



MICHELLE LUJAN GRISHAM, GOVERNOR
EMILY KALTENBACH, CABINET SECRETARY

PROGRAM AGENDA

OCTOBER 20-21, 2026



48TH ANNUAL NEW MEXICO
CONFERENCE ON AGING
Caring Across Generations



"BEAUTY ALL AROUND ME" BY RYAN SINGER



▶▶ **MEDICARE:** MAKE IT YOURS

OPEN ENROLLMENT

October 15 - December 7



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State Health Insurance
Assistance Program

Find in-person events or book a phone
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This publication was paid for in part by grant 90SAPG0134, 2601NMMIAA-00 and 2601NMMISH-00 from the Administration for Community Living.

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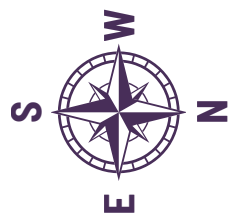


Our mission is to serve and inspire the state's older adult community to live active, healthy lives and enhance their connections within community. New Mexico Aging Services is a leader in developing programs and building partnerships that support lifelong independence and healthy aging, providing connection,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

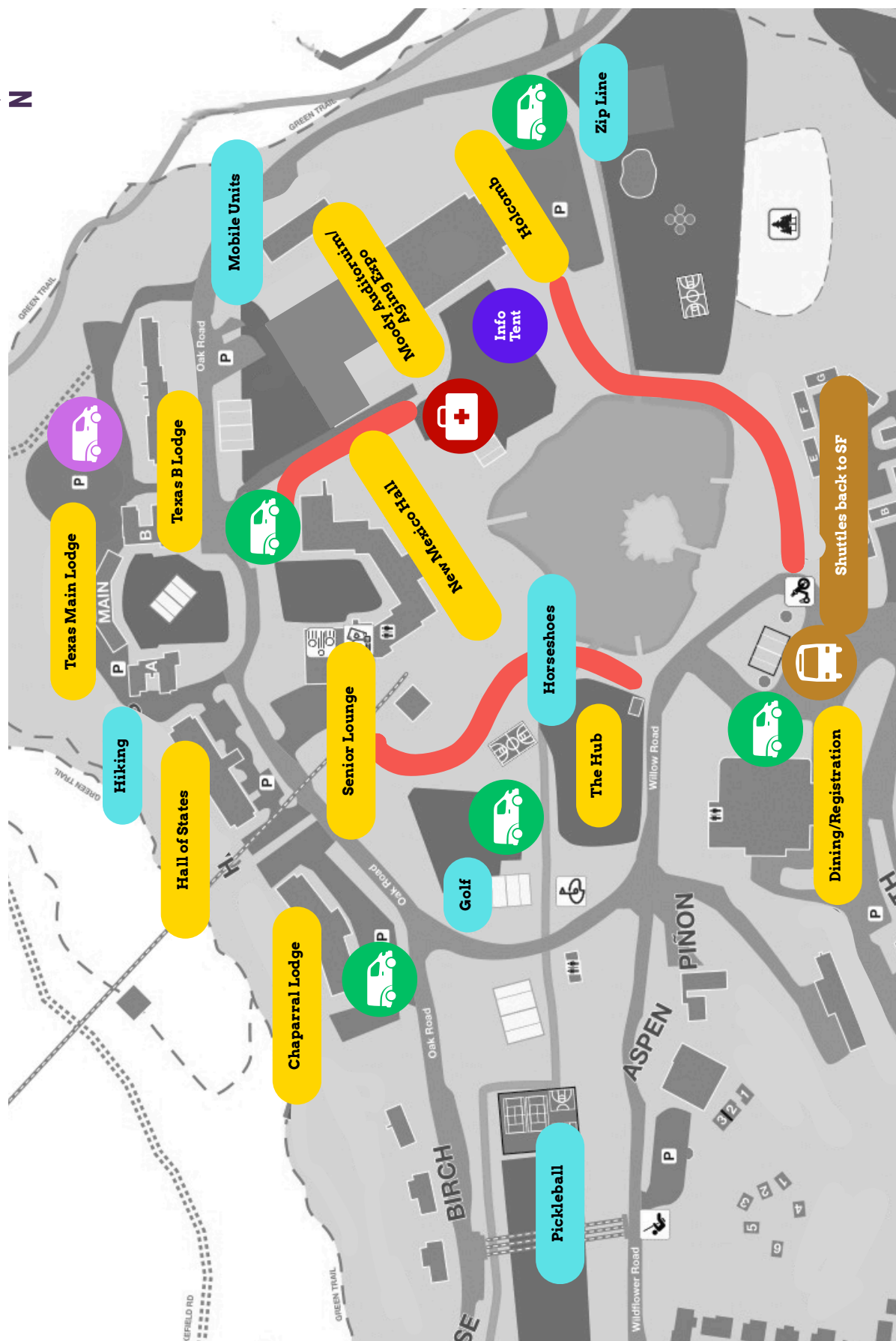


For more information about New Mexico Aging Services, visit aging.nm.gov or follow us on Facebook, Instagram, LinkedIn, X and YouTube @NewMexicoAging.

GLORIETA CAMPUS MAP



- Santa Fe Shuttle
- On-Site Shuttle Pick-up and Drop-off
- Activities
- First Aid Station
- Info Tent
- Walking Paths
- Senior Center Van Parking
- Buildings





NEW MEXICO

CONFERENCE ON AGING



Shuttle Schedule



DEPARTURE TIMES

Greer Garson Theater Park & Ride

Building 1, 1600 St Michaels Dr,
Santa Fe

6:30 AM
8:00 AM

Toney Anaya Park & Ride

2550 Cerrillos Rd, Santa Fe

6:30 AM
8:00 AM

Best Western Plus

3650 Cerrillos Rd, Santa Fe

6:30 AM
8:00 AM

Baymont by Wyndham

4150 Cerrillos Rd, Santa Fe

6:30 AM
8:00 AM

Courtyard by Marriott

3347 Cerrillos Rd, Santa Fe

6:30 AM
8:00 AM

Inn at Santa Fe

8376 Cerrillos Rd, Santa Fe

6:30 AM
8:00 AM

The Sage Hotel

725 Cerrillos Rd Suit A, Santa Fe

8:00 AM

La Quinta Inn

4298 Cerrillos Rd, Santa Fe

6:45 AM
8:15 AM

Hampton Inn Santa Fe South

3430 Cerrillos Rd, Santa Fe

6:45 AM
8:15 AM

RETURN TIMES

Tuesday, October 20

1:30 PM | 4:30 PM | 6:00 PM | 8:00 PM

Wednesday, October 21

12:00 PM

Departure times may vary due to traffic, road conditions, or other factors outside of our control. Please arrive at least 15 minutes before your scheduled departure time.

Visit the [Conference on Aging website](http://aging.nm.gov/coa) aging.nm.gov/coa for the latest information.

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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Expo New Mexico

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Anderson Family Foundation

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Real Time Solutions

EXHIBITORS

AARP New Mexico
Alert Medical Alarms
Ambercare in Santa Fe
Comagine Health
Early Childhood Ed & Care Dept
Encompass Health
End of Life Options NM
Expo New Mexico
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
Memory Care Alliance
Mom's Meals
Non-Metro New Mexico Area Agency on Aging
New Mexico Caregiver Coalition
New Mexico Senior Olympics
NM Healthcare Association
NM-New Elder World
Palco
QMedic
Senior Wellness Homecare
United Healthcare
United Medicare
US Veterans Services New Mexico
Veterans Integrative Services
Visions Case Management
Vive Bien Live Well UNM

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Alzheimer's Association
Anderson Family Foundation
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ABQ City Councilor T. Fiebelkorn
LANL Foundation
RBC Wealth Management

PARTICIPATING STATE AGENCIES

Children, Youth and Families Department (CYFD)
Commission for Deaf and Hard of Hearing
Department of Agriculture*
Department of Corrections
Department of Cultural Affairs (DCA)
Department of Health (DOH)
Department of Information and Technology (DoIT)*
Department of Public Safety (DPS)*
Department of Transportation (NMDOT)
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)
Economic Development Department (EDD)
Energy, Minerals and Natural Resources Department (EMNRD)*
Environment Department (NMED)
Health Care Authority (HCA)
Higher Education Department (HED)
Indian Affairs Department (IAD)*
New Mexico Corrections Department (NMCD)
New Mexico State Police*
Office of the State Engineer
Public Education Department (PED)*
Regulation and Licensing Department (RLD)*
State Personnel Office (SPO)*
Taxation and Revenue Department (TRD)

PROGRAMMING TRACKS



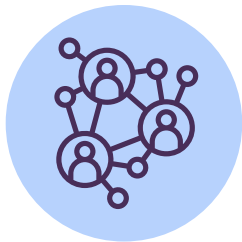
AGING IN ACTION

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

AGENDA AT A GLANCE

TUESDAY, OCTOBER 20

6:30 AM - 8:00 AM

Pick ups starting at 6:30 am from host hotels and park and ride locations until 8:00 am

7:00 AM - 9:00 AM

Registration Check-in

7:00 AM- 8:30 AM

Breakfast

9:00 AM - 7:00 PM

Aging Expo

9:00 AM -10:00 AM

Breakout session #1

10:00 AM - 10:15 AM

Break

10:15 AM - 11:15 AM

Breakout session #2/TIPS Session #1 (10:15 AM-11:45 AM)

11:30 AM - 1:00 PM

Lunch/Car Show

1:00 PM - 1:30 PM

Doors Open to Holcomb Auditorium for Plenary Session

1:30 PM - 3:00 PM

Plenary Session: Governor Michelle Lujan Grisham, Lt. Governor Howie Morales, keynote speaker Ai-jen Poo

3:00 PM - 3:15 PM

Snack break

3:15 PM - 4:15 PM

Breakout session #3/ TIPS Session #2 (3:30 PM-5:00 PM)

4:30 PM - 5:30 PM

Dinner

5:30 PM-7:00 PM

Aging Expo and Social Hour

5:30 PM -7:45 PM

Concert & Dance featuring Darren Cordova y Calor (Holcomb Auditorium)

7:45 PM-8:00 PM

Bus departure back to Santa Fe host hotels and park and ride

WEDNESDAY, OCTOBER 21

6:30 AM - 8:00 AM

Pick ups starting at 6:30 am from host hotels and park and ride locations until 8:00 am

7:00 AM - 8:30 AM

Breakfast

8:00 AM- 10:30 AM

Aging Expo

9:00 AM - 10:00 AM

Breakout session #4 / TIPS Session #3 (9:15 AM-10:45 AM)

10:15 AM - 10:30 AM

Snack break

10:30 AM - 11:45 AM

Closing Plenary Session: Secretary Kaltenbach, Volunteers Awards, Youth Blessing, special guest speaker and prizes

11:45 AM - 12:00 PM

Boxed Lunch

12:00 PM - 12:30 PM

Bus departure back to Santa Fe host hotels and park and ride

TUESDAY, OCTOBER 20

PERFORMANCES & ACTIVITIES	
Atrisco Heritage Academy High School 7:00 AM - 7:30 AM 9:00 AM - 9:30 AM <i>Dining Hall</i>	
AirDance 10:00 AM - 1:00 PM <i>Holcomb Lawn</i>	
Healing Harmonies New Mexico 1:15 PM - 1:30 PM <i>Holcomb Auditorium</i>	
Sociedad Colonial Española de Santa Fe 2:45 PM - 3:00 PM <i>Holcomb Auditorium</i>	
Flamenco Youth de Santa Fe 4:15 PM - 4:45 PM <i>Holcomb Auditorium</i>	
Car Show 11:30 AM - 1:00 PM <i>Dining Hall Parking Lot</i>	
Darren Cordova y Calor 5:30 PM - 7:45 PM <i>Holcomb Auditorium</i>	
Morning Walk 9:00 AM - 10:00 AM <i>Holcomb Lawn</i>	
Pickleball 10:30 AM - 11:30 AM <i>Pickleball Court</i>	
Zipline 10:00 AM - 4:00 PM <i>Holcomb Lawn Info Tent</i>	
Mini Golf 3:00 PM - 4:00 PM <i>The Hub</i>	
Nature Hike 3:15 PM - 4:15 PM <i>Meet at Texas Main</i>	

WEDNESDAY, OCTOBER 21

PERFORMANCES & ACTIVITIES	
Cellicion Zuni Dancers 8:30 AM - 9:00 AM and 10:00 AM - 10:30 AM <i>Holcomb Lawn</i>	
Northern/Southern Dance Group 11:30 AM - 11:45 AM <i>Holcomb Auditorium</i>	
Bear Necklace Dance Group 10:00 AM - 10:30 AM <i>Holcomb Auditorium</i>	
Mariachi Albuquerque 11:45 AM - 12:00 PM <i>Shuttle Bus Pickup</i>	
Sol Fire 10:00 AM - 10:30 AM <i>Holcomb Auditorium Lawn</i>	

TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



Social Security for Today and Tomorrow

Holcomb 302/303

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



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

Holcomb 304/305

Angela Futch, State Health Insurance Program (SHIP) Coordinator,
New Mexico Aging Services



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.



Healthy Boundaries, Stronger Relationships

*New Mexico Hall
Sandia Room*

Melissa Smith, Santa Fe Therapy & Caregiver Wellness Resources



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.



**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 90SAPG0134, 2601NMMIAA-00 and 2601NMMISH-00 from the Administration for Community Living.

TUESDAY, OCTOBER 20, 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) **Jennifer Finley McGill**, State Librarian, New Mexico Public Library



(Panelist) **Victor Ortiz**, Sr. Program Manager, New Elder World Resources

*New Mexico
Hall Worship*



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 Traditions in Motion

Ralph Nava, Sociedad Colonial Española De Santa Fe

*New Mexico Hall
Gazebo*



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.



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.



**Don't forget to check out the Aging Expo in Moody Hall
from 8:00 AM - 7:00 PM to get connected with resources!**

TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



Understanding Dementia Through Shared Experience

Kimberly Corbitt, Founder, Biscochito

*New Mexico Hall
Truchas 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.



Talking About Suicide Saves Lives

Marvel Harrison, PhD, ABC Suicide Prevention

Clarie Miller, ABC Suicide Prevention

Holcomb 203-206



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.



Cooking Demo 1: Creamy Tomato Bisque & New Mexico Peach Sherbet

Chef Julian Griego, 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.



If you're hungry or need a break, stop by the senior lounge for a snack and rest. Snacks sponsored by:



Homestyle Direct
Your Health. Your Meals. Your Choice.



**LANL
FOUNDATION**
Investing in learning and human potential



TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



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 201



“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.



Indigenous Yoga & Mindfulness

Haley Laughter, Hozho Total Wellness

Holcomb Field



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.



Morning Walk

Terry Delgado, New Mexico Senior Olympics

Holcomb Field



Flu & Covid-19 Vaccines (9:00 AM- 1:00 PM)

Free vaccines available courtesy of Department of Health.

Room 15



10:00 AM - 10:15 AM | BREAK

TUESDAY, OCTOBER 20, 2026

10:15 AM - 11:15 AM | BREAKOUT SESSION #2

LOCATION & TRACK



Serving Veterans, Strengthening Families

Jamison Herrera, Cabinet Secretary,
Department of Veterans' Services

Holcomb 302-303



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

Julia Bergen, Executive Director, End of Life Options New Mexico;
Richard Ohlfs, Managing Attorney, Legal Resources for the Elderly Program;



Sean Kinniry, Attorney, Senior Citizens' Law Office, Inc.



Holcomb 203-206



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.



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



Learn about different types of wandering, common triggers, and person-centered strategies to promote safety and well-being. Participants will gain practical tools to reduce risks and respond in ways that respect each individual's needs and preferences.

TUESDAY, OCTOBER 20, 2026

10:15 AM - 11:15 AM | BREAKOUT SESSION #2

LOCATION & TRACK



One Million Care Conversations

Juan Carlos, Western Regional Organizing Manager,
Caring Across Generations

*New Mexico Hall
Gazebo*

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.



Generation to Generation

Scott Sharp, Executive Director, Albuquerque Oasis Lifelong Adventure

Holcomb 208

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.



Birth of a Creature in Clay

Tommie Kuykendahl, Owner, Creativity Warehouse

*New Mexico Hall
Sandia Room*

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.



Stop by Moody Room 15 for free COVID-19 and flu vaccines sponsored by the New Mexico Department of Health.

No appointment needed!

Tuesday: 9:00 AM - 1:00 PM

Wednesday: 8:00 AM - 10:30 AM

TUESDAY, OCTOBER 20, 2026

10:15 AM - 11:15 AM | BREAKOUT SESSION #2

LOCATION & TRACK



How Can I Prevent Alzheimer's Disease?

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

*New Mexico Hall
Truchas Room*



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.



Healing Harmonies: Sing, Move & Connect for Brain Health

Nicole Gallegos, Healing Harmonies New Mexico

*Holcomb
Auditorium*



Explore how music, singing, rhythm, and movement support brain health, voice, swallowing and social connection as we age. Practice simple exercises to stay active and engaged. No singing experience required, just a willingness to participate and have fun!



Pickleball (10:30 a.m. - 11:30 a.m.)

Ceci Acosta, New Mexico Senior Olympics

Pickleball Courts



Enjoy some pickleball! Bring a friend or meet someone new on the courts for fun, movement and connection.



Zipline (10:00 a.m. - 4:00 p.m.)

Glorieta Staff

Meet at Holcomb Field Info Tent



Soar through the beautiful mountain scenery on the zip line! Trained staff will provide safety instruction and equipment. Riders must weigh 80–275 pounds.

TUESDAY, OCTOBER 20, 2026

10:15 AM - 11:15 AM | BREAKOUT SESSION #2

LOCATION & TRACK



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.



Move More, Live Well

Carl Colonius, Program Manager, New Mexico Outdoor Recreation Division

Holcom 209



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.

Protect Yourself from Scams and Identity Theft

Michael McGuire, Senior Citizens' Law Office

Holcomb 201



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.



11:15 AM - 1:30 PM | LUNCH
Dining Hall

TUESDAY, OCTOBER 20, 2026

PLENARY SESSION

1:30 PM - 3:00 PM

Holcomb Auditorium

Opening/Entertainment

Healing Harmonies Chorus



Welcome

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



Remarks

Governor Michelle Lujan Grisham



Presentation of the Nick Salazar Award to
Lt. Governor Howie Morales



Keynote Speaker Ai-jen Poo

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:

Sociedad Colonial Española de Santa Fe

TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



How Medicare Works with Indian Health Services (IHS)

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

Holcomb
302-303



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.



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
208



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.



Rooted in Kinship: Support for Kinship Caregivers in NM

Kyra Ochoa, Long-Term Care Division Director, New Mexico Aging Services
Panelists: **Monica Herrera**, LANL Foundation; **Mikayla Ortega-Speight**, Staff Attorney, Pegasus Legal Service for Children; **Monica Terrazas**, Regional Operations Manager, Early Childhood Education and Care Department

Holcomb
203-206



This panel will highlight the Aging and Long-Term Services Department's Kinship Caregiver Program, in partnership with the LANL Foundation's Grandparents and Kin Raising Children (GKRC) Council. Panelists will discuss the program, as well as legal resources from Pegasus Legal Services for Children and the Universal Child Care Assistance Program.

TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



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

*New Mexico Hall
Truchas Room*

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.



Treat Me Well. Love, Your Future Self

Holcomb 201

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



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.

Preventing Falls and Recognizing Traumatic Brain Injuries

Ann Church, New Mexico Fall Prevention

*New Mexico Hall
Gazebo*

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



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.

Watercolor Meditation

Georgia Carbone, Owner/Director Georgia Electric, LLC

*New Mexico Hall
Sandia Room*



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! We'll work with geometric shapes, repetition, and experimentation. All participants are guided and individually supported.

TUESDAY, OCTOBER 20, 2026

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

LOCATION & TRACK



Spot the Scam

Christian Halstead, AARP New Mexico

Holcomb
304-305



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.

EnhanceFitness

Carol Montoya, New Mexico Senior Olympics

Holcomb
209



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 times per week for 360 older adults. Join us to find out more!

Mini Golf

The Hub

Self-paced course... Enjoy putting around the green with a game of mini golf. Mini Golf is located across from the dining hall at The Hub!

 **KINSHIP
CAREGIVER**
PROGRAM



More Information:



800-432-2080

aging.nm.gov

WEDNESDAY, OCTOBER 21, 2026

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

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

Holcomb
304-305



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.



Residents Rights: What Can the Ombudsman Do For You?

Annie Williams, Ombudsman Program Regional Supervisor, New Mexico Aging Services

Holcomb
208



Deanna Anaya, Ombudsman Sr. Program Coordinator, New Mexico Aging Services

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.



Care for Yourself, Too

Valerie Tsosie, Executive Director, So'Tsho Foundation

Holcomb
203-206



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, OCTOBER 21, 2026

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

LOCATION & TRACK



Engaging in Intergenerational Connection: Conversations with Indigenous Youth

Aurora Valdez, Taos Pueblo, Deputy Cabinet Secretary

*New Mexico
Hall Gazebo*



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.



Native Storytelling

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

Holcomb 209



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.



Music for Memory and Brain Health

Lea VanMerkestyn, Director, Life Circle Adult Day Center

New Mexico Hall
Sandia Room



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.



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



JOIN US.
aging.nm.gov/volunteer

WEDNESDAY, OCTOBER 21, 2026

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

LOCATION & TRACK



Finding Light After Loss

Debora Garrison, Executive Director, The Grief Center

Holcomb 302-303



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.



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

Dylan Pell, Mental Health Epidemiologist, Department of Health

*New Mexico Hall
Truchas Room*



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.



Cooking Demo: 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.



KNOW
THE
SIGNS

SAFE &

SOUND



aging.nm.gov/protecting-adults

WEDNESDAY, OCTOBER 21, 2026

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

LOCATION & TRACK



Birding for Wellness

Dylan Frentzel, New Mexico Department of Wildlife

Holcomb Field



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.



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.



Nature Hike

Carl Colonius, Program Manager,
New Mexico Outdoor Recreation Division

*Texas Hall Main
(meet here)*



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.



Flu & Covid-19 Vaccines (9:00 AM- 1:00 PM)

Free vaccines available courtesy of Department of Health.

Room 15



Aging Network Provider Training Schedule - Not for Attendees

ALL Sessions are held in the New Mexico Hall!	
10:00 AM-10:15 AM Area 1, Worship Hall	10/20/2026 Tuesday Welcome! Join us as we launch this year's TIPS with opening remarks from ALTSD leadership.
10:15 AM-10:45 AM Area 1, Worship Hall	Session Topic: Framing a Financial Foundation—Capital Outlay, DOT, MFA, USDA <i>(Carl Colonius, Travis Day, Delilah Garcia, Donna Maestas-DeVries, Tasha Martinez)</i> Join representatives from the New Mexico Department of Transportation (DOT), US Department of Agriculture (USDA), New Mexico Mortgage Finance Authority (MFA), and Economic Development Department (EDD) for a panel discussion on funding opportunities available to senior centers. Panelists will provide an overview of DOT's 5310 and 5311 transportation grants, USDA energy programs, MFA resources for rehabilitation and weatherization projects, and EDD grant opportunities for recreational infrastructure. The session will help senior center providers identify potential funding sources, understand eligible project types, and learn how to prepare.
3:30 PM-5:00 PM Area 1, Worship Hall	Session Topic: Nutrition Necessities—Food Safety <i>(Marci Nevarez, Kellison Platero, Michelle Briscoe, Daniel Osborn, Mitch Gray, Ophelia Steppe)</i> USDA Environment Department: This session will review key food safety processes related to the preparation, cooling, storage, and labeling of frozen meals. The discussion will focus on proper cooling procedures and appropriate labeling practices to help ensure food safety, compliance, and quality.
3:30 PM-5:00 PM Area 2, Room M	Session Topics: Volunteer Programs, Senior Employment Program (SEP), Senior Community Service Employment Program (SCSEP), CNM Ingenuity <i>(Victor Ortiz)</i> Discover what NM-New Elder World (NEW) has learned about older adults' changing relationship with work, purpose, and community, and explore practical strategies for creating more age-friendly opportunities across New Mexico.
3:30 PM-5:00 PM Area 4, Aspen Cafe	Session Topic: Juniper Health Promotion—OIEA Nutritionist Contractor <i>(Ashlee Begaye, Jennifer Johnston)</i> New Mexico Indigenous Foods—This session will highlight local indigenous food sources, juniper ash and blue corn. Juniper and blue corn are staple indigenous foods and resources that provide numerous nutritional benefits. Join us for a cooking demo and discuss how to use it in your meals!
9:00 AM-9:15 AM Area 1, Worship Hall	10/21/2026 Wednesday Welcome back! Housekeeping
9:15 AM-10:45 AM Area 1, Worship Hall	Session Topic: Administration for Community Living (ACL)—Title III and Title VI—AND and OIEA Joint Session <i>(Kathleen Votava, Sara Vogler, Alicia Gourd, Michelle Briscoe, Denise King, Daniel Osborn)</i> Administration for Community Living (ACL) Title III and Title VI coordination requires state and area aging agencies (AAAs) to partner with Native American tribal organizations. This collaboration bridges gaps in nutrition, health promotion, and caregiver support for older adults. Where Title VI programs exist, joint outreach and emergency planning ensure resources reach those in greatest need in partnership with New Mexico AAAs.
9:15 AM-10:45 AM Area 2, Room L	Session Topic: Senior Employment Program, Senior Community Service Employment Program <i>(Safaa Abid, Benjamin Rogers)</i> SCSEP and SEP participants will: • Learn how to make the required yearly recertification process for Senior Employment less stressful and easier for all concerned. • Learn how to develop a professional resume and tailor it to align with the job descriptions and requirements of the positions for which they are applying.
9:15 AM-10:45 AM Area 3, Room M	Session Topic: Volunteer Programs <i>(Cecilia Acosta, Jolyne Copple, Joseph Sanchez)</i> Volunteer program providers will learn strategies on volunteer recruitment and retention from statewide leading organizations who rely on volunteers for programming and overall organization messaging.
10:45 AM-11:00 AM Area 1, Worship Hall	Closing

WEDNESDAY, OCTOBER 21, 2026

CLOSING PLENARY SESSION

10:30 AM - 12:00 PM

Holcomb Auditorium

Live Performance

Bear Necklace Dance Group



Welcome

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



Keynote speaker Jesus Lopez

Come listen to author and historian Jesus Lopez share about New Mexico's history.

Volunteer Awards Ceremony

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

Prizes & Giveaways

Live Performance and Youth Blessing

Northern/Southern Dance Group

HOUSEKEEPING

First Aid Station

Moody Hall Patio
Room 9

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 in Moody Hall Patio
Room 9

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



This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and extend across the width of the page. There is no handwriting or printed text on the page.

CONFERENCE ON AGING SCHEDULE - TUESDAY, OCTOBER 20

Time	Aging in Action	Caregiver Toolkit	Connected Communities	Create & Celebrate	Mind Matters	Rooted & Resilient	Nourish to Flourish	Stay Strong Stay	Outdoor Extracurricular
9:00 - 10:00 am	Social Security for Today and Tomorrow <i>Holcomb 302-303</i>	Healthy Boundaries, Stronger Relationships <i>New Mexico Hall Sandia Room</i>	Social Isolation is the New Smoking: Staying Connected for Better Health. <i>New Mexico Hall Worship</i>	New Mexico Traditions in Motion <i>New Mexico Hall Gazebo</i>	Building Your Brain Health Action Plan <i>New Mexico Hall Room M</i>	ABC Suicide Prevention - Talking About Suicide Saves Lives <i>Holcomb 205-206</i>	Cooking Demo 1: Creamy Tomato Bisque & New Mexico Peach Sherbets <i>New Mexico Hall Aspen Cafe</i>	AI and How to Use it Safely <i>Holcomb 201</i>	Morning Walk <i>Holcomb Field</i> 9:00-10:00 am Flu & COVID-19 Vaccines <i>Room 15</i> 9:00 am-1:00 pm
	Medicare 101 Holcomb 304-305				Understanding Dementia Through Shared Experience <i>New Mexico Hall Truchas Room</i>			Indigenous Yoga & Mindfulness <i>Holcomb Field</i>	
10:15 - 11:15 am	Serving Veterans, Strengthening Families <i>Holcomb 302-303</i>	Person-Centered Care for People Living with Dementia: Wandering Education for Informal and Formal Care Partners <i>Holcomb 304-305</i>	Generation to Generation <i>Holcomb 208</i>	Birth of a Creature in Clay <i>New Mexico Hall Sandia Room</i>	How Can I Prevent Alzheimer's Disease? <i>New Mexico Hall Truchas Room</i>	Healing Harmonies: Sing, Move & Connect for Brain Health <i>Holcomb Auditorium</i>	Love Your Health with Local NM Indigenous Foods <i>New Mexico Hall Aspen Cafe</i>	Protect Yourself from Scams and Identity Theft <i>Holcomb 201</i>	Zipline <i>Holcomb Field Info Tent</i> 10:00-4:00 pm Pickleball <i>Pickleball Court</i> 10:30-11:30 am
	Navigating Complex Conversations: Estate, Healthcare, and End of Life Care Planning Holcomb 205-206	1 Million Care Conversations <i>New Mexico Hall Gazebo</i>							
1:30 - 3:00 pm	Opening Plenary Session: Governor Michelle Lujan Grisham, Lt. Governor Howie Morales and Keynote Speaker Ai-jen Poo								

3:15 -
4:15
pm

How
Medicare
Works with
Indian
Health
Services
Holcomb
302-303

Strength
Through
Technique:
Safe Lifting for
Caregivers
Holcomb 208

Rooted in
Kinship:
Support for
Kinship
Caregivers in
NM *Holcomb*
205-206

Watercolor
Meditation
New
Mexico
Hall
Sandia
Room

What to do
after an
Alzheimer's
or Dementia
Diagnosis
New Mexico
Hall Truchas
Room

Treat Me Well.
Love, Your
Future Self
Holcomb 201

*Preventing
Falls and
Recognizing
Traumatic
Brain Injuries
New Mexico
Hall Gazebo*

Spot the Scam
Holcomb 304-
305

EnhanceFitness
Holcomb 207

Mini Golf
The Hub
3:00-4:00 pm

CONFERENCE ON AGING SCHEDULE - WEDNESDAY, OCTOBER 21

9:00 -
10:00
am

Senior
Medicare
Patrol (SMP)
Bingo
Holcomb
304-305

Residents
Rights: What
Can the
Ombudsman
Do For You?
Holcomb
208

Care for
Yourself, Too
Holcomb 205-
206

Engaging in
Intergenerational
Connection:
Conversations
with the
Indigenous
Youth
*New Mexico Hall
Gazebo*

Native
Storytelling
New
Mexico
Hall
Holcomb
209

Music for
Memory
and Brain
Health
New
Mexico
Hall
Sandia
Room

Finding Light
After Loss
Holcomb
302-303

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

Cooking
Demo 3:
Brain
Healthy
Black
Bean and
Carrot
Skillet
Tacos
with
Avocado
Crema
New
Mexico
Hall
Aspen
Cafe

**Birding for
Wellness
Holcomb Field**

**Falls Risk
Prevention
Using Tai Chi
Methodologies
Holcomb Field**

Nature Hike
Meet at Texas
Main 9:00-
10:00 am

Flu & COVID-
19 Vaccines
Room 15
8:00 am-10:30
am

10:30 - 11:45 am

Closing Plenary Session: Secretary Emily Kaltenbach, Keynote Speaker Jesus Lopez, Volunteer Awards and Youth Blessing



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

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 book and Navajo artists 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



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