

Conference Schedule

8:00 AM	Registration
8:45 AM	Welcome & Announcements
9:00 AM	Morning Keynote
10:15 AM	Break and Exhibits
10:45 AM	Morning Seminar (A Series)
12:00 PM	Lunch
1:00 PM	Afternoon Keynote
2:15 PM	Break
2:30 PM	Afternoon Seminar (B Series)
3:45 PM	Conference Ends

Keynotes

MORNING KEYNOTE

Diabetes Update: 2009

Marion J. Franz, M.S., R.D., C.D.E.

Nutrition/Health Consultant, Nutrition Concepts by Franz, Inc.

Type 2 diabetes is a progressive disease and both medical and nutrition therapies change across the continuum of its progression. The disease process, new criteria for diagnosis, and new medications will be reviewed.

AFTERNOON KEYNOTE

Is Vitamin D the Fountain of Youth?

Dr. Neil Binkley, Associate Professor,
University of Wisconsin School of Medicine and Public Health

Recent studies find low vitamin D status to be extremely common. These low levels have been associated with bone and muscle health, but also recently with various other diseases including cancer, cardiovascular disease, and even cognitive function. This keynote will clarify what is known versus what is postulated regarding the role of vitamin D in relation to multiple diseases.



Current Concepts in Nutrition and Aging

Thursday, September 17, 2009
The Pyle Center
Madison, Wisconsin

Planning Partners:

- UW-Madison Department of Nutritional Sciences
- Wisconsin Department of Health Services, Bureau of Aging and Disability Resources
- Wisconsin Dietetic Association
- UW-Madison Institute on Aging
- UW-Extension, Cooperative Extension, Family Living Programs

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Here's What You Can Learn

- New criteria for diagnosis and new medications for the treatment of type 2 diabetes.
- What role vitamin D plays in a number of common health conditions.
- How poverty affects the food choices of seniors as well as resources available to help.
- How to reduce your risk of macular degeneration and other age-related eye conditions through colorful and flavorful foods!
- How to make nutrition programs and their learning environments more inclusive.
- Review nutrition guidelines for the management and prevention of metabolic syndrome.
- Consider emerging issues in food safety with a focus on older adults.
- Get an overview of "functional foods" and how to market them to clients.

Who Should Attend

We invite dietitians, nutrition program directors, nutrition educators, social workers, physicians, pharmacists, nurses, and other professionals who work with older adults to attend. If you work with older individuals in inpatient or outpatient settings such as community centers, hospitals, long-term care facilities, ambulatory care and home health settings, you will come away from this conference with information and skills you can use in your practice setting.

What people said about last year's conference:

"Terrific speakers, excellent pertinent information."

"State of the art, hot off the press research!"

"Excellent keynotes with great cutting edge information."

"Very informative and up-to-date information."

Morning Seminars ('A' Series)

A1 - Poverty and Hunger Among Wisconsin Seniors

Nicholas Heckman, *Poverty and Food Insecurity Program Specialist, University of Wisconsin-Extension, Cooperative Extension*

This workshop includes an overview of the state of hunger in Wisconsin, including how seniors are affected. We will also discuss the resources and creative solutions that are available to help lift seniors out of poverty and hunger.

A2 - Diabetes Nutrition Controversies: 2009

Marion J. Franz, M.S., R.D., C.D.E., *Nutrition/Health Consultant, Nutrition Concepts by Franz, Inc.*

Medical nutrition therapy is essential across the continuum of type 2 diabetes and for type 1 diabetes. However, controversies exist regarding types of nutrition interventions, macronutrient composition, and expected outcomes.

A3 - Eat for Your Eyes

Donna L. Weihofen, M.S., R.D., *Senior Nutritionist, University of Wisconsin Hospital and Clinics, University of Wisconsin Comprehensive Cancer Center*

This workshop will teach you ways to reduce your risk of developing age-related eye macular degeneration and other age-related eye conditions with food and supplements. This includes information about lots of colorful, flavorful foods that are packed with nutrients that could protect your eyes.

A4 - Emerging Issues in Food Safety

Barbara Ingham, Ph.D., *Associate Professor, University of Wisconsin-Madison*

The safety of our food supply is constantly in the news: from recalls of peanut butter to concern over the safety of fresh produce. This session will consider these emerging issues in food safety with a focus on the elderly, since they are at increased risk of serious illness from tainted food.

Afternoon Seminars ('B' Series)

B1 - New Faces at Congregate Meals: Planning for Inclusion Improves Nutrition Education for Everyone

Elizabeth Kelley, M.S., *Outreach Specialist, Department of Nutritional Sciences, University of Wisconsin-Madison and University of Wisconsin-Extension, Cooperative Extension*

Some individuals with disabilities are eligible for services targeted to older adults, such as congregate meals, and may have similar nutrition education needs. Participants in this session will discuss how these groups are similar, as well as different, and will learn ways to make their teaching and learning environments more inclusive, so all learners can participate to the best of their ability.

B2 - Metabolic Syndrome: Nutrition Guidelines for Management and Prevention

Gail Underbakke, M.S., R.D., C.D., C.L.S., *Nutrition Coordinator, University of Wisconsin Preventive Cardiology Program*

The prevalence of metabolic syndrome continues to increase dramatically in adults and children in the United States, increasing the risk of heart disease and diabetes. This session will review nutrition guidelines for management and prevention of this syndrome, with an emphasis on practical application of the guidelines.

B3 - Communicating the Functionality of Food

Pam VanKampen, R.D., C.D., *Nutrition Specialist/Older Americans Act Consultant, Greater Wisconsin Area Agency on Aging Resources, Inc.*

This presentation will provide an overview of "Functional Foods" which are foods or dietary components, such as antioxidants, that may provide a health benefit beyond basic nutrition. Practical suggestions on how to communicate the health benefits to your clients will be shared including health promoting recipes and marketing suggestions.

General Information

Date/Times: Thursday, September 17, 2009. Registration begins at 8:00 am. The conference begins at 8:45 am and ends at 3:45 pm.

Location: The Pyle Center, 702 Langdon Street, Madison, WI. Parking and lodging information will be sent with your registration confirmation.

Registration Fee:

- \$109 if postmarked by September 1, 2009
 - \$129 if postmarked after September 1, 2009
- Includes lunch, instruction, materials, refreshments, and CEUs. Enrollment is limited. To ensure your place in the program, please register as early as possible.

Cancellation Policy: If you cancel your registration five working days prior to the program, you will be charged an administration fee of \$25. If you are a confirmed registrant and cancel less than five working days (September 10, 2009) prior to the program date, you are responsible for the entire fee. Substitutions from the same agency are permitted.

Credit: American Dietetic Association CPEs (5) and Dietary Manager Clock Hours (5) are applied for. In addition, UW-Extension Continuing Education Units (0.5 CEUs or 5 hrs.) will be awarded for full participation.

For Conference Information Contact:

Elaine Barrett, UWEX/CE Family Living Programs, 1/888-391-4255; 608/262-1411
elaine.barrett@ces.uwex.edu

For Registration information contact:

An EEO/Affirmative Action employer, University of Wisconsin-Extension, Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements. To ensure equal access, please make requests for reasonable accommodations as early as possible (10 working days is reasonable) prior to the program. Call 1-888-391-4255 to request an accommodation.