

## ● Conference Goal

Explore options, attitudes and resources related to ways in which aging is changing and evolving.

## ● Target Audience

Professionals, families, friends and community members interested in the changing face of aging

## ● Agenda

- 7:30 – 8:00 am . . . Registration & Continental Breakfast
- 8:00 – 8:10 am . . . Welcome & Speaker Introductions
- 8:10 – 9:10 am . . . Keynote Speaker
- 9:10 – 9:25 am . . . Break
- 9:25 – 10:25 am . . . Breakout Session I
- 10:35 – 11:35 am . . . Breakout Session II
- 11:40 – 12:30 pm . . . Lunch (Provided)
- 12:35 – 1:35 pm . . . Panel Session
- 1:45 – 2:45 pm . . . Breakout Session III
- 2:45 – 3:00 pm . . . Break
- 3:00 – 4:00 pm . . . Breakout Session IV
- 4:00 – 4:10 pm . . . Evaluations/Continuing Education Certificates

## ● Diversity on Aging Panel

Utilizing a culturally diverse group of panelists, this discussion will focus on:

- Facilitating communication and breaking down barriers
- The cycle of life & values of aging
- The role of caregiving

Panelists:

- Lizzie Fagen, Jewish Family Services Director of St. Joseph Valley
- Waldo Mikels-Carrasco, Research Analyst, Institute for Latino Studies, University of Notre Dame
- Traci Porter, Director of Human Relations, City of Elkhart
- Rebecca Ruvalcaba, BA, Executive Director of La Casa de Amistad
- Clarence White, Pipe Carrier & member of the Elder Council, Pokagon Band of the Potawatomi Indians



### Mission Statement

The Gerontology Consortium of Michiana is a cooperative venture of regional organizations working together in partnership to catalyze and promote education and service for the benefit of seniors in our community.

— *Bringing professionals and the community together.*



### Presents:

*3rd Annual Gerontology Conference*

## The Changing Face of Aging

**Friday, March 12, 2010**

**7:30 am – 4:10 pm**

**HOLY CROSS COLLEGE**   
at Notre Dame, Indiana

**Holy Cross College – Vincent Hall**

### Keynote Speaker:

**Martha Branson-Banks, BS**

Retired Occupational Therapist and Educator, Artist and Speaker on Humor and Aging

### Aging: Tears or Cheers?

## Breakout Sessions

I would like to attend the following breakout sessions:  
Rank 1, 2, 3, 4 in order of preference for each Breakout Session

### Breakout Session I:

#### Keeping Your Tail Off the Floor (Safety Issues)

Presenters will discuss assessment & solutions for home safety, with a focus on fall prevention.

Melisa Baker-Johnson, MSPT, Physical Therapist, Memorial Home Care  
Linda Bradley, OTR/L, Occupational Therapist, Independent Practice

#### The Journey from Age-ing to Sage-ing: A Holistic Perspective

Sage-ing is a holistic approach to the second half of life that focuses on the importance of the stories, experiences and lessons that we accumulate, and it shows the older members of a community how to cultivate their wisdom and pass it on to future generations.

Rosemary Cox, MS, LCSW, LMFT, Educator and Program Designer,  
Memorial Brainworks

#### Mental Health & Aging (Depression, Anxiety)

This session will explain the increasing mental health needs in older adults, and will focus on depression, anxiety, suicide, and the stigma surrounding mental health treatment.

Casey Norton, RN, Clinical Nurse Liaison, Madison GeroPsych Institute

#### VA Benefits: What You Should Know

This session will describe the benefits available through the Veteran's Administration, as well as the requirements and methods for obtaining.

Kevin Kelsheimer, County Veteran's Service Officer

### Breakout Session II:

#### The Journey from Age-ing to Sage-ing: A Holistic Perspective (repeat session)

Rosemary Cox, MS, LCSW, LMF

#### H.E.L.P. (Healing, Energy, Laughter, Perspective)

This session will cover ways to access the help that is already in our lives.

Janice Ackerson, CHTP/I, Certified Healing Touch Practitioner and Instructor (retired)

#### Assessing the Older Adult: Bringing Social Work & Nursing Together

This session emphasizes the value of teamwork when assessing elders, and will focus on delirium and dementia.

Jennifer Deer, RN, LMSW, Psychiatric Nurse Supervisor,  
Woodlands Behavioral Healthcare  
Ruby Rideout, LMSW, Psychosocial Rehabilitation, Woodlands Behavioral Healthcare

#### Tips for a Stronger, Healthier You

This session will cover the ways people view health, and the benefits of remaining in good health.

Leah Schrock, BGS, MLS, Director of Community Relations/Agency  
Development/Health Educator, REAL Services/Area 2 Agency on Aging



### Breakout Session III:

#### Wine or Vinegar: How Will Time Change Your Body?

This session will present a nurse's perspective on understanding our bodies through times of change.

Diane Whitcomb, RN, MSN  
Director Intermittent Services, Memorial Home Care, Inc.

#### Telling the Stories of Life Through Guided Autobiography

This workshop offers a proven and effective method for helping people remember events and experiences from their lives, organize and record them, and share them with others.

Dona Billey-Weiler, BA, Director, Adult Education & Life Enrichment, Cass County  
Council on Aging

#### Medications & The Elderly: The Good, The Bad, & The Ugly

This session will discuss the changing face of pharmacy, the multiple medications that we take now or will take in the future, and how they work together.

Wes Matthias, R.Ph., CGP, BCPP, Regional Account Manager, Integrated Managed  
Health Care – Abbott Laboratories

#### Assessing the Older Adult: Bringing Social Work & Nursing Together (repeat session)

Jennifer Deer, RN, LMSW  
Ruby Rideout, LMSW

### Breakout Session IV:

#### Wine or Vinegar: How Will Time Change Your Body? (repeat session)

Diane Whitcomb, RN, MSN

#### Telling the Stories of Life Through Guided Autobiography (repeat session)

Dona Billey-Weiler, BA

#### Joining Their Journey (Alzheimer's and Dementia)

This workshop is designed to help family and professional caregivers understand the actions of the Alzheimer's/Dementia person; participants will be introduced to therapeutic communication and care techniques to lower resistance.

Debbie Carriveau, RN.C, QDCS, Memory Care Director, Brentwood Assisted Living

#### Medications & The Elderly: The Good, The Bad, & The Ugly (repeat session)

Wes Matthias, R.Ph., CGP, BCPP



## Accreditation Statements

Saint Joseph Regional Medical Center is an approved provider of continuing nursing education by the Indiana State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 6.16 contact hours to nursing participants.

The Indiana Social Worker, Marriage & Family Therapist and Mental Health Counselor Board has approved this organization to provide Category I Continuing Education for LSW, LCSW, LMFT and LMHC. However, licensees must judge the program's relevance to their professional practice. As a sponsor of this event, the Indiana Association of Homes for the Aging has approved 6 CEUs for Health Facility and Nursing Home Administrators.

## Registration

Return by March 5, 2010 to:

Pat Adams/Director of Community & Continuing Education

Holy Cross College • 54515 State Road 933 N.  
P.O. Box 308 • Notre Dame, IN 46556-0308

Make checks payable to:

Holy Cross College (List Gerontology Conference in memo section)

Credit Card payment:

May be made on line or by calling Pat Adams: 574.239.8364

Enroll on-line: [www.hcc-nd.edu](http://www.hcc-nd.edu)

Select *The Changing Face of Aging* under **Events** in the left column.

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Organization \_\_\_\_\_ Title \_\_\_\_\_

- Professional - \$50  
 Social Worker     Nurse     Mental Health Counselor  
 Health Facility Administrator     Other  
 Family/Community Member - \$20  
 Students - Free with Student ID

Registration fee includes continental breakfast and lunch.

Questions or directions

Pat Adams: 574.239.8364 or [padams@hcc-nd.edu](mailto:padams@hcc-nd.edu)

Holy Cross College is on State Road 933 across from WNDU. Parking is on your left just before the gate house. Follow posted direction signs to Vincent Hall.

### GCM Members:

#### Founding Members:

Holy Cross College  
Holy Cross Village at Notre Dame  
Madison GeroPsych Institute  
Memorial Hospital  
REAL Services, Inc.  
Saint Joseph Regional Medical Center

#### Affiliate Members:

AARP  
Adult Protective Services/  
St. Joseph County Prosecutor's Office  
Alzheimer's Services of Northern Indiana  
Amedisys Home Health  
Assisted Living Concepts – Settlers House  
Atria Tanglewood Trace  
Brentwood at Niles  
Bridges Out of Poverty  
Cardinal Nursing Home and Rehabilitation  
Cass County Council on Aging

Center for Hospice and Palliative Care  
Comfort Keepers  
Community Advocates  
Elkhart General Home Care  
Emeritus at Arborwood  
Faith Community Nurse Advocate  
Goshen Health System  
Greencroft Communities  
Health Connection  
Hubbard Hill  
Indiana Emergency Medical Services  
Inwood Hills Estates  
Interim Health Care of Northern Indiana  
Interim Home Style Services  
Memorial Brain Works  
Memorial Family Medicine Center  
Memorial Home Care  
Michiana Continuity of Care (MCOC)  
Prompt Ambulance Services

Providence House  
Red Cross  
Sacred Heart Parish  
Saint Joseph County TRIAD  
Saint Joseph VNA Home Care  
Sanctuary at Saint Joseph's  
Senior 1 Care  
Senior Helpers  
Total Home Health Services  
Transition Aging Parents  
Waterford at Edison Lakes  
Woodlands Behavioral Healthcare