



MICHELLE LUJAN GRISHAM, GOVERNOR
EMILY KALTENBACH, CABINET SECRETARY

PROGRAM AGENDA

SEPTEMBER 23-24, 2026



48TH ANNUAL NEW MEXICO
CONFERENCE ON AGING
Caring Across Generations



"BEAUTY ALL AROUND ME" BY RYAN SINGER



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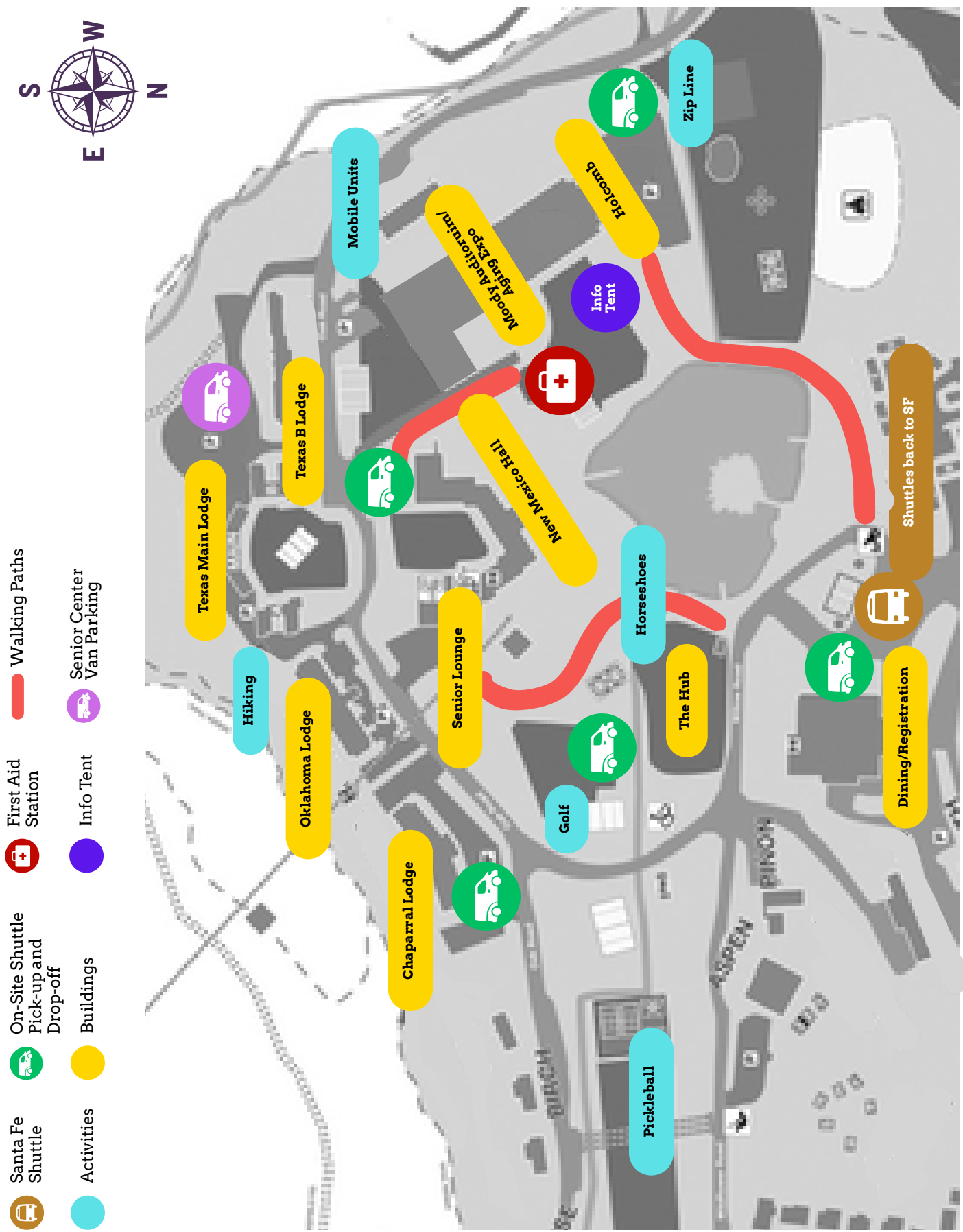


Our mission is to serve and inspire the state's older adult community to live active, healthy lives and enhance their connections within community. New Mexico Aging Services is a leader in developing programs and building partnerships that support lifelong independence and healthy aging, providing connection, resources, and advocacy for older adults and those living with disabilities.



For more information about New Mexico Aging Services, visit aging.nm.gov or follow us on Facebook, Instagram, LinkedIn, X and YouTube @NewMexicoAging.

GLORIETA CAMPUS MAP



SHUTTLE SCHEDULE

We're pleased to provide shuttle bus service between designated conference hotels and the conference venue throughout the event. **Please plan to arrive at your pickup location at least 15 minutes before your scheduled departure.**

MORNING DEPARTURES: 6:30AM-8:45AM

6:30 AM

Public Park and Ride, Tony Anaya Building 2550 Cerrillos Road, Santa Fe, NM

Greer Garson Theater, Building 1, 1600 St. Michaels Dr. Santa Fe

Best Western, 3650 Cerrillos Road, Santa Fe, NM 87507

Courtyard by Marriott Santa Fe, 3347 Cerrillos Rd, Santa Fe, NM 87507

Baymont by Wyndham, 4150 Cerrillos Rd, Santa Fe, NM 87507

Hampton Inn, 3430 Cerrillos Rd, Santa Fe, NM 87507

Inn at Santa Fe, 8376 Cerrillos Rd, Santa Fe, NM 87507

Hyatt Place, 4320 Cerrillos Rd, Santa Fe, NM 87507

7:45 AM

Public Park and Ride, Tony Anaya Building 2550 Cerrillos Road, Santa Fe, NM

Greer Garson Theater, Building 1, 1600 St. Michaels Dr. Santa Fe

Best Western, 3650 Cerrillos Road, Santa Fe, NM 87507

Courtyard by Marriott Santa Fe, 3347 Cerrillos Rd, Santa Fe, NM 87507

Baymont by Wyndham, 4150 Cerrillos Rd, Santa Fe, NM 87507

The Sage, 725 Cerrillos Rd Suit A, Santa Fe, NM 87505

Inn at Santa Fe, 8376 Cerrillos Rd, Santa Fe, NM 87507

Hyatt Place, 4320 Cerrillos Rd, Santa Fe, NM 87507

8:45 AM

Public Park and Ride, Tony Anaya Building/State Library 2550 Cerrillos Road, Santa Fe, NM

Greer Garson Theater, Building 1, 1600 St. Michaels Dr. Santa Fe

Inn at Santa Fe, 8376 Cerrillos Rd, Santa Fe, NM 87507

Hyatt Place, 4320 Cerrillos Rd, Santa Fe, NM 87507

AFTERNOON DEPARTURES: 1:30 PM-4:30 PM

Afternoon departures: **1:30 – 4:30**

Evening return service: **5:45 PM – 8:30 PM**
(on Wednesday)

Shuttle schedules are subject to change based on availability, traffic, and other unforeseen circumstances. Please allow for flexibility and check for any schedule updates.

Please check the Conference on Aging website for the latest shuttle information or any schedule updates. We encourage attendees to allow extra time for boarding and travel.

If you have accessibility needs or questions about the shuttle service, please contact Constellation Consultants at (505) 250-0689.

LETTER FROM THE GOVERNOR



Dear Friends,

Welcome to Glorieta Conference Center and the 48th Annual Conference on Aging!

This year's theme, "Caring Across Generations," reflects something we all understand: caring for one another is what makes New Mexico strong. We care for our elders. We raise our grandchildren. We show up for our neighbors. And as our state grows older, we need to make sure that every New Mexican has the support, resources, and opportunities they need to live their best lives at every age.

This is why we've continued to invest in the programs and services New Mexicans rely on. We've eliminated the vast majority of taxes on Social Security income, so that the money you earned stays in your pocket. We've expanded Medicaid so more families can access the healthcare they need without going broke. We've launched prescription drug initiatives that are already saving New Mexicans thousands of dollars. We've funded programs that support caregivers, like New MexiCare and Kinship Care, because we know that for many who do that incredibly important work, it is hard to make ends meet without a little help.

But government can't do this work alone. Caring across generations is something we all have a part in, and that's what makes this conference so important. It happens at the kitchen table, at the senior center, and in the small acts of kindness we show each other every day.

Over the next two days, you'll learn from fabulous presenters, discover resources at the multi-state agency expo, and hopefully have a little fun along the way. I am proud to welcome you to this year's conference and to see New Mexicans from every corner of our state. You represent the wisdom, the resilience, and the backbone of New Mexico.

New Mexico is stronger when every generation has a chance to thrive—and when we look out for each other along the way. New Mexico is better because of you. Always has been, always will be. Thank you for being here and enjoy the conference!

Con respeto,



Michelle Lujan Grisham
Governor of New Mexico

LETTER FROM THE CABINET SECRETARY



Dear Conference Attendees,

Welcome to the 48th Annual Conference on Aging! This year's theme, *Caring Across Generations*, is a reminder that caring for each other is something that connects us all. Whether we are supporting an aging parent, raising a grandchild, caring for a loved one, or helping a neighbor, we all have a role to play in looking out for one another.

We have an exciting two days ahead of us featuring inspiring speakers, engaging workshops, recreational activities, and a resource expo filled with supports for you and your loved ones. I encourage you to make the most of your time at the conference. Take the opportunity to explore, ask questions, try something new, and connect with other New Mexicans who have similar experiences to you.

At New Mexico Aging Services, we are fortunate to work alongside of people and organizations across the state who are constantly working to meet the changing needs of older adults, caregivers and families. That work is strengthened when we come together, share what we have learned, and imagine what is possible next.

Thank you for being here and being part of this year's event! I hope you leave this gathering with new ideas, new connections and a renewed sense of what we can accomplish when we care for one another.

With gratitude,



Emily Kaltenbach
Cabinet Secretary
New Mexico Aging and Long-Term Services Department

AGING EXPO EXHIBITORS ~ THANK YOU SPONSORS!

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Encompass Health

End of Life Options NM

Family Caregiver Center of New Mexico

FindHelp

Home Modification Solutions

Homestyle Direct

Housing New Mexico

Independent Living Resource Center

Laguna Rainbow Elderly Care Center

LANL Foundation

Las Cumbres Community Services

Legal Resources for the Elderly Program

Meals on Wheels

Mom's Meals

New Mexico Caregiver Coalition

New Mexico Senior Olympics

NM Healthcare Association

NM-New Elder World

Palco

QMed

United Healthcare

United Medicare

US Veterans Services New Mexico

Visions Case Management

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ANM

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PARTICIPATING STATE AGENCIES

Aging and Long-Term Services Department (ALTSD)

Children, Youth and Families Department (CYFD)

Commission for Deaf and Hard of Hearing

Department of Cultural Affairs (DCA)

Department of Health (DOH)

Department of Veterans' Services (DVS)

Department of Wildlife (DGF)

Department of Workforce Solutions (DWS)

Developmental Disabilities Council

Division of Vocational Rehab - Las Vegas

Early Childhood Education and Care Department (ECECD)

Environment Department (NMED)

Health Care Authority (HCA)

Higher Education Department (HED)

Indian Affairs Department (IAD)

New Mexico Corrections Department (NMCD)

Office of the State Engineer

Public Education Department (PED)

State Personnel Office (SPO)

Taxation and Revenue Department (TRD)

PROGRAMMING TRACKS



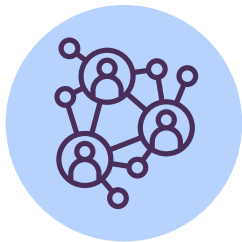
AGING IN ACTION

Policy, advocacy,
and legal education



CAREGIVER TOOLKIT

Support and hands-on skill
training for caregivers



CONNECTED COMMUNITIES

Tech, fraud prevention,
& community engagement



CREATE & CELEBRATE

Art, creativity,
storytelling, and sharing



MIND MATTERS

Dementia support
and brain health



ROOTED & RESILIENT

Mental wellness, culture,
and aging joyfully



NOURISH TO FLOURISH

Nutrition, cooking,
and healthy aging



STAY STRONG, STAY SAFE

Injury prevention, physical
health, and movement

2026 CONFERENCE ON AGING SCHEDULE

[illegible]

AGENDA AT A GLANCE

WEDNESDAY, SEPTEMBER 23 | AGING EXPO HOURS: 8:00 AM - 5:30 PM

6:30 AM - 7:00 AM
7:00 AM - 7:30 AM
7:00 AM - 8:50 AM
9:00 AM - 10:00 AM
10:00 AM - 10:15 AM
10:30 AM - 12:00 PM

12:00 PM - 2:00 PM
12:15 PM - 1:30 PM
1:45 PM - 2:45 PM
3:00 PM - 3:15 PM
3:15 PM - 4:15 PM
4:30 PM - 5:00 PM
5:00 PM - 5:30 PM
5:00 PM - 7:00 PM
5:30 PM - 5:45 PM
6:00 PM - 8:00 PM
8:00 PM - 8:30 PM

Hotel pick ups
Drive to Glorieta
Breakfast (ends at 8:30) & Check in
Breakout session #1
Opening performance by Healing Harmonies
Plenary Session: Gov. Michelle Lujan Grisham & Keynote speaker Ai-jen Poo
Car show
Lunch
Breakout session #2
Snack break
Breakout session #3
Aging Expo & Social Hour
Optional early bus departure, afternoon activities
Dinner
Announcements & welcome to the dance
Dance featuring Darren Cordova y Calor
Bus departure back to Santa Fe host hotels

THURSDAY, SEPTEMBER 24 | AGING EXPO HOURS: 8:00 AM - 2:00 PM

6:30 AM - 7:30 AM
7:30 AM - 8:00 AM
7:30 AM - 9:00 AM
9:00 AM - 10:00 AM
10:15 AM - 10:30 AM
10:30 AM - 11:45 AM
11:45 AM - 1:00 PM
1:00 PM - 2:00 PM
1:30 PM - 3:00 PM
2:00 PM - 3:00 PM
3:00 PM - 4:00 PM

Hotel pick ups
Drive to Glorieta
Breakfast (ends at 8:30) & Aging Expo
Breakout session #4 / TIPS Session #1 (9:15 a.m. - 10:30 a.m.)
Snack break
Breakout session #5 / TIPS Session #2 (10:45 a.m. - 12:45 p.m.)
Lunch
Closing Plenary with Lt. Governor Howie Morales
TIPS Session #3
Prizes and Blessing by Northern / Southern Dance Group
Bus Departure

BREAKOUT SESSIONS AT A GLANCE

WEDNESDAY, SEPTEMBER 23

9:00 am-
10:00 am

Breakout session #1

- Social Security for Today and Tomorrow
- Medicare 101
- Care for Yourself, Too
- Social Isolation is the New Smoking
- New Mexico Traditions in Motion
- Understanding Dementia Through Shared Experience
- State of Mental Health in New Mexico and Considerations Related to Aging
- Cooking Demo 1: Chicken Salad Wraps with Creamy Lemon Dressing and Apples
- AI and How to Use it Safely
- Indigenous Yoga & Mindfulness
- Birding for Wellness

10:30 am-
12:00 pm

Plenary Session: Gov. Michelle Lujan Grisham & Keynote speaker Ai-jen Poo

1:45 pm-
2:45 pm

Breakout session #2

- Serving Veterans, Strengthening Families
- Navigating Complex Conversations: Estate, Health Care, and End of Life Care planning
- Care for People Living with Dementia
- 1 Million Care Conversations
- A Doctor in Your Pocket: 24/7 Care to Help You Age at Home
- Birth of a Creature in Clay
- How can I prevent Alzheimer's Disease?
- Healing Harmonies: Sing, Move & Connect for Brain Health
- Move More, Live Well
- Cooking Demo 2: Creamy Tomato Bisque & NM Peach Sherbet
- Punch Out Parkinsons
- Zipline
- Mini Golf
- Car Show
- Pickleball

BREAKOUT SESSIONS AT A GLANCE

WEDNESDAY, SEPTEMBER 23

3:15 pm-4:15 pm

Breakout session #3

- Senior Medicare Patrol BINGO
- Strength Through Technique: Safe Lifting for Caregivers
- Aging with Pride, Dignity, and Belonging
- Watercolor Meditation
- Building Your Brain Health Action Plan
- Treat Me Well. Love, Your Future Self!
- Love Your Health with Local NM Indigenous Foods
- Punch Out Parkinsons
- Enhance Fitness
- Nature Hike
- Pickleball
- Tech Help Bar
- Zipline

4:30 pm -5:30 pm

Aging Expo Social Hour in Moody Hall

5:30 pm - 6:00 pm

Dinner/Dance with Darren Cordova y Calor

WEDNESDAY, SEPTEMBER 23, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #1

LOCATION & TRACK



Social Security for Today and Tomorrow

Joseph Roybal-Sanchez, PhD, Executive State Director, AARP New Mexico
Gino Rinaldi, AARP Volunteer

Holcomb 302/303



Learn why Social Security matters to older adults, families, and future retirees. Explore current challenges, policy choices, and ways communities can help protect this essential source of financial security.



Medicare 101

Angela Futch, State Health Insurance Coordinator, New Mexico Aging Services

Holcomb 304/305



Whether you're just starting out or want to understand your benefits better, this workshop will ground you in the basics of Medicare and empower you to make confident decisions.



Care for Yourself, Too

Valerie Tsosie, Executive Director, So'Tsho Foundation

*New Mexico Hall
Room M*



Create a practical self-care plan that fits your life. Caregivers, professionals, and anyone seeking balance will learn strategies to protect their energy, support their well-being, and continue caring for others without neglecting themselves.



WEDNESDAY, SEPTEMBER 23, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #1

LOCATION & TRACK



**Social Isolation is the New Smoking:
Staying Connected for Better Health**

Angelina Flores-Montoya, PhD, Deputy Secretary, New Mexico Aging Services,
(Panelist) **Eli Guinnee**, State Librarian, New Mexico Public Library
(Panelist) **Victor Ortiz**, Sr. Program Manager, New Elder World Resources



Social isolation can lead to worse health outcomes than smoking, but staying engaged in your community can make a meaningful difference. In this joint session, presenters will share practical ways to stay connected, highlighting New Elder World resources along with the comprehensive services offered through New Mexico's public libraries—including community events, learning opportunities, and easy ways to engage that help reduce loneliness and strengthen social connections.

*New Mexico
Hall Worship*



New Mexico Traditions in Motion

Ralph Nava, Sociedad Colonial Española De Santa Fe

This lively session brings generations together through rhythm, movement, and cultural tradition. Explore the history and meaning of traditional New Mexico dances, then learn several steps through guided participation.

*New Mexico Hall
Truchas Room*



WEDNESDAY, SEPTEMBER 23, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #1

LOCATION & TRACK



Understanding Dementia Through Shared Experience

Kimberly Corbitt, Founder, Biscochito

*New Mexico Hall
Sandia Room*



This hands-on learning lab builds empathy and offers practical communication strategies that strengthen caregiving relationships. Experience common challenges faced by people living with dementia and those who care for them.



State of Mental Health in New Mexico and Considerations Related to Aging

Dylan Pell, Mental Health Epidemiologist, Department of Health

*New Mexico
Hall Room L*



This session will explore the current state of mental health in New Mexico through the latest available data, emerging trends, and key risk and protective factors. Participants will examine why mental health is a critical public health issue, including the influence of social media and the relationship between occupation and suicide risk. This session will also highlight mental health and aging, with a focus on opportunities to support healthier outcomes and positive change.



WEDNESDAY, SEPTEMBER 23, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #1

LOCATION & TRACK



Cooking Demo 1: Green Chile Chicken Salad Wraps with Creamy Lemon Dressing and Apples

Chef Jon Young, New Mexico Department of Agriculture

*New Mexico Hall
Aspen Cafe*



Food is more than fuel. It plays an important role in supporting healthy aging and overall well-being. Join us for a cooking demonstration and learn how to prepare Green Chile Chicken Salad Wraps with Creamy Lemon Dressing and Apples, a flavorful and nutritious meal that celebrates New Mexico flavors.



AI and How to Use it Safely

Joel Wigelsworth, Public Relations & Marketing Specialist,
New Mexico Regulation and Licensing Department

Raja Sambandam, Chief Information Security Officer, DoIT

Holcomb 207



"Artificial Intelligence" is a buzzword we hear all the time these days. But what exactly is it? AI can be a powerful tool to have in your pocket, helping you be more creative and productive. It also has the potential for scammers to create convincing impersonation, emergency, and investment schemes. Discover practical steps older adults, caregivers, and families can take to both use AI tools and to protect money and personal information.



WEDNESDAY, SEPTEMBER 23, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #1

LOCATION & TRACK



Indigenous Yoga & Mindfulness

Haley Laughter, Hozho Total Wellness

Join us for a beginner friendly Indigenous yoga class, offers a nurturing experience to reconnect to mind and body. Navajo culture is braided throughout our practice to deeper understand the wisdom the body holds. Participants will be taken through simple yoga postures, breath work, and meditation.



*New Mexico
Hall Gazebo*



Birding for Wellness

Dylan Frentzel, New Mexico Department of Wildlife

Join a guided 40-minute birding walk to observe local species, learn identification basics, and explore the benefits of birdwatching. Bring binoculars if available, plus water, sun protection, sturdy shoes, and weather-appropriate clothing.



Holcomb Field



WEDNESDAY, SEPTEMBER 23, 2026

PLENARY SESSION

10:30 AM-12:00 PM

Holcomb Auditorium



10:30 AM - 10:45 AM

Welcome by Cabinet Secretary
Emily Kaltenbach
New Mexico Aging and Long-Term Services

Opening/Entertainment:
Healing Harmonies Chorus



10:45 AM - 11:15 AM

Governor Michelle Lujan Grisham



11:15 AM - 12:00 PM

Keynote Speaker Ai-jen Poo
Panel Discussion

Ai-jen Poo is a veteran organizer and advocate who has spent more than 25 years building a movement to change the way our country values and supports caregiving and care work. She is a nationally-recognized expert on the care economy and the author of the celebrated book *The Age of Dignity: Preparing for the Elder Boom in a Changing America*.

Closing Entertainment:
Flamenco Youth de Santa Fe

WEDNESDAY, SEPTEMBER 23, 2026

12:00 PM –
2:00 PM



Zipline
Glorieta Staff

*Holcomb Field
Info Tent*

Experience the excitement of soaring through the trees in the beautiful mountains at Glorieta. Participants will receive safety instructions and guidance from trained staff before getting the harness and helmets. Whether you are an experience adventurer or trying zip lining for the first time, come ready for a little adrenaline and plenty of fun!

12:00 PM –
4:00 PM



Car Show
Car show by Santa Fe Vintage Car Club

*Dining Hall
Parklot*



Tech Help Bar
Trish Lopez, Teeniors®

Holcomb 201

One-on-one assistance from Teeniors®, a program that connects tech-savvy teens and young adults with older adults who want help using technology. Bring your smartphone, tablet, or laptop and get support with email, texting, photos, social media, video calls, apps, and more.

1:45 PM -2:45 PM | BREAKOUT SESSION #2

LOCATION & TRACK



Serving Veterans, Strengthening Families
Jamison Herrera, Cabinet Secretary, Department of Veterans' Services

*New Mexico Hall
Truchas Room*

Meet leaders from the New Mexico Department of Veterans' Services and learn about benefits, resources, and services available to veterans, spouses, families and caregivers. Topics will include claims assistance, healthcare, cemeteries, tribal outreach, and other programs designed to support New Mexicans who have served our country.



Navigating Complex Conversations: Estate, Healthcare, and End of Life Care Planning

*New Mexico
Hall Worship*

Julia Bergen, Executive Director, End of Life Options New Mexico;
Natalie Meyer, Managing Attorney, Legal Resources for the Elderly Program;
Carlos Scarborough, Attorney, Senior Citizens' Law Office, Inc.



End-of life planning can be difficult to think about, but having these conversations in advance can give you and your loved ones greater peace of mind. This session will explore advance care planning, estate planning, and healthcare decision-making, including care goals, palliative care, hospice, and New Mexico's legal end-of-life options. Learn how planning ahead can reduce confusion, ease caregiver burden, and help ensure your wishes are understood and honored.

WEDNESDAY, SEPTEMBER 23, 2026

1:45 PM -2:45 PM | BREAKOUT SESSION #2

LOCATION & TRACK



**Person-Centered Care for People Living with Dementia:
Wandering Education for Informal and Formal Care Partners**

Trista Turner, Senior Services Program Coordinator, New Mexico Aging Services

*Holcomb
304/305*



In this session, learn about different types of wandering, how to identify potential triggers, and strategies to support safety and well-being. Because many people wander for many different reasons, person-centered care can help families and professionals understand what may be contributing to wandering for each individual. Participants will gain practical strategies for recognizing triggers, reducing risks, and responding in ways that respect each person's needs and preferences.



1 Million Care Conversations

Juan Carlos, Western Regional Organizing Manager, Caring Across Generations

*New Mexico
Hall Gazebo*



Care touches all of us, yet too many of our experiences go unheard. This interactive session introduces the 1 Million Care Conversations campaign and equips participants with the skills and resources to host community conversations, amplify voices that are too often overlooked, and help shape a national care movement rooted in listening, connection and action.



WEDNESDAY, SEPTEMBER 23, 2026

1:45 PM - 2:45 PM | BREAKOUT SESSION #2

LOCATION & TRACK



A Doctor in Your Pocket:

24/7 Care to Help You Age Safely at Home

Julie Sanchez, Program Director, New Mexico Aging Services
(Panelist) **Zeena Johar**, Co-founder and CEO, Harborwell Health
(Panelist) **Tammy Gutierrez**, United Healthcare
(Panelist) **Theandra Marthell**, United Healthcare



Imagine having a physician-led care team in your pocket—available 24/7 to answer questions, address health concerns early, and help you navigate the healthcare system. This session will explore how a connected team of physicians, nurse practitioners, therapists, pharmacists, and care coordinators can work together to coordinate care, medications, appointments, and services while supporting family caregivers. Learn how a connected care team can help prevent avoidable hospital visits, make healthcare easier to navigate, and give older adults greater confidence and independence to live safely at home for as long as possible.

Holcomb 302/303



Birth of a Creature in Clay

Tommie Kuykendahl, Owner, Creativity Warehouse

Working with clay is a fun, hands-on way for people of all ages to create, connect, and share stories. Participants will make their own unique monster while exploring how creativity can bring generations together, encourage self-expression, and create joyful moments between seniors and their loved ones.

*New Mexico
Hall Room M*



How Can I Prevent Alzheimer's Disease?

Dr. Janice Knoefel, Professor of Neurology & Internal Medicine (Geriatrics), UNM Center for Memory & Aging

This interactive session will explore steps we can take throughout our lives to support brain health and reduce the risk of cognitive decline, Alzheimer's Disease, and other related dementias. Participants will learn about individual risk factors and how they may influence brain health over time. The session will provide practical strategies for addressing modifiable risk factors and supporting cognitive health at every stage of life.

*New Mexico Hall
Sandia Room*



Healing Harmonies: Sing, Move & Connect for Brain Health

Nicole Gallegos, Healing Harmonies New Mexico

Music has a remarkable way of getting our brains and bodies moving! In this fun, interactive session, participants will explore how singing, purposeful movement, rhythm, and communication can support brain health, voice, cognition, and social connection as we age. We'll also practice simple exercises and strategies designed to support a strong, healthy voice and swallowing function throughout aging. Come ready to breathe, move, use your voice, and experience firsthand how music and movement can help us stay active, engaged, and connected. No singing experience required, just a willingness to participate and have fun!

*Holcomb
Auditorium*



WEDNESDAY, SEPTEMBER 23, 2026

1:45 PM - 2:45 PM | BREAKOUT SESSION #2

LOCATION & TRACK



Move More, Live Well

Carl Colonius, Program Manager, New Mexico Outdoor Recreation Division

Holcomb Field



Learn how regular movement and time outdoors can support health, well-being, and quality of life at every age. Discover how New Mexico Outdoor Recreation Division grants and community programs are expanding access to outdoor recreation and connecting people of all ages and abilities with opportunities to stay active, explore, and enjoy the outdoors.



Cooking Demo 2: Creamy Tomato Bisque & New Mexico Peach Sherbet

Chef Jon Young, New Mexico Department of Agriculture

*New Mexico Hall
Aspen Cafe*



Discover simple, flavorful ways to incorporate nutritious ingredients into everyday meals while celebrating the pleasure of cooking and eating well. This session will offer practical ideas for creating satisfying, delicious meals when cooking for one or two.



Punch Out Parkinson's

Adrienne Shurbet, Punch Out Parkinson's Santa Fe

Holcomb Field



Explore how boxing-inspired movement can support strength, balance, coordination, and confidence for people living with Parkinson's. This active session will introduce ways to stay moving, build confidence, and connect with others while having some fun.



**Ombudsmen are
ADVOCATES**
for resident rights in assisted living facilities.

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NEW MEXICO
AGING
SERVICES

WEDNESDAY, SEPTEMBER 23, 2026

3:15 PM -4:15 PM | BREAKOUT SESSION #3

LOCATION & TRACK



Senior Medicare Patrol Bingo

Kelley Dickerson, SMP and SHIP Supervisor, New Mexico Aging Services
Stephanie Gonzales, NE SHIP Coordinator, New Mexico Aging Services

*New Mexico
Hall Worship*



Learn how to spot and prevent Medicare fraud, errors, and abuse while having some fun! Senior Medicare Patrol (SMP) Bingo is an interactive educational game for Medicare beneficiaries, families, and caregivers. Test your knowledge and learn how to recognize potential fraud and errors and how to report concerns.



Strength Through Technique: Safe Lifting for Caregivers

Jessica Jaramillo, State Director, Consumer Direct Care Network New Mexico;
Guadalupe Reyes, Service Coordinator, Consumer Direct Care Network New Mexico; **Samira Pimentel-Alcaraz**, Direct Care Coordinator, Consumer Direct Care Network New Mexico

*Holcomb
304/305*



Providing care for a loved one can be one of life's most meaningful experiences, but it can also be physically, emotionally, and mentally demanding. This training will help caregivers learn to safely lift, transfer, and bathe their loved ones. Safe lifting helps reduce the potential for harm to come to both caregiver and loved one.



Aging with Pride, Dignity, and Belonging

Adrien Lawyer, Co-Founder & Director, Transgender Resource Center of New Mexico

*Holcomb
302/303*



Build understanding and practical skills for supporting transgender older adults with dignity and respect. Learn inclusive language, address common misconceptions, and explore how families, caregivers, and service providers can create affirming communities.



Watercolor Meditation

Georgia Carbone, Owner/Director Georgia Electric, LLC

*New Mexico
Hall Room M*



Watercolor and meditation techniques combine to sharpen your powers of observation, nurture your creativity, and bring peace and calm into your day. Support your mindfulness practice or your art practice - or both! No experience necessary! Georgia will guide you through creative blocks, open the door to new inspiration, and strengthen your capacity to handle stress and life challenges. We'll work with geometric shapes, repetition, and experimentation. All participants are guided and individually supported.

WEDNESDAY, SEPTEMBER 23, 2026

3:15 PM -4:15 PM | BREAKOUT SESSION #3

LOCATION & TRACK



Building Your Brain Health Action Plan

Emma Tozer, Community Engagement Manager, Alzheimer's Association

Holcomb Auditorium

Discover how healthy sleep habits can support brain health, memory, and thinking as we age. Join the Alzheimer's Association for an interactive session exploring the connection between sleep and brain health, with practical strategies to help you build better sleep habits.



Treat Me Well. Love, Your Future Self

Denise Montoya, PhD, Owner, A Higher Purpose Project, LLC

New Mexico Hall Sandia Room

Explore eight dimensions of vibrant living where small, grace-filled choices revive the spirit, ease the body, rewire the mind, and regulate emotions. The same principles can strengthen our relational bonds, bring order to our financial life, clarify our sense of purpose, and help us steward the environment we inhabit. Leave inspired and empowered with immediate, realistic actions to cultivate your best future self.



Love Your Health with Local NM Indigenous Foods

Jennifer Johnson & Ashlee Begaye, Juniper Health Promotion, LLC

New Mexico Hall Aspen Cafe

This session will highlight the uses of one of New Mexico's amazing indigenous plants and food sources, Chiiłchin (Sumac in Diné). Although primarily known as a spice, participants will learn other applications for sumac as well as some of its health benefits. Join us to discuss how to use it in every day cooking, how to harvest and prepare it, and suggested pairings with other local foods. Don't miss the included cooking demonstration and tasting of this versatile, delicious and healthy indigenous food.



Protect Yourself from Scams and Identity Theft

Michael McGuire, Senior Citizens' Law Office

Holcomb 203-206

Learn why scams work, how to recognize and avoid common scams, and what steps to take after fraud or identity theft. Participants will gain practical tools to help protect yourself and your family.



WEDNESDAY, SEPTEMBER 23, 2026

3:15 PM -4:15 PM | BREAKOUT SESSION #3

LOCATION & TRACK



Punch Out Parkinson's

Adrienne Shurbet, Punch Out Parkinson's Santa Fe

Explore how boxing-inspired movement can support strength, balance, coordination, and confidence for people living with Parkinson's. This active session will introduce ways to stay moving, build confidence, and connect with others while having some fun.

Holcomb Field



EnhanceFitness

Carol Montoya, New Mexico Senior Olympics

EnhanceFitness is a FUN evidence based exercise class designed for older adults, combining the three key components of fitness – strength training, flexibility and cardiovascular conditioning. New Mexico Senior Olympics sponsors 26 classes statewide that meet 3 x per week for 360 older adults. Join us to find out more!

*New Mexico Hall
Truchas Room*



Nature Hike

Carl Colonius, Program Manager,
New Mexico Outdoor Recreation Division

Join the New Mexico Outdoor Recreation Division on an invigorating hike along Glorieta Adventure Camp's Green Trail. While not too challenging, this hike will take place along a hiking trail. Please bring water and wear sturdy walking shoes.

*New Mexico Hall
Gazebo (meet here)*



 **KINSHIP
CAREGIVER**

P R O G R A M



More Information:



800-432-2080

aging.nm.gov

BREAKOUT SESSIONS AT A GLANCE

THURSDAY, SEPTEMBER 24

9:00 am-10:00 am

Breakout session #4

- How Medicare Works with Indian Health Services
- Your Vote, Your Voice
- Rooted in Kinship: Support for Kinship Caregivers in NM
- Engaging in Intergenerational Connection: Conversations with the Indigenous Youth Council
- Native Storytelling
- What to do after an Alzheimer's or Dementia Diagnosis?
- ABC Suicide Prevention - Talking About Suicide Saves Lives
- Cooking Demo 3: Brain Healthy Pumpkin & Brown Rice Horchata
- Protect Yourself from Scams and Identity Theft
- Falls Risk Prevention Using Tai Chi Methodologies
- Birding for Wellness
- Zipline
- Morning Walk
- Pickleball

10:30 am - 11:45 pm

Breakout session #5

- Residents Rights: What can the Ombudsman Do for You?
- Healthy Boundaries, Stronger Relationships
- Caring Across Generations
- Music for Memory and Brain Health
- Finding Light After Loss
- Preventing Falls and Recognizing Traumatic Brain Injuries
- Cooking Demo 4: Brain Healthy Black Bean and Carrot Skillet Tacos with an Avocado Crema
- Spot the Scam
- Falls Risk Prevention Using Tai Chi Methodologies
- Zipline
- Mini Golf
- Farmers Market Program/WIC

1:00 pm- 2:20 pm

Closing Plenary with Lieutenant Governor Howie Morales

2:20 pm - 3:00 pm

Final Performance and Prize Giveaway

THURSDAY, SEPTEMBER 24, 2026

CLOSING PLENARY

*Holcomb Auditorium***12:45 PM - 1:00 PM****Live Performance**

Bear Necklace Dance Group

1:00 PM -2:30 PM**Lt. Governor Howie Morales****Representative Nick Salazar Award***Honoring his legacy and statewide impact*

- Served New Mexico for more than 30 years
- Championed long term access
- Strengthened community-based services
- Ensured seniors could age with dignity and independence

SENIORS ADVOCATE OF THE YEAR**Volunteer Awards Ceremony**

Cabinet Secretary Emily Kaltenbach, Deputy Secretary Angelina Flores-Montoya, Acting Deputy Secretary Craig Hay, Policy Advisory Council Members

VOLUNTEER AWARDS

- Compassion in Action: Volunteer of the Year
- Outstanding Internal Volunteer Award
- Champion Award
- Community Impact Award
- Community Service Excellence Award

2:20 PM-2:35 PM**Prizes and Giveaways****2:35 PM-3:00 PM****Live Performance and Youth Blessing**

Northern / Southern Dance Group

THURSDAY, SEPTEMBER 24, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #4

LOCATION & TRACK



How Medicare Works with Indian Health Services (IHS)

Melissa Luna, State Health Insurance Coordinator, New Mexico Aging Services
& IHS Co-Presenter

Holcomb
203-206



Confused about Medicare or how it works with Indian Health Services and Medicaid? Learn about Medicare benefits, cost-saving programs, and where to get help navigating your coverage. The session will also introduce resources available through the Aging Disability Resource Center, State Health Insurance Program and Senior Medicare Patrol.



Your Vote, Your Voice

Katie Gordon, Director of Communications & Outreach,
Disability Rights New Mexico

Holcomb
304/305



Learn how to register to vote, vote early or by absentee ballot, find your polling place, and access accommodations at New Mexico voting sites. Participants will also learn how to address voting barriers and where to find assistance when they need it.



THURSDAY, SEPTEMBER 24, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #4

LOCATION & TRACK



Rooted in Kinship: Support for Kinship Caregivers in NM

*Holcomb
302/303*

Kyra Ochoa, Long-Term Care Division Director, New Mexico Aging Services

(Panelist) **Monica Herrera**, LANL Foundation



(Panelist) **Mikayla Ortega-Speight**, Staff Attorney, Pegasus Legal Service for Children

(Panelist) **Monica Terrazas**, Regional Operations Manager, Early Childhood Education and Care Department



For the past six years, the LANL Foundation's Grandparents and Kin Raising Children (GKRC) Council has elevated kinship caregivers' voices and advanced systems of support for their families. This panel will highlight Aging and Long-Term Service Department's Kinship Caregiver Program, including financial assistance, caregiver navigation, and ongoing evaluation.

Panelists will also share legal advocacy and resources from Pegasus Legal Services for Children and early childhood support through ECECD's Universal Child Care Assistance program. Attendees will learn about current services, resources, support groups, events, and programs available to kinship families.

Engaging in Intergenerational Connection: Conversations with the Indigenous Youth Council

*New Mexico Hall
Room M*

Aurora Valdez, Taos Pueblo, Deputy Cabinet Secretary



The Indian Affairs Department (IAD) will lead a 30-minute presentation on the benefits of intergenerational connection for elders and teens. One highlight will be the impact of this connection on Indigenous communities and traditions, while strengthening communities broadly. The remainder of the time invites session attendees to engage in an art activity with teen members of the Indigenous Youth Council. IAD will provide conversation prompts to help attendees feel comfortable engaging with the other generation.



THURSDAY, SEPTEMBER 24, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #4

LOCATION & TRACK



Native Storytelling

Emmett "Shkeme" Garcia, award-winning storyteller from the Pueblo of Santa Ana

Stories connect generations, carrying wisdom, traditions, history, and lessons from one generation to the next. Explore how Native storytelling helps preserve culture, honor our ancestors, and keep the memories of loved ones alive.

*New Mexico Hall
Truchas*



What To Do After an Alzheimer's or Dementia Diagnosis?

Dr. Ann Garcia, Geriatric Medicine Specialist, Christus Health

A diagnosis of Alzheimer's disease or dementia can feel overwhelming, but you don't have to navigate what comes next alone. Dr. Garcia will discuss treatment care and options, collaboration with primary care providers, and the important role of family members. Learn what to expect after a diagnosis and how to identify the right options and support for you and your loved ones.

*Holcomb
Auditorium*



Talking About Suicide Saves Lives

Marvel Harrison, PhD, ABC Suicide Prevention
Clarie Miller, ABC Suicide Prevention

Learn the skills to recognize when someone may be at risk for suicide and how to respond. The ABC Suicide Prevention Partner Class covers warning signs, risk factors, how to talk about suicide, and ways to connect someone in crisis with help. Participants will receive a certificate of completion and become an ABC Partner.

*New Mexico Hall
Sandia Room*



Cooking Demo 3: Brain Healthy Pumpkin & Brown Rice Horchata

Chef Becky Windels, New Mexico Department of Agriculture

Join this cooking demonstration and learn to make Brain Healthy Pumpkin & Brown Rice Horchata, a delicious twist on a traditional favorite.

*New Mexico Hall
Aspen Cafe*



KNOW
THE
SIGNS

SAFE &

SOUND



aging.nm.gov/protecting-adults

THURSDAY, SEPTEMBER 24, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #4

LOCATION & TRACK

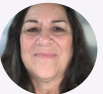


Falls Risk Prevention Using Tai Chi Methodologies

Dawn Armstrong, New Mexico Senior Olympics

Explore how gentle, evidence-based Tai Chi can support balance, reduce fall risk, and build confidence in everyday movement. Designed for older adults with or without mobility limitations, this interactive workshop combines mindful movement with practical strategies to use at home.

Holcomb Field



Morning Walk

Terry Delgado, New Mexico Senior Olympics

Holcomb Field



Pickleball

Ceci Acosta, New Mexico Senior Olympics

Enjoy an afternoon of pickleball! Bring a friend or join a game and meet someone new on the courts. Whether you're playing with people you know or making new connections, come out for some fun and movement.

Pickleball Courts



Zipline

Glorieta Staff

*Meet at Holcomb Field
Info Tent*

Experience the excitement of soaring through the trees during the beautiful mountains at Glorieta. Participants will receive safety instruction and guidance from trained staff before getting the harness and helmets. Whether you are an experienced adventurer or trying zip lining for the first time, come ready for a little adrenaline and plenty of fun! Riders must weigh a minimum of 80 and maximum of 275 lbs.



THURSDAY, SEPTEMBER 24, 2026

9:00 AM - 10:00 AM | BREAKOUT SESSION #4

LOCATION & TRACK



Depicting the Natural World & Nature Journaling

Brynn Metheny, New Mexico State Parks

*New Mexico
Hall Gazebo*



Explore how art and scientific visualization have helped us understand and share the natural world. Discover how artwork has shaped our connection to nature and even influenced the creation of public lands. Participants will also learn the basics of nature journaling and create their own observations of the seasons, species, and places around them while exploring the benefits of curiosity and creativity



**Medicare benefits
and care questions?**

Start here.

**Call 800-432-2080
or visit aging.nm.gov**



This publication was paid for in part by grant 2601NMMIAA-00 and 2601NMMISH-00 from the Administration for Community Living.

THURSDAY, SEPTEMBER 24, 2026

10:30 AM - 11:45 AM | BREAKOUT SESSION #5

LOCATION & TRACK



Residents Rights: What Can the Ombudsman Do For You?

Richard Wirtemburg, Ombudsman Program Regional Supervisor, New Mexico Aging Services

*Holcomb
302/303*



Learn how the Long-Term Care Ombudsman Program advocates for the rights, wishes, and quality of life for residents in long-term care facilities. Ombudsman staff and volunteers listen to residents, address concerns, and help ensure their voices are heard and their choices are respected. Discover how the program supports more than 10,000 residents in 280 long-term care facilities across New Mexico and works to promote safe, supportive, and person-centered care.



Healthy Boundaries, Stronger Relationships

Melissa Smith, Santa Fe Therapy & Caregiver Wellness Resources

Holcomb 304/305



Healthy boundaries support healthier relationships. Learn how to set and maintain limits that protect well-being, reduce caregiver strain, and build trust, safety, and respect.



Generation to Generation

Scott Sharp

Executive Director, Albuquerque Oasis Lifelong Adventure

*New Mexico Hall
Truchas Room*



Explore the experiences, challenges, defining moments, and perspectives that have shaped Baby Boomers, Generation X, Millennials, and Gen Z. Discover what these generations have in common, what they can learn from one another, and how meaningful conversations across generations can build understanding and connection.



Music for Memory and Brain Health

Lea VanMerkestyn, Director, Life Circle Adult Day Center

*Holcomb
Auditorium*



Discover how music supports brain health, memory, mood, movement, and social connection throughout aging. Learn simple ways families and caregivers can use music in daily life and experience a live demonstration or sing-along.

THURSDAY, SEPTEMBER 24, 2026

10:30 AM - 11:45 AM | BREAKOUT SESSION #5

LOCATION & TRACK



Finding Light After Loss

Debora Garrison, Executive Director, The Grief Center

*New Mexico Hall
Gazebo*



Whether you've lost someone yourself or want to better support those who have, this session offers compassionate, practical wisdom for everyone. Led by The Grief Center of Albuquerque—a nonprofit that has walked alongside nearly 13,000 grieving people, ages 5 to 105, since 2001—the session grounds attendees in a guiding principle: grief is a natural, individual response to loss, not a something to be fixed.



Preventing Falls and Recognizing Traumatic Brain Injuries

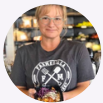
Ann Church, New Mexico Fall Prevention

Cynthia LaCoe-Maniaci, PhD, New Mexico Adult Fall Prevention

*New Mexico Hall
Sandia Room*



Turn fall prevention knowledge into action. Learn about evidence-based programs, community partnerships, and practical strategies that can help older adults stay safe, maintain independence, and continue doing the things they enjoy.



Cooking Demo 4: Brain Healthy Black Bean and Carrot Skillet Tacos with an Avocado Crema

Chef Becky Windels, New Mexico Department of Agriculture

*New Mexico Hall
Aspen Cafe*



Join us for a cooking demonstration featuring Brain-Healthy Black Bean and Carrot Skillet Tacos with Avocado Crema. Discover how nutritious ingredients can come together to create a flavorful and satisfying meal.



Spot the Scam

Christian Halstead, AARP New Mexico

Holcomb 203-206



Learn to recognize, avoid, and respond to today's common scams. Topics include warning signs, identity theft, phone and online fraud, financial protection, and steps families can take if fraud occurs.



Falls Risk Prevention Using Tai Chi Methodologies

Dawn Armstrong, New Mexico Senior Olympics

Holcomb Field



Explore how gentle, evidence-based Tai Chi can support balance, reduce fall risk, and build confidence in everyday movement. Designed for older adults with or without mobility limitations, this interactive workshop combines mindful movement with practical strategies to use at home.

HOUSEKEEPING

First Aid Station

Holcomb Lawn

Supported by Medical Reserve Corps

Bureau of Health Emergency Management, NM Department of Health

The First Aid Tent is staffed by licensed medical professionals and will be available during all conference hours. If you are feeling unwell or need first aid, please stop by for assistance. In the event of an emergency, please call 911.

Lost & Found

First Aid Station on Holcomb Lawn

Please visit or check with staff if you misplace or find an item during the conference.

Senior Lounge

New Mexico Hall

Sponsored by Biscochito

Offers coffee, games, and a welcoming space to relax or connect. Open during conference hours.

Interpretation Services

Check In Desk
Dining Hall

Conference Survey

Please take our conference survey by scanning the QR code to provide feedback that will help with future events. If you have any photos from the conference that you'd like to share, please email them to communications@altsd.nm.gov





IN APPRECIATION OF YOUR PARTICIPATION IN THE
48TH ANNUAL CONFERENCE ON AGING

Your presence and engagement contribute to meaningful conversations, shared knowledge, and continued efforts to enhance the well-being, dignity, and quality of life of older adults across New Mexico.

PRESENTED BY:

A handwritten signature in black ink, reading "Emily Kaltenbach".

EMILY KALTENBACH
Cabinet Secretary

NOTES

This image shows a blank sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There is a small dark smudge or mark near the top center of the page.

PROGRAM ARTWORK — “BEAUTY ALL AROUND ME”

About the Artist :



Ryan Singer is a Dine (Navajo) contemporary painter and artist based out of Albuquerque, NM. His inspiration came early by comic books and Navajo artist like Shonto Begay. Much of his work is a hallmark of Indigenous Futurism, merging vibrant Pop Art influence with Navajo cultural motifs. His subjects range from realistic portraits of Native people to imaginative, dreamlike scenes that mix childhood memories with fantasy. His work is represented by Blue Rain Gallery in Santa Fe, NM.



HOW TO REACH US

800-432-2080
communications@altsd.nm.gov

Aging & Disability Resource Center
800-432-2080
nm.adrc@altsd.nm.gov

Aging Network Division
800-432-2080

Adult Protective Services
866-654-3219
nm.aps2@altsd.nm.gov

Long Term Care Division
800-432-2080
newmexicare@altsd.nm.gov

Long-Term Care Ombudsman Program
866 - 451 - 2901
altsd-omb-supervisor@altsd.nm.gov

Office of Indian Elder Affairs
505-316-5292
oiea.info@altsd.nm.gov



**WE INVITE YOU TO TAKE A SURVEY ABOUT
YOUR CONFERENCE EXPERIENCE**

Scan the QR Code or take our survey at
www.surveymonkey.com/r/coa26attendeessurvey



aging.nm.gov

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