

37th Summer Institute on Aging



What's Old is New Again

June 2-4, 2015

*Lakeview Resort and Conference Center
Morgantown, WV*

Welcome to the 37th Summer Institute on Aging presented by WVU School of Social Work and WVU School of Public Health. The 2015 theme is "What's Old is New Again".

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

Mr. Bill Taverner will kick off our conference on Tuesday, June 2 with a thought-provoking keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled "**Sexuality in the Golden Years**". Mr. Taverner is the executive director of the Center for Sex Education and co-author of the book *Older, Wiser, Sexually Smarter*.

A panel of state authorities led by Captain James Sizemore of Fayette County will address the important issue of "**Elder Abuse: A Call to Action**" during our mid-week keynote on June 3. Senator William Laird IV, Mandana Weirich, MSW and Pamela Meador, RN-BSN will provide different perspectives on this topic.

Lunches will be provided each day and on June 2 you will have time to network with others at your table and then enjoy the remarkable dancing of local troupe, the String of Pearls. On June 3, a remarkable social worker will be presented the annual **Anita S. Harbert Outstanding Achievement in Aging Award**. That evening, join us for an interactive workshop titled "**Aging Gracefully with Iyengar Yoga**" by certified Iyengar yoga instructor Kimberly Williams and some of her 50+ year old students.

On Thursday June 4 during lunch, you will have the choice to earn CEUs and listen to Ms. Lori Fell present on "**Better Out than In**" or you can take your box lunch and relax elsewhere on the property. Our conference closes with a presentation rich with tradition, a session titled "**Listening to Older Voices: The Folklore Connection**" by Dr. Rosemary Hathaway, one of WVU Eberly College's 2015 Outstanding Teachers of the Year!

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
Long Term Care Personnel - LTC	Nursing Related Content - N
Core Practice - CP	Clinical/Medical Practice - CMP
Cultural Competency/Diversity - CC	Management/Administration/Policy - MG
Mental Health Practice - MH	

Back by popular demand - A Culinary Tour on Tuesday, June 2 at 6 p.m. (depart Lakeview at 5:30pm)

Enjoy a progressive dining experience in downtown Morgantown. From mouth-watering appetizers to delicious desserts, you'll have the chance to experience local foods prepared by local chefs at local restaurants. You don't want to miss this delightful dining experience!

A lot of exciting things happening at the 37th Summer Institute on Aging -- we look forward to seeing you this June!

Jacki Englehardt
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Tuesday, June 2

8:00am Registration Opens

9:15 – 10:30am Opening Keynote

Beatrice Ruth Burgess Memorial Lecture
Sexuality in the Golden Years – *Taverner*

10:45am-12:15pm Workshops

- T1** Quality of Life – Is There Life Without It? – *Tennant*
- T2** Seeing Alzheimer's Disease Through a Son's Eyes - *Foranzo*
- T3** Using Interpersonal Psychotherapy (IPT) with Older Adults and their Caregivers - *Millham*
- T4** Financial Exploitation of Boomers: New Victims, Old Crimes – *McConnell, Messenger, Taylor, Hocevar*
- T5** The Benefits of Therapy Dogs – *Higgins*

12:30-1:30 pm Lunch

1-1:30pm String of Pearls performance

2:00-3:30 pm Workshops

- T6** Cleaning Our Glasses, Seeing Mental Illness in a New Way! (Part 1) - *Johnson*
- T7** Self Care for Helpers (Part 1) – *Neely*
- T8** What's Up Docs? - *Taverner*
- T9** Aging-in-Place: Using Assistive Technology to Achieve Your Goals - *Mayolo*
- T10** Financial Exploitation of Boomers: New Victims, Old Crimes - *McConnell, Messenger, Taylor, Hocevar*

5:30pm Tuesday evening Culinary Tour

3:45-5:15 pm Workshops

- T11** Cleaning Our Glasses, Seeing Mental Illness in a New Way! (Part 2) – *Johnson*
- T12** Self Care for Helpers (Part 2) - *Neely*
- T13** Stop, Look and Listen, Communication: Beyond Words – *Ernst*
- T14** D'Fying the Laws of Gravity, Strategies for Fall Prevention – *Quintana*

Wednesday, June 3

8:30-10:00 am Morning Networking Sessions

10:15 am-12:00pm Keynote Presentation

Sponsored by WV Bureau of Senior Services
Elder Abuse: A Call to Action – *Sizemore, Laird, Meador, Weirich*

12:00-1:00 pm Lunch

Anita S. Harbert Outstanding Achievement Award

1:15-2:45 pm Workshops

- W1** The Process of Life Review (Part 1) – *Perks*
- W2** Intro to Grief and Bereavement - *Keresztury*
- W3** Substance Related Abuse and Misuse in Older Adults - *Rankin*
- W4** The Basics of VA Healthcare and Benefits - *Jarrell*
- W5** Acute Care and the Person with Dementia: Chaos or Calm? - *Marks*

3:00-4:30 pm Workshops

- W6** The Process of Life Review (Part 2) – *Perks*
- W7** A Different Perspective: Advice for Us from People with Dementia – *Cipoletti*
- W8** Granny's Got a Gun – *Weirich*
- W9** D'Fying the Laws of Gravity, Strategies for Fall Prevention – *Quintana*

4:45-6:30 pm Evening Keynote

Aging Gracefully With Iyengar Yoga – Williams

Thursday, June 4

7:30-8:15am Early Morning Yoga

8:30-10:00 am Workshops

- TH1** Classic and Contemporary Strategies for Diabetes Prevention and Management (Part 1) – *Misra, Shawley, Stewart*
- TH 2** Medicare Basic – *Allen, Hicks*
- TH 3** Creating a Coordinated Community Response to the Club Sandwich Generation – *Boyles, McKinley, Harper, Saunders*
- TH 4** Advanced Directives – *Brenneman*
- TH 5** Community Attachment and Psychological Well-being in Older Adults - *Boyle*

Thursday, June 4 continued

10:15-11:45 am Workshops

TH 6 Classic and Contemporary Strategies for Diabetes Prevention and Management (Part 2) - *Misra, Shawley, Stewart*

TH 7 Medicare Advanced – *Allen, Hicks*

TH 8 Homelessness: A New Look at a Growing Issue in Aging - *Layman*

TH 9 Job Accommodations for Aging Employees – *Simpson, Lewis*

12:00-1:15 pm Box Lunch (Optional CEU

Presentation)

Better Out Than In - *Fell*

1:30-3:00 pm Workshops

TH 10 How Many Shades of Gray? Sexuality and Long Term Care – *Marks*

TH 11 Baby Boomers: Breaking Boundaries, Changing Aging – *Cipoletti*

TH 12 Creating a Coordinated Community Response to the Club Sandwich Generation – *McKinley, Boyles, Harper, Saunders*

TH 13 Granny's Got a Gun – *Weirich*

3:15–4:15 pm Closing Presentation

Listening to Older Voices: The Folklore Connection- *Hathaway*

Conference Program

Tuesday, June 2

8:00am - 9:15am Registration Opens

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



Sexuality in the Golden Years

Bill Taverner, MA, CSE, Executive Director of The Center for Sex Education and Editor-in-Chief of the American Journal of Sexuality Education

Americans seem to think that sex ends after 'The Talk'. The reality is that our bodies, our relationships, and our attitudes about our sexuality continue to change throughout our lives, and deep into our later years. Our need to learn continues, too! This keynote – ideal for educators, nurses, social workers, therapists, and other professionals and caregivers working with older adults — explores the many dimensions of sexuality as we experience them later in life.

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

10:45-12:15 pm Concurrent Workshops

Workshop T1 Quality of Life - Is There Life Without It?

Donna Tennant, Admission, Marketing, and Activity Director, Sundale Nursing Home, Morgantown, WV

Most healthcare providers whether it is in a facility or at home really look at the quality of care a person needs. It is important to have the basics of feeding, bathing and personal care, however most providers do not realize the significance of quality of life. Time is difficult to endure without a good quality of life. Through case studies, participants will learn how to integrate a more person centered approach to patient care that includes focusing on such factors as security, comfort, spiritual wellbeing, dignity, privacy and relationships. **SC/ADRC, LTC, CC**

Tuesday, June 2 (continued)

Workshop T2 Seeing Alzheimer's Disease Through a Son's Eyes

Randall Forzano, NHA, LSW, Director of Human Resources, Good Shepherd Nursing Home LC, Wheeling, WV

This session is designed for the Health Care professional who cares, or has cared, for individuals with Alzheimer's disease. Presented from a Health Care professional who also happens to be a family member with parents diagnosed with the disease, the session is designed so that those in attendance can see the importance of looking beyond the disease and focus instead on discovering who that individual was, as opposed to who they currently see and care for. The participants will also learn what family members are experiencing, and their need for those caregivers to see their loved one as they do. **APS, SC/ADRC, LTC, CMP**

Workshop T3 Using Interpersonal Psychotherapy (IPT) with Older Adults and Their Caregivers

Susan Millham, MSW, LGSW, Clinical Therapist, WVU Department of Behavioral Medicine & Psychiatry

Finding efficacious therapeutic models for older adults can be a challenge. Participants will leave this workshop with a better understanding of how IPT works and why it is a good therapeutic choice for older adults. They will also learn how IPT can be adapted specifically for use with adults with cognitive impairment, as well as their caregivers. Participants will develop an understanding of the four Areas of Focus of IPT, how to implement IPT's use, and how IPT differs from other therapeutic models **LTC, CMP, MH**

Workshop T4 Financial Exploitation of Boomers: New Victims, Old Crimes

Cat McConnell, Esq., Executive Director and Jennifer Taylor, Long-Term Care Ombudsman Attorney, both of WV Senior Legal Aid; Amy Hocevar, Attorney, Federal Trade Commission

Financial exploitation of seniors has existed eternally, but perpetrators continually develop new techniques and new spins on old techniques to separate seniors from their assets. This panel will explore both the history and what's new, the difference in dynamics between consumer exploiters and perpetrators in positions of trust with their victims, and the barriers to legal intervention and recovery. **APS, SC/ADRC, CP**

Note: This workshop is repeated Tuesday, June 2 from 2:00-3:30pm, Workshop T10.

Workshop T5 The Benefits of Therapy Dogs

Barbara Higgins, Coordinator, Mountaineer Therapy Dogs, Morgantown, WV

Ever wondered if a therapy dog visitation program would benefit your facility? Would you like to learn more about therapy dogs and their training and activities? Would you like to meet and talk with a therapy dog team? You can do all of this and more at the Mountaineer Therapy Dog Workshop. We hope to see you there! **SC/ADRC, LTC, CP**

12:30-1:30 pm Lunch

1:00-1:30pm: A performance by the String of Pearls dance troupe

2:00-3:30 pm Concurrent Workshops

Workshop T6 Cleaning our Glasses, Seeing Mental Illness in a New Way! (Part One)

Jonathan S. Johnson, MSW, LCSW, Director of Outpatient Behavioral Health, SRMC Center for Recovery and Wellness, Waynesburg, PA; Owner of Recovering Hope Project LLC; and Creator of Anxiety Resolver Smartphone Application

As clinicians, how do we shift paradigms with older adults and help them tap into the strengths and abilities that they possess? This workshop will guide practitioners in initiating conversations that help to address mental health and illness in older adults from a strengths based perspective. This approach focuses on empowering older adults by bridging generational and cultural divides for the improvement of a client's whole being.

Tuesday, June 2 (continued)

Clients work to conceptualize their situations in a way that decreases stigma and catalyzes resources and change. The presentation will include helpful information about mental illness, generational and cultural barriers in the treatment of mental illness in older adults, case examples and opportunities to apply the tools that are introduced. **LTC, MH, CMP**

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

Workshop T7 Self-Care for Helpers (Part One)

Chatman Neely, LGSW, Owner, Barn With Inn and Adjunct Instructor, WVU School of Social Work

Being a helper can be stressful from time to time. Being a human service provider WILL be stressful from time to time. The best way to prevent burnout is to be prepared for it! There are numerous activities one can engage in on a daily basis to successfully combat burnout. Not only can we avoid it but we can learn to cultivate a more energized, less chaotic and nurturing lifestyle. The good news is that most of what we need to combat stress is FREE. The goal of this workshop is to “play” with techniques intended to address stress, which is unavoidable, before we approach burnout. The mantra of this workshop is: Stress is inevitable but suffering can be optional! We will explore ways to cultivate: slowness, nurture, vision, solitude/silence, exercise, and simplicity **APS, SC/ADRC, LTC, CMP, MH**

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

Workshop T8 What’s Up, Docs?

Bill Taverner, MA, CSE, Executive Director of The Center for Sex Education and Editor-in-Chief of the American Journal of Sexuality Education

For many healthcare providers, there is a general lack of training, preparation, and formal guidance on how to discuss sexual issues with their patients. Nevertheless, older adults tend to regard healthcare providers with great eminence, making them the perfect people to facilitate important conversations about sexuality.

This workshop will empower healthcare providers to engage their patients in discussions about sexual concerns. Participants will evaluate recommendations for helping health care providers communicate about sex with their older patients; apply the model of “transactional analysis” to communicate in positive, helpful ways with patients and residents; and practice communication through a creative role play activity. **APS, SC/ADRC, CMP, LTC, N**

Workshop T9 Aging-in-Place: Using Assistive Technology to Achieve Your Goals

Regina A. Mayolo, BA, CAPS, Technical Assistance Specialist, West Virginia Assistive Technology System (WVATS)

When asked, older adults overwhelmingly state their desire to remain in their own homes for the duration of their lives – to age-in-place. Culturally appropriate assistive technology (AT) can help them achieve this goal. This workshop will focus on the importance of home and community accessibility to independent living for older adults and individuals with disabilities, how AT can increase independence, safety, affordability and accessibility in a living environment and what providers need to know about AT and how it works. **APS, SC/ADRC, N, CP**

Workshop T10 Financial Exploitation of Boomers: New Victims, Old Crimes

Cat McConnell, Esq., Executive Director and Jennifer Taylor, Long-Term Care Ombudsman Attorney, both of WV Senior Legal Aid; Amy Hocevar, Attorney, Federal Trade Commission

Note: This workshop is offered previously on Tuesday, June 2 from 10:45 am – 12:15pm, Workshop T4. Please see that listing for full description of this session.

Tuesday, June 2 (continued)

3:45-5:15 pm Concurrent Workshops

Workshop T11 Cleaning our Glasses, Seeing Mental Illness in a New Way! (Part Two)

Jonathan S. Johnson, MSW, LCSW, Director of Outpatient Behavioral Health, SRMC Center for Recovery and Wellness, Waynesburg, PA; Owner of Recovering Hope Project LLC; and Creator of Anxiety Resolver Smartphone Application

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

Workshop T12 Self-Care for Helpers (Part Two)

Chatman Neely, LGSW, Owner, Barn With Inn and Adjunct Instructor, WVU School of Social Work

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

Workshop T13 Stop, Look and Listen, Communication: Beyond Words

Amy Ernst, Program Director, Alzheimer’s Association, West Virginia Chapter

This session will provide a basic overview of changes that occur in persons with Alzheimer’s disease and other dementia. Throughout the presentation, discussions and hands on exercises, participants will be challenged to recognize current approaches and practices and initiate new techniques and strategies to enhance communication. **APS, SC/ADRC, LTC, CP**

Workshop T14 D’-fying the Law of Gravity: Strategies for Fall Prevention

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

Falls are common in older adults and may lead to injuries and decline in function. The presentation will focus on risk factors for falls, common types of fractures, risk evaluations, and strategies for fall prevention and treatment. In addition to evaluating their own risk for falls, participants will conduct gait-balance and home assessments. Discussions will include environmental assessments and modifications. **APS, SC/ADRC, LTC, CMP**

Note: This workshop is repeated Wednesday, June 3 from 3:00-4:30pm, Workshop W9.

5:30pm Tuesday evening Culinary Tour

Join Us for a Culinary Tour!

Tuesday, June 2 at 6pm (Depart Lakeview at 5:30pm)

Cost: \$30 per attendee (see registration form) - pre-registration required

Enjoy a progressive dining experience with fellow conference attendees while taking in downtown Morgantown. From mouth-watering appetizers to delicious desserts, you’ll have the chance to experience local foods prepared by local chefs at local restaurants. You don’t want to miss this delightful dining experience!

Wednesday, June 3

8:30-10:00 am Morning Networking Sessions

10:15-12:00 pm Keynote Presentation



Elder Abuse: A Call to Action

Captain James Sizemore, Fayette County Sheriff's Office; William R. Laird IV, WV Senator District 10; Pamela Meador, RN, BSN-BC, RN Project Coordinator, WV Medical Institute; and Mandana Weirich, MSW, Adult Services Trainer, WVDHHR

This panel presentation led by Captain James Sizemore, will present a summary of the risks of abuse, neglect and financial exploitation faced by the elderly, as well as the challenges of protecting and serving them. The other panelists will respond to Captain

Sizemore's remarks and offer their professional perspectives on the issues and what can be done to better serve and meet the needs of the growing elderly population in our state through community activism, legislative activities, community resources, and personal activities.

This keynote presentation is sponsored by the West Virginia Bureau of Senior Services

12:00-1:00 pm Lunch Presentation

Anita S. Harbert Outstanding Achievement Award

1:15-2:45 pm Concurrent Workshops

Workshop W1 The Process of Life Review: Memories, Mysteries and Meaning (Part One)

William P. Perks, MSW, LICSW, Journey Associates, LLC

Memory is essential to meaning in life, to on going learning, to pleasure, and to socialization. We naturally reflect on event, relationships, choices and situations to find a purpose, both before and after a given phase or time of our life. Memory work goes hand in hand with grief work, but they are different. Key concepts in this presentation include: memory, meaning, cognition, culture, role, affirmation, reminiscence, anticipation, gratification, belonging, place, identity, acceptance, spirituality, connection, and more. This workshop provides an overview of possible interventions with geriatric clients, highlighting the range of engagement given different roles, types of encounters, service goals and interests of workers **SC/ADRC, LTC, CC, CP**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W6, 3:00-4:30pm.

Workshop W2 Introduction to Grief and Bereavement

James Keresztury, MSW, MBA, Director, Mountains of Hope Cancer Coalition

The losses lived in old age are related to the real death of friends and colleagues, to the body, to the end of work relations, and to social and family relationships. Such losses persist beyond the physical dimension, in a concrete sense, and also beyond the social, family and professional realms. This presentation will highlight some of the major areas of grief and loss in the aging process and provide simple interventions that can be incorporated into the care of the elderly. **APS, SC/ADRC, LTC, CP, MH**

Workshop W3 Substance Related Abuse and Misuse in Older Adults

Eric Rankin, LICSW, PhD, Professor, WVU Department of Behavioral Medicine and Psychiatry

Substance related problems including the use/abuse of alcohol, prescription medications and illicit drugs is an under recognized and consequently underserved problem for many older adults. Moreover, current demographic trends indicate that the need for substance related services will increase significantly as "Baby Boomers" enter into their senior years.

Wednesday, June 3 (continued)

The purpose of this workshop is to present some of the clinical and psychosocial challenges in detecting, assessing and treating older adults with possible substance related disorders. **APS, SC/ADRC, MH**

Workshop W4 The Basics of VA Healthcare and Benefits

Gary Jarrell, MSW, LICSW, Team Leader, Huntington Vet Center

This workshop will provide a brief, yet comprehensive look at important benefits and services available through The Department of Veterans Affairs for our aging Veteran population. Participants will gain a working knowledge of the VA claims process and the steps required to apply for VA benefits. **APS, SC/ADRC, CP**

Workshop W5 Acute Care and the Person with Dementia: Chaos or Calm?

Jane Marks, Dementia and Caregiver Consultant/Specialist, Sandwich Caring, LLC

A visit to the hospital can be complete chaos for individuals with dementia and their caregivers. But a few folks have decided this might not have to be the norm. This presentation will provide information on innovative "dementia responsive" acute care programs around the country and across the pond, including an innovative program presented in July 2014 at the Alzheimer's Association International Conference in Copenhagen Denmark as well as provide suggestions for both professionals and family caregivers on how to make the visit to the hospital less stressful and chaotic. **APS, SC/ADRC, LTC, CMP**

3:00-4:30 pm Concurrent Workshops

Workshop W6 The Process of Life Review: Memories, Mysteries and Meaning (Part Two)

William P. Perks, MSW, LICSW, Journey Associates, LLC

Note: This is a two part workshop; please make sure you register for Part One, Workshop W1, 1:15-2:45pm

Workshop W7 A Different Perspective: Advice for Us from People with Dementia

Nancy Cipoletti, BA, Director, Alzheimer's Programs, West Virginia Bureau of Senior Services

Celebrating life, enjoying people, and being able to express yourself are things we all want. People with dementia are no different. What do they have to say about communication, being candid with each other, treating your mind, body and soul as a whole and more? Join this interactive discussion that utilizes resources written by individuals with early stage memory loss. It may change how you think about dementia and the people who live with it every day. **SC/ADRC, LTC, CP**

Workshop W8 Granny's Got a Gun

Mananda Weirich, MSW, LSW, Adult Services Trainer, WVDHHR

This workshop will explore the steps that professionals can take to improve gun safety in the homes of older adults and their families. We will leave the gun control debate at the door and talk about proactive steps that we can take to protect our clients, patients, and loved ones when there is a firearm in the home. **APS, SC/ADRC, CP, MG**

Note: This workshop is repeated on Thursday, June 4 from 1:30-3:00pm, Workshop TH13

Workshop W9 D'-Fying the Laws of Gravity, Strategies for Fall Prevention

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

Note: This workshop is offered previously on Tuesday, June 2 from 3:45-5:15pm, Workshop T14. Please see that listing for a full description of this session.

Wednesday, June 3 (continued)

4:45-6:30 pm Evening Keynote



Aging Gracefully with Iyengar Yoga
Kimberly Williams, PhD, Certified Iyengar yoga teacher, Co-owner, Inner Life Yoga Studio LLC, and former Research Assistant Professor, School of Public Health; Stress Management Specialist, Dean Ornish Program, and Program Director for Integrative Medicine Program, WVU.

Learn how older adults can age gracefully through the practice of Iyengar yoga. The founder of this method, BKS Iyengar lived to 95 and dedicated his life to understanding, revolutionizing and disseminating the teachings of yoga worldwide to people of all ages. He also taught how the practice is adapted across the lifespan so it can be a lifelong practice. This workshop will discuss how Iyengar yoga retards the aging process and brings balance and harmony to the body, mind and spirit. In addition to the lecture, there will be a demonstration by 50 plus practitioners and an opportunity for attendees to experience a beginner's yoga sampler.

Thursday, June 4

7:30-8:15am Early Morning Yoga

8:30-10:00 am Concurrent Workshops

Workshop TH1 Medicare Basic

Shawn Allen, LGSW, MSW, Assistant Professor/Director of Field Education, Concord University Department of Social Work and Teresa Hicks, LSW, Region IV SHIP Coordinator, Appalachian Area Agency on Aging

This workshop will give an overview of the basics of Medicare. In this interactive session, participants will get an introduction to Medicare and its different parts including Medicare Parts A & B, Part C Advantage Plans, and Part D Drug Plans. The workshop is appropriate for individuals at all levels of understanding Medicare. The workshop will be similar to the Medicare Basic workshop from the past several years. **APS, SC/ADRC, N, CP, MG**

Workshop TH2 Classic and Contemporary Strategies for Diabetes Prevention and Management (Part 1)

Ranjita Misra, Ph.D., Professor, West Virginia University School of Public Health; Samantha Shawley and Jonathan Stewart, Graduate Assistants, West Virginia University School of Public Health

This workshop will be an informational and interactive presentation targeted at practitioners, academics, and other qualified individuals who work with or are part of the diabetic population and are interested in advancing their knowledge in the field of diabetes prevention and management **SC/ADRC, N, CMP**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH7 at 10:15-11:45am

Workshop TH3 Creating a Coordinated Community Response to the Club Sandwich Generation

Sharon McKinley, MSW, LGSW, Program Manager, Child Welfare Information Gateway; Bob Boyles, FACHE, MHFM, Coordinator, Relatives As Parent Program; Carla Harper, BS, Program Manager I, WV DHHR; and Annette Saunders, Grand Partners in Education

This workshop will have a panel to examine the benefits and challenges that grandparents' face when caring for their grandchildren as well as some of the challenges that caregivers have when caring for their elderly parents. Participants will hear from a grandparent, who is caring for their grandchild, review what supports are available and needed at the federal, state and local level to help relatives who are caring for their grandchildren and their elderly parents.

Thursday, June 4 (continued)

The workshop will conclude with an interactive question and answer session with the panelists **APS, SC/ADRC, CP**

Note: This workshop is repeated on Thursday, June 4 from 1:30-3:00pm, Workshop TH12

Workshop TH4 Advanced Directives

Jeanie Brenneman, MSW, LCSW, Amedisys Hospice

Social workers and people in general strongly believe that individuals have the right to make their own health care decisions. West Virginia has a history of creating policies and laws that have led to a variety of documents that provide one's ability to make health care decisions in advance of a serious illness. Participants will have the opportunity to view the various types of advanced directives, learn who should complete them as well as how they are completed, and discuss how and why they have they change over time. **APS, SC/ADRC, LTC, CMP, N**

Workshop TH5 Community Attachment and Psychological Well-being in Older Adults

Sheri Boyle, Ph.D., MSW, Chair/Assistant Professor, Department of Social Work, California University of PA

The workshop will provide an opportunity for participants to think about the definition of community, provide examples of programs that support older adults in the community and maintain their social support as well as discuss the importance of community attachment in assessments and case management with older adults. This workshop will briefly discuss findings from research that examined the relationship between community attachment and psychological well-being in older adults, as well as discuss practical applications and techniques that support community attachment for older adults. **APS, SC/ADRC, LTC, MH, MG**

10:15-11:45 am Concurrent Workshops

Workshop TH6 Medicare Advanced

Shawn Allen, LGSW, MSW, Assistant Professor/Director of Field Education, Concord University Department of Social Work and Teresa Hicks, LSW, Region IV SHIP Coordinator, Appalachian Area Agency on Aging

This workshop will concentrate on more advanced topics/issues related to Medicare. It is recommended that participants already have a general understanding of Medicare and what benefits it offers. The workshop will be interactive, all questions/scenarios are welcome. Workshop topics will include: subsidy programs, Coordination of Benefits, Health Insurance Marketplace, Inpatient vs. Outpatient hospital stays, and IRMA. Topics may vary dependent upon participant interaction and what topics arise. **APS, SC/ADRC, N, CP, MG**

Workshop TH7 Classic and Contemporary Strategies for Diabetes Prevention and Management (Part 2)

Ranjita Misra, Ph.D., Professor, West Virginia University School of Public Health; Samantha Shawley and Jonathan Stewart, Graduate Assistants, West Virginia University School of Public Health

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

Workshop TH8 Homelessness: A New Look at a Growing Issue in Aging

Deborah Layman, MSW, Social Services and Outreach Coordinator, Senior Monongalians, Inc

Participants will learn about and discuss issues relevant to the older adult homelessness population. We will explore the definitions of older adult and homelessness to provide a basic understanding before entering into topics including causes and barriers to housing. **APS, SC/ADRC, CC, CP, MH**

Thursday, June 4 (continued)

Workshop TH9 Job Accommodations for Aging Employees

Elisabeth Simpson, MS, Senior Consultant, Job Accommodation Network and Kelsey Lewis, MSW, Consultant, Job Accommodation Network

Determining accommodations for the aging workforce can be a challenge, but understanding limitations, reasonable accommodation and AT options, and other resources can make the process a successful one. Providing necessary accommodations can increase productivity, attendance, job retention, and workplace safety. The employment of individuals who are aging is a topic that has to be addressed in every industry as older Americans continue to be an integral part of the workforce. **SC/ADRC, MG**

12:00-1:15 pm Box Lunch (Optional CE offering)



Better Out Than In

Lori Fell, MSW MDiv, LSW, Director of Clinical Programs, PERSAD Center, Pittsburgh, PA

The terms “coming out” are used when a person accepts and appreciates their sexual orientation or gender identity and shares it with others. “Coming out” is not easy and can take a lifetime to accomplish. Please join us for this lunchtime presentation where we will meet and hear stories of men and women “coming out” later in their life. You will hear first-hand accounts of the joys, fears, excitement and pain that come when stories are told and closets are opened for the first time.

1:30-3:00 pm Concurrent Workshops

Workshop TH10 How Many Shades of Gray? Sexuality and Long Term Care

Jane Marks, Dementia and Caregiver Consultant/Specialist

It's gross to think about, right?? Do people with dementia behave inappropriately? Should people with dementia even be allowed to engage in sex? Should we even talk about it?? Or should we say “Eewww” and change the subject?? What about those who do not have a dementia? What are their sexual rights if they reside in long term care? This can be a challenge for long term care staff as well as family members. So, let's talk. Through lively discussion, examination of their personal attitudes, some interesting facts and power point, new perspectives will be presented in this 90 minute workshop on sexuality, long term care, and dementia **APS, LTC, N, CC**



Thursday, June 4 (continued)

Workshop TH11 Baby Boomers: Breaking Boundaries, Changing Aging

Nancy Cipoletti, BA, Director, Alzheimer's Programs, West Virginia Bureau of Senior Services

The fact that Baby Boomers are getting old is no surprise to anyone - except Boomers. How they choose to age is likely to change the way we look at aging services and how we offer those services. Since they were young, Boomers have influenced fashion, finances, policies and programs. Now that they are older, how will their views on everything from equality and justice to investments, retirement and use of technology influence the services they need? Does where they've been impact where they're headed? How will younger generations be affected? Join us for a lively, interactive discussion **SC/ADRC, CP, MG, CC**

Workshop TH12 Creating a Coordinated Community Response to the Club Sandwich Generation

Sharon McKinley, MSW, LGSW, Program Manager, Child Welfare Information Gateway; Bob Boyles, FACHE, MHFM, Coordinator, Relatives As Parent Program; Carla Harper, BS, Program Manager I, WV DHHR; and Annette Saunders, Grand Partners in Education

Note: This workshop is offered previously on Thursday, June 4 from 8:30-10:00am, Workshop TH3. Please see that listing for a full description of this session.

Workshop TH13 Granny's Got a Gun

Mananda Weirich, MSW, LSW, Adult Services Trainer, WVDHHR

Note: This workshop is offered previously on Wednesday, June 3 from 3:00-4:30pm, Workshop W8. Please see that listing for a full description of this session.

3:15-4:15 pm Closing Presentation



Listening to Older Voices: The Folklore Connection

Rosemary Hathaway, PhD, Associate Professor of English, WVU

Younger people often find it difficult to connect with the elderly, imagining that they have little in common. This workshop carves out common ground between generations by demonstrating the ways in which folklore links us. Participants will be introduced to the scope of contemporary folklore study to understand that far from being “old-fashioned” stuff that no one believes anymore, folklore is something we engage in daily. We'll discuss several specific kinds of folklore that can be especially fruitful to talk with older folks about, and ways of documenting the deep knowledge that older people have about these kinds of folklore.

Exhibiting Opportunities - RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 37th 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.



2015 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, Concord University
Jacki Englehardt, WVU School of Social Work
Kris Hash, WVU School of Social Work
Teresa Hicks, Region IV SHIP Coordinator
Gary Jarrell, VA Medical Center
Sherry Kuhl, WVU School of Public Health
Deb Layman, Senior Mons

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

Pamela Meador, Quality Improvement Organization of WV
Carrie O'Neil, Hospice Care Corporation
Julie Patrick, WVU Department of Psychology
Annie Petsonk, WVU School of Social Work
Wade Samples, WVDHHR

Loriann Sonntag, WVU School of Social Work (1965-2015, REST IN PEACE)
Deborah Strickland, WVU School of Nursing
Donna Tennant, Sundale Nursing Home
Hanna Thurman, WV Geriatric Education Center
Mandy Weirich, WVDHHR
Elise Fullmer, 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. Inquires 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 **20** 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 a maximum of **18.0** CEUs for nurses through the WVU School of Public Health Nursing CE Provider # 2014-0602RN.

Gerontology Practitioner Certificate (GPC): Many of the sessions at this conference are approved for GPC hours. For a listing of approved GPC sessions, go to www.wvsioa.org.

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: 150 Lakeview Drive, Morgantown, WV 26508, 304-594-1111 or 1-800-624-8300. Located off I-68, Exit 10 (WV 43 N – Cheat Lake, Uniontown, PA). A block of rooms has been reserved at a special group rate of \$83 per night + tax (Group Code: Summer Institute on Aging). Reservations can also be made online at: <http://booking.ihotelier.com/istay/istay.jsp?groupID=1386401&hotelID=10398>. Reservations must be made by May 16, 2015 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. 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: 605 Venture Drive, Morgantown, WV 26508, 304-291-2600. Located off of I-68, on Exit 7 (Pierpont Rd/Airport), in the Glenmark Center. A block of rooms has been reserved at a special group rate of \$119.99 per night + tax (Block Code: SIA, Group Name: Summer Institute on Aging). Reservations must be made by May 4, 2015 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Suburban Extended Stay: 40 Sterling Drive, Morgantown, WV 26505, 304-291-2535. Located off of I-68, on Exit 4 (WV 7/Sabraton). A block of rooms has been reserved at a special group rate of \$79.00 per night + tax (Group Name: Summer Institute on Aging). Reservations must be made by May 4, 2015 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 _____ GPC _____ 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, CE credits and all conference materials.

Early bird registrations must be postmarked on or before May 15, 2015.

Please select: Registration Type	Before May 15	After May 15
<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
<input type="checkbox"/> Tuesday Evening Culinary Tour	\$30	\$30

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

<input type="checkbox"/> Retired	\$25	<input type="checkbox"/> WVDHHR	\$25
<input type="checkbox"/> Students (not for academic credit)	\$25	<input type="checkbox"/> Planning Committee	\$50
<input type="checkbox"/> Unemployed	\$25		
<input type="checkbox"/> Multiple registrants (3 or more)	\$25	(Must register at the same time)	
<input type="checkbox"/> Active Field Instructors	\$50		

Total Registration Due \$ _____ (Checks make payable to West Virginia University)

Payments: Check 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 2nd:

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 _____

5:30 Evening Culinary Tour _____ will attend (**please include \$30 fee in total**)

Wednesday, June 3rd:

Networking Sessions ___will attend ___will not attend

Lunch provided ___will attend ___not Vegetarian Meal ___Yes ___No

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

3:00 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

4:45 Evening Presentation ___will attend ___will not attend

Thursday, June 4th:

7:30 Early Morning Yoga _____ will attend _____ will not attend

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 May 27, 2015, a processing fee of \$25 will be charged for all cancellations. No refunds will be made after May 27, 2015. 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. 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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