference on Aging Door Prizes. Dig out your Conference on Aging door prize tickets for day one prizes. Closing entertainment and announcements. Join us at 5:30 pm at The Clyde Hotel for the Social Dance.

SOCIAL DANCE | 5:30 - 8:00 pm



Social Dance

The Clyde Hotel
330 Tijeras Ave NW
Albuquerque

Featuring live
music by **SWAG**

Join us at The Clyde Hotel for this year's social dance. Regardless of the style or the quality of your moves, dance can significantly improve muscular strength and endurance, balance, and other aspects of functional fitness.

Shake it up & have some healthy fun.



Complimentary parking in The Clyde Hotel parking garage.

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phs.org/medicare

(505) 600-MEDI (6334)
TTY 711



TUESDAY MORNING | 8:00 - 11:30 am

TUESDAY, NOVEMBER 14

8:00 - 9:00 am
Registration

Sandia Hall, Performing Arts Bldg.

Visit the registration area to get your name tag, conference bag, meal and prize tickets.

8:00 - 9:00 am
Breakfast

**Condit Lobby, Performing Arts Bldg. &
Multipurpose Room, Education Bldg.**

Please join us for a healthy breakfast to start your day with coffee, yogurt, whole fruit and muffins made with “New Mexico Grown” fruit from AgriCultura farmers. Muffins are made fresh by YouthWorks participants from Santa Fe.

9:00 - 11:00 am
General Session

Journal Theater, Performing Arts Bldg.

- Opening Remarks: New Mexico Lieutenant Governor, Howie Morales
- Keynote Speaker: Valerie Tsosie
- Ombudsman Awards

BREAK | 11:00 - 11:30 am

AGING EXPO - Performing Arts Building Corridors

Visit Exhibitors, Including:

- Human Services / Behavioral Health Services Division / Medicaid Assistance Division
- Jemez Historic Site
- KDSK New Mexico’s Oldies Radio
- Long-Term Care Ombudsman Program
- Molina Healthcare
- New MexiCare



TUESDAY MORNING | 11:30 am - 12:15 pm

TUESDAY, NOVEMBER 14

11:30 am - 12:15 pm **Wells Fargo Auditorium, Performing Arts Bldg.**
New Mexico TAP: Technology for Older Adults

This educational session will highlight assistive technology devices that are available to seniors with disabilities, that can be utilized at home or in the community. Participants will learn about technology that can be used for hearing, vision, and normal daily living needs such as eating meals and waking up. This session will also feature a hands-on component which will allow participants a chance to try out the technology for themselves. Presented by the Governor's Commission on Disability.

11:30 am - 12:15 pm **Bank of America Theater, Performing Arts Bldg.**
The 10 Warning Signs of Alzheimers

This education program will help you recognize common signs of the disease in yourself and others and next steps to take, including how to talk to your doctor. Presented by Craig Coleman from the Alzheimer's Association New Mexico Chapter.

11:30 am - 12:15 pm **Grand Hall #1, Education Bldg.**
Caregiver Advocacy: New Mexico Caregivers

New Mexico Caregivers Coalition is a statewide nonprofit organization that trains and advocates for caregivers so that they better serve those who are elderly and those with disabilities. Come to this workshop to learn how to become involved so that you, too, can advocate for caregivers and have your voice heard. Presented by Adrienne R. Smith founder of the New Mexico Caregivers Coalition.

11:30 am - 12:15 pm **Grand Hall #2, Education Bldg.**
Connecting with Family Through Literature

An insightful workshop led by a local children's literacy expert that explores the invaluable role of grandparents and elder relatives in family dynamics. Uncover the profound influence of reading as a means to strengthen intergenerational connections, fostering a closer-knit and harmonious family bond.

11:30 am - 12:15 pm **Grand Hall #3, Education Bldg.**
Birding in New Mexico

Birds are magical. They can inspire and motivate you into action. Bird watching is a gateway to engage in our natural world. In this workshop, you'll learn about common birds in New Mexico and tips to start your new hobby from local bird watching experts.



TUESDAY MORNING | 11:30 am - 12:15 pm

TUESDAY, NOVEMBER 14

11:30 am - 12:15 pm **Grand Hall #4, Education Bldg.**
Healthy Culinary Creations: Cooking for Wellness

A cooking demonstration tailored to seniors looking to enhance their well-being through nutritious meals. Discover simple, yet flavorful recipes and cooking tips that promote healthy eating. These engaging cooking demonstrations will be led by nutritionists focused on seasonal recipes. It is easier than ever to savor good food and good health. Presented by Cassandra Vanderool and Dianne Christensen.

11:30 am - 12:15 pm **Learning Lab 120, Education Bldg.**
Senior Art Class: Finding the Artist Within

Join local artist Polly Jackson in an inspiring drawing workshop tailored for seniors. Unlock your creative potential and explore the world of art. Discover new techniques and develop your skills in a relaxed and supportive environment. Embrace the joy of self-expression through drawing.

LUNCH BREAK | 12:15 - 1:30 pm



Lunch Information

Condit Lobby
Performing Arts Bldg.
&
Multi-Purpose Room
Education Bldg.

AGING EXPO

Performing Arts Bldg. &
Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- New Mexico Attorney General's Office
- New Mexico Caregivers Coalition
- New Mexico Corrections Department
Corrections Industries Division
- New Mexico Senior Olympics



TUESDAY AFTERNOON | 1:30 - 2:15 pm

TUESDAY, NOVEMBER 14

1:30 - 2:15 pm **Wells Fargo Auditorium, Performing Arts Bldg.**
Alternatives to Guardianship, Office of Guardianship (OOG)

Not everyone with a disability needs a guardian. Prior to pursuing guardianship, it is important to explore less restrictive options that support the needs and preserve the independence of a person with disabilities. OOG initiated the My Life, My Decisions campaign to educate the community on less-restrictive alternatives to guardianship, planning for the future, and end-of-life care. This campaign highlights the importance of allowing people to express their wishes and identify those who can support their decisions in those areas of life where they need assistance. Presented by Tim Gardner from Disability Rights New Mexico.

1:30 - 2:15 pm **Bank of America Theater, Performing Arts Bldg.**
Home and Personal Safety

Participants will be able to look at their home and personal well being and be given options for consideration to age in place safely. Topics covered include but are not limited to personal capabilities and limitations, importance of preparation, equipment possibilities, remodel considerations, house size considerations, and resources available. Presented by Captian Melvin Martinez.

1:30 - 2:15 pm **Grand Hall #1, Education Bldg.**
Geology in Your Backyard

Embark on an exciting journey to uncover the geological marvels of New Mexico in this immersive workshop! Join us as we delve deep into the captivating realm of local geology, unlocking the mysteries of rocks and minerals found right in your own backyard. Don't miss this unique opportunity to explore the hidden treasures beneath your feet!

1:30 - 2:15 pm **Grand Hall #2, Education Bldg.**
Knowing Your Story & Exploring Your Cultural Heritage

Discover the art of genealogy in knowing and exploring your own story. This workshop will be expertly led by Lark Roberts, President of the Albuquerque Genealogy Society. Dive into the fundamentals of genealogy, explore the advantages and drawbacks of DNA testing, and learn about valuable local resources to further explore your ancestral story.

1:30 - 2:15 pm **Grand Hall #3, Education Bldg.**
What's the Buzz on Beekeeping

Learn about the delights and benefits of beekeeping, which is perfect for relaxation and cognitive rejuvenation. This workshop led by a New Mexican beekeeper will discuss how to get started in beekeeping, as well as practical tips on how to maintain a hive and grow this interest into a fulfilling hobby.



TUESDAY AFTERNOON | 1:30 - 2:15 pm

TUESDAY, NOVEMBER 14

1:30 - 2:15 pm **Grand Hall #4, Education Bldg.**
Medicare and Indian Health Services

Navigating one health care system is challenging enough, let alone two! This workshop will help you understand the differences in the type of coverage provided by Medicare and IHS, explain how enrolling in Medicare helps the community, provide information on how to get Medicare, and inform you about programs to help pay for it. Presented by Kris Winterowd from the New Mexico Aging and Long Term Services Department.

1:30 - 2:15 pm **Learning Lab 124, Education Bldg.**
Native American Storytelling

In efforts to preserve this traditional Native American art form, through his storytelling presentation, Emmett “Shkeme” Garcia hopes to inspire attendees in various ways including; learning the art of storytelling, writing, or sharing their own stories. Emmett “Shkeme” Garcia’s lively animated storytelling features both traditional and modern-day references, which make for a lighthearted, and often humorous, presentation for all age audiences.

BREAK | 2:15 - 2:30 pm



Snacks & Refreshments

Social Lounge
Performing Arts Center
Concessions

AGING EXPO

Performing Arts Bldg. &
Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- New Mexico State Bar Foundation
- New Mexico Taxation & Revenue Department
- Optum New Mexico
- Peopleworks New Mexico
- Presbyterian Health Plan, Inc.



TUESDAY AFTERNOON | 2:30 - 3:15 pm

TUESDAY, NOVEMBER 14

2:30 - 3:15 pm **Wells Fargo Auditorium, Performing Arts Bldg.**
Ageism: How Bias Contributes to Risk in Older Adults

Ageism is a common bias experienced worldwide, with significant implications on every aspect of life. In this session, we will explore the factors that contribute to ageist views, and the impact that societal and internalized ageism can have on us as individuals, and as a society. Participants will learn to recognize ageism in a variety of settings and learn strategies to battle this bias as individuals and organizations. Presented by Roberta Farley from New Mexico Aging and Long Term Services Department.

2:30 - 3:15 pm **Bank of America Theater, Performing Arts Bldg.**
Be a Smart Shopper

Join the Senior Citizens' Law Office for a presentation on how to Be a Smart Shopper! A SCLO staff attorney will give practical consumer tips covering such topics as: how to deal with debt collectors; recognizing scams; online shopping and product safety; buying a used car, and more. Presented by Michel McGuire, Staff Attorney at Senior Citizens' Law Office.

2:30 - 3:15 pm **Grand Hall #1, Education Bldg.**
Geology in Your Backyard

Embark on an exciting journey to uncover the geological marvels of New Mexico in this immersive workshop! Join us as we delve deep into the captivating realm of local geology, unlocking the mysteries of rocks and minerals found right in your own backyard. Don't miss this unique opportunity to explore the hidden treasures beneath your feet!

2:30 - 3:15 pm **Grand Hall #2, Education Bldg.**
Knowing Your Story & Exploring Your Cultural Heritage

Discover the art of genealogy in knowing and exploring your own story. This workshop will be expertly led by Lark Roberts, President of the Albuquerque Genealogy Society. Dive into the fundamentals of genealogy, explore the advantages and drawbacks of DNA testing, and learn about valuable local resources to further explore your ancestral story.

2:30 - 3:15 pm **Grand Hall #3, Education Bldg.**
Connecting with Family Through Literature

An insightful workshop led by a local children's literacy expert that explores the invaluable role of grandparents and elder relatives in family dynamics. Uncover the profound influence of reading as a means to strengthen intergenerational connections, fostering a closer-knit and harmonious family bond.



TUESDAY AFTERNOON | 2:30 - 3:15 pm

TUESDAY, NOVEMBER 14

2:30 - 3:15 pm **Grand Hall #4 Education Bldg.**
Staying Healthy and Active: EnhanceFitness

EnhanceFitness is an evidence-based physical activity program that focuses on improving the physical and mental health of older adults. The program is led by certified instructors from New Mexico Senior Olympics, who are trained to modify exercises to meet the individual needs of each participant. The program includes a variety of exercises that target cardiovascular health, strength, flexibility, and balance.

2:30 - 3:15 pm **Learning Lab 120, Education Bldg.**
Senior Art Class: Finding the Artist Within

Join local artist Polly Jackson in an inspiring drawing workshop tailored for seniors. Unlock your creative potential and explore the world of art. Discover new techniques and develop your skills in a relaxed and supportive environment. Embrace the joy of self-expression through drawing

BREAK | 3:15 - 3:45 pm



Snacks & Refreshments

- Social Lounge
- Performing Arts Center
- Concessions

AGING EXPO

Performing Arts Bldg. & Visual Arts Bldg. Corridor

Visit Exhibitors, Including:

- Scan Health Plan New Mexico
- Senior.One
- The Education Plan
- United Healthcare
- Wellcare



DAY 2 CLOSING SESSION | 3:45 - 4:45 pm

TUESDAY, NOVEMBER 14

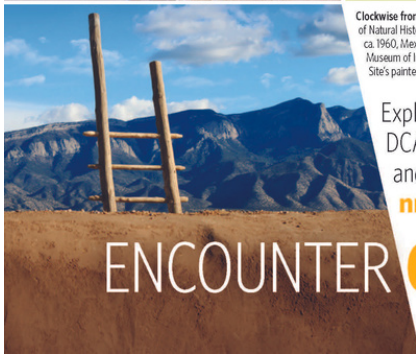
3:45 - 4:45 pm **Journal Theater, Performing Arts Bldg.**
Announcements and Closing Ceremony

Entertainment, door prizes and closing announcements.
Thank you for joining us!

KEY LEARNINGS



Clockwise from top left: Jurassic exhibit at the New Mexico Museum of Natural History & Science, photograph by Tira Howard; Jaguar mask, ca. 1960, Mexico, gift of the Girard Foundation Collection (A.1979J.768), Museum of International Folk Art; Ladder leading into Coronado Historic Site's painted kiva, photograph by Eric Moldonado.



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program/nm-new](http://cnmingenuity.org/program/nm-new)

NM-NEW's mission is to proactively engage New Mexicans aged 50-70+ (New Elders) by providing pathways through learning events, work, volunteering, and/or social connections.



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KEY LEARNINGS



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KEY LEARNINGS

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Maximum Gross Income Level:

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\$6,600/Mo for Couples

Maximum Financial Holdings:

\$19,800/Mo for Individuals

\$39,600/Mo for Couples



**Must meet eligibility requirements.*

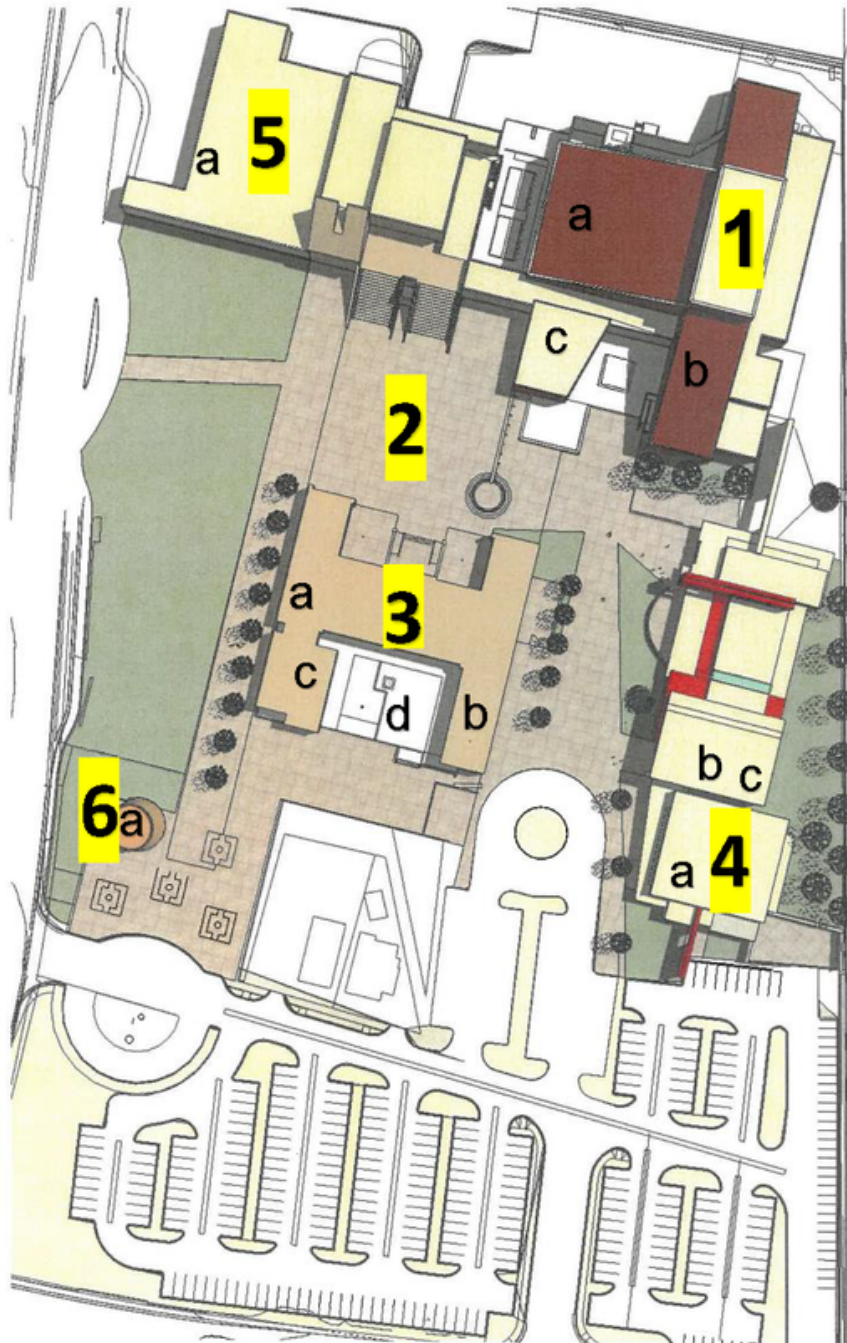
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National Hispanic Cultural Center Campus Map



- 1. Performing Arts Building**
 - a. Albuquerque Journal Theater
 - b. Bank of America Theater
 - c. Wells Fargo Theater
- 2. Plaza Major**
- 3. History and Literary Arts Building**
 - a. Library
 - b. La Fonda Restaurant
 - c. Salon Ortega
 - d. Fountain Courtyard
- 4. Education Building**
 - a. Grand Hall
 - b. Classrooms 122/124
 - c. Creative Classroom
- 5. Visual Arts Building**
 - a. Art Gallery
- 6. Welcome Center**
 - a. Torreon

