



16<sup>th</sup> Annual

# Care of the Elderly

CONFERENCE

## Healthy Aging: Therapeutic Practices for Maximizing Function and Well-Being for Older Adults

September 26 & 27, 2008 • Sitka, Alaska

*Exploring ways older adults can maintain, regain, and maximize function  
for life-long holistic health.*

**University of Alaska Southeast**  
Community Education and Professional Development  
1332 Seward Avenue, Sitka AK 99835  
1-800-478-6653

Visit our website for the latest information:  
[www.uas.alaska.edu/sitka/coed/conferences/elderly.html](http://www.uas.alaska.edu/sitka/coed/conferences/elderly.html)

*Co-Sponsored by*

**Alaska Geriatric Education Center  
Alaska Mental Health Trust Training Cooperative  
USC Keck School of Medicine, Geriatrics  
Center for Community, Sitka Alaska  
University of Alaska Southeast Sitka Campus**

*Sponsored by Center for Community*

**Reception**  
**Friday, September 26**  
**4:30-6:30pm**

Designed to present an overview of current issues in the care of elders, the objective of this conference is to provide new strategies and methods for improving the function, vitality, and overall quality of life of the elderly.

**Care of the Elderly**  
**16th Annual Conference in Sitka, Alaska**  
**Friday and Saturday**  
**Sept 26 and 27, 8:30 am - 4:30 pm**

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SITKA, AK  
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# Registration

16<sup>th</sup> Annual Care of the Elderly Conference

Please use a separate form for each registrant.

- \$225 registration fee for full conference attendance
- \$125 registration fee for single day attendance
  - Friday Sept 26 or  Saturday Sept 27
- \$190 registration fee per person for five or more from one agency (All must be paid by one agency check or purchase order)
- \$75 seniors or students  \$45 seniors or students one day

Your Name \_\_\_\_\_

Title/Position \_\_\_\_\_

Business/Agency \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email Address \_\_\_\_\_

Date of Birth \_\_\_\_\_

UA ID or SSN \_\_\_\_\_

Special Needs \_\_\_\_\_

- Check enclosed, made payable to UAS
- Copy of Purchase Order attached
- Bill to: VISA or Mastercard (circle one)
- # \_\_\_\_\_ Expiration \_\_\_\_\_

Signature \_\_\_\_\_

For more information or to register:  
907-747-7728 or 800-478-6653 ext 7728  
or fax 907-747-7743

Email: [marilyn.durocher@uas.alaska.edu](mailto:marilyn.durocher@uas.alaska.edu)

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**Cancellation must be received at least 7 days prior to the conference to receive a refund.**

## Who Should Attend?

- Nurses, RNs, LPNs, CNAs • Occupational and Physical Therapists
- Care Coordinators • Healthcare Administrators • Social Workers
- Community Health Providers • Psychologists • Family Therapists
- Volunteer & Family Caregivers • Physicians • Pharmacists • Seniors
- Professional Caregivers • Anyone interested in Elder Care

## Continuing Education

The full conference is 11.1 contact hours. CEUs will be awarded based on attendance. Individuals should refer to their licensing CE requirements for determination of qualifying sessions.

September 26 & 27, 2008

Harrigan Centennial Hall • Sitka, Alaska

## Conference topics...

Arthritis Therapy  
Elders Lunch Program  
Energy Self - Healing  
Geriatric Massage  
Healing Touch  
Health Literacy  
How to Maximize Memory Ability in Older Adults  
Integrated Therapies for Aging  
Intergenerational Therapy  
Promoting Well-Being in Frail Elders  
Successful Aging through the Eyes of Alaska Natives  
Tai Chi for Health  
Traditional Activities and Daily Healthcare Techniques  
"What is Well Being?"

## Conference presenters...

### Merritt Andrus, RN, MSN, GNP

Geriatric Nurse Practitioner, Juneau Pioneers Home

### Lisa Arehart

Headstart Teacher, Juneau

### Jo Boehme, OT/L, Certified Tai Chi Instructor

Occupational Therapist, Tai Chi Instructor, Juneau

### Kathleen Fanning, RT

Activity Director, Juneau Pioneers Home

### Karen Huisinga, ARNP

Arthritis Foundation, Pacific Northwest Chapter

### Jordan Lewis, MSW

University of Alaska Fairbanks Doctoral Candidate

### Loren Lipson, MD

Professor Emeritus, Geriatric Medicine, Keck School of Medicine, University of Southern California

### Maureen Longworth, MD

Alaska Holistic Family Medicine LLC, Juneau

### Marilyn McKay, MSW

Consultant, Moment by Moment, Eagle River

### Sharon Puszko, PhD, CMT

Day-Break Geriatric Massage Institute, Indianapolis, IN

### Lisa Savok

Tribal Doctor Trainee, Certified Traditional Healer, Kotzebue

### Mary Szczepanski, BSN, MS, HNC

Holistic Nursing practice, Juneau

### Rob Winningham, PhD

Western Oregon University, Associate Professor of Psychology

### Sheila Wright, MEd

Geriatric Training Coordinator and Adjunct Professor, UA Anchorage

## Lodging and Travel

For a detailed local lodging list, call the Sitka Convention and Visitors Bureau at (907) 747-5940 or [www.sitka.org](http://www.sitka.org)

Sitka Hotel	907-747-3288
Super 8 Motel	907-747-8804
Totem Square Inn	866-300-1353
Westmark	800-544-0970

For travel information and arrangements contact Alaska Airlines 800-252-7522 or [www.alaskaair.com](http://www.alaskaair.com) or call your local travel agent.