

New Mexico Diabetes Advisory Council Training
Diabetes & Healthy Aging: Keeping Your Mind and Body Strong
Friday, March 6, 2026 Virtual Training
8:30 AM-12:30 PM
Potential CEUs: 3.75 hrs

8:15-8:30 AM **Log on and announcements**

8:30-8:45 AM **Welcome and Announcements – Shelby Corriz, Board Chair**

8:45-10:00 AM **Session 1 *Promoting Brain Health: Diabetes, U.S. POINTER, and the Public Health Imperative***

Matthew Baumgart, Senior Vice President, Health Policy, Alzheimer's Association

After completion of this presentation, participants will be able to:

- Describe the public health importance of reducing the risk for cognitive decline and dementia.
- Identify at least five modifiable risk factors for cognitive decline and dementia.
- Understand and talk with patients about the connection between diabetes, diet, and exercise in improving brain health.

10:00-10:15 AM **Break**

10:15-11:30 AM **Session 2 *The Hidden Connection: Diabetes and Hearing Loss - A Call to Integrated Care***

Dr. Norm Dawson, BUS, BS, DC

After completion of this presentation, participants will be able to:

- Describe how diabetes may affect the physiology of arterial inflammation impacting the structure and function of the auditory system and the brain.
- Describe at least two brief strategies that can be used when communicating with clients to indicate possible hearing loss.
- Implement tools to recognize communication breakdowns due to hearing loss that may cause misunderstanding or loss of comprehension of basic quality of care instructions affecting patient compliance.

11:30 AM-12:45 PM **Session 3 *Diabetes & Healthy Aging: Promoting Healthy Behaviors and Independence at Every Age***

Melanie Duran, Diabetes Specialist, DNP, FNP-BC, CDCES

After completion of this presentation, participants will be able to:

- Describe the impact of diabetes on aging and barriers to self-care.
- Identify factors that promote healthy aging and how to support them.
- Employ new strategies to introduce tools for diabetes self-management based on identified aging barriers.

12:45-1:00 PM **Individual Learner Assessment completion – Dianne Christensen, Developer**

TOTAL CPEUs 3.75

ACKNOWLEDGEMENT STATEMENT: NA

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Sue Perry PhD LPCC

Shelbie Corriz, MPH CHES

Matthew Baumgart

Norm Dawson, BUS, BS, DC

Melanie Duran, Diabetes Specialist, DNP, FNP-BC, CDCES

The planners and faculty listed below have disclosed that they have a relevant financial relationship with a commercial interest. The relationships were reviewed by UNM CPL and the planning committee, and conflicts of interest were resolved prior to the activity.

- Name:
- Commercial Interest:
- Relationship:

The following CME Reviewers disclose that they have no relevant financial relationships with any commercial interest: Jennifer Harbaugh, Sarah Burns, DO, MS, FACP, FHM and Gary Smith, PhD

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