

**Rugby**  
**Friday, April 24, 2009**

**AGENDA**

- 9:00 am Registration
- 9:45 am Presentation of Colors - Rugby American Legion; Welcome & Introductions - Don Sobolik, Rugby Chamber; Amy Clark, Governor's Committee on Aging Chairperson; Joan Ehrhardt, Aging Services Division
- 10:15 am **Keynote:** "Health Promotion and Disease Prevention" Dr. James Swan
- 11:30 am Lunch - Local Entertainment
- 12:30 pm "What Is This Money Follows the Person Grant?" Jacob Reuter
- 1:15 pm "Flu and Shingles" Barbara Frydenlund, RN
- 1:45 pm Break & Dessert
- 2:15 pm "Wolfy Goes to Rugby" Jacob Reuter
- 3:00 pm Door Prizes and Wrap Up

**Location:** Hub Restaurant (NE entrance)  
Intersection of Hwy 2 & 3,  
Rugby

**Transportation:** Contact your local transit provider

Register: Call 701-776-5998 (Myrna Muffenbier, Tri County Senior Meals) prior to Wednesday, April 15, 2009

Cost: \$6.00 (includes all breaks and lunch)

**Captain Zachary Taylor, MD, MS**

Captain Taylor is the Regional Health Administrator for the U.S. Department of Health and Human Services' Office of Public Health and Science, Region VIII office. Region VIII includes the states of Colorado, Montana, North Dakota, South Dakota, Utah and Wyoming. As the RHA, Captain Taylor advances prevention and emergency preparedness and coordinates regional activities across HHS agencies in Region VIII and is a conduit for information about public health issues between HHS and State and local representatives in the region.

Prior to being named as the RHA in 2006, Captain Taylor was with the Centers for Disease Control and Prevention where he was Chief of the Field Service and Evaluation Branch in the Division of Tuberculosis Elimination for six years. Captain Taylor is a career officer with twenty-three years of experience in the Commissioned Corps of the U.S. Public Health Service. He is board certified in Preventive Medicine and Public Health and has public health specialty training focused in systems management. He brings experiences from the Centers of Disease Control and Prevention, the Agency for Toxic Substances and Disease Registry and the Indian Health Service. He has authored numerous chapters in medical books, major public guidelines, government and non-governmental publications.

**Dr. James Swan**

Dr. Swan received his Ph.D. from Northwestern University in 1981 and since 2004 has been a Professor of Applied Gerontology at the University of North Texas, teaching in doctoral, masters, and undergraduate programs in Applied Gerontology. He has developed strong grant and contract funded research in the area of long-term care finance and policy, and is currently developing new research streams in: physical activity in the aged; senior-ready communities, and global aging, focusing on comparison of U.S. and Mexican services for elders. Dr. Swan has maintained a steady and active publication record for three decades, annually presents at juried professional and scientific conferences, and his publications have appeared in numerous peer-reviewed journals and in several books. He is active in the Gerontological Health Section of the American Public Health Association and is one of the section's APHA Governing Councilors; a member of the Gerontological Society of America and of its Social Research, Policy, and Practice Section; and an Executive Board member and Governing Councilor of the Texas Public Health Association.

**The Governor's Committee on Aging**

The Governor's Committee on Aging was established to act as an advisory body for the Aging Services Division as set forth in the Older Americans Act of 1965. The Committee also acts as an advocacy body for older persons of the state of North Dakota, while providing a forum for mutual exchange of ideas and information on national, state and local levels relating to aging.

In 2009 the Governor's Committee on Aging is sponsoring the North Dakota Forums on Aging. The purpose of these forums is to provide an opportunity to receive and share information, and to generate interest in the challenges and opportunities experienced by older North Dakotans.

**North Dakota**  
**2009**  
**Governor's**  
**Forums on Aging**

**April 20—24, 2009**

**Seven locations in North Dakota**

**Sponsored by:**

***NORTH DAKOTA***  
***GOVERNOR'S***  
***COMMITTEE***  
***ON AGING***

**In Cooperation with**  
**ND Department of Human Services**  
**Aging Services Division**

**Dickinson**

**Monday, April 20, 2009**

**AGENDA**

- 8:00 am Registration/Booth vendors
- 9:00 am Welcome, Greeting and Announcements
- 9:15 am "Healthy Lifestyles" AARP
- 10 am Break
- 10:20 am "IPAT: Doodads, Gadgets and Thingamagigs" Peggy Shireley
- 11:10 am Break
- 11:15 am "Nutrition and Exercise" Jo Marie Kadrmaz, SWDHU
- 12:00 Lunch and Entertainment: String Trio Ensemble
- 1:00 pm "Alzheimer's/Related Dementias: Care for the Caregiver" Rodger Wetzel
- 1:50 pm Break
- 2:10 pm "Immunizations and Disease Prevention" Molly Sander, N.D. Department of Health
- 3:00 pm "Humor: Important for Physical, Mental and Social Health" Rodger Wetzel

**Location:** Hillside Baptist Church, 1123 10th St. East, Dickinson

**To register (no cost):** Call Mark Jesser, 1-888-227-7525; 701-227-7557 or email: [mjesser@nd.gov](mailto:mjesser@nd.gov); Rene Schmidt 227-7582 or email: [rschmidt@nd.gov](mailto:rschmidt@nd.gov)

Participants must pre-register by April 10th and indicate if they intend to eat at the site. A Title III meal will be served. Individuals age 60 and over the suggested contribution is \$3.50. Individuals under the age of 60 will be required to pay the full cost of the meal which is \$7.00.

**Grand Forks**

**Monday, April 20, 2009**

**AGENDA**

- 11:45 am Lunch
- 1:00 pm Welcome and Introductions - Ray Siver, Vice Chair, Governor's Committee on Aging
- 1:05 am **Keynote:** "Health Promotion and Disease Prevention" Capt. Zachary Taylor
- 2:00 pm Gretchen Dobervich, Director, Minnesota/North Dakota Alzheimer's Association
- 2:45 pm Break
- 3:00 pm Panel Discussion: "Home and Community Based Services"
- 3:45 pm "New Techniques To Prevent and Treat Eye Diseases" Dr. Gerald Gaul
- 4:30 pm Closing Remarks, Door Prizes, Evaluations

**Location:** Grand Forks Senior Center, 620 4th Ave. S., Grand Forks

**To register (No cost):** Call 701-772-2708. Please register by April 17, 2009.

A Title III meal will be served. Individuals age 60 and over the suggested contribution is \$3.50. Individuals under the age of 60 will be required to pay the full cost of the meal which is \$7.00.

**New Town**

**Tuesday, April 21, 2009**

**AGENDA**

- 10:00 am Registration
- 10:15 am Welcome & Introductions - Tribal Chairman, Governor's Committee on Aging
- 10:30 am Chair Exercises - Lila Wells
- 11:00 am "Diabetes Information/Education" Ken Hall
- 11:30 am Break

- 11:45 am "Steps to a Healthier You" Carol Enno
- 12:15 am Lunch and Entertainment
- 1:00 pm "Healthy Lifestyle" Darrian Morrisette
- 1:30 pm "Protecting What Is Yours" Deb Kraft
- 2:00 pm Final Remarks, Door Prize Drawing, Evaluations

**Location:** Northern Lights Building, 710 East Ave., New Town. Lunch will be provided.

**Lisbon**

**Wednesday, April 22, 2009**

**AGENDA**

- 11:30 am Registration
- 12 pm Lunch at Senior Center (reservations required by calling Sandy Arends)
- 12:45 pm Welcome & Introductions - Bruce Davidson & Shirley Blake, Governor's Committee on Aging
- 1:00 pm "Changing Aging" Lorrie R. Carlson, Silver Sneakers Fitness Program
- 2:15 pm Break
- 2:30 pm "Senior Centers or Wellness Centers?" Sandy Arends, Aging Services Program Admin.
- 3:00 pm **Keynote:** "Health Promotion & Disease Prevention" Dr. James Swan
- 3:45 pm Final Remarks, Door Prize Drawings, Evaluations

**Location:** Lisbon Senior Center; 625 Main, Lisbon

**To Register (no cost):** Contact Sandy Arends at 701-298-4420 or toll free 1-888-342-4900 by Monday, April 20, 2009.

The suggested contribution for persons age 60 and over is \$3.50; the full cost of the meal for persons under age 60 is \$6.50.

**Ellendale**

**Wednesday, April 22, 2009**

**AGENDA**

- 8:30 am Registration
- 8:45 am Welcome & Introduction
- 9:00 am "Aging - Changes In Your Eyes" Dr. Geoffrey Rath
- 9:45 am **Keynote:** "Health Promotion and Disease Prevention" Dr. James Swan

- 10:30 am Break
- 10:45 am "Identity Theft" Judy Austad, Investigator, Consumer Protection
- 11:15 am "Insurance Fraud" Jacob Rodenbiker, Special Assistant Attorney General
- 12 pm Lunch
- 1:00 pm "Five Wishes" Jan Quandt, MSW, LCSW
- 1:45 pm "Depression in the Elderly" Deb Elhard, MS, LPCC
- 2:15 pm Final Remarks, Door Prize Drawing, Evaluations - Delores Rath

**Location:** 67 1st Avenue South, Ellendale

**Lunch:** A Title III lunch will be served. Please contact the Senior Center at 349-4513 or email [dcsc213@yahoo.com](mailto:dcsc213@yahoo.com) by April 20th for reservations. Suggested contribution for persons over age 60 is \$3.00; full cost of the meal for persons under age 60 is \$6.00.

**Bismarck**

**Thursday, April 23, 2009**

**AGENDA**

- 12:30 pm Welcome & Introductions - Linda Wright, Director, DHS, Aging Services Division
- 12:45 pm **Keynote:** "Health Promotion and Disease Prevention" Capt. Zachary Taylor
- 1:45 pm "Falling Breaks More Than Just Bones" Wanda Berg, Ph.D., OTR/L
- 2:30 pm Break & Door Prize Drawing
- 2:45 pm "Food Is More Than Something to Eat" Wanda Agnew, Ph.D., LRD
- 3:30 pm Final Remarks, Door Prize Drawing, Evaluations

**Location:** Bismarck Senior Center, 315 N 20th St., Bismarck

**Lunch:** A Title III lunch will be served before the Forum. Please contact the Senior Center at 258-9276 by April 22 for reservations. Suggested contribution for persons age 60+ is \$3.25; full cost for persons under age 60 is \$5.75.