All events subject to change.

9:00-9:30 am   Registration – Patriot Hall
9:30-9:45 am   Welcome/Orientation – Dave Zunkel, President ENCORE
9:45-10:30 am  Keynote Speaker – Dr. Chris Breitmeyer, President Clatsop Community College
All day        Free Flu Shots sponsored by Family Care Health (while supplies last)
10:40-11:30 am Breakout Session One
11:30 am-1:00 pm Lunch – Sandwich Buffet provided by the Bandit Café
                  Sponsor presentations – CMH, Providence, Senior & Disability Services, ENCORE
1:00-1:45 pm    Breakout Session Two
2:00-2:45 pm    Breakout Session Three
3:00-3:30 pm    Panel Discussion – A Cannabis Discussion
                  Closing by Frank Spence, Past-President ENCORE, accompanied by The Out-takes

Keynote Speaker – Dr. Chris Breitmeyer, President Clatsop Community College

(See following pages for full description of break-out sessions)
Session One Workshops (10:40-11:30 am)

What is Palliative Care? Towler Hall, rm 308
People are living longer with serious medical problems and many need extra support as they pursue curative or palliative treatments. Developed at the same time as hospice back in the 1960s, palliative care is now more important than ever to help patients and their families cope with chronic disease and yet maintain their desired quality of life. Learn more about palliative care and what is available at the North Coast as support for patients long before they may need hospice support. Objectives: • Identify key differences between palliative care and hospice for patients with serious medical problems through diagrammatic representation and case studies. • List components of medical and psychological support services available at the North Coast that can be accessed with a palliative care referral.
Presenter: Pam Devisser, FNP Providence Seaside Hospital
Check out the Providence Seaside Hospital table on the main floor of Patriot Hall anytime during the day.

Disaster Prep/Stormy Weather: Be Prepared, Patriot Hall, rm 206
Learn about our north coast’s risk of a catastrophic subduction earthquake and resulting tsunami. Find out how to set up family emergency plans, finding sources of information, and what to do before, during, and after an earthquake and tsunami. Preparation is a form of insurance. Review the plan periodically, then enjoy life.
Presenters: Karen Elder, Geologist and Retired Science Teacher

Making Friends of all Ages, Towler Hall, rm 307
How do we reach out across our perceptions about and expectations for ourselves and others at different ages so that we can expand our circle of friends to include persons of different generations? The focus of this interactive workshop is on inter-generational friendships as a powerful component of aging well. We will explore together how we might go about creating meaningful connections with persons who are at different points in the life-course.
Presenter: Jennifer (Jenny) Sasser, PhD is an educational gerontologist, writer, and community activist.

Exploring Smartphone Apps, Patriot Hall, rm 207
If you want to get more out of your smartphone, learn how to download and install new apps. Learn how to uninstall apps you don’t want—including some that came with your phone. Lastly, arrange the apps/icons on your screens so you can find them easily. Be sure to bring your smart phone!
Presenter: Jane Francis, Personal Computer Training

LUNCH (11:30-1:00) Sandwich Buffet by the Bandit Café
Patriot Hall Main Floor
A Happier Body & Advantages of Acupuncture, Patriot Hall, rm 207
Two topics in one session! Participants must sign a Liability Release form.

Is your body happy with you? Are there subtle imbalances and asymmetries that lead to back pain, stress, poor performance and even make you look older than you should over time? Would you like to learn how to take care of those aches and pains yourself without the use of drugs. People often ask if the loss of mobility, flexibility and vitality is just a normal part of the aging process. The answer is a definite no; aging does not have to result in physical limitations. How are we going to do all that? We are going to play with some balls! Presenter: RiversZen Yoga Studio

Acupuncture, an ancient healing art, is used for much more than pain management. Because its effects work to balance the nervous system, it is often used to help modulate the fight-or-flight response that we may find ourselves constantly in due to modern life stressors. Material presented by Karen Kaufman, Ph.D. (psychology), Licensed Acupuncturist, will focus on the use of acupuncture for stress management, with a focus on caregiver stress.

Genealogy at your Fingertips, Towler Hall, rm 308
Do Your Ancestors Live on in Your DNA? Are the experiences of your ancestors found in your DNA? What can your DNA reveal about the physical characteristics of you and your ancestors? What kind of medical information is available in your DNA? What is the best DNA test for you and how can you and your doctor use the information? What can your DNA reveal about your health-risk-factors? Presenter: Dean Deornier

Senior Living Care Options, Patriot Hall, rm 206
Description pending
Presenters: Michelle Lewis/Heather Ramsdale
Check out the NW Senior & Disability Services table on the main floor of Patriot Hall anytime during the day.

Ship Report/KMUN, Towler Hall, rm 307
Description pending
Presenters: Joanne Rideout
Session Three Workshops (2:00-2:45 pm)

Living Well Self-Management Workshops, Patriot Hall, rm 206
Come join us to learn more about the fun, interactive Living Well workshops! The Living Well self-management classes are held through Columbia Memorial Hospital. These are evidence-based classes established at Stanford. Living Well with Chronic Conditions, Living Well with Diabetes, Living Well with Chronic Pain, and our newest class, Cancer: Thriving and Surviving will be discussed. Exercises to relieve chronic pain will be demonstrated. Living Well classes give you the tools for self-managing your life with any chronic condition.

Presenters: Alissa Dorman, CMH Community Education Lead & Starlene Everson, CMH Volunteer
Check out the Columbia Memorial Hospital table on the main floor of Patriot Hall anytime during the day.

Trail Opportunities on the North Coast, Towler Hall, rm 308
Back again by popular demand, this session is now in its fourth year. We will continue the discussion of our extraordinary local trails and in addition to hiking, we will discuss local opportunities to learn more about birding, edible plants and mushrooms, and the scenic water trails of Clatsop and Tillamook County.

Presenters: Tessa Scheller, Dane Osis, Lisa Phipps, Jon Burpee, Steven Blakesley and Dr. Kristi Foster

Advance Directive/Medical Resources, Towler Hall, rm 307
Whether you’re 18 or 80, an Advance Directive is important for everyone. Help loved ones start a conversation. Learn about completing an Advance Directive and why it’s important; no matter the age or health.

- Better understand the types of medical decisions you or a loved-one may one day face.
- Learn how to use Oregon’s Advance Directive with the KEYConversations™ Planning Guide to document your health wishes and, most importantly, talk with loved ones before a crisis.
- Discuss the difference between Advance Directive and POLST and how they work together.
- Get your questions answered by the social workers and registered nurses that are facilitating this event so you can complete an Advance Directive with confidence.

Presenter: Tonia White, BSN, RN and CMH Care Management

Check out the Columbia Memorial Hospital table on the main floor of Patriot Hall anytime during the day - Take this opportunity to talk with one of our pharmacists about your medications, check your blood pressure or have a fall assessment done.

We will also have nurses and social workers available to give you information about advanced directives and POLST (Provider Orders for Life-Sustaining Treatment). Learn the difference, get help with filling out forms and learn ways to begin this conversation with your physician, families or friends.

Dancing Your Way to Fitness, Patriot Hall studio 3rd floor
The body craves movement. As we age, it becomes even more important to keep the movement alive. This presentation will provide you with a few tools to take home to aid in finding one’s own dance. We will explore moving gently and with music, finding the vast beauty of the space one’s body occupies and how to move it through space and time; enlivening the body, mind and spirit. Dance is a wonderful means to heal and celebrate the body and beyond. Participants must sign t Liability Release form.

Presenter: Marco Davis, MFA in Dance, Licensed Massage Therapist #19496 ‘Healing and blessings through space, touch, dance, laugher and food.’
PANEL DISCUSSION – A Cannabis Discussion (3:00-3:30 pm)
Columbia 219
Join us to ask your questions from a panel of experts regarding medical marijuana.

Caren Eling, GNP – Caren has been an RN for 44 years and a family NP for 29 years with all of the NP time living in Oregon. She has done primary care for most of those years with palliative care emphasis in practice over the last 5 years.

Dr. Le
Sweet Relief
Indoor Grow

EXTRAORDINARY CLOSING
Farewell by Frank Spence, ENCORE Past President, accompanied by The Out-takes.

Conference Planning Committee (the Out-takes)
Alissa Dorman        Mary Kemhus        Maureen Divine
Michelle Lewis        Leslie Morgan       Sue Zerangue

Accommodations: Persons having questions about or a request for special needs and accommodation should contact JoAnn Zahn, Vice President of Finance and Operations, at Clatsop Community College, 1651 Lexington Avenue, Astoria, Oregon 97103, Phone 503-338-2421 or TDD 503-338-2468. Email special needs and accommodation request to requests@clatsopcc.edu. Contact should be made at least two business days in advance of the event.

Non-Discrimination
It is the policy of Clatsop Community College that there will be no discrimination or harassment on the grounds of race, color, gender, marital status, religion, national origin, age, sexual orientation, gender identity or expression or disability in any educational programs, activities, or employment. Questions or complaints should be directed to Leslie Hall, Affirmative Action/Gender Equity (Title IX) Officer in Towler Hall, Suite 110, 503-338-2450; TDD 503-338-2468. The Title II/Section 504 Coordinator is located in Columbia Hall Room 304, 503-338-2474.