



# 44<sup>th</sup> Annual Conference on Aging! September 7–8, 2022

*“Transforming the Future”*

**FREE to ALL  
New Mexico Residents!**

This HYBRID conference will highlight  
*12 regional watch parties!*

If you are an older adult New Mexican  
(60+), you are welcome to attend a  
regional watch party at

address

time

**REGISTER NOW at**

<https://coa.altsd.state.nm.us/node/1422745>

**Featuring!**

*Governor Michelle Lujan-Grisham*

Lieutenant Governor Howie Morales

Secretary Katrina Hotrum-Lopez

Amy Goyer,  
AARP’s Family and Caregiving Expert

## Tentative Conference Workshop Titles

3 Key Messages for Preventing and Managing Diabetes
AARP Brain Health
AARP Caregiving Resources
AARP Medication Safety Program
AARP Mental Health Through Celebration of Life
AARP Work and Save
Aging and Vision Loss
Assistive Technology for Activities of Daily Living
Be a Smart Shopper: Practical Tips to Save Money and Avoid Rip-Offs
Be the Voice Become a Long-Term Care Ombudsman
Common Legal Issues for Senior Citizens
Cyber-safety in the Digital Age
Dementia Conversations
Downsizing and Moving into Retirement, Independent or Assisted Living
Future of Aging: Innovations in Education and Outreach through Technology
Guide for Caring for Self While Caring for Others
Healthy Living for Brain and Body
How Can a Cookie Change the World?
How Does Medicare Work For My Parents
Intro to Technology 2022
It is Game Time! Food Trivia!
Know Your Rights and Correct the Wrongs in Long-Term Care
Learning Lab for Creative Self-Care
Life Planning
Make a Grab and Go Binder with Important Papers
Medicare— A Voice of a Generation
myHESTIA: A Smartphone App to Support Aging in Place
Pegasus Law Grandparents Raising Grandchildren
Posture And Strength As We Age
Prevent the Shuffle, Improve Your Balance
Reaching Forward: Living Well with Parkinson's Disease
Resident-Directed Advocacy: Long-Term Care Ombudsman Program
Saving Money with PNM Rebates Programs
See How Communities Can Work Together to Improve Health Outcomes
Sexual Orientation and Gender Identify (SOGI)
Social Security— With you for Life’s Journey
Take an Educational Ride into Reverse Mortgage Outer Space!

