

# Geriatric Seminar Series

Starting April 4th, 2023

The Nevada Interprofessional Healthy Aging Network (NIHAN) will be offering the **Aging Mastery Program (AMP)** in collaboration with our proud partner, Nevada Senior Services (NSS).



- The Aging Mastery Program is a comprehensive and fun approach to living that celebrates the gift of longevity. Central to the Aging Mastery philosophy is the belief that modest lifestyle changes can produce positive results and that people can be empowered to cultivate health and longevity. The program encourages mastery-developing behaviors across many dimensions that will lead to improved health, stronger financial security, and overall well-being. The Aging Mastery Program was created by the National Council on Aging (NCOA).



**Aging  
Mastery**



## Benefits to joining the seminar

- 1** Make and maintain small but impactful changes in your health behaviors, financial well-being, and enrichment in later life.
- 2** Get REAL incentives and rewards for taking small steps that can improve your well-being.
- 3** Meet new friends, provide support and encouragement to your peers, and become more involved in your community.

### Contact Us:

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[www.nihan.care](http://www.nihan.care)



NIHAN Geriatric Seminar

Join us for a 12-week virtual seminar series via Zoom!

**4  
APR**

**EVERY TUESDAY  
12:00-1:15 P.M. PST**

**20  
JUN**

**Limited spots available**

**Sign Up Now!**

*Click the link above or*

*Scan the QR code below on your phone*

- Core curriculum textbook will be provided to older adults & caregivers who are age 55 & older and sign up for the enrollment of the seminars by *March 24*.
- Individual registration is required for each seminar session. Please see seminar program and schedule below.



**Sign Up**

## Seminar Program & Schedule

DATE AND TIME	TOPIC AND OBJECTIVE	REGISTER
<b>Seminar Week 1:</b> <b>Tuesday, April 4</b> 12 - 1:15 p.m. PST	<b>"Navigating Longer Lives: The Basics of Aging Mastery"</b> <ul style="list-style-type: none"> <li>• Introduction to the program and its philosophy.</li> </ul>	<a href="#">Click here</a> for registration
<b>Seminar Week 2:</b> <b>Tuesday, April 11</b> 12 - 1:15 p.m. PST	<b>"Exercise and You"</b> <ul style="list-style-type: none"> <li>• Discussion of the importance of exercising both the mind and the body with a focus on strategies for incorporating meditation, aerobics, strengthening, flexibility, and balance into daily routines.</li> </ul>	<a href="#">Click here</a> for registration
<b>Seminar Week 3:</b> <b>Tuesday, April 18</b> 12 - 1:15 p.m. PST	<b>"Sleep"</b> <ul style="list-style-type: none"> <li>• Overview of how sleep patterns change as we age, the importance of monitoring the sleep cycle, and simple strategies to improve sleep.</li> </ul>	<a href="#">Click here</a> for registration
<b>Seminar Week 4:</b> <b>Tuesday, April 25</b> 12 - 1:15 p.m. PST	<b>"Healthy Eating and Hydration"</b> <ul style="list-style-type: none"> <li>• Review of nutrition as it relates to aging with a focus on strategies for incorporating healthy eating and hydration into daily routines.</li> </ul>	<a href="#">Click here</a> for registration
<b>Seminar Week 5:</b> <b>Tuesday, May 2</b> 12 - 1:15 p.m. PST	<b>"Financial Fitness"</b> <ul style="list-style-type: none"> <li>• Introduction to strategies for remaining economically secure in an era of longevity with an emphasis on setting financial goals and setting financial boundaries with friends and families.</li> </ul>	<a href="#">Click here</a> for registration
<b>Seminar Week 6:</b> <b>Tuesday, May 9</b> 12 - 1:15 p.m. PST	<b>"Medication Management"</b> <ul style="list-style-type: none"> <li>• Best practices on how to take medications as directed, how to store medications safely, and how to keep track of multiple medications.</li> </ul>	<a href="#">Click here</a> for registration

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<b>Seminar Week 7:</b> <b>Tuesday, May 16</b> 12 - 1:15 p.m. PST	<b>"Advance Planning"</b> <ul style="list-style-type: none"> <li>Guidance around key steps needed to manage health care, financial, and housing/care decisions with a focus on considering the role of personal values and beliefs in these decisions.</li> </ul>	Click <a href="#">here</a> for registration
<b>Seminar Week 8:</b> <b>Tuesday, May 23</b> 12 - 1:15 p.m. PST	<b>"Healthy Relationships"</b> <ul style="list-style-type: none"> <li>Exploration of the benefits of being socially active, as well as the risks of isolation with a focus on practical strategies for continuing to build and strengthen friendships and family connections as we age.</li> </ul>	Click <a href="#">here</a> for registration
<b>Seminar Week 9:</b> <b>Tuesday, May 30</b> 12 - 1:15 p.m. PST	<b>"Falls Prevention"</b> <ul style="list-style-type: none"> <li>Overview of the importance of falls prevention among older adults along with strategies to prevent falling.</li> </ul>	Click <a href="#">here</a> for registration
<b>Seminar Week 10:</b> <b>Tuesday, June 6</b> 12 - 1:15 p.m. PST	<b>"Community Engagement"</b> <ul style="list-style-type: none"> <li>Introduction to the value of continuing contribution and small acts of kindness with a focus on identifying personal aptitudes for meaningful volunteer and civic opportunities.</li> </ul>	Click <a href="#">here</a> for registration
<b>Seminar Week 11:</b> <b>Tuesday, June 13</b> 12 - 1:15 p.m. PST	<b>"Caregiver Perspectives- Assessing our Needs"</b> Focus on the caregiving journey including a reflection on personas burdens and stress as well as guidance on coping strategies and improving communication between caregivers and care recipients.	Click <a href="#">here</a> for registration
<b>Seminar Week 12:</b> <b>Tuesday, June 20</b> 12 - 1:15 p.m. PST	<b>"Caregiver Playbook- Planning, Connecting and Doing"</b> <ul style="list-style-type: none"> <li>This capstone class provides the opportunity to revisit what has been learned, examine hopes and fears, and take practical steps to locate supportive services.</li> </ul>	Click <a href="#">here</a> for registration