

LINCOLN UNIVERSITY COOPERATIVE EXTENSION
PAULA J. CARTER CENTER ON MINORITY HEALTH & AGING
MISSOURI INSTITUTE ON MINORITY AGING

{AUGUST 3-5, 2009}

CAPITOL PLAZA HOTEL – JEFFERSON CITY, MO

Contact PJCCMHA: (573) 681-5530

<http://www.lincolnu.edu/pages/650.asp>

INSTITUTE-AT-A-GLANCE

“CHANGE: THE SPIRIT OF AGING = A NEW BEGINNING”

MONDAY: AUGUST 3RD

4:00 – 5:30 P.M. – *EXHIBITOR'S SET-UP*/ 5:30 – 8:30 P.M. – *WELCOME RECEPTION*

TUESDAY: AUGUST 4TH

8:00 A.M. – 3:00 P.M. – *REGISTRATION – CAPITOL PLAZA HOTEL LOBBY*

8:00 – 9:00 A.M. – *BUFFET BREAKFAST*

8:45 – 9:30 A.M. *WELCOME AND OPENING REMARKS*

MODERATOR: Marian Carr, Director of Education/M & L Consulting Firm, LLC, Kansas City, MO

Welcome: Treaka Young, M.A., M.Ed.

PJCCMHA Coordinator/MIMA Chair, Lincoln University

Greeting: Carolyn Mahoney, Ph.D., President

Lincoln University-Jefferson City, MO

Greeting: John Landwehr, Mayor -Jefferson City, MO

9:30 – 10:00 A.M. *MORNING KEYNOTE ADDRESS*

➤ *Delores Penn, Ph.D.*

10:00 – 10:10 A.M. – *Break/Visit Exhibitors*

10:10 – 11:00 A.M. *1ST CONCURRENT BREAKOUT SESSIONS*

➤ *Session: Mental Health Stigma in Missouri Among African Americans & the Elderly*
Elizabeth Sale, Ph.D. – MO Institute of Mental Health, St. Louis, MO

➤ *Session: Physical Fitness & Seniors*
Catherine Heinz, YMCA Personal Trainer, Jefferson City

➤ *Session: Topic: TBA*
Yvonne Matthews – Interim Associate Administrator of Extension Programs
Lincoln University Cooperative Extension, Jefferson City, MO

11:00 – 11:10 A.M. – *Break/Visit Exhibitors*

11:10 – 12:00 P.M. *2ND CONCURRENT BREAKOUT SESSIONS*

➤ *Session: The Secrecy of Substance Abuse & Mental Health Disorders in Aging Minorities*
Daphne Walker-Thoth, M.Ed. & Elayne C. Davis, LCSW – MO Institute of Mental Health,
St. Louis, MO

➤ *Session: Health & Fitness – Regardless*
Becky Pfenenger & Erica Hurt, Jefferson City Area YMCA, Jefferson City, MO

➤ *Session: Hospice – All You Need to Know*
Diana Selken, Director of Marketing, Hospice Compassus, Jefferson City, MO

12:00 – 12:15 P.M. – *Break/Visit Exhibitors*

12:15 – 1:30 P.M. *LUNCHEON*/12:30 – 12:45 P.M. *AWARDS*

12:45 – 1:30 P.M. *LUNCHEON KEYNOTE ADDRESS*

➤ *Retirement Life by Design: Change Your Mind; Change Your Life*
Pamela D. Pope, B.S., Elder Care Strategist,
President – Pope Institute for Health and Education, St. Louis, Missouri

1:30 – 1:40 P.M. – Break/Visit Exhibitors

1:40 – 2:30 P.M. 3rd CONCURRENT BREAKOUT SESSIONS

- **Session: Mental Health Stigma in Missouri Among African Americans & the Elderly**
Elizabeth Sale, Ph.D. – MO Institute of Mental Health, St. Louis, MO
- **Session: Physical Fitness & Seniors**
Catherine Heinz, YMCA Personal Trainer, Jefferson City
- **Session: Topic: TBA**
Yvonne Matthews – Interim Associate Administrator of Extension Programs
Lincoln University Cooperative Extension

2:30 – 2:40 P.M. – Break/Visit Exhibitors

2:40 – 3:30 P.M. 4th CONCURRENT BREAKOUT SESSIONS

- **Session: The Secrecy of Substance Abuse & Mental Health Disorders in Aging Minorities**
Daphne Walker–Thoth, M.Ed. & Elayne C. Davis, LCSW – MO Institute of Mental Health,
St. Louis, MO
- **Session: Health & Fitness – Regardless**
Becky Pfenenger & Erica Hurt, Jefferson City Area YMCA, Jefferson City, MO
- **Session: Hospice – All You Need to Know**
Diana Selken, Director of Marketing, Hospice Compassus, Jefferson City, MO

{Speakers' Book Signing Available from 3:30 – 5:00 P.M.}

WEDNESDAY: AUGUST 5TH

8:00 – 9:00 A.M. – REGISTRATION/BUFFET BREAKFAST

9:00 – 9:50 A.M. MORNING KEYNOTE ADDRESS

- **Topic: The Spirit of Aging – A New Beginning**
Michael T. Railey, M.D., Family Medical Doctor/Director of Medical Services and Research, St.
Louis City Department of Health, Clayton, MO

9:50 – 10:00 A.M. – Break/Visit Exhibitors

10:00 – 10:50 A.M. 1ST CONCURRENT BREAKOUT SESSIONS

- **Session: TBA**
Chuck Walker, Jefferson City Police Department – Jefferson City, MO
- **Session: TBA**
Marian Carr, Director of Education/M & L Consulting Firm, LLC, Kansas City, MO
- **Session: Resources for Stretching Health Care Dollars**
Jim Day, Lead Regional Liaison and Trainer, CLAIM, Columbia, MO

10:50 – 11:00 A.M. – Break/Visit Exhibitors

11:00 – 11:50 A.M. 2ND CONCURRENT BREAKOUT SESSIONS

- **Session: TBA**
Chuck Walker, Jefferson City Police Department – Jefferson City, MO
- **Session: TBA**
Marian Carr, Director of Education/M & L Consulting Firm, LLC, Kansas City, MO
- **Session: Resources for Stretching Health Care Dollars**
Jim Day, Lead Regional Liaison and Trainer, CLAIM, Columbia, MO

11:50 A.M. – 12:00 P.M. – Break/Visit Exhibitors

12:00 – 1:30 P.M. LUNCHEON/12:30 – 1:15 P.M. AFTERNOON KEYNOTE ADDRESS –TBA

1:15 – 1:30 P.M. Inspirational Message

1:30 – 2:00 P.M. CLOSING REMARKS/EVALUATIONS/DOOR PRIZES

Treka Young, M.A., M.Ed., PJCCMHA Coordinator/MIMA Chair, Lincoln University

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