

Be There For Peak Aging

SILVER SUMMIT

Planning for Peak Aging

Your Future Takes Center Stage!


Don't miss one of the most exciting opportunities you'll ever have to shape your future! Plan to join us November 3-4 at the John Q. Hammons Convention Center in Rogers for The Silver Summit.

"It's going to be a wonderful event," said Larry D. Wright, MD, Director of the Schmieding Center. "Whether you're a Baby Boomer or an older adult, it's a unique opportunity to learn everything you need to know about aging



well. You'll discover a whole new way of looking at aging in a positive way. And you'll find lots of answers concerning daily living resources, healthcare and wellness, caregiving, senior connections, and life planning all in one place."

"I don't think I've ever seen so many useful and life-changing aging resources in one place," Wright continued. "We have well-known national and regional speakers for both the general public and healthcare professionals and a myriad of excellent companies and organizations participating in the trade show."

Check out the Silver Summit Program, Expo Exhibitors, and Sponsors below to see some of the highlights of this "don't miss event"! For more information, visit the website at www.silversummit.org. 



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**Silver Summit Program****General Admission:** \$10.00 daily (Newspaper Coupon Good for \$2 discount!)**Health Professional Continuing Education:** \$80.00**Friday, November 3 – Healthcare Professionals**

10 am-7 pm	Tradeshow / Entertainment	
8-8:45 am	Registration	
8:45-9 am	Opening Remarks	
9-9:45 am	General Session	Peak Aging Fitness—Chris Dougherty, DO
10-10:45 am	Breakout Sessions	<ul style="list-style-type: none"> • Ethnogeriatrics—Gwen Yeo, PhD • Osteoporosis in the 21st Century—Adam Maass, MD
11 am -1 pm	Box Lunch / Tradeshow	
1-1:45 pm	Breakout Sessions	<ul style="list-style-type: none"> • Medical Ethics/Advanced Directives—Chris Hackler, PhD • Urinary Incontinence, Prevention/Treatment—Randall Hightower, MD
2-2:45 pm	Breakout Sessions	<ul style="list-style-type: none"> • Geriatrics in Primary Practice—Fred Sherman, MD • Impact of Communication Disorders on Identity—Barbara Shadden, PhD
3-3:45 pm	Breakout Sessions	<ul style="list-style-type: none"> • The Future of Pain Care—Reed Thompson, MD • Advanced Techniques in Wound Care—Ruth Bryant, RN,MS • Effectiveness of Caregiver Support Programs—Ronald Toseland, PhD
4-5:00 pm	General Session	Legislative Issues & the Future of Boomers—Blanche Lincoln, US Senator

Saturday, November 3 – General Public

8 am-6 pm	Tradeshow / Entertainment	
8-8:30 am	Introductions & Welcome	
8:30-9:30 am	General Session	• A New Vision of the Elderly—Dr. David Lipschitz, MD, PhD
9:30-10 am	General Session	• Peak Aging Fitness—Bill Evans, PhD & Frank Broyles, UA Athletic Director
10:30-11:20 am	Breakout Sessions	<ul style="list-style-type: none"> • Finding Purpose at Midlife—Panel Discussion • Dental Health for Seniors—Jeff Wisener, DDS • Financial Preparation for Retirement—Gail Stein, CPA
10:20-12:20 pm	Breakout Session	<ul style="list-style-type: none"> • Caregiving Panel Discussion—Fearless Caregiver—Gary Barg, Editor-in-Chief, <i>Today's Caregiver</i>, Panel of Community Resources—H. Todd Whatley, Attorney; Larry Wright, MD; Carolyn Wheeler, LSW; Michele Jones, PT and others
12:30-1:30 pm	General Session	• Chicken Soup for the Caregiver's Soul—LeAnn Thieman, CSP
2:30-3:15 pm	General Session	• What Are We Going To Do With Dad?—Jerald Winakur, MD
2:30-3:15 pm	Breakout Sessions	<ul style="list-style-type: none"> • Aging in Place-Universal Design—Korydon Smith, BPS, MA • Legal Issues Panel—Steve Butler, Attorney; Bart Allard, CPA; Jim DiPriest, Ass't. Attorney General
3:30-4:15 pm	Breakout Sessions	<ul style="list-style-type: none"> • Dressing with Style—Laurie Apple, EdD; Lona Robertson, EdD • Innovations in Long Term Housing —Kenyon Morgan, AIA; Larry Wright, MD • Maintaining Heart Health—Mary Bourland, MD • Ministry & Parish Nursing Programs—Margaret Tremwel, MD, PhD



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KHOG 40/29

KUAF

The Morning News

Silver Summit Exhibits and Entertainment!

You'll find a variety of exciting exhibits by top-flight companies offering information of value to older adults and more booths from non-profit organizations offering resources for seniors.

There will be lots of entertainment, too! Fun sessions available on topics like yoga, tai chi, gardening, pottery, photography, belly dancing and more! 


Silver Summit Hosts

- Schmieding Center for Senior Health & Education
- Northwest Health System
- University of Arkansas for Medical Sciences
- Donald W. Reynolds Institute on Aging
- Arkansas Aging Initiative
- Area Health Education Center-Northwest

Why are we sponsoring the Silver Summit?

Our mission statement shows how important we think it is to you and your loved ones:

Silver Summit Mission

- Change the traditional mindset of aging—it's no longer the way it was for your parents and grandparents.
- Demonstrate that we have an added 20-30 extra years of life that can be lived in good health, full of fun, productivity, and meaning.
- Show how we can maximize this new stage of aging—our Second Adulthood – by planning for Peak Aging, the highest level of successful aging you can achieve personally.
- Help more people reach the peak of life as they age. 


Answer: Who said there were four ladies? A woman came into the pet shop with her daughter and her granddaughter. That makes two mothers and two daughters!

New From Schmieding!

Training Course for Alzheimer's Disease and Dementia Caregiving

The Schmieding Center's new Home Caregiver Training program "Alzheimer's Disease and Dementia Training" made its debut August 29, 2006 with a class of twenty-one students.

Pre-register for October Classes

The new "Alzheimer's Disease and Dementia Training," the fourth course of the Schmieding Center's Home Caregiver Training program, is required for those interested in becoming a Certified Nursing Assistant. The next "Alzheimer's and Dementia Training Course" is scheduled for October 30, 31, November 1, 2006. To qualify for enrollment, you must be a graduate of the Elder Pal Home Caregiver Training Course or hold an active CNA certificate. Due to limited enrollment, pre-registration is required. 



Schmieding Center
for Senior Health
and Education of
Northwest Arkansas

A Partnership of:

University of Arkansas
for Medical Sciences
Donald W. Reynolds Institute
on Aging

Area Health Education
Center – Northwest

Northwest Health System



Silver Summit Speakers:

The Silver Summit is packed with presentations by national leaders who are helping change the way Americans will age in the 21st Century. Coming from across America, they will present innovative concepts and techniques to help you attain Peak Aging, the highest level of successful aging you can achieve personally.

A few of the major speakers you will hear are:

Jerald Winakur has practiced internal and geriatric medicine in San Antonio, Texas for thirty years,



Jerald Winakur, MD, FACP, CMD

and is an associate with Pasteur Medical Associates, the group he founded in 1990. He is an Associate Faculty member at the Center for Medical Humanities and Ethics at the University of Texas Health Science Center and a lecturer in Humanities at the University of Texas at San Antonio.

Last year Dr. Winakur's essay, "What Are We Going To Do With Dad," appeared in *The Washington Post* and was syndicated in newspapers across America. He has been interviewed on *The Diane Rehm Show* and *Fresh Air* with Terry Gross. He authors a monthly column, "Meditations on Medicine," in *LifeTimes*.

His book, forthcoming from Hyperion Press, is a memoir-manifesto about his life as a geriatrician, a commentary on aging in America, and the trials and joys of being the son of an old, old man.

LeAnn Thieman, a nationally acclaimed motivational speaker, author and nurse for 30 years, has



LeAnn Thieman, CSP

been featured in print and on countless radio and television programs across America. Her life changed forever when she bought a dozen cupcakes at a bake sale to support the war orphans in Vietnam. Her book, "This Must Be My Brother," details her daring adventure in helping to rescue 300 babies during Operation Babylift in 1975 as Saigon was falling to the communists.

Thieman is co-author of the New York Times best seller *Chicken Soup for the Caregiver's Soul* and many other "Chicken Soup" books. She offers remedies for the burnout that faces all caregivers by encouraging professional and family caregivers to care for themselves as devotedly as they do for others.

Gary Barg, the keynote speaker for the in-home caregiving program at the Silver Summit, is the author of *The Fearless*



Gary Barg, Editor-in-Chief, Today's Caregiver

Caregiver and editor-in-chief of *Today's Caregiver* magazine. He created the Fearless Caregiver Conferences, which bring caregivers together to share their knowledge and experience.

Barg is a noted speaker on caregiving issues and is often featured in national media, including *The Today Show*, *Time Magazine*, *The Wall Street Journal*, and *USA Today*. ▀

Volunteers Needed for Silver Summit!

The Schmieding Center is looking for people who would like to serve as volunteers during our Silver Summit conference on November 3 and 4, 2006.

Dozens of volunteers will be needed to serve as conference ambassadors and greeters, help with event setup and registration, distribute snacks and much, much more! You can be a part of this groundbreaking two-day conference. Just contact Michelle Watson at 479-751-3043 or mwatson@scshe.uams.edu. ▀



Senior Health Clinics

New Geriatricians Added

Northwest Senior Health Centers have added four new geriatricians in response to the rapidly growing utilization of the Senior Health Centers.


Amy Irwin, MD, is a native Arkansan who returned after completing a geriatrics fellowship at Virginia Commonwealth University Health System/Medical College of Virginia and serving as an assistant professor at VCU-MCV for the past two years.

Dr. Irwin was drawn to geriatrics through her interest in caring for the whole patient. “So much of medicine is about technology and that’s important, but with older adults there are so many other factors in helping them age well. I enjoy our multidisciplinary approach, a team looking at the many aspects of aging well and determining the best way to help the individual patient.”

Bilquis Khot, MD, completed her fellowship in geriatrics at Maimonides Medical Center at the State University of New York. Dr. Khot and her husband have two children, ages 2 and 6. “I enjoy caring for older adults because it is challenging and rewarding,” Dr. Khot said. “Geriatric medicine is similar to pediatrics in that both

are special groups with much different needs than young adults. I believe older adults can expect better outcomes when they see a geriatrician because we are trained in their special needs.”

Mamatha Modem, MD, completed her fellowship in geriatrics at Maimonides Medical Center, Brooklyn, New York. “I like working with older patients and being able to help with their complex medical and social issues,” Dr. Modem said. “I feel we can get a more complete evaluation and address multiple issues with the team approach we use at Northwest Senior Health. It makes a big difference for our patients.”

Arlen Nepomuceno, MD, completed her geriatric fellowship at the University of Hawaii at Manoa and the John A. Burns School of Medicine in Honolulu. Dr. Nepomuceno and her husband have 3 children, aged 10, 8, and 6. “I think our patients definitely get better care; we spend more time with them and take the time to evaluate the patient as a whole person,” said Dr. Nepomuceno. “My grandparents lived with us when I was younger and I helped care for them; maybe that’s why I enjoy working with the elderly.” 



Amy Irwin, MD
Northwest Senior Health –
Schmieding Center



Bilquis Khot, MD
Northwest Senior Health Center-
Bentonville



Mamatha Modem, MD
Northwest Senior Health Center-
Bentonville



Arlene Nepomuceno, MD
Northwest Senior Health Center-
Bella Vista

Taking Care of Yourself

Put some color in your life!

By **Beth Vaughan-Wrobel, EdD, RN, FAAN**



Dr. Beth Vaughan-Wrobel,
Associate Director/Director of
Education, SCSHE

No one who has ever been a caregiver has to be told that it takes a toll, physically, mentally, and emotionally. There's never enough time for yourself. You hear lots of advice on how to avoid burnout and relieve the unrelenting stress, ranging from techniques for "silencing your inner critic" to ways to "release the tension" to being more optimistic by "looking on the bright side." And all these can help.

But here's an interesting one I discovered in *Caring Today*, part of an article by Mary Elizabeth Terzella titled "Just for You." Did you know that there are a lot of studies that show how important color can be in determining our moods? "Research shows you can change your mood by the colors you surround yourself with," says Leatrice Eiseman, executive director of the Pantone Color Institute and author of *Colors for Your Every Mood*.

Colors have psychological and physiological effects on our moods. So you can change your caregiving environment and give yourself (and maybe the person your caring for) a big lift that stays with you every day. Maybe you can paint the walls, which could be a stress reliever in many ways. But you don't have to repaint to get a mood makeover. Even colored objects can give you benefits, according to Eiseman.

What kind of benefits? Well, studies show that the color blue is helpful in relaxing, and reducing blood pressure, heartbeat, and respiration rate. In one recent study 80 percent of people responded positively to blue, saying it evoked feelings of calmness. "People feel serene and tranquil when they view shades of blue," Eiseman said. "Blue is the color of sky and water, which we associate with stress-free activities like a day at the beach."

Yellow elicited even more positive responses in the same study. Yellow is associated with the sun, blooming flowers, and summer. "When people are surrounded by sunny shades, they feel cheerful, energized, optimistic, and happy," says Eiseman. "It's an instant reaction."

So color your world as a part of taking care of yourself. Think about what colors you like and how they make you feel. Use your imagination. For a relaxing effect, hang blue towels in the bathroom or blue curtains in your bedroom. To lift your spirits, toss a yellow throw and pillows on the couch. ▀

Brain Teasers Club

Want a challenge?

Stay sharp and have some fun! Use your problem-solving skills to figure out this brain bender!



The Three Kittens

The owner of a pet shop tried to persuade two mothers and two daughters, who entered the store together, to buy the three kittens playing behind the glass window.

He made the sale. Each customer left the store with her own pet kitten. None of them shared a kitten.

How can three kittens be owned by two mothers and two daughters so that each has her own individual pet?

(You'll find the answer on page 3)

What: Brain Teasers Club

When: 2nd Monday of the month, 11:00 am – 12 noon- Bella Vista; 2nd Thursday of the month, 11:00 am – 12 noon, Springdale

Who: Open to public and facilitated by Sherry White, BSN, RN, BC and Fink Holloway, BS.

Where: Schmieding Center

Why: *Use it, don't lose it!* ▀

Source: Martin Gardner, *Perplexing Puzzles and Tantalizing Teasers*, Dover Publications, Inc., 1969.

Two Prestigious "Firsts" For You!

"Caregiving in America" & PeakAging Forum

Message from
the **Director**



By **Larry D. Wright, MD, FACP**

Don't miss out on two exciting new projects we're partnering on—one is a report on "Caregiving in America" that you'll want to read and the other is a public forum you'll want to attend—"PeakAging: Health. Home. Independence." Both are first-of-their-kind projects we're proud to sponsor.



Dr. Larry D. Wright
Director, SCSHE



Just a couple of weeks ago we released the first comprehensive report on the state of caregiving in America. This report, announced at a national press conference in New York, is designed to map the territory and introduce the specific initiatives of "The Caregiving Project for Older Americans," a three-year partnership between the Schmieding Center and the International Longevity Center—USA. The report offers a context for what has already been done and what still needs to be accomplished in the caregiving field.

PeakAging™ Forum
HEALTH. HOME. INDEPENDENCE.

You're invited to attend the first-ever joint public appearance of two leaders in aging, both winners of the Heinz Award for the Human Condition—Dr. Robert N. Butler and Dr. William H. Thomas—which will take place from 10-11:30 a.m. Friday, October 27, in the Schmieding Center auditorium. Dr. Butler, the father of American geriatrics, and Dr. Thomas,


the visionary creator of the Eden Alternative and Green Houses, will engage in a public conversation "PeakAging: Health. Home. Independence." that will be moderated by Dr. Larry Wright and also feature Kenyon Morgan, a well-known creator of innovative long-term housing projects. Please note that seating space is limited.

You are also invited to join Dr. Butler and Dr. Thomas at Legacy Village from 2:30-5 p.m. for the groundbreaking of the first Green Houses in Arkansas and an Open House in the new Legacy Village Clubhouse.

The events are co-sponsored by the Schmieding Center and Legacy Village, the premier non-profit community for adults 62+ located in Bentonville.

If you would like to read the "Caregiving in America" report on-line, please go to our website

schmiedingcenter.org. For more information on the

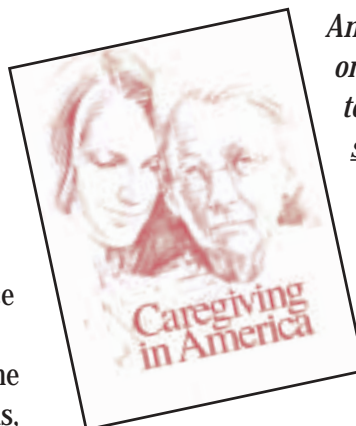
"PeakAging: Health. Home. Independence" Forum and Open House, please call or e-mail Linda Kogelmann at the [Schmieding Center at 479-751-3043](tel:479-751-3043) or lkogelmann@scshe.uams.edu 



Dr. Robert N. Butler, MD



Dr. William H. Thomas, MD





Schmieding Center
for Senior Health & Education
of Northwest Arkansas

2422 N. Thompson • Springdale, AR 72764

Northwest Senior Health –
Schmieding Center, Suite A
Phone: 479-750-6566 / Fax: 479-750-5251

Schmieding Center for Senior Education,
Suite B
Phone: 479-751-3043 or 1-888-866-8991
Fax: 479-751-3249

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It's Prime Time! Just Do It!

Fight Flu & Pneumonia!

Healthy Aging

When should you get a

flu shot? Right now! It's best to get the flu shot in October through mid-November. The vaccine begins to protect you after 1 to 2 weeks.

Who should get a pneumonia or

flu shot? Get a flu shot if you are 50 or over or have any chronic respiratory or other medical conditions. You may also need a one-time vaccination for pneumococcal pneumonia, which you can receive the same day you get the flu shot.



Do I need a flu shot every year?

Yes. People continue to become ill with the flu throughout their lives.

Why should I get a flu shot?

1. The flu is serious business and can be very dangerous for people 50 or over. Flu is a serious illness that can lead to

pneumonia. At least 45,000 Americans die each year from influenza and pneumonia and 90 percent of these deaths are among people 65 years of age or over.

2. A flu shot is safe and helps you protect others. Flu shots are safe and effective. And when you get a flu shot you help yourself and those around you.

3. The flu can make you "blue." Even if you don't develop serious problems, the flu can make you feel bad for days. It can cause fever,



chills, headache, cough, and sore muscles.

4. Medicare Part B pays for it. Your flu shot (and pneumococcal vaccination) are free if you are enrolled in Medicare Part B and your health care provider accepts Medicare assignment. ■

Sources: 2006 Medicare.gov

Need Help Caring for an Older Adult?

We'll provide the answers you need about eldercare, send you helpful information, and connect you with hard-to-find resources. Contact Schmieding Center for Senior Health and Education for additional information at 479-751-3043 or info@schmiedingcenter.org, or call toll-free at 1-888-866-8991.