



good nutrition

more exercise

social engagement

Brain Health

A Key to Aging Well

18th Annual Missouri Institute on Minority Aging

Tuesday,
August 25 through
Thursday,
August 27, 2015

Holiday Inn Executive Center
Columbia, Missouri

Sponsored by Lincoln University Cooperative Extension,
Paula J. Carter Center on Minority Health and Aging
and the Missouri Department of Health and Senior Services,
Office of Minority Health

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging

“Promoting Healthy Aging for Minority and Underserved Seniors”

The mission of the Lincoln University Cooperative Extension (LUCE) Paula J. Carter Center on Minority Health and Aging (PJCCMHA) is to provide leadership in addressing the health, social and psychological needs of Missouri's 50 and older minorities and the underserved population. This is accomplished through education, research-based information, policy analysis and the use of technology as strategic tools.

The Paula J. Carter Center on Minority Health and Aging (formerly the Missouri Center on Minority Health and Aging) was established in 1997 through funding from the Missouri Department of Health and Senior Services, Office of Minority Health. Representative Carter was instrumental in the founding of the Missouri Center on Minority Health and Aging, a multiethnic training, research and public policy center located at Lincoln University in Jefferson City, Missouri. Lincoln University renamed the center after Paula J. Carter in honor of her dedicated service to all Missourians.



Senator Paula J. Carter
1940 – 2002

2015

18th MISSOURI INSTITUTE ON MINORITY AGING

**Holiday Inn Executive Center
2200 I-70 Drive SW
Columbia, Missouri**

Table of Contents

About the PJCCMHA	1
Welcome Letters	3-6
Meeting Agenda	7-12
Keynote Speakers	13-14
Sponsors, Vendors, Donations	15
Exhibitors	16
PJCCMHA Staff and PJCCMHA Advisory Board	17
Notes	18



August 25, 2015

Dear MIMA Participants,

Welcome to the 18th Missouri Institute on Minority Aging (MIMA). It is a pleasure to continue to offer this important educational opportunity to a vital population of our community. As we live longer lives, it is crucial that we understand how to make those years healthy, happy and comfortable.

The Lincoln University Cooperative Extension Paula J. Carter Center on Minority Health and Aging works diligently year after year to ensure MIMA offers information and activities that promote health and wellness. This year will be no different, under the theme "Brain Health: A Key to Aging Well." You are sure to find good information over the next few days that will sharpen your already keen minds.

I know you will enjoy the workshops and activities that have been planned over the next couple of days. I thank you for your participation in the 18th Missouri Institute on Minority Aging and hope to see you on the Lincoln University campus for more activities in the near future.

Sincerely,

Kevin D. Rome, Ph.D.
President





August 25, 2015

Dear MIMA Participants:

It is my pleasure to welcome you to the 18th Missouri Institute on Aging (MIMA) on behalf of Lincoln University's College of Agriculture, Environmental and Human Services. As the new Dean of the College, I am pleased to observe how Lincoln University Cooperative Extension (LUCE) is using research and knowledge resources to help address educational needs of Missouri's citizens, especially those that pertain to seniors.

This year's theme provides a forum for discussing issues related to brain health. Participants will have the opportunity to exchange ideas on a variety of topics during breakout sessions. Planned presentations are designed to leave you more informed and educated about brain health, wellness and related topics. Even though the program is targeted to the over 50 population, all age groups will find the presentations to be relevant and beneficial.

It is my sincere hope that throughout the year you were able to attend other educational programs provided by the Paula J. Carter Center for Minority Health and Aging (PJCCMHA) and LUCE, and that we will see you again at our many other programs and workshops.

Cooperative Extension, a component of the college, is part of the tripartite land-grant mission of teaching, research and Extension. In addition to programs on minority aging that you will hear about today, LUCE also conducts educational programs and activities in 4-H, family and youth development, community development, small ruminant (goat and sheep) production, horticulture, and small farm agriculture. There are also popular programs in native grasses and composting methods.

Sincere thanks go out to the Missouri Department of Health & Senior Services/Office of Minority Health for funding MIMA through a grant provided to PJCCMHA. It is my hope that you will enjoy today's presentations and that you will learn something that will be of particular benefit to you as an individual.

Sincerely,

Albert E. Essel

Dr. Albert E. Essel, Ph.D.
AEE/pjd





Dear MIMA Participants:

O	T	A	D	L	L	E	W	A	Y	S	L	L
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C	E	S	U	E	O	E	O	O	V	E	O	N
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H	E	L	A	I	C	O	S	O	T	N	E	E
S	O	G	U	O	Y	E	S	D	O	O	G	U
W	H	E	N	N	Y	V	O	N	N	E	H	Q

Read my letter in the list on the right; then find each word from my letter within the word find above. The words may be up, down, left, right, backwards, on a diagonal or squiggled. (Squiggled means the words could be found in the puzzle, going in more than one direction.) **Work that brain and have fun!**



Sincerely,

Yvonne Matthews, Associate Administrator
Lincoln University Cooperative Extension
Coordinator, Paula J. Carter Center on Minority
Health and Aging

Welcome
To
The
Missouri
Institute
On
Minority
Aging!

We
Will
Explore
Ways
To
Age
Well
By
Keeping
Our
Brains
Healthy.

Three
Keys:

More
Exercise

Social
Engagement

Good
Nutrition

Learn
Lots.

Prepare
To
Share
When
You
Go
Home.

Have
Fun!



Missouri Department of Health and Senior Services

P.O. Box 570, Jefferson City, MO 65102-0570 Phone: 573-751-6400 FAX: 573-751-6010
RELAY MISSOURI for Hearing and Speech Impaired 1-800-735-2966 VOICE 1-800-735-2466

Gail Vasterling
Director



Jeremiah W. (Jay) Nixon
Governor

August 1, 2015

Greetings MIMA Participants,

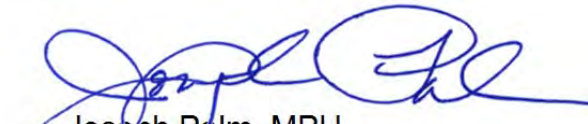
Welcome to the 18th Annual Missouri Institute on Minority Aging (MIMA)! The Office of Minority Health, Missouri Department of Health and Senior Services in partnership with Lincoln University, provides useful information to improve health outcomes and overall well-being for aging Missourians.

Throughout the State of Missouri, our most up to date research still shows that some health disparities exist among minorities in the aging population. Many older minorities experience immense difficulties in obtaining reliable transportation for medical appointments, have greater difficulties decoding instructions for medical prescriptions and frequently misunderstand the terminology used by their healthcare provider to describe their illness.

These barriers contribute to the occurrence of health variations within this population. The mission of the Office of Minority Health, Missouri Department of Health and Senior Services is to eliminate health disparities through assertive leadership, advocacy support, and visible interaction with minority communities in the State of Missouri.

The Office of Minority Health in the Missouri Department of Health and Senior Services will continue to reduce the occurrence of health disparities among older individuals by partnering with the Paula J. Carter Center on Minority Health and Aging, and supporting the Institute (MIMA).

Sincerely,



Joseph Palm, MPH
Chief, Office of Minority Health



www.health.mo.gov

Healthy Missourians for life.

The Missouri Department of Health and Senior Services will be the leader in promoting, protecting and partnering for health.

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER: Services provided on a nondiscriminatory basis.

TUESDAY, AUGUST 25TH AFTERNOON ACTIVITIES

Tues. 8/25	3:00 p.m. - 4:30 p.m.	Near Picadilly Room	Registration/Hotel Check-in <i>The Cyber Café is open!</i> Tuesday, August 25, 3:00 p.m. to 8:00 p.m. Wednesday, August 26, 7:30 a.m. to 5:00 p.m. Thursday, August 27, 7:30 a.m. to 9:00 a.m.
Tues. 8/25	5:30 p.m. - 7:50 p.m.	Windsor 1, 2 & 3	Dinner <i>Moderator: Mable J. Grimes, PhD, Retired, University of Missouri; Columbia, Missouri</i> <i>Welcome: Yvonne Matthews, Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging; Jefferson City, Missouri</i> <i>Greetings: Said Sewell, PhD, Provost and Vice President for Academic Affairs, Lincoln University; Jefferson City, Missouri</i> <i>Presentation I: The Healing Power of the Brain: Use It Wisely or Lose It</i> Dolores Penn, PhD , Founding Coordinator, Paula J. Carter Center on Minority Health and Aging, Retired State Extension Specialist, Lincoln University Cooperative Extension; Jefferson City, Missouri. She resides in Sarasota, Florida. <i>Presentation II: Healthy Food Demonstration</i> Suman Ahuja, PhD , Assistant Professor of Research, Lincoln University Cooperative Research; Jefferson City, Missouri <i>Mini Presentations: Brain Health: A Key to Aging Well</i> Southeast Missouri <i>Sikeston Outreach Center</i> <i>Caruthersville Outreach Center</i>

TUESDAY, AUGUST 25TH EVENING CONCURRENT MINI SESSIONS
(ATTENDANCE IS OPTIONAL)

Tues. 8/25	8:00 p.m. - 9:00 p.m.	Parliament I	You Are What You Eat! Suman Ahuja, PhD , Assistant Professor of Research, Lincoln University Cooperative Research; Jefferson City, Missouri If there is one organ in the human body completely dependent on nutritional status and food choices, that would be the human brain. The primary cause for most neurological health issues is nutrition or lack thereof.
		Parliament II	You CAN Do It... Fresh Start... Purpose for Life Sheila Benjamin , Certified Recreational Therapist, School of Metaphysics; Tulsa, Oklahoma C -concentration--its importance in being able to focus and retain a sharp memory A -aura therapy--the use of therapeutic essential oils and their positive effects on the brain, nervous system and the whole body N -nutrition--what the brain and body needs to maintain good health
		Parliament III	The Art of Healing Touch Donald “Dino” Ray Dowl Sr. , Licensed Massage Therapist, Your Goal Fitness and Wellness, LLC; St. Louis, Missouri Learn how massage can aid in addressing arthritis, assist with range of motion and heal ailing muscles. Also, discover various methods of self-care and healing touch for loved ones.

The Cyber Café is open!

Tuesday, August 25, 3:00 p.m. to 8:00 p.m.
 Wednesday, August 26, 7:30 a.m. to 5:00 p.m.
 Thursday, August 27, 7:30 a.m. to 9:00 a.m.

WEDNESDAY, AUGUST 26TH MORNING ACTIVITIES

Wed. 8/26	7:30 a.m. - 8:30 a.m.	Windsor 1, 2 & 3	Breakfast
	8:00 a.m. - 9:00 a.m.		<p><i>Moderator:</i> Yvonne Matthews, Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging; Jefferson City, Missouri</p> <p><i>Opening Remarks:</i> Willie Jude II, Executive Director of Philanthropy; Lincoln University Foundation Executive Director, Lincoln University; Jefferson City, Missouri</p> <p><i>Keynote:</i> Staying Sharp with Cognitive Fitness Factors for Minorities: One Key to Aging Well Patrick Griffith, MD, Saba University School of Medicine; Saba, Dutch Caribbean</p>
	<p>Attend Each of the Three Concurrent Sessions</p> <p>9:10 a.m. - 10:00 a.m.</p> <p>10:15 a.m. - 11:05 a.m.</p> <p>11:15 a.m. - 12:05 p.m.</p>	<p>Parliament I</p> <p><i>Break 10:00 a.m. - 10:10 a.m.</i></p> <p>Parliament II</p> <p>Parliament III</p>	<p>Law Enforcement Community Relations Sergeant Joseph Matherne, Jefferson City Police Department; Jefferson City, Missouri Buford “Chuck” Walker, Special Executive Assistant, Office of the Secretary of State; Jefferson City, Missouri</p> <p>Law enforcement plays an important role in society and for it to be successful, it requires a special relationship with the community. Officers will discuss the need for these types of relationships and how they can facilitate a positive community. Participants are encouraged to provide input and ask questions.</p> <p>The Senior Brain: Getting to “Safer” Regarding Medication Usage Steve Calloway, Director of Pharmacy, Missouri HealthNet Division – Department of Social Services; Jefferson City, Missouri</p> <p>Taking medication is always a balance between the benefits and risks, and this is especially true for seniors. At a time in our lives when we may be taking more medications, it is important to work with our doctors, pharmacists and families to make sure our medications are as safe as possible.</p> <p>Tai Chi: Cultivating Health and Longevity Damon Motley, Exercise Physiologist, Capitol Region Medical Center - Healthplex Fitness Center; Jefferson City, Missouri</p> <p>Tai Chi is an ancient Chinese martial art that promotes better health through relaxation, breathing and gentle exercise. Benefits include stress reduction, better balance and posture, lower blood pressure, and improved concentration and mood. Come participate in a short demonstration at the end of the program.</p>

WEDNESDAY, AUGUST 26TH AFTERNOON ACTIVITIES

Wed. 8/26	12:40 p.m. - 1:40 p.m.	Windsor 1, 2 & 3	<p>Lunch</p> <p><i>Moderator: Valerie Butler, Health Program Representative II, Department of Health and Senior Services, Office of Minority Health; Jefferson City, Missouri</i></p> <p><i>Keynote: Expressions from the Office of Minority Health Joseph Palm, Chief, Department of Health and Senior Services, Office of Minority Health; Jefferson City, Missouri</i></p>
Wed. 8/26	Attend One of the Two Concurrent Sessions 1:50 p.m. - 2:50 p.m.	Parliament I	<p>Technology Session A <i>(Note: Technology Sessions A and B are designed to help older adults gain awareness of computer applications related to brain health and wellness, family communications, memory enhancement, access to government benefits, online security and safety and more.)</i></p> <p>There's an APP for That! Andrew Erb, Video Conference Technician, Media Center, Lincoln University Cooperative Extension and Research; Jefferson City, Missouri Bené Williams, Web Designer, Media Center, Lincoln University Cooperative Extension and Research; Jefferson City, Missouri Greg Pierson, Research Engineer, Robotics Program Coordinator, Lincoln University Cooperative Extension; Jefferson City, Missouri</p>
		Parliament II	<p>Technology Session B</p> <p>There's an APP for That! Marla Moore, Regional Educator, Lincoln University Cooperative Extension, St. Louis Urban Impact Center; St. Louis, Missouri Shauneille Conner, Community Outreach Worker, Lincoln University Cooperative Extension, St. Louis Urban Impact Center; St. Louis, Missouri Hamisi Allute, Technical Support Specialist, Lincoln University Cooperative Extension and Research; Jefferson City, Missouri</p>



page 10
Visit the Exhibits!

WEDNESDAY, AUGUST 26TH AFTERNOON ACTIVITIES (CONTINUED)

	Attend Two of the Three Concurrent Sessions	Parliament I	<p>Healthy Habits for a Healthier You Joetta Coen, Director, Alzheimer's Association Greater Missouri Chapter; Columbia, Missouri</p> <p>Gain practical information on ways to age well. Beginning with an overview of how humans age and how the brain works, this workshop provides information about what we know and what we can do in the areas of cognitive activity, physical health and exercise, diet and nutrition, and social engagement.</p>
		Parliament II	<p>Brighten Your Life and Live Up with Native Plants Nadia Navarrete-Tindall, PhD, State Extension Specialist – Native Plants, University Cooperative Extension; Jefferson City, Missouri Maria “Isabel” Jacome Alvarez, Farmers' Market Manager, Lincoln University Cooperative Extension; Jefferson City, Missouri</p> <p>This presentation will be followed by a hands-on activity and food samples. Emphasis will be on the importance of native plants for human consumption and the therapeutic value of growing them. Not only do they bring color to your life, but they can keep you moving in your garden. Native plants can also add more beauty by attracting butterflies and other pollinators.</p>
		Parliament III	<p>Mothers and Schizophrenia: You Are Not Alone! Mable J. Grimes, PhD, Retired, University of Missouri; Columbia, Missouri Kay Smith, Lay Leader, Mid-Missouri; Columbia, Missouri Erin Reynolds, LCSW, S.E.M.S. Treatment Services, LLC; Columbia, Missouri</p> <p>This presentation will provide program participants with an understanding of what it is like to live with a mentally ill person. It is designed to provide parents of children with mental illness educational information on the prevalence of this experience, resources to support caregivers and the importance of self-care.</p>
Wed. 8/26	4:50 p.m. - 5:15 p.m.	Atrium Area	Network and Visit Exhibits
8/26	6:30 p.m. - ??	Windsor 1, 2 & 3	<p>Dinner and Coronation</p> <p><i>Moderators:</i> Mary Larde, Lay Leader, St. Louis, Missouri Glenda Meachum-Cain, Community Outreach Worker, Paula J. Carter Center on Minority Health and Aging; Jefferson City, Missouri</p>

THURSDAY, AUGUST 27TH MORNING ACTIVITIES

Thurs. 8/27	7:30 a.m.- 8:45 a.m.		Pack Luggage and Load Busses Hotel Checkout
	8:45 a.m.- 9:45 a.m.		Breakfast
	9:00 a.m.- 9:10 a.m.	Windsor 1, 2 & 3	<i>Moderators:</i> Hameeda Abdullah , 2014 MIMA Queen and Lay Leader; Kansas City, Missouri Jerry Hitzhusen , Advisory Board, Paula J. Carter Center on Minority Health and Aging; Columbia, Missouri
	9:15 a.m.- 9:25 a.m.		<i>Opening Remarks:</i> Albert Essel, PhD , 1890 Administrator and Dean, College of Agriculture, Environmental and Human Sciences, Lincoln University; Jefferson City, Missouri
	9:30 a.m.- 9:45 a.m.		<i>Performance and Presentation I:</i> Anointed And Ready to Praise ; Columbia, Missouri Vicki Freelon, Teresa Garr, Yvonne Matthews and Juanita Washington make up Anointed And Ready to Praise , an adult praise dance ministry from St. Paul African Methodist Episcopal Church in Columbia, Missouri. It was established by the dancer's pastor, Reverend Mary Hull-Lovett. It was her vision to have older adults with experience and wisdom provide testimony through dance. This group of women, who are 50 plus, try to keep their brains stimulated through choreography, movement and sharing their blessing with others. <i>Keynote:</i> Brain Power Equals Creative Power Bishop Russell Freeman , Advisory Board, Paula J. Carter Center on Minority Health and Aging; Columbia, Missouri
	10:15 a.m.- 10:30 a.m.	Break	
	10:30 a.m.- 11:20 a.m.	Windsor 1, 2 & 3	<i>Moderator:</i> Carol Beahan , Advisory Board, Paula J. Carter Center on Minority Health and Aging; Columbia, Missouri <i>Performance and Presentation II:</i> Journey of the Drum Community Performance Ensemble; East St. Louis, Illinois
	11:25 a.m.- 12:30 a.m.		<i>Presentation III:</i> We Are Taking Our Town Back and We Are Not Stopping Until We Win! Reel Fathers-Real Men (a male mentoring program); Charleston, Missouri <i>Closing Remarks and Affirmation:</i> Yvonne Matthews , Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging; Jefferson City, Missouri
	1:00 p.m.	The 18th Missouri Institute on Minority Aging Ends	

Tuesday, August 25, 2015

***Evening Keynote
Presentation I***

Dolores Penn, PhD, Founding Coordinator, Paula J. Carter Center on Minority Health and Aging, Retired State Extension Specialist, Lincoln University Cooperative Extension; Jefferson City, Missouri

“The Healing Power of the Brain: Use It Wisely or Lose It”



Dr. Penn became the first African American to receive a doctorate in educational gerontology in the United States. She received this degree from the University of Michigan in 1974. Dr. Penn joined the faculty of Lincoln University as an Assistant Professor and LUCE State Extension Specialist in 1990. During her tenure of 10 years, she collaborated with legislators, state agencies and private foundations to garner two million dollars for health and social initiatives for the underserved and minority populations in Missouri, including AgeWorks: The Technology Advocacy Project and the Annual Missouri Institute on Minority Aging.

Dr. Penn founded and served as the first coordinator of the Missouri Center on Minority Health and Aging, now known as the Paula J. Carter Center on Minority Health and Aging.

***Evening Keynote
Presentation II***

Suman Ahuja, PhD, Assistant Professor of Research, Lincoln University Cooperative Research; Jefferson City, Missouri

“Healthy Food Demonstration: Everyone Talks About Eating Well; Techniques for Maximizing Nutrition!”

Dr. Suman Ahuja graduated with a degree in medical nutrition with a specialty in clinical obesity treatment. She has worked with patients from all lifestyles and has helped to treat and prevent obesity and related chronic diseases, such as type 2 diabetes, cancers, CVD (cardiovascular disease), etc. She is one of a very few health professionals to isolate and study appetite hormones in human biological fluids, such as blood, saliva and breast milk, in order to determine the medical and clinical causes of obesity, not just in adults, but also in children.

Most of Dr. Ahuja’s education was completed at Columbia University College of Physicians and Surgeons in New York and Texas Tech University. She is currently an Assistant Professor of Research for Lincoln University Cooperative Research.

She works very closely with her patients, students and anyone else who wants to improve their health from the inside out. She does not believe in the word “diet.” Instead, she tries to provide more of what you can eat as opposed to what you should not eat. Her professional motto is “you are what you eat and think.” She hopes that each person she works with will eventually consume foods that will nourish their body and mind.

Wednesday, August 26, 2015

Morning Keynote

Patrick Griffith, MD, Saba University School of Medicine; Saba, Dutch Caribbean

“Staying Sharp with Cognitive Fitness Factors for Minorities: One Key to Aging Well”



Dr. Patrick Griffith was born in Guyana, South America, graduated from McGill University in Canada and received his medical degree from Howard University in Washington, DC. His residency was in neurology at Harvard-affiliated hospitals in Boston, Massachusetts. Starting in the late 1970s, Dr. Griffith was employed in Atlanta, Georgia, at Emory University (then Morehouse School of Medicine) as a neurologist where he served as Chief of the Division of Neurology (then Adjunct Professor of Medicine, Series III), Department of Internal Medicine. He served as Professor of Neurology and Medical Director of the Clinical Research Center at Meharry Medical College in Nashville, Tennessee, for three years. After retiring in 2013, he currently teaches in Saba, Dutch Caribbean, at the Saba University School of Medicine. His research interest and practice focuses on the diagnosis, management and treatment of vascular dementia, Alzheimer's disease, Parkinson's disease and HIV-associated dementia.

Afternoon Keynote

Joeseeph Palm, Chief, Department of Health and Senior Services, Office of Minority Health; Jefferson City, Missouri

“Expressions from the Office of Minority Health”

Thursday, August 27, 2015

Morning Keynote

Bishop Russell L. Freeman, Advisory Board, Paula J. Carter Center on Minority Health and Aging; Columbia, Missouri

“Brain Health Equals Creative Power”



Bishop Freeman's ministry began in 1975 after accepting his call while serving for the Sheriff's Department of Jackson County, Missouri. His first sermon was in January of 1976 at Emmanuel Baptist Church of Kansas City, Missouri. He served seven years as district overseer in the state of Missouri. His administrative abilities brought the state of Kansas online within the Full Gospel Baptist Church Fellowship. Soon, he began, alongside his father, Bishop W. H. White Sr., to once again exercise his abilities, in garnering pastors, churches and ministries for New Vision. Bishop White moved to consecrate Overseer Freeman to the Office of the Bishopric in September 2005. He joined United Covenant Churches of Christ and was appointed State Bishop over Missouri, building and strengthening United Covenant Churches of Christ. In 2008, God utilized him to bring Christians Equipping Christians for Outreach (CECO) Fellowship into existence. He received Apostolic Succession and was enthroned as CECO's Presiding Prelate in 2009. He continues to advance the Kingdom of God in fulfilling Ephesians 4:12. For the past 27 years, he has served the United Community Cathedral of Columbia, Missouri, as senior bishop and pastor. His family consists of his mother, Sister Emma Freeman, and his daughter, Mia Ferrell, and her three children, Secily, Jaccara and Montiarra. His present goals are impacting the world through evangelism, reaching beyond any color or denominational barriers in an effort to bring all people together, without restraint, for Christ's sake.

Sponsors

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging
Missouri Department of Health and Senior Services, Office of Minority Health
Primaris/CLAIM
The Dana Alliance for Brain Initiatives

The Planning Committee for the 18th Missouri Institute on Minority Aging wishes to thank and gratefully acknowledge the following organizations and businesses for their generous support of this educational effort:

Vendors

Salaam's Designer Gifts
Kerry Wynn (walking sticks)
Moore Accessories
Sheila Benjamin (aromatherapy)
Tomiko Coleman (massages)
Dino (massages)
Body Manna by Dorothy
Betty's Hat Boutique

Donations from Jefferson City, Missouri

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Donations from Columbia, Missouri

Columbia Convention and Visitors Bureau
Tuesday Morning
Pier 1
Sears
JCPenney
Starbucks

Williamsburg, Missouri

Apple Wagon Antiques

Exhibitors

Missouri Department of Health and Senior Services
Office of Minority Health

Primaris/CLAIM

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging

Missouri Department of Mental Health

Missouri Department of Insurance, Financial Institutions
and Professional Registration

Missouri Senior Medicare Patrol (SMP)

SSM Home Care (blood pressure screenings)

AARP

University of Missouri ParentLink

Missouri Kidney Program

Missouri Department of Health and Senior Services
Division of Senior Services

Missouri Council of the Blind

Jefferson City Police Department

Missouri Public Service Commission

University of Missouri Department of Parks, Recreation and Tourism

Alzheimer's Association Greater Missouri Chapter

Glaucoma Screenings

We would also like to thank...

Yvonne Matthews, Associate Administrator, Lincoln University Cooperative Extension
Joseph Palm, Chief, Missouri Department of Health and Senior Services,
Office of Minority Health

Paula J. Carter Center on Minority Health and Aging staff

Deborah D. Jenkins, MA
Research Assistant I

Glenda Meachum-Cain, MS
Community Outreach Worker

Gail Williams, BA
Secretary II

Mable Grimes, PhD
Consultant

Gina Avery
Secretary II

Karen Galbreath
Administrative Assistant

Planning Committee and Advisory Board (in alphabetical order)

Carol Beahan, Director of CLAIM
Primaris/CLAIM (State Health Insurance
Assistance Program)
Columbia, Missouri

Glenda Meachum-Cain, Retired
Missouri Department of Health and Senior
Services
Jefferson City, Missouri

Valerie Butler, Health Representative II
Missouri Department of Health and Senior
Services, Office of Minority Health
Jefferson City, Missouri

Florence Vaughan, Community
Representative
Jefferson City, Missouri

Bianca Farr, Mental Health Manager
Missouri Department of Mental Health
Jefferson City, Missouri

Buford “Chuck” Walker Jr., Special
Executive Assistant, Office of the Secretary
of State
Jefferson City, Missouri

Bishop Russell L. Freeman,
Community Representative
Columbia, Missouri

Janet Whittler, Nurse-Case Manager
SSM Home Care (affiliated with St. Mary’s
Medical Center)
Jefferson City, Missouri

Gerald “Jerry” Hitzhusen, Associate
Professor; Director, Midwest Symposium
on Tourism, Department of Parks,
Recreation and Tourism University of
Missouri
Columbia, Missouri

Ex-officio Members

Yvonne Matthews

Joseph Palm

Notes

MIMA 2015



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