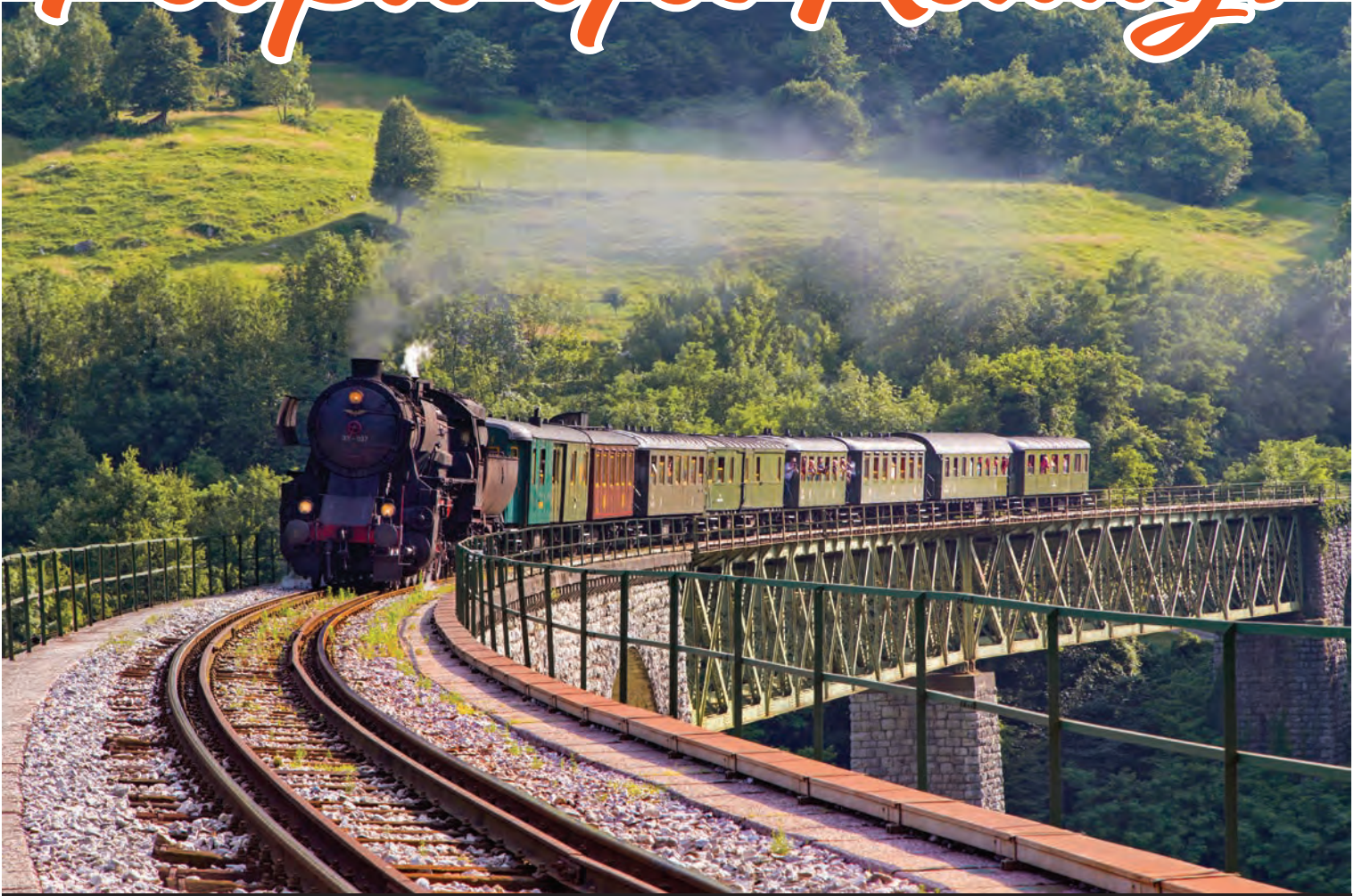


People Get Ready!



21st Missouri Institute on Minority Aging

Get Ready,

Get Set, Go!



Senator Paula J. Carter

1940 – 2002

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

*“Promoting Healthy Aging for Minority
and Underserved Seniors”*

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 – 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.

The mission of the Lincoln University Cooperative Extension – Paula J. Carter Center on Minority Health and Aging 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.



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Monday, August 27th Afternoon and Evening

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
MONDAY, AUGUST 27TH AFTERNOON AND EVENING ACTIVITIES			
Mon. 8/27	2:30 p.m. – 4:00 p.m.	Near Picadilly Room	Registration/Hotel Check-in
Mon. 8/27	5:30 p.m. – 7:55 p.m.	Windsor Rooms I, II, III	<p>Dinner <i>Moderator: Mable J. Grimes, PhD, Retired, University of Missouri, Columbia, Missouri</i></p> <p><i>Greetings</i> <i>John D. Jones, PhD, Vice President for Academic Affairs and Provost, Lincoln University Jefferson City, Missouri</i></p> <p><i>Keynote Address</i> <i>Pass It On!: Strategies and Secrets to Intergenerational Cultural Transmission, Chike Akua, PhD, CEO, Imani Enterprises Consulting, LLC, Conyers, Georgia</i></p> <p><i>Setting the Stage/Housekeeping</i> <i>Yvonne Matthews, Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri</i></p>



Monday, August 27th Evening, continued

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
MONDAY, AUGUST 27TH ACTIVITIES EVENING ACTIVITIES (ATTENDANCE IS OPTIONAL)			
Mon. 8/27	8:00 p.m. – 9:00 p.m.	Parliament I	<p><i>Defense Tactics and Scenario Awareness for Adults</i> Sergeant Caleb Groner, Officer Evan Hoyle, Lincoln University Police Department, Jefferson City, Missouri</p> <p>This presentation will teach easy and practical uses of self-defense, based on natural body responses and awareness of surroundings and explain and understand the “universal aggressor.” Using the RED-MAN suit, demonstrations will provide easy techniques that promote confidence and safety.</p>
	8:00 p.m. – 9:00 p.m.	Parliament II	<p><i>Ready, Sit Down, Get Fit!</i> Avila Hendricks, PhD, Professor, Lincoln University – School of Education, Jefferson City, Missouri</p> <p>Get ready for fitness and fun as you alternate nonimpact aerobic activity with upper body strengthening exercises. As you move to classic soul and funk-influenced pop music, a chair is offered for support, stretching and relaxation. Get ready! This session will have you feeling like you did in your prime!</p>
	8:00 p.m. – 10:00 p.m.	Bradley Room	<p>Entertainment/Educational Movie Lincoln University Cooperative Extension and Research, Jefferson City, Missouri</p> <p>In the film <i>Black Panther</i>, the main character is the ruler and protector of the African nation of Wakanda. Using technology, wits and extraordinary fighting ability, he must protect his nation from an invasion led by Ulysses Klaw.</p>

Tuesday, August 28th Afternoon

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
TUESDAY, AUGUST 28TH AFTERNOON ACTIVITIES			
Tues. 8/28	12:15 p.m. – 12:35 p.m.	Atrium Area	Network/Visit Exhibits
Tues. 8/28	12:40 p.m. – 1:50 p.m.	Windsor Rooms I, II, III	<p>Lunch</p> <p><i>Moderator</i> Valerie Butler, Project Specialist, Department of Health and Senior Services, Office of Minority Health, Jefferson City, Missouri</p> <p><i>Greetings</i> Joseph Palm, Chief, Department of Health and Senior Services – Office of Minority Health, Jefferson City, Missouri</p> <p><i>Keynote Address</i> <i>Missouri's Opioid Epidemic: What Now?</i> Kanika A. Turner, MD, MPH, Family Care Health Center Opioid STR, Saint Louis University, St. Louis, Missouri</p>
Tues. 8/28	Two Concurrent Sessions (These will be repeated twice.) 1:50 p.m. – 3:00 p.m.	Parliament I	<p><i>Armed Intruder Response</i></p> <p>Jarod Phelps, Community Action Team Officer, Jefferson City Police Department, Jefferson City, Missouri</p> <p>This presentation will teach individuals to be aware of their surroundings and identify potential threats when in a public setting. Participants will learn how to remain safe and identify safety areas and procedures to use when an attack occurs, including the following:</p> <ol style="list-style-type: none"> 1. How to survive an attack in a public location. 2. How to provide assistance to others. 3. How to assist law enforcement officials in their investigation.
		<i>AFTERNOON BREAK: 3:00 p.m. – 3:15 p.m.</i>	

Tuesday, August 28th Evening

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
TUESDAY, AUGUST 28TH EVENING ACTIVITIES			
Tues. 8/28	3:15 p.m. – 4:25 p.m.	Parliament II	<p><i>Getting Set and Being A Little Sexy</i>, Jannis Evans, Retired Health Educator, Missouri Department of Health and Senior Services, Jefferson City, Missouri</p> <p>This presentation will address sexual health for seniors – being informed and making informed decisions.</p>
	4:30 p.m. – 5:00 p.m. 6:30 p.m.	Atrium Area Windsor Rooms I, II, III	<p>Network/Visit Exhibits</p> <p>Dinner</p> <p><i>Moderator</i> Mary Larde, PJCCMHA Lay Leader, St. Louis, Missouri</p>



Wednesday, August 29th Morning

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
WEDNESDAY, AUGUST 29TH MORNING ACTIVITIES			
Wed. 8/29	<i>HOTEL CHECKOUT: 7:30 a.m. – 8:45 a.m.</i>		
	8:45 a.m. – 9:45 a.m.	Windsor Rooms I, II, III	Breakfast
	9:15 a.m. – 10:00 a.m.		<p><i>Moderator</i> Michael Brewer, Advisory Board Member, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri</p> <p><i>Keynote Address</i> Missouri's Hill to Climb: Chronic Conditions and the Role of Lay Leaders to get to the Top</p> <p>Juliet Simone, MPH, MBA, National Health and Program Director, OASIS, St. Louis, Missouri</p>
	MORNING BREAK: 10:00 a.m. – 10:15 a.m.		



Wednesday, August 29th Morning (continued)

DATE	TIME	ROOM	ACTIVITY/PRESENTATION
WEDNESDAY, AUGUST 29TH MORNING ACTIVITIES			
	10:15 a.m. – 10:25 a.m.	Windsor Rooms I, II, III	<p><i>Moderator</i> Marietta Monroe, Advisory Board Member, Paula J. Carter Center on Minority Health and Aging, Columbia, Missouri</p> <p><i>Dance Presentation</i> Anointed And Ready to Praise, Columbia, Missouri</p> <p>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. Established by the 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 and/or grandmothers, will provide a message about believing in yourself and knowing that at any age, you have the power to contribute to your community.</p>
	10:30 a.m. – 11:20 p.m.		<p><i>Keynote Address</i></p> <p><i>Go Beyond Your Personal Glass Ceiling!</i> Apostle Russell Freeman, United Community Cathedral, Columbia, Missouri</p>
	11:25 a.m. – 12:30 p.m.		<p><i>Closing Remarks</i> Yvonne Matthews, Associate Administrator, Lincoln University Cooperative Extension; Coordinator, Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri</p>
	1:00 p.m.		<p>The 21st Missouri Institute on Minority Aging Ends</p>



LINCOLN UNIVERSITY

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Office of the President

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August 28, 2018

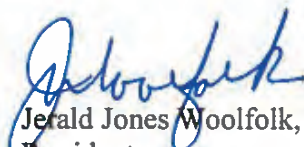
Dear MIMA Participants,

Welcome to the 21st 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 under the theme "People Get Ready". As we prepare ourselves to live longer, healthier lives, we must take the necessary steps now to make us ready for the coming years.

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. I know you will enjoy the workshops and activities that have been planned over the next couple of days. Get ready to learn a great deal and leave here ready to make the most out of some of the best days of your life.

I thank you for your participation in the 21st Missouri Institute on Minority Aging and hope to see you on the Lincoln University campus ready for more activities in the future.

Sincerely,


Jerald Jones Woolfolk, Ph.D.
President



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COLLEGE OF AGRICULTURE, ENVIRONMENTAL AND HUMAN SCIENCES

112 Bennett Hall • 818 Lee Drive
Jefferson City, MO 65101
Phone: (573) 681-5109
Fax: (573) 681-5520

Dear MIMA Participants,

Welcome to the 21st Missouri Institute on Minority Aging (MIMA). I'm so glad that you are here and that we can celebrate and learn together.

“People Get Ready!: Get Ready, Get Set, Go!” embodies our theme of preparedness. No matter what our age, we always need to prepare for the future, whether that might be a natural disaster or something more personal. MIMA's diverse breakout sessions and keynote speeches are intended to help you become more intentional in your life, so that you can reap the greatest rewards. Sessions run the gamut from fitness activities to defense tactics, all tailored to senior citizens. This will help you to maximize your ability to take home ideas that will benefit you today, tomorrow and in the future.

Every year, I learn so much at MIMA. As you know, you're never too old to learn. In fact, research shows that the more you learn and create new connections in your brain, the healthier you are. Hopefully you will leave this year's conference with new inspiration so that you can share your wisdom with the young people in your life, discover new ways to overcome challenges and barriers, and GO home ready to maximize your potential!

Each of you makes the program what it is by your presence here and by your active participation. I hope you will continue to meet new friends and also to share the information you receive at MIMA with those in your communities.

In closing, I extend a warm welcome to you from the MIMA staff and Lincoln University Cooperative Extension.

Sincerely,

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





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 and Voice dial: 711



Randall W. Williams, MD, FACOG
 Director

Michael L. Parson
 Governor

August 1, 2018

Greetings MIMA Participants!

Welcome to the 21th 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 enhance your health outcomes and personal well-being.

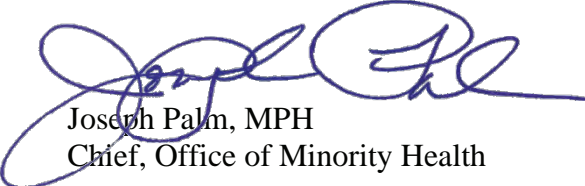
Throughout the State of Missouri, our most up to date research has consistently shown that some health disparities exist among minorities in the aging population. Many older minorities experience immense difficulties in obtaining reliable transportation for medical appointments, have greater difficulties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

These barriers have contributed 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 under the leadership of Director Dr. Randall W. Williams 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 MIMA.

People Get Ready...get set...and go! Be proactive and prepare for the vast information awaiting you.

Peace and love,



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

Pass it On!

Strategies and Secrets to Intergenerational Cultural Transmission



Intergenerational cultural transmission is simply passing on the best of what we know to the next generation of youth. But what do we do when the vehicles of cultural transmission have broken down? How do we rebuild pathways to pass on the best of what we know to the next generation? How do we share the mother wit, wisdom and transformational experiences that our youth need to persevere, perform and produce excellence? This session shares secrets and strategies for passing on this information.

Dr. Chike Akua

is a leading authority on increasing the achievement of today's students, especially those in some of the most challenging schools and communities. His books *Education for Transformation* and *ParentPower!: The Keys to Your Child's Academic and Social Success* are favorites among teachers, parents and leaders and have been endorsed by a number of prominent national educators. As a recognized master

teacher and leadership consultant, Dr. Akua has been an invited keynote presenter and trainer at regional, national and international conferences, school systems, colleges and universities. With an African-centered and culturally relevant approach toward meeting needs and solving problems, he is known for his dynamic, interactive presentations to educators, parents and students. Dr. Akua is a former Teacher of the Year and was named one of *Ebony* magazine's "50 Leaders of Tomorrow," a distinction he is living up to today. He has developed a number of culturally relevant curriculum resources, including 10 books, 70 Black History and African Proverb Posters and 10 African Origins historical DVDs.

Dr. Akua is a committed volunteer with several youth mentoring and leadership academies and college preparatory camps for middle school and high school students. He has helped lead over 1,000 students and parents on trips throughout Egypt, Ghana, Morocco and Senegal, through the African Genesis Institute's Teen Summit 1000 program. Dr. Akua is frequently called upon by education, civic and social organizations to speak about educational excellence and cultural knowledge. You can learn more about Dr. Akua at www.DrAkua.net.

Get Set: Tuning In & Becoming Aligned



Attendees will be challenged to re-examine society's view on aging. Attendees will not only be encouraged to tune in to their own thoughts and feelings about aging but will also be inspired to discover new ways in which to redefine and re-invent themselves.

Amber L. Howlett

marries her certifications and degrees in yoga, psychology and counseling to serve in her roles as student affairs coordinator, consultant to various boards and businesses, faculty for a yoga teacher training program, youth yoga teacher and assistant executive director of a nonprofit organization. Eternally committed to humanity, she is passionate about serving others in ways that allow them to live their best lives in spite of any circumstance. Her ultimate goals are to eliminate barriers creating inequities within marginalized communities and to eradicate poverty in East St. Louis, Illinois. She works hard and dreams even bigger!

Missouri's Opioid Epidemic: What Now?



An educational discussion about opioid use disorder and its impact on Missourians. We will review prevention, treatment and recovery resources.

Kanika A. Turner, MD, MPH

is a practicing attending physician at Family Care Health Centers, faculty in the Saint Louis University Department of Family Medicine and consulting physician to the Missouri Opioid State Targeted Response (STR) team. She is a native of St. Louis and graduated from Saint Louis University School of Medicine and School of Public Health in May 2014. Dr. Turner completed

her residency in family medicine at Saint Louis University and was elected chief resident due to her dedication to medicine and teaching. Upon graduation in June 2017, she was inducted into the prestigious Alpha Omega Alpha Honor Medical Society for her passion and commitment to medical teaching and education. Her current interests are women's health, including obstetrics, addiction medicine and teaching medical students and residents at Saint Louis University.

Missouri's Hill to Climb:

Chronic Conditions and the Role of Lay Leaders to Get to the Top



This presentation highlights chronic conditions and why their prevalence is higher in Missouri than the national average. There are many aspects of daily life that affect our health, many of which we have the power to control. The role of lay leaders can help make significant changes in the health of a community and put Missouri on a healthier track.

Juliet Simone,

MPH, MBA, is the Health and Program Director for The Oasis Institute. She oversees and directs health and program offerings across nine Oasis centers around the country. Many health workshops are evidence-based programs for older adults. Simone manages large-scale projects and grants and is the statewide coordinator of the Show Me Falls Free Missouri Coalition. She is also a master trainer for the Self-Management Resource Center's Diabetes and Chronic Disease Self-Management program and A Matter of Balance. Simone obtained her Master of Public Health from the University of Minnesota and her Master of Business Administration from Webster University.

Go Beyond Your Personal Glass Ceiling!



This session will provide insight to participants on how we create an invisible ceiling in our lives with self-imposed limitations. Participants will be encouraged to address hidden and internal barriers that affect self-confidence and self-worth. Participants will also be encouraged to overcome their challenges and to maximize their God-given potential.

Apostle Russell L. Freeman

accepted his call to ministry in 1975 and began his pastorate of the United Community Cathedral in July 1984, where he has remained faithful as Senior Pastor for the last 34 years. Consecrated in September of 2005,

Apostle Freeman has since been enthroned as Presiding Prelate of the Christians Equipping Christians for Outreach Fellowship, Inc. (CECO) in October 2017, where he has served and led for the past 10 years.

Bishop W. H. White consecrated him to the Office of Bishopric in September 2005, and in October 2007, Bishop Freeman received the Eastern and Western Streams of Apostolic Succession from Bishop Larry D. Trotter, Sr. It was then that Bishop Trotter enthroned Bishop Freeman as the Presiding Prelate over Christians Equipping Christians for Outreach Fellowship, Inc. On January 27, 2018, because of his work in the Kingdom, he was affirmed to the office of Apostle by Apostle Levi King.

Having licensed, ordained and consecrated over 100 ministers into the gospel ministry, Apostle Freeman's ecumenical endeavors promote apostolic ministry with an emphasis on the development and strengthening of the Church's pastors, bishops and apostles. His ecclesiastical focus is on spiritual fathering and church governance. Apostle's Freeman's family life includes the care and support of his mother, Emma Freeman; his loving daughter, Mia Ferrell; and his unique and vibrant granddaughters Secily, Jaccara and Montiera.

Sponsors and Donations

Sponsors

Lincoln University Cooperative Extension
Paula J. Carter Center on Minority Health and Aging, Jefferson City, Missouri
Missouri Department of Health and Senior Services
Office of Minority Health, Jefferson City, Missouri
Primaris/CLAIM, Columbia, Missouri

Door Prize Donations Provided by:

1. Walmart Supercenter-Store #5477 - Jefferson City (Supercenter Drive)
2. Ulta - Jefferson City
3. Kohls - Jefferson City
4. Bath and Body - Jefferson City
5. JC Penney - Jefferson City
6. Unilever - Jefferson City
7. Staff-SSM Health at Home - MidMo Office - Jefferson City
8. Pier 1 - Jefferson City
9. Regis Salon - Columbia
10. Marshalls - Columbia
11. TJ Maxx - Jefferson City
12. Pier 1 - Columbia
13. Walgreens -Jefferson City (Eastland)

Special thanks to Janet Whittler and Chuck Walker, Paula J. Carter Center Advisory Board members, for donating door prizes.

Exhibitors, Screenings and Vendors

Exhibitors

1. Missouri Department of Health and Senior Services
Office of Minority Health
2. Missouri Department of Health and Senior Services
Bureau of Environmental – Epidemiology
3. CLAIM
4. Missouri Department of Insurance, Financial Institutions
and Professional Registration
5. Greater Missouri Chapter Alzheimer's Association
6. Jefferson City Police Department
7. Missouri Council of the Blind
8. Missouri Public Service Commission
9. Missouri Secretary of State
10. Paula J. Carter Center on Minority Health and Aging
11. Columbia Fire Department
12. Missouri Department of Health and Senior Services/Division of Senior and Disability
Services/Bureau of Senior Programs

Health Screenings

1. Department of Social Services – Rehabilitation Services
for the Blind (Glaucoma Screenings)
2. Department of Social Services Rehabilitation Services for the Blind
Low Vision Resources (*Tuesday only*)
3. Columbia/Boone County Public Health and Human Services
Blood Pressure Screenings
Monday 3:00 pm – 5:00 pm and Tuesday 8:00 a.m. – 10:00 a.m.

Vendors

1. Salaam's Designer Gifts
2. HOW Handbags
3. Ideal Accents Paparazzi Accessories

FREE Books Provided by Heartland Book Bank Inc.

FREE Express Manicures Provided by Merrell University

Planning Committee and Advisory Board

Carol Beahan	CLAIM, Columbia, Missouri
Michael Brewer	Missouri Dept. of Health and Senior Services – Division of Senior and Disability Services, Bureau of Senior Programs
Michael Couty	Prenger Family Center
Bianca Farr	Dept. of Mental Health
Jessie Kwatandia	Greater MO Chapter Alzheimer's Association
Joseph (Joe) Matherne	Jefferson City Police Department and Community Action Team
Glenda Meachum-Cain	Retired – Dept. of Health and Senior Services
Donald Glover	Retired – Caterpillar, Inc.
Marietta Monroe	Retired – Columbia Public Schools
Carolyn F. Prim	CLAIM, Kansas City
Chuck Walker	Retired – Detective/Jefferson City Police Department Community Action Team
Janet Whittler	SSM Health St. Mary's Health Center
Ex-officio Members	
Joseph Palm	Office of Minority Health, Missouri Dept. of Health and Senior Services
Valerie Butler	Office of Minority Health, Missouri Dept. of Health and Senior Services
Crystal Sanders	Office of Minority Health, Missouri Dept. of Health and Senior Services
Yvonne Matthews	Lincoln University Cooperative Extension

In Memoriam



Pamela J. Donner

Lincoln University Cooperative Extension and Research
Media Center Coordinator

September 28, 1961 - January 19, 2018



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