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### AGING PERSPECTIVES: WELLNESS

*Wellness is much more than your physical health. It's a practical, holistic philosophy that encourages a lifestyle that enhances the body, mind and spirit. Research on healthy aging shows that older adults who embrace wellness as part of everyday life receive significant benefits.*

**What Is Wellness?** The National Institute of Wellness (NIW) puts it this way: “Wellness is an active process through which people become aware of, and make choices toward, a more successful existence.”

- It's an active process – which means it takes time and intentionality.
- It needs awareness – which means paying attention to the different aspects of your life.
- It requires choices – which means you're in the driver's seat.

**The Dimensions of Wellness:** Because humans are multifaceted creatures, wellness looks at different dimensions of life that are interconnected. When all dimensions function well, so does the human. There are six key dimensions of wellness as defined by Dr. Bill Hetler, NIW:

- **Emotional:** Showing awareness and acceptance of your feelings, as well as the ability to express them in a healthy way. This includes how positively you feel about yourself and your life, the ability to manage your feelings, coping with stress and realistically assessing your limitations.
- **Physical:** Understanding your body and its relationship to nutrition and physical activity. As you might expect, it involves eating well, and building strength, flexibility and endurance in safe ways. But it's also about taking responsibility for your health, paying attention to your body's warning signs and seeking medical help when necessary.

- **Intellectual:** Expanding your knowledge and skills through creative, stimulating mental activities. Think about ways you pursue personal interests, develop your intellectual curiosity, stay on top of current issues and ideas, and challenge yourself.
- **Occupational:** Contributing your unique skills and gifts to work that is rewarding and meaningful to you. It can mean working at a job, but it also means developing new skills, volunteering, mentoring, teaching or coaching others.
- **Spiritual:** Recognizing the search for meaning and purpose, developing an appreciation for life and the world around you, and letting your actions become more consistent with your values and beliefs. Some people follow specific religious practices, while others lean toward a more general pursuit of harmony and self-awareness.
- **Social:** Contributing to your community and environment and recognizing the interdependence of people and nature. This is about making choices to build better personal relationships, a better living space and a better community.



**The Importance of Wellness for Healthy Older Adults.** Achieving wellness is a common sense goal for anyone. But are there particular benefits for older adults?

**Absolutely.** A long-term study by the MacArthur Foundation found that 70 percent of physical aging and approximately 50 percent of mental aging is determined by lifestyle choices we make every day. Continued research into senior wellness activities confirms those findings and shows how the dimensions of wellness could be keys to a longer life.

- A Yale study on aging and retirement found that older adults with a positive view of their lives lived an average of 7.5 years longer than those with more negative views.
- Older adults who are physically active have lower mortality rates, higher levels of functional and cognitive health, and are less likely to have heart disease or Type 2 diabetes.
- Memory function in older adults is improved by regularly doing tasks that require active engagement and that are challenging – like learning a new skill.
- Volunteering as an older adult is associated with health benefits such as enhanced cognition, delayed physical disability, reduced risk of hypertension, lower mortality and an improved sense of well-being.
- Religious and spiritual involvement is associated with higher levels of well-being, lower rates of hypertension, fewer strokes and less pain from illnesses. One study estimates that religious involvement prolongs life by about 7 years.
- An active social life is associated with better cardiovascular outcomes, greater immunity to infectious disease, less risk of depression and a longer life.

## Do a Wellness Check

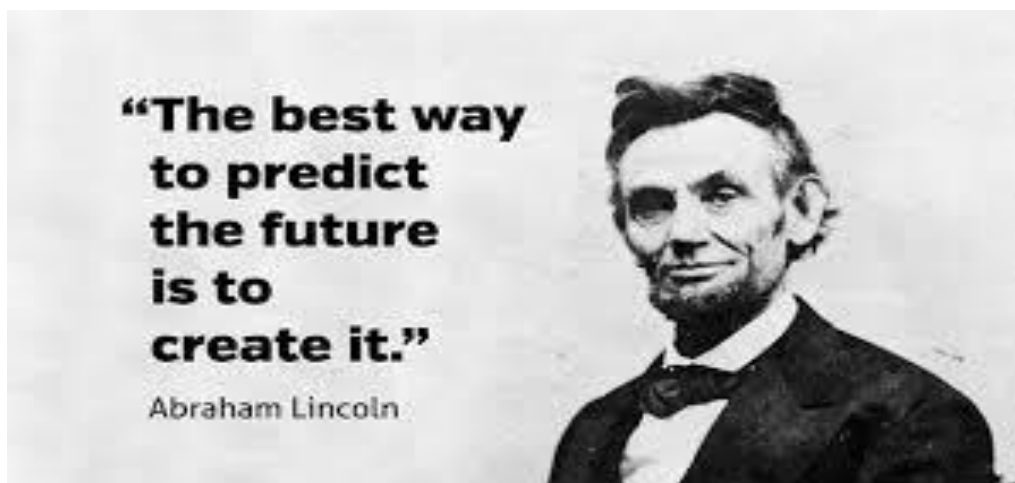
Just like you should check your blood pressure and heart rate periodically, it's important you check your level of wellness. Ask yourself questions that will help you see what areas you're doing well in – and where you're not. The only tricky part? Being honest with yourself.

- **Emotional Wellness** Am I satisfied with how my life is turning out? How well do I manage my stress levels? Am I happy and content most days?
- **Physical Wellness** Do I eat healthful, nutritious food? What kinds of physical activities do I participate in and how often? Am I as healthy as other people my age?
- **Intellectual Wellness** How often do I try to learn new things? What do I do to stay mentally stimulated? Do I attend cultural or educational events regularly?
- **Occupational Wellness** Do I share my knowledge or experience with others? How often do I volunteer or go to work? Am I bored, or do I use my time wisely?
- **Spiritual Wellness** How often do I meditate, reflect or pray? Do I have a well-defined sense of purpose and meaning? Do I feel in harmony with the world around me?
- **Social Wellness** How often do I socialize with a consistent group of friends? Are my family relationships a source of satisfaction for me? Do I invite friends or family to my home at least once a month?

## What Does Wellness Really Mean as You Age?

**It means you're not done.** It means that, whether you are on your own or are part of a senior living community with a wellness program, you can find ways to nurture every aspect of yourself. And that can help you get healthier, be happier and enjoy life more fully.

<https://www.wherelivematters.org/wellness-really-mean-age/>



## The Benefit of Benefits



### Senior Programs in the New Year - New Aging Intake Form

*Help our programs get the boost they need!*

Many of our centers, congregate meal sites, home delivered meal programs and Area Agencies may be asking you to complete or update your information on an Aging Intake form. This form collects demographic information and identifies needs you may have with a goal to best serve you in your local area and provide necessary funding for your local senior services.

**You may have some questions about why this information is so critical and why we need your help!**

*Why do I need my birthdate or approximate age?*

If you are 60 and over, you are eligible for free meals at the local congregate meal sites. For areas that have home delivered meals and you are eligible, you may receive free meals delivered to you. If you or a spouse are under 60 but that other partner is 60+, you will be eligible for a free meal. If you have an adult living with you who is disabled and you are 60+, that young adult is eligible to receive meals. This is possible through the Older Americans Act Title III program. This information helps centers qualify your meal(s) for federal reimbursement (Nutrition Services Incentive Program) dollars and in turn keeps our local and rural centers and services viable. Many centers rely on donations and local funding, but a large portion may come from this OAA funding source. Every bit helps especially with the cost of food, preparation and building overhead. It helps keep the local senior centers in business and this is a way that your federal tax dollars can go back into your local community. You always have the option to contribute a donation; the funds collected go back into the program for that service.





***Why do I need to check my income level?*** When you take part in a congregate meal or Home delivered meal at your local senior center or congregate meal site, you may be asked to complete an Aging Intake form which also includes an income table. This is not required but helps our state provide more demographic information. The rural areas of our state are populated by seniors 60+ many of them much older and meet the lower income guideline. This is also a way that the Federal government can determine Montana an area of need as far as funding for nutrition and other services that we would not otherwise be able to provide. The more accurate reporting in the lower income bracket, the better chance your tax dollars will return to your community senior center and meal site.

***Why do I have to check my Race and Ethnicity?*** This is another factor that helps look at the demographic group. The Older Americans Act requires that we serve those populations in need including rural and minority population. Montana is predominately white however there are small pockets that may be underserved especially in the rural areas and those on or near a reservation.

***Will my information be shared? And who with?*** Aging services collects this information in the form of data which does not include identifying information. Your identifying information is not collected, released, or shared with other entities. Only the raw number totals of each demographic question are shared with the Administration on Community Living. These numbers help secure a level of funding to help sustain our programs to meet the needs of our seniors here in the Big Sky Country. It's a great way to bring our hard-earned federal tax dollars back home.

***I noticed that the form asks if I may need assistance with eating, dressing, bathing, shopping, housework, respite etc. What are they for?***



All of us need a helping hand whether it is recovering from surgery or a complicated and lengthy illness or because we may not have family members nearby who can assist us. OAA funding helps here too. We want to make sure that our seniors can stay in their own home or community where they are the most comfortable for as long as they choose. Not every service is provided at every Area Agency on Aging. Reach out to your local Area Agency for available services and potential referrals to the different services within your community. This is your taxpayer dollars at work for your community.

***Who do I contact or how do I get the form to complete?*** If you are new to our Seniors centers, meals sites and the Area Agencies, they will ask that you complete an Aging Intake Form. Otherwise, ask about these forms when you stop in for a visit. You can contact your local agency through our toll-free number (800) 551-3191 or by the numbers listed next;



**MONTANA  
AREA AGENCIES ON AGING  
TOLL FREE: 1-800-551-3191**

<p align="center"><b>Area I Agency on Aging - Glendive Action for Eastern Montana 377-3564</b></p> <p><b>Serving Carter, Custer, Daniels, Dawson, Fallon, Fort Peck, Garfield, McCone, Phillips, Powder River, Prairie, Richland, Roosevelt, Rosebud, Sheridan, Treasure, Valley &amp; Wibaux counties</b></p>	<p align="center"><b>Area V Agency on Aging -Butte Southwest MT Aging &amp; Disability Serv 782-5555</b></p> <p><b>Serving Beaverhead, Deer Lodge, Granite, Madison, Powell &amp; Silver Bow counties.</b></p>
<p align="center"><b>Area II Agency on Aging - Roundup 323-1320</b></p> <p><b>Serving Big Horn, Crow, Carbon, Fergus, Golden Valley, Judith Basin, Musselshell, Petroleum, Stillwater, Sweet Grass, Wheatland, Yellowstone counties &amp; Crow &amp; Northern Cheyenne reservations</b></p> <p><b>Adult Alliance Resource Center -Billings  259-5212</b></p>	<p align="center"><b>Area VI Agency on Aging - Polson Western MT AAA 883-7284</b></p> <p><b>Serving Lake, Lincoln, Mineral, Sanders counties &amp; Flathead reservation</b></p> <p align="center"><b>Area VII Agency on Aging-Missoula Missoula Aging Services 728-7682</b></p> <p><b>Serving Missoula &amp; Ravalli counties</b></p>
<p align="center"><b>Area III Agency on Aging-Conrad North Central Area III 271-7553</b></p> <p><b>Serving Blaine, Chouteau, Glacier, Liberty, Pondera, Teton &amp; Toole counties &amp; Blackfeet &amp; Fort Belknap reservations</b></p>	<p align="center"><b>Area VIII Agency on Aging-Great Falls Cascade Co. Aging Services 454-6990</b></p> <p align="center"><b>Serving Cascade county</b></p> <p align="center"><b>Area IX Agency on Aging-Kalispell 758-5730</b></p> <p align="center"><b>Serving Flathead county</b></p>
<p align="center"><b>Area IV Agency on Aging - Helena Rocky MT Development Council 447-1680</b></p> <p><b>Serving Broadwater, Gallatin, Jefferson, Lewis &amp; Clark, Meagher &amp; Park counties</b></p>	<p align="center"><b>Area X Agency on Aging -Havre Hill County Council on Aging 265-5464</b></p> <p><b>Serving Hill county &amp; Rocky Boys reservation</b></p>

## NUTRITION CORNER



### DRIED FRUITS, DELICIOUS DATES, GREAT FOR WINTER!



### VERSATILE DRIED FRUITS

Walking through the produce section of a grocery store, we often ignore the shelf that has a variety of dried fruits, not realizing how much great nutrition and benefits these fruits contain. At this time when our fresh fruits are not all that fresh and the prices are higher, it is good to look again at dried fruits and the value they bring to our diets.

**Baking:** You can replace half the fat and much of the sugar in a recipe with a puree of dried fruit. A puree can be made with 8 oz of dried plums and 6 tablespoons of hot water. With this puree, you can reduce the amount of fat by half and the sugar by one-third. Be careful when using a dried fruit puree in baking – do not overmix.

Prune puree make chocolate recipes taste very rich. It also enhances the flavor of other baked goods like muffins or items that need a tasty but soft, chewy result.

**Chopping dry fruit:** To avoid your knife from getting sticky while chopping dry fruit, coat the knife first with a nonstick cooking spray. When measuring chopped dry fruit, dampen the measuring cups with cooking spray, so it comes out easily.

**Dry your own:** Cranberries, apples, pears, peaches, bananas slices, halved grape tomatoes, and other fruits and be dried in an oven. Dry at 140 – 150.

How long you dry them depends on the size and amount of food and the humidity in the oven. If you have a food dehydrator, that works very well. In a regular oven, once the fruit seems dry, turn off oven and keep the oven door partially open for further drying. Length of time to dry depends on how much fruit you have and the size of the fruit pieces. Stir food around to turn large pieces over. Store in air-tight bags or containers in a cool part of the house or kitchen.



### **DELICIOUS DATES**

Dates were brought to this country from many of the warm, middle eastern countries. Now dates grow well in places like southern California, Arizona and Florida. While there are many varieties of dates, in the US Medjool and Deglet noor are most widely available. You can eat dates fresh or dried, mashed, chopped stuffed or plain. They are versatile, have great nutrition and taste so good.

The Medjool dates have a soft exterior, chewy texture and a warm caramel flavor. They are plump in size – makes them good for eating plain or stuffed. Deglet noor dates are smaller, with firmer flesh and a delicate, honey-like taste. They are also good for eating and for baking.

You can buy dates seeded or not. To use in baking you should consider that 1 pound of unpitted dates will yield about 2 ½ cups pitted and chopped. If pitted, 8 oz of dates would give 1 ¼ cups chopped.



A ½ cup serving of pitted dates provides 4 gms or 15% of the daily need for fiber, 10% iron, and 4% of daily need for calcium. Date consumption on a regular basis can increase frequency of bowel movements, but eaten sparingly, could be beneficial for people with constipation problems.

Dates can be bought fresh or dried. When buying fresh dates, look for a plump, smooth surface. Avoid buying fresh dates with shriveled skin, as they may harbor some mold. Fresh dates can be refrigerated for up to 2 weeks, after that they will start to dry out.



### GOAT CHEESE STUFFED DATES

5 ounces goat cheese, room temperature

2 Tblsps fresh rosemary, stems removed, chopped

2 Tblsps pomegranate seeds (optional)

¼ tsp ground black pepper

9 medjool dates

2 Tblsps unsalted shelled pistachios, chopped

In small mixing bowl combine goat cheese, rosemary, pomegranate seeds, pepper. Use fork, mix well, set aside.

Cut each date in half lengthwise, remove pit. Place heaping of goat cheese mix in each half. Place on serving plate, sprinkle with chopped pistachios.

If not serving right away, keep refrigerated.

Minkie Medora, Registered Dietitian, December 2019

# Annual Governor's Conference on Aging

**Plan to attend the 2020**

**52nd Annual Governor's Conference on Aging!**



September 15 & 16, 2020

Copper King Hotel & Convention Center

Butte, Montana

## Conference Details

The 52nd annual conference promises to be brimming with valuable information, lively events and heartwarming celebration. Keynote Speakers & topics information TBA.

STAY TUNED for more details and visit often!

### **Honoring our Centenarians – Centenarian Celebration**

Our tradition of recognizing Montana's Centenarians continues! The 2020 Centenarian Celebration is scheduled for September 15th and will be held in conjunction with the Conference on Aging. If you are or know a centenarian who would like to receive a Certificate of Recognition from the Governor (100 years of age or older by December 31, 2020), please visit [Montana's Centenarian Search](#). Celebration details will be available closer to the event so **MARK YOUR CALENDARS** and contact our office for further information. [Jstoeckel@mt.gov](mailto:Jstoeckel@mt.gov) or (406) 444-6061.

## Governor's Advisory Council - Mini-Grant Sponsorship

**The Governor's Advisory Council (GAC)** sponsors the Governor's Conference on Aging and developed a mini-grant program to assist rural communities, fewer than 10,000 populations, who have limited resources and need some assistance in meeting a need for the elderly living in their community. The grants range from \$200 to \$1,000 and help facilitate supports for senior services in those communities. Mini-grants have been used for various needs such as training and educational materials, exercise and health equipment, kitchen equipment for meals as well as developing and enhancing senior support services that are otherwise unmet in the local communities. The grant funds are obtained by sponsorships and a silent auction during the conference. These Mini-Grants are awarded during the conference. More information & application forms are available at [Governor's Advisory Council on Aging](#) .



### Interested in Becoming a Sponsor?

We rely solely on the generous support of our sponsors to operate this conference. There are a variety of sponsorship packages that will be available in 2020. Your sponsorship will help us provide one or a combination of these benefits:

- Professional educators/presenters, conference supplies and special events
- Centenarian recognition and complimentary meal for each centenarian in attendance
- Mini-grant awards for innovative ideas which enhance long term care support services in rural communities
- Coffee, and refreshments for conference participants at breaks

Each of our sponsorship packages delivers different levels of recognition that could include your business logo on the conference website, ad space in the conference program, exhibitor booth space and/or complimentary registrations. Check out the packages and rates and choose the sponsorship package which best meets your needs; 2020 sponsorship details coming soon! Contact [Jackie Stoeckel](#) at (800) 332-2272 or (406) 444-6061 during normal business hours or email [jstoeckel@mt.gov](mailto:jstoeckel@mt.gov) for more information on any of these upcoming events.



We are happy to announce that **North Central Independent Living Services, Inc.**, located in Black Eagle, MT, is now serving as the local ombudsman entity for Blaine, Cascade, Chouteau & Hill Counties. The Montana Long Term Care Ombudsman Program is authorized under the federal **Older Americans Act** and is a mandated program. The Department of Public Health & Human Service, Senior & Long-Term Care Division, Aging Services Bureau houses a State Ombudsman Program Manager and all other ombudsman positions are contracted with eligible local entities, such as Area Agencies on Aging, who serve most Montana counties. The purpose is to protect and improve the quality of care and quality of life for residents of long-term care facilities through advocacy for and on behalf of residents. **Welcome NCILS, Nichole and Toni!**

### **Serving Blaine, Chouteau & Hill counties**

**Nichole Cartwright** has an extensive background in dealing with people of diverse backgrounds, disabilities and ages. She is passionate about advocating for people to ensure their needs are being met and their rights are being respected. Nichole will be serving Blaine, Chouteau & Hill Counties.

### **Serving Cascade county**

**Toni Matt** has a BA in Human Services/Rehabilitation with related course work in Indian Education. She has also worked as an In-Home Behavioral Specialist with the Center for Mental Health and as a Community Resource Worker with Opportunities, Inc. She is an enrolled member of the Blackfeet Tribe. Toni will be serving Cascade County.



## **Montana Property Tax Relief Programs & Elderly Homeowner/Renter Credit** by David Merrien/MT Dept of Revenue

Montanans can see their property tax burden significantly reduced if they qualify for one or more of the Montana Department of Revenue's tax relief programs. If you qualify, you must apply to each of these programs separately to obtain the benefits.



### **Property Tax Assistance Program (PTAP) - Apply by April 15**

To be eligible, you must own or currently be under contract to purchase your home or mobile/manufactured home and must live in the home as your primary residence for at least seven months of the year.

The income guidelines are:

- A single applicant's Federal Adjusted Gross Income (FAGI), excluding capital and income losses, must be less than \$23,337.
- Head of household and married applicants' FAGI must be less than \$31,116.
- Spouses' incomes are included regardless of whether they are owners of the property.

### **Montana Disabled Veteran (MDV) Property Tax Relief - Apply by April 15**

Disabled veterans with a 100% disability or the unmarried surviving spouses of the deceased veterans must own or currently be under contract to purchase their home or mobile/manufactured home and must live in the home as their primary residence for at least seven months of the year.

The income guidelines are:

- A single applicant's Federal Adjusted Gross Income (FAGI), excluding capital and income losses, must be less than \$53,955.
- Head of household and married applicants' FAGI must be less than \$62,256.
- Spouses' incomes are included regardless of whether they are owners of the property.
- Unmarried surviving spouses' FAGI must be less than \$47,038.

If you meet the qualifications, make sure to submit your PTAP or MDV application by April 15. Once you have applied, we will automatically verify your income every year until you move. We will notify you each year whether you qualify, as you must meet the income and property ownership/occupancy requirements every year to come.

### **Land Value Property Tax Assistance Program - Apply by March 1**

Homeowners may qualify for tax assistance if the department's appraised market value of their land is more than 150 percent of the department's appraised market value of their home and other improvements on the land. To check for qualification, property owners can visit [property.mt.gov](http://property.mt.gov), select **Property Record Card**, and search for their property. A highlighted note appears in the value history section of the property record card if the property meets the land value requirement. For a property owner to qualify, the home must be the primary residence owned by the individual or close family member for at least 30 consecutive years. The land the home is located on must be five acres or less. Property owners must mail completed applications and supporting documentation to their local Department of Revenue field office by March 1, 2020.

### **Elderly Homeowner/Renter Tax Credit**

Montana also allows qualifying individuals 62 and over an income tax credit for a portion of their property taxes or rent paid. This refundable credit of up to \$1,000 can be used against state income liability or as a direct refund if the person is not required to file a Montana state income tax return. Only one claim per household, must be made on the Form 2 or at [tap.dor.mt.gov](http://tap.dor.mt.gov)

If an individual can answer "yes" to all the following, he or she may be eligible for the credit:

1. Were you 62 or older as of December 31, 2019?
2. Did you live in a Montana residence as an owner or renter for a total of six months or more during 2019?
3. Did you live in Montana for nine months or more during 2019?
4. Was your total gross household income less than \$45,000 in 2019? Form 2 includes instructions for determining total gross household income for the purpose of determining the tax credit.

Except for dwellings rented from a county or municipal housing authority, a claim for relief may not be allowed on rented lands or rented dwellings that are not subject to Montana property taxes during the claim period. (See [15-30-2341, MCA.](#)) Individuals claiming the Elderly Homeowner/Renter Credit, who are residents of a long-term care facility that is not exempt of property taxes, can use a worksheet included with Form 2 to determine the amount of rent to report. See instructions for "Line 16 - Rent Equivalent Paid" for the Elderly Homeowner/Renter Credit Schedule for additional information.

***You may be eligible for property tax assistance in addition to the Elderly Homeowner/Renter Credit. Although the property tax reduction from PTAP or MDV reduces the amount of property taxes you can claim next year when calculating your Elderly Homeowner/Renter Credit, taxpayers who participate in both programs generally receive more overall benefit, despite a possible reduction of the refundable income tax credit.***

***For application forms and more information, visit [MTRevenue.gov](http://MTRevenue.gov). Our call center can also assist you in your application process. Call us at (406) 444 6900, or Montana Relay at 711 for hearing impaired.***



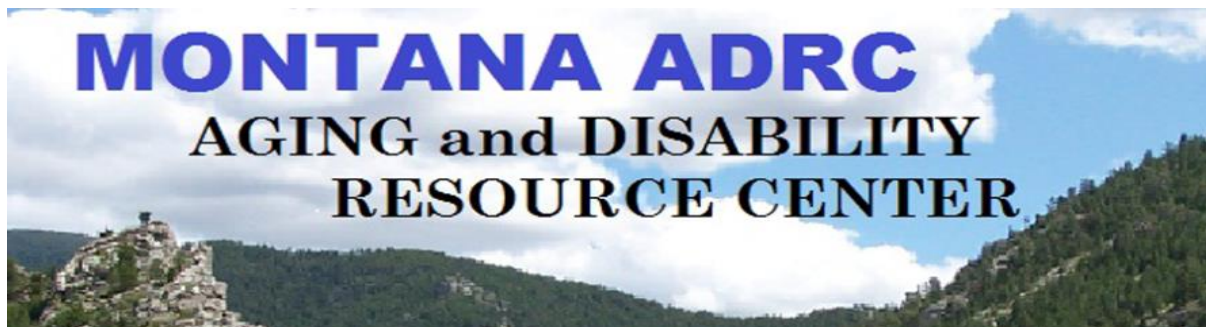
**Aging Horizons TV Show**  
**"If you are asking about it, we are talking  
about it"**

**Sundays at 9:00AM on KWYB – ABC Butte/Bozeman**  
**KFBB – ABC Great Falls   KHBB – ABC Helena   KTMF – ABC Missoula/Kalispell**

**SWX and NBC in Billings– Saturday at 9:00AM on SWX**  
**&**  
**Sunday at 9:30AM on NBC (KULR8)**

**Did you know you can watch AGING HORIZONS on YOUTUBE?**

**Click on [www.youtube.com/user/MontanaDPHHS](http://www.youtube.com/user/MontanaDPHHS)**



## LOOKING FOR RESOURCES?

### Try the Montana Aging and Disability Resource Center Directory

The Aging and Disability Resource Directory (ADRC) identifies resources across the state related to Montana seniors, adults with disabilities as well as caregiver resources across all ages. Currently we have over 7000 services to help link you with needed support. Updated on an annual basis, the directory identifies providers, resources and information.

This directory is available to the general public and is found at [www.Montana-ADRC.com](http://www.Montana-ADRC.com).

**Check Back Soon!**

**NEW LOOK COMING IN MARCH!**







**“A Team Approach to Aging Well” 8th Annual MGS Conference in Missoula April 16th & 17<sup>th</sup>**

Conference planning for 2020 is well underway. Terry Egan, Associate Director of the Montana Geriatric Education Center, and Gayle Hudgins, Retired Professor Emerita of the UM School of Pharmacy, are co-chairing the planning committee with the help of Gwyn Palchak, BSN, RN-BC, ACM. Erika Sherek of Plum Tree Events has been contracted as Event Planner and MGS President-elect, Roxane Klose, RN, BSN, EMBA, is the Conference Coordinator. This year’s theme “A Team Approach to Aging Well” will provide many excellent opportunities for learning and connecting with others in the field of aging. The venue will be at the Holiday Inn Downtown, 200 S. Pattee St., Missoula, MT. Discounted guest room rates are available by mentioning the Montana Gerontology Society when making reservations.

We are proud to introduce our two keynote speakers this year, Dr. Patrick Arbore and Dr. Julie Rickard.



Patrick Arbore, Ed.D., is a nationally recognized expert in the field of elderly suicide prevention and grief services. He has devoted his life to increasing awareness of isolation, loneliness, and depression in older adults. Dr. Arbore’s presentations promote better-informed and healthier communities whose members have increased understanding of the issues of aging, inner loneliness, sorrow, stress, and anxiety, and reach out to listen, make connections, and support each other as they adjust to the experiences of older age.



Julie Rickard, Ph.D., is a clinical psychologist at Parkside Mental Health in Wenatchee, WA. She is the founder and director of the Suicide Prevention Coalition of North Central Washington State, and CEO of Moment by Moment Suicide Prevention. She will talk about depression in long term facilities and a tool that is being created to assess risk of suicide.

Breakout sessions will cover a variety of health and senior issues such as financial and legal planning, dementia, reducing antipsychotic medication usage, and age friendly health systems among others. Sponsors and Exhibitors will share information and resources from a myriad of services and programs for our senior population. Sponsorship and exhibitor opportunities are still available.

To register for the conference, sign up as a conference sponsor/exhibitor, or for more information about the conference, visit the MGS website at [www.montanagerontology.org](http://www.montanagerontology.org). You may also contact the conference planning team at [conference@montanagerontology.org](mailto:conference@montanagerontology.org)