

35th Summer Institute on Aging

***THE NEW FRONTIER OF
AGING***

June 4-6, 2013

**Lakeview Resort and Conference Center
Morgantown, WV**

Welcome to the 35th Summer Institute on Aging presented by WVU School of Social Work and WVU Center on Aging. The 2013 theme is **"The New Frontier of Aging"**.

Many thanks to this year's sponsoring organizations: WVU School of Social Work, WVU Center on Aging, West Virginia Bureau of Senior Services, Beatrice Ruth Burgess Center for West Virginia Families and Communities, Problem Gamblers Help Network of West Virginia, and AARP Foundation West Virginia.

Dr. Iris Carlton-LaNey will kick off our conference on Tuesday, June 4 with a thought provoking opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled **"Elders' Stories: Lessons Learned from Listening"**. Dr. Carlton-LaNey is a professor in the School of Social Work at the University of North Carolina at Chapel Hill. Her research focuses on African American social welfare history and rural aging.

Renowned speaker, Dr. Alvin "Woody" Moss, Director of WV End-of-Life Care and WVU Center of Health Ethics and Law, will deliver an informative mid-week keynote **"West Virginia's Innovative System to Respect End-of-Life Wishes"** on June 5. Learn why WV is recognized as a leader in end-of-life care issues.

Lunches will be provided each day and on June 4 we will hear about the special concerns of the elderly in a session by WVU School of Social Work associate professor, Dr. Michael Zakour titled **"The Elderly in Disasters: Reducing Vulnerability and Fostering Resiliency"**. A remarkable social worker will be presented the annual Anita S. Harbert Outstanding Achievement in Aging Award during lunch on June 5 – do not miss it! That evening, join us for an evening celebrating Appalachian heritage with two presentations on storytelling and music by Nancy Feathers, MSW and Dr. Everett Lilly and The Songcatchers. **"Appalachian Heritage: Music and Mischief"** will link the past to the future and offer CEU's for social workers and nurses.

On Thursday June 6, Ms. Laura Boone will lead us in a fun lunchtime presentation on **"Networking to Improve the Health and Wellbeing of Older West Virginians"**. Our conference closes with a humorous and invigorating presentation by Mark Laker titled **"Retooling Can Keep Everyone Rockin' and Refreshed"**.

We have categorized each workshop by one or more of the following topic codes and practitioner tracks. See the end of each breakout workshop description for the italicized abbreviations:

Adult Protective Service workers – APS	Senior Center/ADRC directors & staff – SC/ADRC
Core Practice – CP	Clinical/Medical Practice – CMP
Cultural Competency/Diversity – CC	Management/Administration/Policy – MG
Mental Health Practice – MH	

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Tuesday, June 4

8:00 am Registration Opens

9:15–10:30 am Opening Keynote

Beatrice Ruth Burgess Memorial Lecture
 Elders' Stories: Lessons Learned from Listening
 – *Carlton-LaNey*

10:45 am-12:15 pm Workshops

- T1** Your Attitude. Your Life. Your Journey. – *Strawn*
- T2** Building Bridges: A Collaborative Approach to Elder Care – *Buck, Bartlett*
- T3** Building Harmonious Grandparent/Parent Ties – *Rittenour*
- T4** A Story is Worth a Thousand Forms – *Carlton-LaNey*
- T5** Financial Power of Attorney Reform Has Come to WV – *McConnell, Messenger*

12:30-1:30 pm Lunch Presentation

The Elderly in Disasters: Reducing Vulnerability and Fostering Resiliency – *Zakour*

2:00-3:30 pm Workshops

- T6** "The Art of Engagement" Effective Communication... (Part One) – *Housh*
- T7** Clinical Practice with LGBT's (Part One) – *Hash, Fell*
- T8** Country Roads, Keep Me Home – *Allen, Hicks*
- T9** Financial Power of Attorney Reform Has Come to WV – *McConnell, Messenger*
- T10** Keep the Beat! Promoting Heart Health Among Older Adults – *Quintana*

3:45-5:15 pm Workshops

- T11** "The Art of Engagement" (Part Two) – *Housh*
- T12** Clinical Practice with Older LGBT's (Part Two) – *Hash, Fell*
- T13** Elder Investment Fraud and Financial Exploitation (EIFFE) – *Foster, Southern*
- T14** Caring, Common Sense, and Life Lessons for the New Frontier – *Cipoletti*
- T15** Instant Stress Busters for Caring Professionals – *Accad*

Wednesday, June 5

8:30-10:00 am

Morning Networking Sessions

10:15 am-11:45 pm Keynote Presentation

West Virginia's Innovative System to Respect End-of-Life Wishes – *Moss*

12:00-1:00 pm Lunch Presentation

Anita S. Harbert Outstanding Achievement Award

1:30-3:00 pm Workshops

- W1** Gambling and Seniors – *Deutsch, Scarcelli*
- W2** Holistic Strategies for Healthy Living – *Accad*
- W3** When Parenting Isn't So "Grand".... – *Amendola*
- W4** It's a Guy Thing: Older Men Want to Participate – *Laker*
- W5** Taking the Mystery out of Medicaid – *Layman*

3:15-4:45 pm Workshops

- W6** Prescription Drug Abuse and Seniors – *Scarcelli, Deutsch*
- W7** Dramatically Reducing the Uninsured in WV – *Bryant*
- W8** Introduction to Mind-Body Practices – *Selfe*
- W9** Reaching Out Across the Generations – *Laker*
- W10** Coping with the Death of Clients – *Brenneman*

5:00-7:00 pm Evening Presentation

Appalachian Heritage: Music and Mischief – *Lilly, Feathers*

Thursday, June 6

8:30-10:00 am Workshops

- TH1** Medicare - All About It! (Part One) – *Allen, Hicks*
- TH2** STRESSLESSART (Part One) – *Gejevski*
- TH3** This is My LIFE We're Quarreling About! (Part One) – *Allen*
- TH4** Protecting the Elderly in Rural Areas During Disaster – *Johnson*
- TH5** Optimizing Drug Therapy for Older Adults – *Elliott*

Thursday, June 6 continued

10:15-11:45 am Workshops

- TH6** Medicare - All About It! (Part Two) – *Allen, Hicks*
TH7 STRESSLESSART (Part Two) – *Gejevski*
TH8 This is My LIFE We're Quarreling About! (Part Two) - *Allen*
TH9 Optimizing Drug Therapy for Older Adults – *Elliott*
TH10 Aid and What...is the VA claim process? – *Jarrell*

12:00-1:15 pm Lunch Presentation

Networking to Improve the Health and Wellbeing of Older West Virginians – *Boone*

1:30-3:00 pm Workshops

- TH11** There is an Elephant in my Grandparent's Living Room – *Matney*
TH12 Yes (West) Virginia, They Do Exist: Issues of GBLT Seniors – *Leizear, McConnell*
TH13 What is Palliative Care? When and Why is it Time? – *Tennant*
TH14 Caregiving and Alzheimer's Disease: Uncharted Territory – *Sonntag*

3:15-4:15 pm Closing Presentation

Retooling Can Keep Everyone Rockin' and Refreshed – *Laker*

Conference Program

Tuesday, June 4

8:00 am - 9:15 am Registration Opens

9:15 - 10:30 am Beatrice Ruth Burgess Memorial Lecture



Elders' Stories: Lessons Learned from Listening

Iris Carlton-LaNey, PhD, Professor, School of Social Work, University of North Carolina, Chapel Hill

Social workers and other helping professionals who work with elders sometimes fail to see the significance of stories. This is especially true if we "think" we know those "old stories" because we know the community or the elders themselves. We don't take the time needed to solicit stories, value stories and incorporate them in our practice. This talk will present the many roles that elders' stories can play, their usefulness to both the practitioners and the elders themselves. Dr. Carlton-LaNey will illustrate via photos the story of her family/community of elders, highlighting the lessons learned from listening.

This keynote presentation is sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities.

10:45 am-12:15 pm Concurrent Workshops

Workshop T1 Your Attitude. Your Life. Your Journey.

Jim Strawn, Director of Marketing, Highland Hospital, Co-Author Sad Mad Glad Books, Four Dolphins Press

Your life's success is determined by your outlook and attitude of life! This workshop will provide an inspirational discussion on why and how we need to work on our optimism, patience, humility, forgiveness, humor, and much more! This workshop will provide an in-depth look at your emotional and mental state of well-being to help you sustain a healthy attitude for the journey ahead. **SC/ADRC, MH**

Tuesday, June 4 (continued)

Workshop T2 Building Bridges: A Collaborative Approach to Elder Care

Joy Buck, PhD, RN, Associate Professor, School of Nursing, West Virginia University and Trina Bartlett, MSW, Coordinator, Community Research Initiatives, West Virginia School of Nursing

Because aging is not a single process but an intricate web of interdependent factors, engaging the community in developing strategies to promote healthy aging isn't simple either. The workshop will provide an overview of the Elder Transitions in Chronic and Advanced Illness Initiative and the Mobilizing for Action through Partnerships and Planning (MAPP) process to engage the community in addressing priority health issues. The information and tools provided are intended to assist nurses, social workers, and others to improve systems of care for rural elders and policy development. **APS, SC/ADRC, MG**

Workshop T3 Building Harmonious Grandparent/Parent Ties

Christine Rittenour, PhD, Assistant Professor, Communication Studies Department, West Virginia University

Grandparent/grandchild bonds are integral to grandchildren's socialization and both parties' wellbeing. Given that these bonds can be hindered or terminated by discordant dynamics between (grand) parents and their adult children and children-in-law, families and practitioners should take care in preserving their harmony. This session addresses practical, everyday communication suggestions to strengthen the family system. **APS, CC**

Workshop T4 A Story is Worth a Thousand Forms

Iris Carlton-LaNey, PhD, Professor, School of Social Work, University of North Carolina - Chapel Hill

This workshop will engage participants in identifying the useful ways that elders stories' help professional caregivers to understand culture and values. A discussion of how thinking back on family stories is significant and helpful in gathering information. Ways to gather stories, including memory books and reminiscence sessions, will also be covered. **SC/ADRC, CC**

Workshop T5 Financial Power of Attorney Reform Has Come to WV

Cat McConnell, JD, Executive Director, West Virginia Senior Legal Aid and Suzanne Messenger, JD, State Long-Term Care Ombudsman

This workshop is repeated on Tuesday, June 4th from 2:00-3:30pm, Workshop T9

West Virginia's new Uniform Power of Attorney Act took effect June 2012. It transforms a two-page law into a sixty page law! Learn about the dramatic reforms that include new duties for agents and third parties, and a new statutory form. Learn how to protect yourself and avoid illegal practice of law. **APS, SC/ADRC, CP, MG**

12:30-1:30 pm Lunch Presentation



The Elderly in Disasters: Reducing Vulnerability and Fostering Resiliency

Michael J. Zakour, MSW, PhD, Associate Professor, School of Social Work, West Virginia University

In recent years, older victims have experienced great losses from disasters such as Hurricanes Katrina and Sandy, and the strong summer storm of 2012. Compared to other populations the elderly are more likely to have serious disabilities, lower levels of preparedness, and fewer resources for recovery. Also, many rural communities of West Virginia have low levels of disaster readiness and preparedness. This presentation will provide practical guidance for reducing the high vulnerability of elders, and for fostering their disaster resilience. Reduced vulnerability will mean loss reduction, and greater resiliency facilitates more rapid and complete recovery from disasters.

Tuesday, June 4 (continued)

2:00-3:30 pm Concurrent Workshops

Workshop T6 “The Art of Engagement” Effective Communication and Engagement Strategies (Part 1)

Randy Housch, Grants/Business Development Specialist and Regional Trainer, Seneca Health Services, Inc.

Health care professionals face an array of challenges in their efforts to provide day-to-day personalized care to individuals who are struggling to maintain independence in the midst of deteriorating health and diminished cognitive capacity. The ability to effectively communicate and at the same time develop and maintain positive relationships with clients are the key to consistently delivering quality services to those needing assistance. Providers of these services must possess the skills necessary in communicating directives clearly, recognize/de-escalate symptoms of anxiety, manage stress reactions, avoid power struggles, and successfully nurture and maintain an environment conducive to long term physical, psychological and spiritual health. This training will provide to participants the skills necessary in developing/maintaining a well-rounded professional attitude, capable of implementing an array of holistic care and engagement strategies. **APS, SC/ADRC, CP, MH**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop T11, 3:45-5:15pm on Tuesday, June 4th.

Workshop T7 Clinical Practice with Older LGBT's (Part 1)

Kristina Hash, PhD, MSW, Associate Professor, WVU School of Social Work and Lori Fell, MSW, MDIV, MSW Program Coordinator, WVU School of Social Work

This workshop will examine the challenges and strengths of the older lesbian, gay, bisexual, and transgender (LGBT) population and the theories and evidence-based interventions that can be used to work with them in clinical mental health settings. Case studies will be used to highlight potential issues and provide guidance for intervention with LGBT older adults. Implications for clinical practice and intervention in larger systems will be advanced. **CMP, CC**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop T12, 3:45-5:15pm on Tuesday, June 4th.

Workshop T8 Country Roads, Keep Me Home

Shawn Allen, LGSW, MSW, ADRC Coordinator, WV Aging and Disability Resource Center and Teresa Hicks, LSW, SHIP Coordinator, WV Aging and Disability Resource Center

One of the biggest barriers currently facing our seniors and persons with disabilities in West Virginia is access to in home services. With programs seeming to become more limited, where does this leave our clients to turn? This interactive workshop will discuss all the different in home service programs in WV, who is eligible for them, what services are provided by each and how they are paid for. Anyone who is interested in learning more about programs to keep seniors and persons with disabilities at home for as long as possible, or anyone who would like to share their expertise in this area are encouraged to attend.

APS, SC/ADRC, CP

Workshop T9 Financial Power of Attorney Reform Has Come to WV

Cat McConnell, JD, Executive Director, West Virginia Senior Legal Aid and Suzanne Messenger, JD, State Long-Term Care Ombudsman

Note: This workshop is offered previously on Tuesday, June 4th from 10:45-12:15pm, Workshop T5. Please see that listing for a full description of this session.

Workshop T10 Keep the Beat! Promoting Heart Health Among Older Adults

Liz Quintana, EdD, RD, LD, CDE, Clinical Associate, WVU School of Medicine

Tuesday, June 4 (continued)

Successful aging includes preserving function and maintaining independence, productivity, and personal fulfillment. Heart health promotional strategies can improve function and reduce morbidity and premature death. Educational strategies and resources will be highlighted. **CMP**

3:45-5:15 pm Concurrent Workshops

Workshop T11 “The Art of Engagement” Effective Communication and Engagement Strategies (Part 2)

Randy Housch, Grants/Business Development Specialist and Regional Trainer, Seneca Health Services, Inc.

Note: This is a two part workshop; please make sure you register for Part One, Workshop T6, 2:00-3:30 pm on Tuesday, June 4th.

Workshop T12 Clinical Practice with Older LGBT's (Part 2)

Kristina Hash, PhD, MSW, Associate Professor, WVU School of Social Work and Lori Fell, MSW, MDIV, MSW Program Coordinator, WVU School of Social Work

Note: This is a two part workshop; please make sure you register for Part One, Workshop T7, 2:00-3:30pm on Tuesday, June 4th.

Workshop T13 Elder Investment Fraud and Financial Exploitation (EIFFE)

Daniel Foster, MD, Physician Advisor, CAMC and Clinical Professor of Surgery, WVU Charleston, Charleston Area Medical Center and Justin Southern, MA, Communications Director, WV State Auditor's Office

New research is proving that difficulties with personal finance decisions may offer the first clues to cognitive changes in patients. This study resulted from an IPT Elder Investment Fraud Survey that was released on World Elder Abuse Day in 2010. That survey found that 7.3 million (one out of every five) citizens over the age of 65 already have been victimized by a financial swindle. This EIFFE presentation will offer tips on how to recognize the most prevalent investment frauds and how to report them as well as how age-related changes in cognition make financial exploitation a symptom of Mild Cognitive Impairment (MCI). Included in this presentation are common EIFFE schemes perpetrated by caregivers, family members and strangers. **APS, SC/ADRC, CMP**

Workshop T14 Caring, Common Sense, and Life Lessons for the New Frontier

Nancy Cipoletti, Director, Alzheimer's Programs, WV Bureau of Senior Services

Life's lessons come to you in many ways; through your own experiences, observing the experiences of others, reading something that influences you, or even seeing a picture that spurs you to action. Whatever the event, if it touches you, it affects you both professionally and personally. How can you apply those life lessons to your everyday work and to the care of an aging population? Be part of this interactive discussion of touching stories and personal experiences, each with a point to make about working with colleagues in the aging network and providing care for seniors. **SC/ADRC, CP**

Workshop T15 Instant Stress-Busters for Caring Professionals

Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

Because caring professionals are competent at caring for everyone else, we frequently miss our own vulnerability to stress. In this session you will hear, first hand, how one caring professional, taught stress management for 25 years before experiencing an unexpected stress crisis and the lessons learned from that experience. In this energizing session, you will discover the stress illusion of caring professionals, the one cause of all stress and the only principle you need to release stress instantly. You experience quick techniques that put you back in the driver's seat of your life and become a more effective caring professional. **APS, CMP**

Wednesday, June 5

8:30-10:00 am Morning Networking Sessions

10:15 - 11:45 am Keynote Presentation



West Virginia's Innovative System to Respect End-of-Life Wishes

Alvin H. Moss, MD, FACP, FAAHPM, Professor of Medicine, Nephrology, WVU School of Medicine, Director, WVU Center for Health Ethics and Law, Executive Director, West Virginia Network of Ethics Committees, and Director, West Virginia Center for End-of-Life Care

West Virginia is nationally recognized as a leader in end-of-life care. Contributing to this national recognition are the following: 1) comprehensive health care legislation including advance directives, a health care surrogate provision, and the immediately actionable Physician Orders for Scope of Treatment (POST) form; 2) use of the POST form to ensure respect for patients' treatment wishes; and 3) the West Virginia e-Directive Registry which allows patients' advance directives and medical orders (DNR cards and POST forms) to be accessed securely online 24/7. Dr. Moss will provide an overview of this system and engage the audience in their questions about it.

12:00-1:00 pm Lunch (provided) Anita S. Harbert Outstanding Achievement Award (no CEU)

1:30-3:00 pm Concurrent Workshops

Workshop W1 Gambling and Seniors

Patty Deutsch, MA, Director, Problem Gamblers Help Network of WV, First Choice and Janet Scarcelli, MSW, MBA, Director, Prescription Drug Abuse Quitline, First Choice

This workshop will discuss the personal and familial effects of gambling. As we age social interactions tend to diminish due to friends and family moving away or dying and we search for social outlets to replace the loss. This session will discuss the impact of these issues along with identifying strategies to positively impact the negative outcomes of behaviors. **SC/ADRC, MH**

Workshop W2 Holistic Strategies for Healthy Living

Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

This workshop will increase knowledge and skills of practitioners in the aging field by providing strategies and experiential learning for enhancing holistic health, vitality and longevity at any age. An original holistic model will be presented. Participants will experience how changes in thought affect the body, why stress is responsible for 85% of all illness and specific strategies to instantly release physical, mental, emotional, spiritual and relational stress at any age to enhance wellness, vitality and longevity. **CMP**

Workshop W3 When Parenting Isn't So "Grand": Challenges, Strengths, and Needs of Grandparents Raising Grandchildren

Carol Amdendola, MSW, LGSW, BSW Program Coordinator, School of Social Work, West Virginia University

In the US there are approximately 3 million grandparents who are raising their grandchildren. In West Virginia, about 11% of children currently live with their grandparents. While these numbers may be staggering, even more concerning is the support, or lack thereof, provided to these families financially, legally and emotionally; specifically for the grandparents who have once again taken on the role of parent. This workshop features information obtained from grandparents living in this current family dynamic who share with us the types of services/support they need. The workshop also includes an interview with a Family Law attorney who provides legal information regarding this arrangement. **APS, CP**

Wednesday, June 5 (continued)

Workshop W4 It's a Guy Thing: Older Men Want to Participate

Mark Laker, MS, Owner, Mark on the Move and co-owner, Rowlett & Laker

This session will engage participants in a discussion about the specific needs of older men post-retirement, with a focus on resiliency. The many variables involved with where men are today and how they got there will be covered, as well as how health care practitioners can assist men in fulfilling their needs and enjoying their life. The workshop will delve into some of the possibilities of how to help older men stay connected and feel useful. The new frontier for older men will entail introspection, possibilities, and moving on in a joyous, exciting, adventure into new endeavors. **SC/ADRC, CP**

Workshop W5 Taking the Mystery out of Medicaid

Susan Layman, BA, Economic Services Worker, WV Dept. of Health and Human Resources

Medicaid rules are constantly being updated by new laws passed in federal and state legislatures. This workshop will provide up-to-date information on the program guidelines as well as an overview of several lesser known Medicaid programs that may be of assistance in serving older adults. Participants will also learn how to screen for possible Medicaid eligibility for long term care programs. **APS, SC/ADRC, MG**

3:15-4:45 pm Concurrent Workshops

Workshop W6 Prescription Drug Abuse and Seniors

Janet Scarcelli, MSW, MBA, Director, Prescription Drug Abuse Quitline, First Choice and Patty Deutsch, MA, Director, Problem Gamblers Help Network of WV, First Choice

This workshop will discuss the personal and familial effects of prescription drug abuse. As we age illnesses impact lifestyles and prescribed medications play a role in relieving both emotional and physical pains. This session will discuss the impact of these issues along with identifying strategies to positively impact the negative outcomes of behaviors. **APS, SC/ADRC, MH**

Workshop W7 Dramatically Reducing Uninsured in West Virginia

Perry Bryant, Executive Director, West Virginians for Affordable Health Care

The Affordable Care Act and the streamlined enrollment process for Medicaid and affordable private insurance plans has the potential to reduce the number of uninsured West Virginians by 40 to 70 percent. This workshop will outline the new enrollment process, including the role that social workers, nurses and others can play to assist covering uninsured West Virginians with health insurance. **SC/ADRC, CMP, MG**

Workshop W8 Introduction to Mind-Body Practices

Terry Kit Selfe, DC, PhD, CCRP, Clinical Research Program Director, Department of Epidemiology, West Virginia University

This introductory-level workshop will provide a brief overview of a variety of mind-body practices, including: Benson's Relaxation Response, Transcendental Meditation, Mindfulness-Based Stress Reduction, and Tai Chi. In addition, workshop participants will be taught a simple, generic mantra meditation technique, which the group will practice for 10 to 20 minutes. Participants will then be given the opportunity to discuss their experiences. By the end of the workshop, participants will have the information and skills required to pursue a personal meditation practice if they so choose. **CMP**

Workshop W9 Reaching Out Across the Generations

Mark Laker, MS, Owner, Mark on the Move and co-owner, Rowlett & Laker

This workshop will provide helpful information regarding generational differences and similarities from the ages of 20-90. Participants will interact with other attendees in discussion relevant to working with others from different generations. Learn how to relate the times (and themes) that each generation has gone through to a better understanding of the "who, what, when, where, and why" individuals respond to external stimulation. **APS, SC/ADRC, CC**

Wednesday, June 5 (continued)

Workshop W10 Coping with the Death of Clients

Jeanie DeVito Breneman, MSW, LCSW, Amedisys Hospice and Home Health

Practitioners who work with the dying are confronted with unique stressful issues that can impact one's health and practice. Identifying loss, types of grief, and recognizing the effects of compassion fatigue, secondary trauma, and tempering involvement can lead practitioners to develop strategies that will help them to cope with the stress that occurs when working with the dying. This workshop will give practitioners the tools they need to understand these issues and develop approaches to deal with the death of clients. **APS, SC/ADRC, CMP**

5:00-7:00 pm Evening Presentation

Appalachian Heritage: Music and Mischief!

Nancy Feather, MSW, Instructor, Department of Sociology & Anthropology, West Virginia University and Everett Lilly, PhD, Professor/Director Social Work, University of Charleston - Beckley

Join us for an evening of good old Appalachian fun! Learn how music and storytelling can play significant roles in the lives of older adults and our communities. Light refreshments will be served.

The Truth Please, and Throw in a Few Lies

Older adults don't have to sit and watch life pass them by. They can take an active part in life developing the new hobby of storytelling or feeling a renewed sense of purpose as they record their stories for posterity. New frontiers await! For this workshop, examples of serious and not-so-serious stories will be demonstrated. They will hopefully encourage "seniors" and others to become interested in the art of storytelling, if not for competition or entertainment then for preserving important information and cultural aspects of our past.

Ancient Tones: Music of the People

This workshop will focus on the meaning and importance of early country and bluegrass music in the lives of people both in the past and present. Special emphasis will be given to the early pioneers of this music form that now is popular worldwide. The presentation will include a performance by The Songcatchers, a multi-generational traditional music group led by Dr. Everett Lilly, a longtime professional bluegrass musician.

Thursday, June 6

8:30-10:00 am Concurrent Workshops

Workshop TH1 Medicare-All About it! (Part 1 - The Fun's Begun)

Shawn Allen, LGSW, MSW, ADRC Coordinator, WV Aging and Disability Resource Center and Teresa Hicks, LSW, SHIP Coordinator, WV Aging and Disability Resource Center

This energetic workshop provides all you need to know about Medicare in two sessions. In "Session 1 - The Fun's Begun", the focus is on understanding Medicare basics. Participants will be given an overview of Medicare Part A (Hospital Insurance), Part B (Medical Insurance), Part C (Medicare Advantage) and Part D (Medicare Prescription Drug Coverage). **APS, SC/ADRC, CP, MG**

Workshop TH2 STRESSLESSART (Part 1)

Ariadne Gejevski, Artist/Teacher/Muralist, Stresslessart

Advance your knowledge! In a two-part hands-on art session, participants will learn a new approach in charcoal and acrylic painting on canvas. These introductory lessons provide health providers with therapeutic techniques that can be applied immediately. Clear explanations with much back and forth dialogue will follow every stroke of the presenter's demonstration. **CC, CMP, MH**

Thursday, June 6 (continued)

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH7, 10:15-11:45am on Thursday, June 6th.

Workshop TH3 This is My LIFE We're Quarreling About! (Part 1)

Fran Allen, MA, LSW, Mediator, Mediation Services, Counseling & Wellness Center

Accepting your dependence on others can be transforming. At the same time it can be infuriating, scary and depressing. Providing support for another person can be rewarding. It can also be complicated, exhausting and thankless. When there is conflict, stress increases, and both care giver and care recipient can feel trapped and disrespected. This practical workshop offers an approach to preventing or resolving conflict, so that both care giver and care recipient are respected while ensuring the best possible experience to the person whose life is at the center. **APS, SC/ADRC, CP**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH8, 10:15-11:45am on Thursday, June 6th.

Workshop TH4 Protecting the Elderly in Rural Areas During Disaster

Peggy Johnson, PhD, MPH, Assistant Professor and Director of Health Services Management, Bluefield State College

This workshop will focus on helping those delivering care to vulnerable older adults in both institutional and community settings in rural communities understand the special needs of these individuals in an emergency/disaster situation. Some characteristics of older adults put them at greater risk of illness and death during many types of emergencies. This workshop will provide practical strategies for addressing preparedness planning in rural communities. Topics will include developing disaster plans in rural areas, building community partnerships, leveraging the influence of area agencies on aging, and using technology to plan for older adults' needs. **APS, SC/ADRC, CC, CMP, MG**

Workshop TH5 Optimizing Drug Therapy for Older Adults

David Elliott, PharmD, Professor of Clinical Pharmacy, WVU School of Pharmacy - Charleston Division, Director, WV Geriatrics Education Center

This session will help participants from all professional backgrounds to understand common problems with drug therapy in older adults. Attendance at this session will also help participants, with any scope of practice, to develop strategies to assist older adults with common drug therapy issues. Polypharmacy, medication use processes, reduction of out of pocket prescription drug costs, and drug therapies may be particularly problematic when used in older patients will be discussed. **CMP**

Note: This workshop is repeated on Thursday, June 6, 10:15 - 11:45 am, Workshop TH9

10:15-11:45 am Concurrent Workshops

Workshop TH6 Medicare-All About It! (Part 2 - What's New for You)

Shawn Allen, LGSW, MSW, ADRC Coordinator, WV Aging and Disability Resource Center and Teresa Hicks, LSW, SHIP Coordinator, WV Aging and Disability Resource Center

In the second of the Medicare-All About It session, "What's New for You", more complex issues will be addressed including Coordination of Benefits, Low Income Subsidy (LIS) programs, Durable Medical Equipment, Prosthetics, Orthotics and Supplies (DMEPOS) Competitive Bidding Program and an overview of the new Health Insurance Marketplace. **APS, SC/ADRC, CP, MG**

Workshop TH7 STRESSLESSART (Part 2)

Ariadne Gejevski, Artist/Teacher/Muralist, Stresslessart

Note: This is a two part workshop; please make sure you register for Part One, Workshop TH2, 8:30-10:00am on Thursday, June 6th.

Thursday, June 6 (continued)

Workshop TH8 This is My LIFE We're Quarreling About! (Part 2)

Fran Allen, MA, LSW, Mediator, Mediation Services, Counseling & Wellness Center

Note: This is a two part workshop; please make sure you register for Part One, Workshop TH3, 8:30-10:00am on Thursday, June 6th

Workshop TH9 Optimizing Drug Therapy for Older Adults

David Elliott, PharmD, Professor of Clinical Pharmacy, WVU School of Pharmacy - Charleston Division, Director, WV Geriatrics Education Center

Note: This workshop is offered previously on Thursday, June 6th from 8:30-10:00am, Workshop TH5, please see that listing for a full description of this session.

Workshop TH10 Aid and What.....is the VA Claim Process?

Gary Jarrell, MSW, LICSW, Social Work, Department of Veteran's Affairs, VA Medical Center, Clarksburg

This workshop will provide a brief, but comprehensive look at important benefits available through Veteran's Administration (VA). Participants will gain a working knowledge of the VA claim process, aid and attendance, VA caregiver support, and steps to qualify for VA benefits. **APS, SC/ADRC, CP**

12:00-1:15 pm Lunch Presentation

Networking to Improve the Health and Wellbeing of Older West Virginians

Laura Boone, JD, Director, Health Sciences Programs, West Virginia Higher Education Policy Commission

It is easy for practitioners in any field to operate in silos for day-to-day work, not knowing other individuals, programs or agencies with similar goals. However, making professional and service linkages can have a direct impact on helping clients and patients. This session will emphasize networking with practitioners interested in the health and wellbeing of older West Virginians. It also will explore how West Virginia can improve its recruitment and retention of practitioners who serve older adult populations.

1:30-3:00 pm Concurrent Workshops

Workshop TH11 There is an Elephant in my Grandparent's Living Room!

James Matney, Licensed Mental Health Counselor/Certified Addiction Professional, WV Screening, Brief Intervention Director, DHHR, Bureau for Behavioral Health and Health Facilities

More people are living longer and more of them are abusing drugs and alcohol in their later years. By 2020, the number of older adults with substance abuse problems is expected to double. Unfortunately, health care providers and other professionals often overlook substance abuse among older adults because they don't know what to look for or they mistakenly assume that older adults cannot be successfully treated. This workshop will teach the components of early screening, recognizing signs and symptoms of substance misuse, and how to intervene with the elderly in a compassionate, non-confrontational manner. **APS, SC/ADRC, MH**

Workshop TH12 Yes (West) Virginia, They Do Exist: Issues of GBLT Seniors

Samuel Leizear, MSW, Field Education Coordinator, School of Social Work, West Virginia University and Cat McConnell, JD, Executive Director, WV Senior Legal Aid

Aging can be challenging enough sometimes, but what if the usual issues of aging were compounded by an even more uncertain financial and social future? This is the reality for older Gay, Bisexual, Lesbian, and/or Transgender (GBLT) persons living in West Virginia and beyond, due to the lack of inclusive and sensitive legal, financial and social supports and services.

Thursday, June 6 (continued)

This workshop goes beyond GBLT 101 to present information, education and practical suggestions for providing inclusive and sensitive services to every older member of our communities. It will include lecture, video clips and interactive activities regarding how to reach, serve and treat GBLT seniors with respect and dignity within our rural state. **APS, SC/ADRC, CC, CP**

Workshop TH13 What is Palliative Care? When and Why is it Time?

Donna Tennant, Admission/Marketing Director, Sundale Nursing Home

This workshop will define what palliative care means, and will help clarify the differences between palliative care and hospice. Case studies will be used to demonstrate strategies to identify when palliative care is needed and how it can be addressed. Discussion of the roles and responsibilities of the interdisciplinary team will be covered, as well as how the team best works together with patients and their families. The requirements for palliative care, how it is paid for, and how to care for the Alzheimer's type patient in the palliative care setting will also be discussed. **APS, CC, CMP**

Workshop TH14 Caregiving and Alzheimer's Disease: Uncharted Territory

Loriann Sonntag, MSW, MS, LCSW, GC-C, Social Services Coordinator/Case Manager, Visiting Homemaker Services, Inc.

Alzheimer's disease and caregiving is a combination affecting almost 6 million individuals with the disease and over 15 million family members serving as informal caregivers. The Alzheimer's Association estimates that every 70 seconds an individual in the United States develops symptoms of Alzheimer's disease. This interactive workshop will focus on the uncharted territory of cognitive and behavioral changes that family members encounter when engaging in daily caregiving responsibilities. Discussion will include current information on caregiving throughout the stages of Alzheimer's disease, assessments to be used with caregivers and family members, tips for caregivers, and the role of the helping professional in guiding caregivers through this journey. **APS, SC/ADRC, CP**

3:15-4:15 pm Closing Presentation



Retooling Can Keep Everyone Rockin' and Refreshed

Mark Laker, MS, Owner, Mark on the Move and co-owner, Rowlett & Laker

Humor is fun and individuals love to laugh. The use of humor has been widely studied and supports the idea that the need to laugh is as basic as the need to love, security, and hope. This upbeat session will focus on the need for professionals to learn various humor techniques and to be able to let go and have some fun. Participants will be able to transfer these techniques to their own setting but the ultimate goal is to leave this session feeling more relaxed, refreshed, and energized in our approach to the new frontiers on aging.

Exhibiting Opportunities - RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 35th Summer Institute on Aging.

Exhibit space is limited so reserve your booth soon. To register your exhibit, go to our website at www.wvsioa.org. Just print, fill out and mail/fax the exhibitor application form back to us!

Contact Jacki Englehardt at the WVU School of Social Work at 304-293-3280 for information.



2013 Summer Institute on Aging PLANNING COMMITTEE

We thank the following individuals that have worked so hard over the past year to plan another quality Summer Institute on Aging

Shawn Allen, ADRC Region IV
Janet Clarke, AARP Foundation

Jacki Englehardt, WVU School of Social Work
Carly Glover, WVU School of Social Work
Kris Hash, WVU School of Social Work
Mary Herald, Hospice Care Corporation
Gary Jarrell, VAMC

Sherry Kuhl, WVU Center on Aging
Deb Layman, Senior Mons

Susie Layne, WV Bureau of Senior Services
Erica Martin, WVU School of Social Work

Suzanne Messenger, WV Long Term Care Ombudsmen

Julie Patrick, WVU Department of Psychology
Loriann Sonntag, WVU School of Social Work

Deborah Strickland, WVU School of Nursing
Hanna Thurman, WV Geriatric Education Center
Freddie White, WVDHHR

Deloris Wilder, WV Bureau of Senior Services

Karen Harper-Dorton, Beatrice Ruth Burgess Center, WVU School of Social Work
L. Christopher Plein, WVU School of Social Work

West Virginia University does not discriminate on the grounds of race, color, national origin, sex, sexual orientation, age, veteran status, religion, or handicap in the administration of any of its educational programs, activities, or with respect to admission and employment. Inquiries may be directed to the Executive Officer for Social Justice, 105 Stewart Hall, Office of the President, (304) 293-5496.

CONTINUING EDUCATION CREDITS

Social Work: This conference has been approved for a maximum of **21** continuing education contact hours for licensed Social Workers in WV, MD, VA & PA, under the West Virginia University School of Social Work WVBSW Provider #490051. Social Workers from other states should contact their respective licensure boards regarding approval PRIOR to registering for the conference.

Counseling: An application has been submitted for continuing education contact hours for Licensed Professional Counselors in WV under the West Virginia University School of Social Work WVBECE Provider #WVBECE-543. **For a listing of approved WV LPC sessions, go to www.wvsioa.org.**

Nursing: This conference has been approved for **23.4** CEUs for nurses through the WVU Center on Aging Provider # 2004-0458RN.

PARKING/LODGING

Parking: There is ample FREE parking at the Lakeview Resort and Conference Center for conference participants and hotel guests.

Lakeview Resort & Conference Center: Located off I-68, Exit 10 (Cheat Lake). A block of rooms has been reserved at a special group rate of \$83 per night + tax (Group Code: Summer Institute on Aging). The phone number is 304-594-1111 or 1-800-624-8300. Reservations can also be made online at: https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=567541&hotelID=10398. Reservations must be made by May 17, 2013 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Note: Lakeview has a 40,000 square foot fitness center that includes an indoor pool, Jacuzzi, sauna, steam room, New Strive fitness equipment, racquetball court, and more. See www.lakeviewresort.com for more details. Treat yourself to a massage at Spa Roma (www.sparoma.com) or play a round of golf at a reduced fee if you stay at Lakeview. See www.lakeviewresort.com for more details.

Holiday Inn Express: Located right off of I-68, on Exit 7, in the Glenmark Center. Phone number is 304-291-2600. A block of rooms has been reserved at a special group rate of \$109.99 per night + tax (Group Code: SIA, Group Name: Summer Institute on Aging). Reservations must be made by May 6, 2013 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Spring Hill Suites: Located just off I-68, Exit 4, turn right off of the exit and travel 0.5 miles. The phone number is 304-225-5200. A block of suites has been reserved at a special group rate of \$124 per night + tax (Group Code: SIAO/G1570, Group Name: Summer Institute on Aging). Reservations must be made by May 19, 2013 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

For more lodging information please log on to WVU Visitors Center at <http://visit.wvu.edu> and click on directions and lodging.

Registration Form

Name _____ Badge First Name _____

Employer/Affiliation _____

Are you a WVU Student taking this course for credit? Yes No

Mailing Address _____

City _____ State _____ Zip _____ Phone _____

Fax _____ E-mail _____

Seeking CE Credits for? SW _____ Nursing _____ Counseling _____

Check this box if you do NOT want your contact information listed on the participant list

Check this box if you will volunteer to convene a workshop

Conference fees include lunches on all three days, reception on 6/5/13, CE credits and all conference materials.

Early bird registrations must be postmarked on or before May 14, 2013.

Please select:	Registration Type	Before May 14	After May 14
<input type="checkbox"/>	Full Conference (3 days)	\$230	\$280
<input type="checkbox"/>	2 - Day Fee (circle below)		
	Tuesday-Wednesday	\$170	\$210
	Wednesday-Thursday	\$170	\$210
	Tuesday-Thursday	\$165	\$205
<input type="checkbox"/>	1 - Day Fee (circle below)		
	Tuesday	\$85	\$125
	Wednesday	\$90	\$130
	Thursday	\$85	\$125

Discounts: Check only one (if qualified) and subtract from registration amount

___ Retired	\$25	___ WVDHHR	\$25
___ Students (not for academic credit)	\$25	___ Planning Committee	\$50
___ Unemployed	\$25	___ Active Field Instr.	\$50
___ Multiple registrants (3 or more)	\$25 (Must register all at same time)		

Total Registration Due \$ _____

Payments: ___ Checks payable to West Virginia University

Credit Card: Mastercard ___ Visa ___ Discover ___

Credit Card # _____ Exp. Date ____/____/____

Mail form and payment to:
WVU School of Social Work
Attn: SIOA
PO Box 6830
Morgantown, WV 26506-6830
Fax Form to: 304-293-5936, Attn: Summer Institute

Office Use Only
 Amt. Paid _____
 Amt Unpaid _____
 Pymt Method _____
 Ref # _____
 Deposit Date _____
 Confirm Date _____

Registration Form cont.

Name _____

Workshop Selections: Please pick 1st and 2nd choice in each time period:

Please use workshop number as indicated by each title on program brochure.

Tuesday, June 4th:

10:45 Morning Workshop: 1st Choice _____ 2nd Choice _____

Lunch provided ___ will attend ___ not ___ Vegetarian Meal ___ Yes ___ No

2:00 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

3:45 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

Wednesday, June 5th:

Networking Sessions ___ will attend ___ will not attend

Lunch provided ___ will attend ___ not ___ Vegetarian Meal ___ Yes ___ No

1:30 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

3:15 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

5:00 Evening Presentation ___ will attend ___ will not attend

Thursday, June 6th:

8:30 Morning Workshop: 1st Choice _____ 2nd Choice _____

10:15 Morning Workshop: 1st Choice _____ 2nd Choice _____

Lunch provided ___ will attend ___ not ___ Vegetarian Meal ___ Yes ___ No

1:30 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

Cancellation Policy: Cancellations must be received by June 1, 2013, a processing fee of \$25 will be charged for all cancellations. No refunds will be made after June 1, 2013. Substitutions are permitted at any time, but must be put in writing to: Jacki Englehardt, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506 or e-mail at Jacki.Englehardt@mail.wvu.edu

Scholarships: A limited number of partial scholarships are available. All requests must be in writing to: Jacki Englehardt, Coordinator of Professional & Community Education, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506 or via email to Jacki.Englehardt@mail.wvu.edu. In the request, include the following: reasons for requesting a scholarship; how attending the Summer Institute will enhance your practice; agency overall budget amount & agency budget amount for training/continuing education (if employed); agency status (i.e. nonprofit); and other pertinent information. For more information, call 304-293-3280.

Please note this form must be submitted with registration and payment.

For additional information contact: Jacki Englehardt, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506-6830. Phone: 304-293-3280 Fax: 304-293-5936

VISIT OUR WEBSITE AT WWW.WVSIOA.ORG

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