

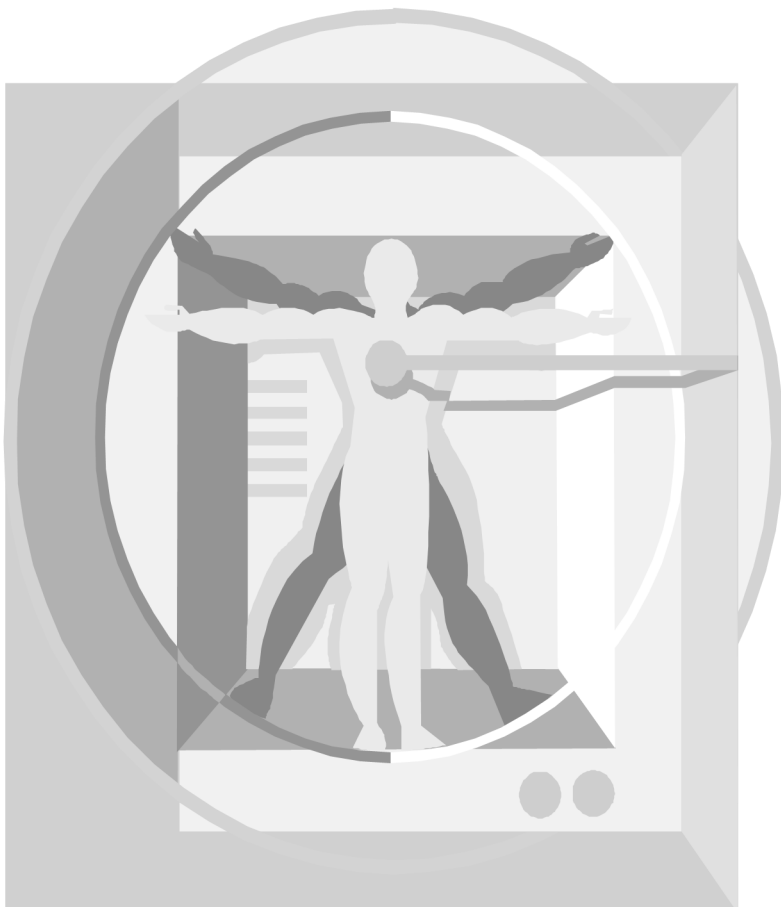
# 2020 Spring Wellness Festival for Seniors "Spring into Wellness"

Join us for our twenty-fourth annual event designed to help seniors 60 and over meet the challenges of growing older.

**Friday** – April 17, 2020

John N. Harms Center  
Scottsbluff, Nebraska

**2620 COLLEGE PARK  
ACROSS THE STREET FROM  
THE WNCC MAIN CAMPUS  
ENTRANCE ON THE EAST  
SIDE OF THE BUILDING  
PARKING AVAILABLE ON  
NORTH AND EAST SIDES**



**Sponsored by:**

- ⇒ Aging Office of Western Nebraska
- ⇒ Community Action Partnership of Western Nebraska
- ⇒ Heritage Estates
- ⇒ Regional West Foundation
- ⇒ Monument Rehabilitation & Care Center
- ⇒ The Village at Regional West
- ⇒ Western Nebraska Community College
- ⇒ Volunteers & Friends of Regional West

# Spring Wellness Festival for Seniors

Wellness includes not only physical health, but also intellectual, emotional, and social well-being. The benefits of wellness are important at any age, but become more dramatic as we age. This program was developed with the hope that you will acquire information to add life to your years rather than just years to your life.

Please take a few minutes to look over the schedule and select the sessions you would most like to attend. Return the completed registration form to WNCC by April 8, 2020.

## When & Where

Friday, April 17, 2020

8:00 a.m. – 2:45 p.m.

John N. Harms Center

2620 College Park

Scottsbluff, Nebraska

## Festival Agenda

8:00 a.m.	Registration
8:30 a.m.	Welcome Keynote Address
9:45 a.m.	Break
10:00 a.m.	Concurrent Session #1
10:45 a.m.	Break
11:00 a.m.	Concurrent Session #2
11:45 a.m.	Break
12:00 p.m.	Lunch/Recognitions
1:00 p.m.	Concurrent Session #3
1:45 p.m.	Break
2:00 p.m.	Concurrent Session #4
2:45 p.m.	Adjourn

## Registration Fee

**Registration deadline is April 8, 2020.** The conference registration is just **\$8** per person for those 60 and over (lunch included). There is a **\$15** fee for those under age 60 (lunch included). We are not able to accommodate special dietary needs. You may bring your own lunch, but the cost will remain the same. Some registrations may be accepted after April 8th, but lunch may not be available and some sessions may be full.

## For More Information

For more information, contact the John N. Harms Center at WNCC: (308) 635-6700.

## Keynote Address:

### “Dispelling the Myths of Aging”

by Dr. Nancy Meier

*Dr. Nancy Meier understands that, as an individual ages, he/she hears and sees a variety of recommendations for improving health or well-being. She will provide factual information about the aging process, reliable sources of health information, and use of supplements, etc.*

*Dr. Meier is an Assistant Professor and on graduate faculty at the UNMC College of Nursing teaching in both the Psychiatrist Mental Health and Adult-Gerontology Nurse Practitioner programs. She is board certified as a Gerontological and Psychiatric Mental Health Nurse Practitioner. She has been a UNMC faculty member on the Scottsbluff campus for 22 years. She was born and raised in Sidney Nebraska.*

*Dr. Meier is specialized in care of the older adult and the comprehensive cognitive assessment process to evaluate the older adult for medical and psychiatric conditions and various types of dementia. She has provided geriatric services in the area for 15 years with a focus on older adult wellness and maintenance of the highest level of health functioning. She is the Project Lead of the Geriatric Cognitive and Mental Health Project for Rural Nebraska, providing psychiatric and cognitive screening and geriatric and cognitive assessments of older adults, in the Panhandle of Nebraska.*

## The Keynote Speaker is Sponsored by:

Regional West Foundation, and  
The Village at Regional West

## Notes

Please bring this brochure with you, except registration form  
(A copy of your registration will be provided.)  
You may want to bring a jacket or sweater in case rooms are too cool for you.  
Please turn off your cell phone during all presentations.

# ***1st Session 10 AM (Listed Alphabetically)***

**Choose one and put on registration form**

## **Assistive Technology**

- Types of technology to live independently in the community
- Aids for daily living
- Specialized home modifications

**Presenter: Brent Dierksen**, Assistive Technology Partnership

## **Container Gardening - Tips and Techniques**

- Types of containers
- Construction techniques
- Soil and fertilization

**Presenter: Elaine Pile**, Master Gardener, University of Nebraska Extension

## **Hearing Technology**

- Nebraska Commission for Deaf & Hard of Hearing services
- Amplified and captioned phone demo
- Different equipment
- Application for iPhone (iso) and Android

**Presenter: Brittney Isom**, Advocacy Specialist, Nebraska Commission for Deaf & Hard of Hearing

## **Home Care and Hospice Benefits**

- Insurance and coverage
- Home care benefits
- Services offered

**Presenters: Tyson Gould**, Clinical Manager, Home Care and Hospice

## **Keep Your Keys -Helping Extend Your Safe Driving Career**

- Learn what driving skills change as we age
- How drivers can take action to extend their safe driving careers
- How drivers can plan for continued mobility

**Presenter: Chuck Elley**, Retired State Trooper, Nebraska State Patrol, Chuck Elley Presentations

## **Line Dancing Fun and Fitness**

Located lower level/bays

- Positive health benefits of 15 minutes of daily dancing
- Balance, directional movements to help you move safely and gracefully
- Learn a fun line dance that can be done easily at home

**Presenter: Charlotta Young**, Health and Fitness Educator

## **Medicare Wellness**

- Importance of health maintenance, disease prevention and early detection
- Benefits of a Medicare wellness assessment
- How to schedule an assessment

**Presenter: Susan Backer**, Medicare Wellness Nurse , RWPC Family Medicine

## **Protecting Your Finances**

- Simple budgeting ideas
- Scams to look out for
- Smart tactics to protect your finances

**Presenter: Scott Marsh**, Store Director, Scottsbluff Target

## **Self -Defense Tips & Tactics**

- Learn situational awareness, escape and evade techniques
- Common types of attackers
- Safety tips for avoiding violent attacks

**Presenter: Brent L. Anderson**, Owner, Ko Heichi Bushidokan

## **Therapeutic Chair Yoga**

- Increase basic knowledge of yoga
- Understand benefits of yoga
- Learn basic chair poses

**Presenter: Sara Nicholson**, Executive Director, Snow Redfern Foundation

# 2nd Session 11 AM (Listed Alphabetically)

## Choose one and put on registration form

### Crash Dynamics - What All Drivers Need to Know

- Newton's law of motion and motor vehicle crashes
- The 3 collisions that occur in every crash
- The 5 types of crashes, which are the most deadly and why

**Presenter: Chuck Elley**, Retired State Trooper, Nebraska State Patrol, Chuck Elley Presentations

### Hearing Technology

- Nebraska Commission for Deaf & Hard of Hearing services
- Amplified and captioned phone demo
- Different equipment
- Application for iPhone (iso) and Android

**Presenter: Brittney Isom**, Advocacy Specialist, Nebraska Commission for Deaf & Hard of Hearing

### Home Care and Hospice Benefits

- Insurance and coverage
- Home care benefits
- Services offered

**Presenters: Tyson Gould**, Clinical Manager, Home Care and Hospice

### Legal Checkup

- Information to self-Identify potential legal issues
- Organizing your legal information
- How to track down information you will need

**Presenter: Mike Meister**, Managing Attorney, Legal Aid of Nebraska - Scottsbluff

### Marvelous Mosaics

- Learn about the ancient art of mosaics
- Make your own artwork using a variety of materials
- Cut, glue and paint while learning about traditional & modern mosaics

**Presenter: Ally Berggren**, Owner/Educator, ICE Enrichment Academy

### People, Plants, and Pollinators

- What to plant for our area & your space
- Local opportunities to share & grow, where to get more information
- How just a little can do so much

**Presenter: Laurie Zitterkopf**, Master Gardener, University of Nebraska Extension

### Protecting Your Finances

- Simple budgeting ideas
- Scams to look out for
- Smart tactics to protect your finances

**Presenter: Scott Marsh**, Store Director, Scottsbluff Target

### Self-Defense Tips & Tactics

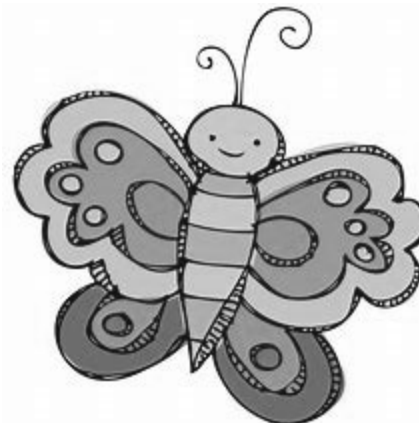
- Learn situational awareness, escape and evade techniques
- Common types of attackers
- Safety tips for avoiding violent attacks

**Presenter: Brent L. Anderson**, Owner, Ko Heichi Bushidokan

### Update on Cognitive Disorders

- Review the main types of dementias
- Discuss the various methods to detect and diagnose dementia
- The Geriatric Cognitive and Mental Health Project for Rural Nebraska

**Presenter: Dr. Nancy Meier**, Assistant Professor, University of Nebraska Medical Center, College of Nursing



# ***3rd Session 1 PM (Listed Alphabetically)***

## **Choose one and put on registration form**

### **Animals as Companions**

- Physical support
- Emotional support
- Social support

**Presenters: Linda Bourlier & Caitlin Rein,** Vet Technicians, Midtown Animal Hospital

### **Bob Ross Painting Demonstration**

- Everyone can paint like Bob Ross
- Technique & style of wet on wet painting
- A class demonstration

**Presenter: Mark Leach,** Certified Bob Ross Instructor, WNCC

### **Caregiver Input for Dementia Detection**

- Early detection of dementia
- The Meier Cognitive Status Questionnaire
- Caregiver support resources in the Panhandle

**Presenter: Dr. Nancy Meier,** Assistant Professor, University of Nebraska Medical Center, College of Nursing

### **Getting to Know Your Smartphone**

- Smartphone making you feel “not so smart?”
- How to use your smart phones
- All levels of understanding welcome
- Small group & one-on-one assistance provided

**Presenter: Ally Berggren,** Owner/Educator, ICE Enrichment Academy

### **Living Well for Life**

- Support for dealing with common concerns
- Available supports
- Overview of workshop

**Presenter: Janelle Visser,** Health Educator, Panhandle Public Health District

### **Planning for End of Life**

- Information regarding powers of attorneys
- Importance of a will
- What is an advanced directive?

**Presenter: Mike Meister,** Managing Attorney, Legal Aid of Nebraska - Scottsbluff

### **Snapshots In One Place**

- An overview of Scotts Bluff National Monument
- National Park centennial celebration
- History behind the monument

**Presenter: Jerry Lucas,** Volunteer at Scotts Bluff National Monument

### **Travel Adventures**

- Have you ever wanted to travel or learn more about traveling abroad?
- Share some of Pat’s travel adventures to over 50 countries
- From walking with lions in Africa; dune bashing in Dubai; climbing on the Great Wall of China, she will share her exciting experiences

**Presenter: Patricia Randolph,** Adjunct Faculty, WNCC



# ***4th Session 2 PM (Listed Alphabetically)***

**Choose one and put on registration form**

## **Bob Ross Painting Demonstration**

- Everyone can paint like Bob Ross
- Technique & style of wet on wet painting
- A class demonstration

**Presenter: Mark Leach**, Certified Bob Ross Instructor, WNCC

## **Fibromyalgia**

- Understand the onset, potential triggers & symptoms
- Explain process used for fibromyalgia diagnosis
- Potential management strategies available

**Presenter: Jason Thyne**, Director of Rehab, Regional West Medical Center

## **Getting to Know Your Smartphone**

- Smartphone making you feel “not so smart?”
- How to use your smart phones
- All levels of understanding welcome
- Small group & one-on-one assistance provided

**Presenter: Ally Berggren**, Owner/Educator, ICE Enrichment Academy

## **Jazz Band Musical Performance**

- Bluff Middle School Jazz Band
- 7th and 8th grade student
- Come join the lively entertainment

**Presenter: Michael Koch**, Band Director, Bluffs Middle School

## **More About Cooking for One or Two**

- Ideas you have tried
- Plan-overs or left overs
- Recipes with fewer ingredients

**Presenter: Betty Kenyon**, Registered Dietitian Consultant

## **Tax Planning**

- Required minimum distributions
- Tax deferred and tax free accounts
- Taxable social security income

**Presenter: Sally Mitchell**, Certified Public Accountant, H & R Block

## **Who Rescues Who? - Benefits of Rescue Animals**

- Basic animal care
- Donations
- Benefits of volunteering

**Presenter: Lauren Brock & Tracy Tuggle**, Customer Care Specialists, Panhandle Humane Society



*We Look Forward  
to Seeing You!*

# Spring Wellness Festival for Seniors

## Registration Form (please print clearly)

Name \_\_\_\_\_ *Signature* \_\_\_\_\_

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

Phone \_\_\_\_\_ Male \_\_\_\_\_ Female \_\_\_\_\_ Date of Birth \_\_\_\_\_

E-mail address \_\_\_\_\_ Are you staying for lunch?  Yes  No

Ethnic Origin:  Asian/Pacific Islander (AS)  Hispanic (HI)  Black/African American (BL)  White/Caucasian (WC)  
 Native American/Alaska Native (NA)  Other (combination) (OT)  Prefer Not to Respond (PR)

### Registration Fee -- Registration deadline is April 8, 2020

–The registration fee is \$8 per person for those 60 and over (lunch included).

–There is a \$15 fee for those under age 60 (lunch included).

–Some conference registrations may be accepted after April 8th, however, lunch may not be available and some sessions may be full.

**Please return this entire back page. There will be a copy in your packet the day of the festival.**

**Send check and registration form to:**

**Western Nebraska Community College  
 John N. Harms Center  
 2620 College Park  
 Scottsbluff, NE 69361  
 Make checks payable to WNCC**

**Please check the programs you will attend. Select only one session per hour.**

Concurrent Session 1 10:00 a.m.	Concurrent Session 2 11:00 a.m.	Concurrent Session 3 1:00 p.m.	Concurrent Session 4 2:00 p.m.
<input type="checkbox"/> Assistive Technology	<input type="checkbox"/> Crash Dynamics -What All Drivers Need to Know	<input type="checkbox"/> Animals as Companions	<input type="checkbox"/> Bob Ross Painting Demonstration
<input type="checkbox"/> Container Gardening - Tips and Techniques	<input type="checkbox"/> Hearing Technology	<input type="checkbox"/> Bob Ross Painting Demonstration	<input type="checkbox"/> Fibromyalgia
<input type="checkbox"/> Hearing Technology	<input type="checkbox"/> Home Care and Hospice Benefits	<input type="checkbox"/> Caregivers Input for Dementia Detection	<input type="checkbox"/> Getting to Know Your Smartphone
<input type="checkbox"/> Home Care and Hospice Benefits	<input type="checkbox"/> Legal Checkup	<input type="checkbox"/> Getting to Know Your Smartphone	<input type="checkbox"/> Jazz Band Musical Performance
<input type="checkbox"/> Keeping Your Keys - Helping Extend your Safe Driving Career	<input type="checkbox"/> Marvelous Mosaics	<input type="checkbox"/> Living Well for Life	<input type="checkbox"/> More About Cooking for One or Two
<input type="checkbox"/> Line Dancing for Fun and Fitness	<input type="checkbox"/> People, Plants and Pollinators	<input type="checkbox"/> Planning for End of Life	<input type="checkbox"/> Tax Planning
<input type="checkbox"/> Medicare Wellness	<input type="checkbox"/> Protecting Your Finances	<input type="checkbox"/> Snapshots in One Place	<input type="checkbox"/> Who Rescues Who? Benefits of Rescue Animals
<input type="checkbox"/> Protecting Your Finances	<input type="checkbox"/> Self-Defense Tips and Tactics	<input type="checkbox"/> Travel Adventures	
<input type="checkbox"/> Self-Defense Tips and Tactics	<input type="checkbox"/> Update on Cognitive Disorders		
<input type="checkbox"/> Therapeutic Chair Yoga			

We are not able to accommodate special dietary needs.  
 You may bring your own lunch, but the cost will remain the same.

WNCC-, John N. Harms Center  
2620 College Park  
Scottsbluff, NE 69361

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