

## PROGRAM

### *Session descriptions*

#### ***Integrated Therapies for Aging***

**Loren Lipson, MD**

Participants will be introduced to traditional and complementary therapies, their interrelations in overall maintenance of health and function of older adults.

#### ***Understanding Arthritis Care for the Elderly: How you Can Make a Difference***

**Karen Huisinga, ARNP**

This session will review Rheumatoid Arthritis and Osteoarthritis disease basics including mechanism of action, physical effects in the elderly, medications and safety issues. The session will focus on understanding a care giving role in assisting elderly adults with arthritis live and function well with arthritis.

#### ***Occupational Therapy for Health***

**Jo Boehme, OT/L**

Occupational therapy contributes in many ways to wellness and recovery in older adults. This presentation will discuss some of those ways and identify and share resources for communities that have no professional occupational therapists available. Participants will learn and practice Tai Chi for health as a safe and effective method to relieve pain and improve quality of life for older adults.

#### ***Successful Aging Through the Eyes of Alaska Natives***

**Jordan Lewis, MSW**

This presentation explores the concept of successful aging from a Native perspective and what it means to age well in Alaska. Insight into how successful aging is defined will inform the factors that determine whether or not villages are able to meet their needs and enable them to remain in their own community.

#### ***Intergenerational Therapy: Therapeutic Practices for Bridging the Gap***

**Kathy Fanning, RT; Lisa Arehart, BA; Merritt Andruss, RN, MSN, GNP**

Through discussion, audio-visual presentation and handouts, participants will discuss ideas and strategies for bridging the gap between the generations, and the therapeutic effects of doing so. How to lay the foundation, develop relationships, therapeutic effects and suggested activities will be covered.

#### ***Healing Touch***

**Mary Szczepanski, BSN, MS, HNC**

Healing Touch is a method of clearing and balancing the human energy field in order to help to decrease many types of pain, anxiety, and Stress. Healing Touch is done with a caring heart and focused awareness that affects both the giver and the receiver.

#### ***THE Therapies***

**Loren Lipson, MD**

This session will introduce participants to the interrelatedness and importance of traditional physical, occupational, and speech therapies in the maintenance of function in older adults. The session will also explore the role of complementary therapies.

***Brain Training: How to Create a Cognitive Enhancement Program to Maximize Older Adults' Memory Ability***  
**Rob Winningham, PhD**

Participants will learn about recent research that supports the “use it or lose it” theory of memory and aging. They will learn how it is possible to develop group-based memory enhancement programs to help older adults improve their ability to make new memories, increase their confidence, increase their perceived social support, and decrease their perceived loneliness. Attendees will be given a list of 50 cognitively stimulating activities that older adults can do to maintain their memory ability. In addition, Dr. Winningham will discuss how residential care and health care providers can implement cognitive enhancement programs for older adults in many different settings. Participants will be given instructions and materials to conduct ten different cognitively stimulating activities, specifically designed to enhance attention and memory performance. Such activities can be used to start their own cognitive enhancement program.

***Introduction to Geriatric Massage***  
**Sharon Puszko, PhD**

This introductory session will give attendees an understanding of the physiology, psychology and sociology of aging in order to massage seniors in a way that increases the flow of blood and lymph, softens muscle tissue, calms the mind, and stimulates the nervous system without risk.

***Energy Balancing: Techniques to Raise, Calm, and Control Your Energy, Brain to Toes, Body, Mind and Spirit***  
**Maureen Longworth, MD**

Content includes lecture and experiential practice after instruction. Focus awareness exercises based on ancient traditions using energy points and energy streams recognized for all time, correlated with anatomy, physiology, disease systems, and current medical practices. Session will include hands on working with others and self-balancing practicum using energy balancing exercises, including a brain balancing exercise for left brain/right brain balance; a spine and all over energy balance exercise; and a fatigue and energy raising exercise.

***Health Literacy: How to Say It to Elders***  
**Sheila Wright, M.Ed & Ella Craig, MSW**

Health Literacy is an important topic for seniors and is directly linked to health outcomes. This presentation will include a basic overview of key health literacy concepts, examples of health literacy best practices, and techniques for improving health literacy with the senior population.

***Traditional Activities and Daily Healthcare Techniques***  
**Susanna Norton, Tribal Doctor**

With continuing practice of traditional ways of survival, the ultimate goal of a healthier lifestyle will be met by including elders in as many traditional activities such as Eskimo dancing, community potlatches, and subsistence food preparation that enhance elders' overall health. Participants will learn a wide range of traditional healing methods performed as well as healthcare, such as self message to enlarge blood circulation, and also day to day remedies a person can do before needing to go to the hospital.

***Promoting Well-Being in Frail Elders***  
**Marilyn McKay, MSW**

This interactive workshop explores well-being as possibility, exploring the definitions, skills, and evaluative tools of person-centered care. It looks at the questions “What does ‘well-being’ look like when physical, cognitive and/or emotional decline are the dominating realities?” What does it take for caring staff to support well-being in those who live such realities?”

***Just Move! Easy Ways to Incorporate Movement in Your Day***

**Denice Blefgen McPherson, PT**

This session will identify ways to incorporate more movement into our daily lives, with consideration of medical and musculoskeletal limitations.

***Nurturing Our Elders***

**Patricia Wade, Tribal Member**

This presentation will share images and stories about our elder Lunch Program and Four-Season's Community Garden and Greenhouse. These two programs have made a major impact in the lives of previously isolated Elders, who now are central in our vibrant community. Our programs have reunited families, offered health activities and health education, and provided fresh nutritious meals harvested by our Tribe and within our community.

***A Holistic and Interconnected Approach to Maintaining Quality of Life in Older Adulthood***

**Rob Winningham, PhD**

Research from a variety of fields will be briefly discussed including cognitive rehabilitation, physical exercise, nutrition, social support and mood. These factors interact, often in a synergistic manner, and older adults who engage in optimal lifestyle behaviors are likely to maximize their quality of life.