39th Summer Institute on Aging

AGING IN AMERICA: LEADING THE WAY

June 6-8, 2017
Lakeview Resort and Conference Center
Morgantown, West Virginia
Welcome to the 39th Summer Institute on Aging presented by WVU School of Social Work and WVU School of Public Health. The 2017 theme is “Aging in America: Leading the Way”.

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 First Choice Health Systems.

Ms. Donna Butts will kick off our conference on Tuesday, June 6 with a pertinent and engaging opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled “Grand Voices for Grand Children: Raising the Children of the Opioid Epidemic”. Ms. Butts is the Executive Director of Generations United, a national agency with a mission to “improve the lives of children youth and older people through intergenerational collaboration, public policies, and programs for the enduring benefit of all.”

Dr. Dan Doyle, a practicing family physician in Fayette County West Virginia since 1977, will provide a discussion on both the challenges and opportunities facing older adults in the medical system in a presentation titled “How Medical Care for Elders is Changing in 2017: Fear and Hope” during our mid-week keynote on June 7. Dr. Doyle will also team up with Linda Stein M.Ed, MSW to provide a breakout session that same day on “Medicare Annual Wellness Visits and Chronic Care Management”.

Lunches will be provided each day and on June 6 you will have time to network with others at your table. On June 7, a remarkable social worker will be presented the annual Anita S. Harbert Outstanding Achievement in Aging Award. That evening join us for creative hands-on self-care in session titled “Word Collage for Personal Well-Being” led by Aridane Geveski. (CEUs available).

On Thursday, June 8 during lunch, you have the choice to earn CEUs and hear from Summer Institute on Aging favorite Ms. Nancy Cipoletti as she shares “Old Wives’ Tales and Home Remedies – Myth or Fact” or you can take your box lunch and relax elsewhere on the property. Our conference closes with the return of Dr. Everett Lilly giving a unique upbeat presentation on “Appalachian Values and Music: Journey Across Time and Space”.

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 and 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

A lot of exciting things are happening at the 39th Summer Institute on Aging — we look forward to seeing you this June!

Jacki Englehardt, MSW, ACSW
Director of Professional and Community Education
WVU School of Social Work
**At A Glance**

**Tuesday, June 6**

8:00 a.m. Registration Opens

9:15 - 10:30 a.m. Opening Keynote
Beatrice Ruth Burgess Memorial Lecture
Grand Voices for Grand Children: Raising the Children of the Opioid Epidemic – Burts

10:45 - 12:15 a.m. Workshops
T1 Rural Nonprofits Serving Older Adults – Harper-Dorton
T2 Now What? Ethical Practice with Rural Older Adults – Allen
T3 The Value of Expressive Writing on Quality of Life – Grey, Nicholson, Arnold
T4 Aging at Work: The Importance of Understanding Accommodation in Social Work Practice – Harnett, Loy
T5 Medicare – A Basic Understanding – Gouty

12:30 - 1:15 p.m. Lunch
1:00 - 1:45 p.m. Dessert with the vendors

2:00 - 3:30 p.m. Workshops
T6 Ethical Challenges in Social Work Supervision (Part One) – Chase
T7 Shifting the Paradigm on Exercise and Movement (Part One) – Pascoe
T8 Communicating Effectively with Individuals with Dementia – Cipoletti
T9 Community Connections: Working Together to Improve Health Outcomes – Weirich, Parella
T10 Medicare – A More In-Depth Knowledge – Gouty

3:45 - 5:15 p.m. Workshops
T11 Ethical Challenges in Social Work Supervision (Part Two) – Chase
T12 Shifting the Paradigm on Exercise and Movement (Part Two) – Pascoe
T13 “Help Me, I’m Falling”; Fall Prevention for Older Adults – Neich
T14 Welcome to the Sandwich Counter: Advice for Caregivers – Marks
T15 Battling the Risks of TBI in the Aging Population of West Virginia – Miller

**Wednesday, June 7**

8:30 - 10:00 a.m. Workshops
W1 Music Therapy: Leading the Way to Positive, Healthy Aging! – Martin, Crane
W2 Art Projects for the Improvement of Fine Motor Skills – Gejevski
W3 New initiatives for Improving Clinical Outcomes for WV’s Elderly – Neich
W4 Distinguishing Mental Health in Older Adults: One Size Does Not Fit All – Ernst
W5 How to Ensure that Your Aging Patient Gets the End-of-Life Treatment that Matters Most – Moss, Dunithan

10:30 a.m. - 12:00 p.m. Keynote Presentation
How Medical Care for Elders is Changing in 2017: Fear and Hope – Doyle

12:15 - 1:00 p.m. Lunch Presentation
Anita S. Harbert Outstanding Achievement Award

1:15 - 2:45 p.m. Workshops
W6 11 Ways to Age Well as a Care Provider (Part One) – Neely
W7 Person Centered Care and the Person with Dementia: Are We There Yet? (Part One) – Marks
W8 Ethical Perspectives on the “Right to Die” Movement (Part One) – Levesque
W9 Behavioral Management of Difficult Dementia Behaviors – Fiske, Edwards, Lutz
W10 So, You Have to Make A Presentation – Cipoletti

3:00 - 4:30 p.m. Workshops
W11 11 Ways to Age Well as a Care Provider (Part Two) – Neely
W12 Person Centered Care and the Person with Dementia: Are We There Yet? (Part Two) – Marks
W13 Ethical Perspectives on the “Right to Die” Movement (Part Two) – Levesque
W14 Music Therapy: Leading the Way to Positive, Healthy Aging! – Martin, Crane
W15 Medicare Annual Wellness Visits and Chronic Care Management – Doyle, Stein

4:45 - 6:45 p.m. Evening Keynote
Word Collage for Personal Well-Being – Gejevski

**Thursday, June 8**

8:30 - 10:00 a.m. Workshops
TH1 Dynamics of Abuse Later in Life – Weirich
TH2 It Takes a Village – Rodis, Lewis
TH3 What You See Isn’t Always What You Get: Unique Issues of Transgender Older Adults (Part One) – Leitzear
TH4 Meeting the Needs of Aging Veterans (Part One) – Mankowski, Noce-Owen, Jarrell
TH5 Honoring Spirituality in Later Life – Fell

10:15 - 11:45 a.m. Workshops
TH6 Mobilizing Community Volunteers to Improve Health Outcomes in Older Adults – Bowen, Prinzo
TH7 Senior Hunger and the Aging Tsunami – Morrison, Kirkhart, Cavrthon
TH8 What You See Isn’t Always What You Get: Unique Issues of Transgender Older Adults (Part Two) – Leitzear
TH9 Meeting the Needs of Aging Veterans (Part Two) – Mankowski, Noce-Owen, Jarrell
TH10 Recognizing and Managing Clinically Significant Executive Dysfunction – Miller, Millham

12:00 - 1:15 p.m. Box Lunch
Optional CEU Presentation
Old Wives’ Tales and Home Remedies: Myth or Fact – Cipoletti

1:30 - 3:00 p.m. Workshops
TH11 Optimizing Drug Therapy in Older Adults – Elliott
TH12 What is Medicaid Planning for LTC? And How is it Accomplished? – Wyatt, Kerr
TH13 Caregiving Needs of LGBT Adults – Mankowski, Hash
TH14 Addiction and Aging – Fell
TH15 Puppets, Poetry, & Poodles: Creative Tools for Engagement – Zimmer

3:15 - 4:15 p.m. Closing Presentation
Appalachian Values and Music: Journey Across Time and Space – Lilly
Tuesday, June 6

8:00 - 9:15 a.m. Registration

9:15 - 10:30 a.m. Beatrice Ruth Burgess Memorial Lecture

Grand Voices for Grand Children: Raising the Children of the Opioid Epidemic
Donna Butts, Executive Director, Generations United

Grandparents and other relatives form strong grandfamilies in which children thrive. They can’t do it alone. This session will include information about grandfamilies—families in which grandparents or other relatives are raising children—and what can be done to help them succeed. Using Generations United’s 2017 State of Grandfamilies Report—Raising the Children of the Opioid Epidemic: Solutions and Supports for Grandfamilies, the session will incorporate findings and recommendations to support the firm foundation grandfamilies provide.

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

10:45 a.m. - 12:15 p.m. Concurrent Workshops

Workshop T1: Rural Nonprofits Serving Older Adults: Entrepreneurship, Philanthropy, and Evolving Sectors
Karen Harper-Dorton, PhD, Professor, WVU School of Social Work

Nonprofit organizations are scattered throughout small towns and rural areas and are essential to maintaining and building social capital and offer emerging structures to better serve older adults as well as homebound and frail elderly. Exploring how the evolving nonprofit sector can offer a safety net for economic growth, social equity, and environmental safeguards offers opportunities for community stakeholders.

SC/ADRC, CP, MG

Workshop T2: Now What? Ethical Practice with Rural Older Adults
Shawn Allen, MSW, Assistant Professor of Social Work, Director of Field Education, Concord University

Many times we consider how our practice is ethical, but do we given consideration to special circumstances that can arise when working with older adults? Do we give consideration to the area in which we live and how this can impact our rural practice? In this interactive workshop we will take a look at the NASW Code of Ethics and what areas of the code that we also need to give special consideration to when working with rural older adults. There will be a specific emphasis on brainstorming how to overcome some of these issues through case studies and examples from participants. This workshop is approved for social work ethics hours. APS, SC/ADRC, LTC, CP, CC, MG

Workshop T3: The Value of Expressive Writing on Quality of Life
Mary Donato, MA, Graduate Teaching Assistant/PhD Student and Christine Rittenour, PhD Assistant Professor, Communications Department, West Virginia University

Narrative medicine can help patients discover and explore meaning. The authors use expressive writing and storytelling to see if 1) patient’s quality of life improves and 2) patient is more prepared for conversations concerning Advance Care Planning. Appalachia is a storytelling culture, and the authors believe that stories not only help patients better communicate with their healthcare professionals, but also with their loved ones. SC/ADRC, LTC, N, CMP, CC

Workshop T4: Aging at Work: The Importance of Understanding Accommodation in Social Work Practice
Helen Hartnett, PhD, Associate Professor, WVU School of Social Work; Beth Loy, PhD, Senior Consultant, Job Accommodation Network

This session presents the experiences of people as they age in the workplace and request accommodations. It discusses differences based on age, gender, and length of time on job in the types of accommodations requested, made, and/or rejected. The process of requesting accommodations and implications for social work practice are also presented.

SC/ADRC, MG

Workshop T5: Medicare – A Basic Understanding
Rebecca Gouty, BSW, WV SHIP/SMP Director, WV Bureau of Senior Services

In this workshop, attendees will learn how and when someone is eligible for Medicare; understand the benefits provided under Original Medicare – Parts A and B; become familiar with the optional, additional benefits of Medicare Advantage (Part C) and Medigap (Supplement) plans; and have an understanding on how the Medicare Prescription Drug Coverage (Part D) works. APS, SC/ADRC, N, CP, MG

12:30 - 1:15 p.m. Lunch and Networking

1:00 - 1:45 p.m. Dessert with the vendors

Online Conference Registration and Payment

Go to wvsioa.org to register and pay online.
2:00 - 3:30 p.m. Concurrent Workshops

// Workshop T6: Ethical Challenges of Social Work Supervision (Part One)
Pat Chase, LCSW, EdD, MSW Program Director, WVU School of Social Work

Ethical practice in Social Work Supervision carries with it a number of familiar and new challenges that can require thoughtful and reflective practice to successfully navigate. Working with power imbalances, assessing and ensuring worker competence in the midst of high work demands, managing dual relationships and role changes, providing useful and meaningful evaluation and feedback, supporting workers through traumatic critical incidents, all carry potential ethical dilemmas that are difficult but at least familiar. Sorting through the ethical conflicts of social networking, helping workers ethically integrate spirituality into social work practice, maintaining client service amid diminishing budgets and increasingly complex policy/practice changes are less familiar but equally challenging. This workshop will explore with participant involvement these ethical risks to supervision. Ideas will be shared on how to avoid potential pitfalls as well as possible solutions worth examining. This workshop is approved for social work ethics hours. APS, SC/ADRC, LTC, CC, MG

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

// Workshop T7: Shifting the Paradigm on Exercise and Movement (Part One)
Julie Pascoe, M.Ed, BS, Certified Functional Aging Expert and Owner, Fit Future, LLC

Human beings are made for movement and indeed many of our modern diseases stem from lack of movement. This can be exacerbated in the aging process when we are often encouraged to move even less. Exercise, as we traditionally think of it, is only one category of movement. Which exercises will lead to more and better movement? What movements will lead to better vitality and health? If you change how you move, can you change how you feel? Can you learn to move more freely now than when you were younger? The workshop provides an opportunity to learn and to move! SC/ADRC, LTC, N, CMP

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

// Workshop T8: Communicating Effectively with Individuals with Dementia- and Everyone Else, Too
Nancy Cipoletti, BA, Director, Alzheimer’s Programs, WV Bureau of Senior Services

Dale Carnegie said, “There are four ways. . . in which we have contact with the world. . .what we do, how we look, what we say and how we say it.” Communication. Sometimes, we make it more complicated than it needs to be. Often, we can’t even communicate effectively with co-workers and family, so how do we expect to understand and be understood if the person we’re communicating with has dementia? In this interactive workshop, we’ll look at why challenges with communication occur, how those challenges and frustrations may be expressed and effective ways to communicate with anyone. APS, SC/ADRC, LTC, MH

// Workshop T9: Community Connections: Working Together to Improve Health Outcomes
Mandy Weirich, MSW, Healthy Home Program Manager, Randolph County Housing Authority; Diana Patella, BSN, RN, Director of Population Health, Davis Health System

This workshop will explore collaborations among rural community providers to improve health outcomes for older adults and their families. We will explore the role each of us play in serving our community members, how to avoid duplication of services, using a team approach to best meet the needs of a client or patient, and how Community Health Teams can streamline the referral process. We all have a responsibility for the health of our community, state, and nation—it only makes sense to work together! APS, SC/ADRC, CP, CC

// Workshop T10: Medicare – A More In-Depth Knowledge
Rebecca Gouty, BSW, WV SHIP/SMP Director, WV Bureau of Senior Services

In this workshop, complex issues with Medicare will be addressed including transitioning to Medicare from Medicaid and the Health Insurance Marketplace, Coordination of Benefits including Medicare and employer coverage, how to file basic Medicare appeals, understanding Medicare Enrollment Periods and penalties, and programs to assist with Medicare costs. APS, SC/ADRC, N, CP, MG

It is recommended that participants have a basic knowledge of Medicare prior to taking this workshop. Workshop T5: Medicare – A Basic Understanding scheduled on Tuesday, June 6 at 10:45am is a good option.

3:45 - 5:15 p.m. Concurrent Workshops

// Workshop T11: Ethical Challenges of Social Work Supervision (Part Two)
Pat Chase, LCSW, EdD, MSW Program Director, 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. This workshop is approved for social work ethics hours.

// Workshop T12: Shifting the Paradigm on Exercise and Movement (Part Two)
Julie Pascoe, M.Ed, BS, Certified Functional Aging Expert and Owner, Fit Future, LLC

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

// Workshop T13: “Help Me, I’m Falling”: Fall Prevention for Older Adults
Shirley Neitch, MD, FACP, AGSF Professor of Clinical Research in Geriatrics

Through lecture, Q & A, and a lively audience participation session called “Find the Hazard/ Fix the Hazard”, we introduce attendees to the huge Geriatric clinical issue of falls in the elderly. Older adults don’t always suffer severe effects from falls, but for those who have more significant trauma, or those who were more impaired before the fall, the outcome can be devastating. This workshop will enable more understanding of the issues of falling and better recognition of fall hazards, so that we can more effectively mitigate the effects of falling and advocate for environmental improvements to protect our patients/clients. APS, SC/ADRC, LTC, N, CP, CMP
Workshop T14: Welcome to the Sandwich Counter: Advice for Caregivers  
Jane Marks, Dementia Specialist, Caregiver Consultant, Sandwich Caring

Reports state there are about 65.7 million family caregivers in the US. Not confined to a particular generation, all family caregivers find themselves sandwiched between their own health and wellbeing, interests and needs and those of the person for whom they care, which contributes to the stress caregivers already endure. Presumably, each of these family caregivers strives to be the best caregiver, but what defines being “the best” caregiver? Did you know experts have identified four emotional stages of caregiving? How does a caregiver’s personality exacerbate the stress of caregiving? What takes the biggest toll, the physical or emotional burdens of caregiving? Let’s answer these questions and discuss strategies that will help caregivers be the best they can personally be, as well as manage their own health and wellness as they travel the journey of caregiving.

SC/ADRC, N, CP, CMP

Workshop T15: Battling the Risks of TBI in the Aging Population of West Virginia  
Sara Miller, MPH, BS, TBI Specialist, WVU Center of Excellence in Disabilities, TBI Services

The workshop will touch on the risks of traumatic brain injury (TBI) within the ever-aging WV population by providing statistics, common mechanisms of injury, signs and symptoms of TBI within a senior, as well as disabilities associated as secondhand injuries to a traumatic brain injury. APS, SC/ADRC, LTC, N, CMP, MH

Wednesday, June 7

8:30 - 10:00 a.m. Concurrent Workshops

Workshop W1: Music Therapy: Leading the Way to Positive, Healthy Aging!  
Katie Martin, MT-BC, BA, Music Therapist, Center for Excellence in Disabilities; Haley Crane, MT-BC, BA, Music Therapist, On a Better Note Music Therapy

Ever wondered why hearing a certain song immediately brings a special memory with loved ones back to life? What makes music so relatable to all walks of life and what’s the big connection between music and health? Join us as two board-certified music therapists guide you through a fun, interactive workshop on the profession of music therapy and how it will benefit your patients, caregivers, staff, and health care facility. Participate in intervention examples, while learning what the research says about music therapy and aging. Come experience and discuss assessment and documentation processes, interdisciplinary collaboration, reimbursement and cost effectiveness, differences between music therapy and using music therapeutically, and how to find a music therapist near you! All caregivers, direct care staff, and health care administration are encouraged to attend.

SC/ADRC, LTC, N, CC, MH

Note: this workshop will repeat on Wednesday, June 8 from 3:00-4:30pm, Workshop W14. Please only register for one section.

Workshop W2: Art Projects for the Improvement of Fine Motor Skills  
Ariadne Gejevski, MA, Artist, Teacher, Muralist, ariadnART

All ages require the use of fine motor skills necessary for different everyday tasks. As one ages, the motor skills involving hands and fingers decline and as observed can lose their strength in writing, picking up objects, holding a book or even pressing down on a perfume bottle atomizer. This workshop will present unique therapeutic art projects, specifically involving the wrist and fingers, which also means challenging one to work at regaining muscle control by way of an artistic exercise. Attendees will have the experience in making two projects exemplifying fine motor skills. SC/ADRC, LTC, N, CP

Workshop W3: New Initiatives for Improving Clinical Outcomes for WV’s Elderly  
Shirley Nettie, MD, FACG, Maim Professor of Clinical Research in Geriatrics, Marshall University/Joan C. Edwards School of Medicine

This workshop will present two projects currently being undertaken in WV to improve the clinical outcomes of elderly persons. The first is CIRAC (Cognitive Impairment Recognition in Acute Care), and the second, RBADS (Rational Benzodiazepine Avoidance and De-prescribing Strategies). These topics represent extremely important issues in care of the elderly in which there is significant potential for the patients’ outcomes to be improved. The workshop will share important background information about the topics, and practical steps that can be done to ensure better clinical results for patients.

SC/ADRC, LTC, N, CMP

Workshop W4: Distinguishing Mental Health in Older Adults: One Size Does Not Fit All  
Amy Ernst, BS, Retired Program Director, Alzheimer’s Association

We know that Alzheimer’s disease and other dementia don’t impact the total aged population, but the stereotype of “old and forgetful” continues to be a guide that many embrace when defining aging, and mental illness continues to be what many hear when we speak about mental health. The focus on forgetfulness and memory concerns tend to overshadow other conditions and disease processes. Overlooked or un-diagnosed conditions lead to mismanagement and sometimes long term misery for the person with the condition, their caregivers and the community. Maintaining the person with dignity depends on eliminating labels, seeing beyond the display and defining appropriate care planning. Participants will be provided baseline information. Presentation will include a slide presentation and handouts, demonstration and discussion groups.

APS, SC/ADRC, LTC, N, MH

Workshop W5: How to Ensure that Your Aging Patient Gets the End-of-Life Treatment that Matters Most  
Alvin H. Moss, MD, Director, WV Center for Health Ethics and Law & the WV Center for End-of-Life Care; Courtney Dunithan, MSW, LGSW, Associate Director, WV Center for End-of-Life Care

Assisting Aging Patients to Receive End-of-Life Care that Matters Most will feature new research findings with regard to the efficacy of the Physician Orders for Scope of Treatment (POST) form to achieve quality metrics in end-of-life care and highlight the importance of completion of POST forms in conjunction with advance directives to respect individuals’ end-of-life treatment wishes. This course will enhance social workers’, nurses, chaplains, counselors, and gerontologists expertise in end-of-life resources in West Virginia and develop skills to have effective end-of-life conversations with individuals at the end of life. This workshop will correlate end-of-life care standards to the NASW Code of Ethics. This course will also provide an overview of the deliverables of the West Virginia system that ensures individuals’ wishes are honored including the involvement of Emergency Medical Services (EMS) in the West Virginia e-Directive Registry. This workshop is approved for social work ethics hours.

APS, SC/ADRC, LTC, N, CMP, MG
Person Centered Care and the Person with Dementia - Are We There Yet? (Part One)
Jane Marks, Dementia Specialist, Caregiver Consultant, Sandwich Caring

In the early 1990’s Tom Kitwood rocked the world of dementia care with the philosophy we have come to know as Person Centered Care. Person Centered Care is now, presumably the goal of all long term care. But are we there yet? Are we even close? Not a critique but a comprehensive review of what we know about the needs of the person with dementia, what we readily know about person centered care and the important pieces many of us don’t know - let’s talk about it. What will the future of dementia care need to look like? And what about the newest mandates from CMS and dementia care? Do we need more regulations? How can we comply? Dr. Maya Angelou noted author and memoirist said “I did then what I knew then. Now that I know better, I do better.” How can we do better? Come learn a little more and explore how we might do better. SC/ADRC, LTC, N, CMP, MG

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W12, 3:00-4:30pm.

Workshop W9: Ethical Perspectives on the “Right to Die” Movement (Part One)
Jeff Levesque, LICSW, LCSW-C, Clinical Social Worker, Hospice of the Panhandle

A growing number of states in the US have allowed physicians to assist terminally ill patients in ending their lives. This workshop will explore the ethical issues involved and how this trend may affect our clinical practice and personal decisions. Lecture and group discussion will be used to review the core principles of bioethics and the NASW Code of Ethics and to apply these principles in the review of the current “Death With Dignity” movement. Review of current West Virginia Advance Directive laws and current practice will be included. Case examples will be used, with guided group discussion, to examine ethical principles as they may apply to clinical practice situations. This workshop is approved for social work ethics hours. SC/ADRC, LTC, N, CMP, MH

Note: This is a two part workshop; please make sure you register for Part One, Workshop W10, 3:00-4:30pm.

Workshop W10: So, You Have to Make a Presentation
Nancy Cipoletti, BA, Director, Alzheimer’s Programs, WV Bureau of Senior Services

As an agency leader, you may have to stand in front of an audience and “sell” your organization. Speakers, trainers and advocates could benefit from this practical, interactive session - group activities, exercises, things that make you think, and drawing on your own experiences. Have some fun while you learn to make your presentations more memorable and become more confident in your ability to deliver an effective message. SC/ADRC, N, CP, MG

3:00 - 4:30 p.m. Concurrent Workshops

Workshop W11: 11 Ways to Age Well as a Care Provider (Part Two)
Chatman Neely, MSW, Owner, Barn With Inn Bed & Breakfast

Note: This is a two part workshop; please make sure you register for Part One, Workshop W6, 1:15-2:45pm.


Workshop W12: Person Centered Care and the Person with Dementia - Are We There Yet? (Part Two)
Jane Marks, Dementia Specialist, Caregiver Consultant, Sandwich Caring

Note: This is a two part workshop; please make sure you register for Part One, Workshop W7, 1:15-2:45pm.

Workshop W13: Ethical Perspectives on the “Right to Die” Movement (Part Two)
Jeff Levesque, LICSW, LCSW-C, Clinical Social Worker, Hospice of the Panhandle

Note: This is a two part workshop; please make sure you register for Part One, Workshop W8, 1:15-2:45pm. This workshop is approved for social work ethics hours.

Workshop W14: Music Therapy: Leading the Way to Positive, Healthy Aging!
Katie Martin, MT-BC, BA, Music Therapist, Center for Excellence in Disabilities; Haley Crane, MT-BC, BA, Music Therapist, On a Better Note Music Therapy

Note: This workshop is offered previously on Wednesday, June 7 from 8:30-10:00am, Workshop W1. Please see that listing for a full description of this session.

Workshop W15: Medicare Annual Wellness Visits and Chronic Care Management!
Dan Doyle, MD, Family Physician, New River Health Association FQHC, Cabin Creek Health Systems FQHC and Linda Stein, M.Ed, MSW, New River Health Association

With the Affordable Care Act of 2010, Medicare introduced two new services emphasizing preventive care and care management: the Annual Wellness Visit and monthly Chronic Care Management visits. Social workers have a unique set of skills that can increase the value of these visits in the primary care setting. In this workshop a physician and social worker will describe their experience providing these services together. The history, structure, and reimbursement for these new Medicare services will be reviewed. The actual process and documentation for these services will be demonstrated. Participants familiar with these services will be able to describe their own experiences and some of the challenges to providing these services in their own settings. SC/ADRC, N, CMP

4:45 - 6:30 p.m. Evening Keynote Presentation

Word Collage for Personal Well-Being
Ariadne Gejerski, MA, Artist, Teacher, Muralist, ariadnART

This challenging and rewarding session will explore the world of collage art from a personal wellness perspective, a creative outlet for those who need to stop, think and rejuvenate from daily pressures. In this form of art, participants will delve more deeply into their own identity and enjoy learning more about themselves by conceptualizing through art principles, paper and glue. Each participant will take part in developing a word collage bringing out the best in oneself.

Thursday, June 8

8:30 - 10:00 a.m. Concurrent Workshops

Workshop TH1: Dynamics of Abuse Later in Life
Mandy Weirich, MSW, Healthy Home Program Manager, Randolph County Housing Authority

This workshop will explore the dynamics of abuse in later life. Topics that will be discussed include caregiver stress, financial exploitation, abuse and neglect among the aging population. Participants will learn some of the many ways vulnerable adults fall victim to these crimes and how they can recognize the signs and report suspected abuse. APS, SC/ADRC, LTC, N, CP, MG, MH

Workshop TH2: It Takes a Village
Carolyn Rodis, JD, Vice President, Shepherdstown Area Independent Living (SAIL); Catherine Lewis, RN, MPA, Board Member and Volunteer for SAIL

This interactive program introduces the growing member-driven village movement in the United States, a new way to age in place. Nationwide, there are various models of villages, combining functional assistance, social activities, and intellectual pursuits, partnerships with other community groups and government entities, and volunteer opportunities. Members of the first village movement community in WV, Shepherdstown Area Independent Living (SAIL), will present examples of their model as well as other villages' responses to the needs of members. As part of the Village to Village network, members of SAIL have attended all six national conferences where villages support and learn from each other and hear about current research. All villages, whether urban or rural, creatively face aging, empowering members to age the way they want to, reducing demands on their children. SAIL engages in their community, forming partnerships with other nonprofits and a local university; banishing isolation through social and intellectual activities; and helping one another with transportation and tasks so that members can remain as independent as possible. SC/ADRC, MG

Workshop TH3: What You See Isn't Always What You Get: Unique Issues of Transgender Older Adults (Part One)
Samuel J. Leizear, MSW, BSJ, Field Education Director, WVU School of Social Work

Given our ethical mandate to treat all persons with dignity and respect, now, more than ever, it is imperative that WV health care, social service and other related providers educate themselves regarding advocating for and providing respectful and inclusive care to these individuals. This presentation will identify and address the unique issues faced by transgender older adults, particularly within the health care domain, and will also provide information and resources for providers ranging from adding simple, inclusive language to forms, marketing materials or policies and procedures, to the specific transition and non-transition related services now covered by Medicare toward the goal of enhancing access to health care for all persons. APS, SC/ADRC, LTC, N, CMP, CC, MG

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH8, 10:15-11:45am.
Conference Program

Workshop TH4: Meeting the Needs of Aging Veterans (Part One)
Marian Mankowski, PhD, MSW, LICSW, Assistant Professor, WVU School of Social Work; Michelle Noce-Owen, LGSW, Veterans Administration Medical Center; and Gary Jarrell, LICSW, Director, Charleston Vet Center

Understanding the unique needs of aging military veterans is important to community based service providers. This workshop will offer an overview of the specific biopsychosocial and spiritual needs of older military veterans, including caregiving and care receiving needs. This workshop will focus on clinical approaches and best practices on the complex issues experienced by aging military veterans including: depression, PTSD, at risk behaviors, comorbid complications of complex health conditions, reduced on limited access to social support (a leading indicator of physical/mental health status). Special cohorts within the population including female, LGBT, and justice involved veterans will be discussed. This workshop will provide case based material, videos and group discussion as a format. APS, SC/ADRC, LTC, N, CMP, CC, MH

This workshop satisfies WV Board of Social Work CE and WV Board of Examiners in Counseling requirements for training regarding mental health & veterans for license renewals beginning July 1, 2017.

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH9, 10:15-11:45am.

Workshop TH5: Honoring Spirituality in Later Life (Part One)
Lori Fell, LCSW, Program Manager, POWER New Day Outpatient Services

Spirituality is a source of hope and strength and is often overlooked in mental health and medical care. This workshop will help participants learn how to talk about faith and spirituality. We'll practice asking respectful questions regarding a person's faith practices. Folks will learn the difference between spirituality and religion and gain tools to assess the role that spiritual practices and faith play in the life of their consumers. APS, SC/ADRC, LTC, N, CC

10:15 - 11:45 a.m. Concurrent Workshops

Workshop TH6: Mobilizing Community Volunteers to Improve Health Outcomes in Older Adults
Elaine Bowen, EdD, CRCS, LD, Extension Specialist-Health Promotion, WVU Extension Service; WVU Extension Service and Lauren Prinzo, MPA, Families and Health Extension Agent, WVU Extension Service

The Health Motivator Initiative is a proven strategy to provide valuable health information and facilitate healthy changes in a rural older adult population. This presentation will provide an overview of the initiative, Health Motivator volunteers, curriculum, and a 2016 research study on its impact and outcomes. Conference participants will gain knowledge of research regarding health habits and barriers among rural older adults, experience with the interactive curriculum activities, knowledge of program evaluation strategies, tools and results, and applicable strategies to integrate and/or adapt into existing community programs and groups to promote healthy lifestyle habits and health consumerism. SC/ADRC, N, CMP, MG

Workshop TH7: Senior Hunger and the Aging Tsunami
Chad Morrison, MA, Executive Director, Mountaineer Food Bank; Cynthia Kirkhart, MS, MBA, Executive Director, Facing Hunger Foodbank; Vicki Cawthon, Agency Relations Coordinator-Senior Hunger Specialist, Mountaineer Foodbank

By 2025, the youngest of “Baby Boom Generation” will turn 60; food insecurity among seniors is projected to increase by 50%. Many of these seniors are projected to slip below the poverty line for the first time in their life. These seniors will be West Virginia’s newly poor, newly hungry. Our presentation focuses on the special challenges of Senior Hunger both historically and as we face the crest of the “Aging Tsunami”. We will focus on building awareness of the issue along with partnerships on a grassroots, State and Federal level to address the issue. Our conversation will explore policies and procedures that impact seniors and funding channels that may broaden our work. “Senior Hunger” is predicted to reach epidemic proportions within the next 15 years and will reach across all boundaries of health, medicine, geriatrics and social service. This session will be valuable to medical practitioners, social workers, teachers, nutritionists and all involved in the ageing services. SC/ADRC, N, CMP

Workshop TH8: What You See Isn’t Always What You Get: Unique Issues of Transgender Older Adults (Part Two)
Samuel J. Leizear, MSW, BSJ, Field Education Director, WVU School of Social Work

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

Workshop TH9: Meeting the Needs of Aging Veterans (Part Two)
Marian Mankowski, PhD, MSW, LICSW, Assistant Professor, WVU School of Social Work; Michelle Noce-Owen, LGSW, Veterans Administration Medical Center; and Gary Jarrell, LICSW, Director, Charleston Vet Center

This workshop satisfies WV Board of Social Work CE and WV Board of Examiners in Counseling requirements for training regarding mental health & veterans for license renewals beginning July 1, 2017.

Note: This is a two part workshop; please make sure you register for Part One, Workshop TH4, 8:30-10:00am.

Workshop TH10: Recognizing and Managing Clinically Significant Executive Dysfunction
Mark Miller, MD, Professor of Psychiatry, WVU Department of Psychiatry and Behavioral Medicine; Susan Millham, LICSW, WVU Department of Psychiatry and Behavioral Medicine

Participants will be given an overview of Executive Dysfunction. The Mild Behavioral Impairment-Checklist tool will be introduced, with description of how it can detect and better explain Executive Dysfunction. Video case examples will be presented. An overview of the use of Interpersonal Psychotherapy-Cognitive Impairment (IPT-c) with patients and caregivers will be presented. Class input and participation is encouraged. APS, SC/ADRC, LTC, N, CMP, MH
12:00 - 1:15 p.m. Boxed Lunch (Optional CE Offering)

**Old Wives’ Tales and Home Remedies – Myth or Fact**
Nancy Cipoletti, BA, Director, Alzheimer’s Programs, WV Bureau of Senior Services

When you were growing up, you probably heard old wives’ tales and superstitions from your mom or grandmother that they told as absolute truths. Were they fact or just myths passed down through generations? What about home remedies? Why do we feed a cold and starve a fever, eat chicken soup when we’re sick, drink warm milk at bedtime or eat carrots to improve our eyesight? We do it because we’ve been told from generation to generation that it works! Well, maybe it does, and maybe it doesn’t. Find out what research says about Grandma’s answers for everything.

1:30 - 3:00 p.m. Concurrent Workshops

**Workshop TH11: Optimizing Drug Therapy in Older Adults**
David Elliott, PharmD, BCGP, FASCP, FCCP, AGSF, Professor and Associate Chair of Clinical Pharmacy, WVU School of Pharmacy Program Director, CAMC/WVU PGY2 Geriatric Pharmacy Residency

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, and reduction of out of pocket prescription drug costs, and drug therapies that may be particularly problematic when used in older patients will be discussed. SC/ADRC, CMP

**Workshop TH12: What is Medicaid Planning for LTC? And How is it Accomplished?**
Scott Wyatt, Medicaid Advisor, WV Medicaid Advisors; John Kerr, Certified Medicaid Planner, WV Medicaid Advisors

What role does Medicaid Planning for Institutional LTC have in assisting our elderly understand all of their funding options for their LTC? Is Medicaid Planning ethical? Should we discuss planning, when should we discuss the benefits of planning, and should we refer our residents that may benefit from Medicaid planning to planning professional? We can’t answer all of these questions for you, but we can educate and inform you on how to determine when a resident and their family may benefit from the services of a professional Medicaid Planner!!! The rest is up to you! APS, SC/ADRC, LTC, CP, MG

**Workshop TH13: Caregiving Needs of LGBT Adults**
Mariann Mankowski, PhD, MSW, LICSW, Assistant Professor, WVU School of Social Work; Kris Hash, PhD, LICSW, Professor and Director, Gerontology Certificate Program, WVU School of Social Work

This workshop will provide a thorough overview of the caregiving needs and experiences of older LGBT adults. Information on the diversity within this subpopulation of older adults and co-morbid needs of both the care giver and care recipient will be explored. This workshop will be formatted to include case material, video, and opportunities of group discussion. APS, SC/ADRC, LTC, N, CC

**Workshop TH14: Addiction and Aging**
Lori Fell, LCSW, Program Manager, POWER New Day Outpatient Services

“Drinking is all she has left.” “He’s too old to change.” “They only drink because they are lonely.” All are common myths and misconceptions about addiction in older adults and seniors. The truth is people drink or use drugs for many different reasons- mostly because the use of drugs and alcohol provide temporary relief for both physical and emotional pain. Problems get worse when tolerance increases and individuals lose the ability to feel euphoria and are merely using to feel normal. This workshop will look at the signs and symptoms of addiction in the elderly, offer assessment strategies and explore resources for treatment. APS, SC/ADRC, LTC, N, CMP, MH

**Workshop TH15: Puppets, Poetry, & Poodles: Creative Tools for Engagement**
Linda Zimmer, Expressive Arts Therapist, Elkins Rehabilitation and Care Center

In this hands on session, Creative Arts Specialist Linda Zimmer will introduce a “Playful Protocol” as attendees learn how to create simple string puppets, short poems and scenarios with their clients, demonstrating that participation in the creative arts can promote self-esteem and provide a sense of accomplishment. The modalities explored may be adapted to varied populations with a range of cognitive and physical abilities. Clinicians and therapists will be able to explore new avenues of communication through this engaging process. Zimmer will be accompanied by toy poodle, Toby. Certified by Therapy Dogs International, Toby is an integral part of Zimmer’s practice as he provides comfort and helps establish rapport with nursing home residents. She will discuss the benefits of working with an emotional support animal. SC/ADRC, LTC, CP

3:15 - 4:15 p.m. Closing Presentation

**Appalachian Values and Music: Journey Across Time and Space**
Everett Lilly, Director, PhD, BSW Program Director, East Tennessee State University

In this closing session, Dr. Everett Lilly will discuss Appalachian values, the origin of early country/bluegrass music, and the impact the music has had worldwide. This presentation will cover the connections between Appalachian values with the music which, from the beginning, was intertwined with the Appalachian experience. The collection of songs from ordinary Appalachian people paved the way for the music and the values and experiences they represented to eventually spread around the world. The uplifting story of this journey will be presented and will include a performance of traditional songs by The Songcatchers, a multi-generational music group formed by Dr. Lilly over ten years ago. The presentation honors those Appalachians who gave a great gift to the world through music and song.

- **Everett Lilly, Director, PhD, BSW Program Director, East Tennessee State University**
Continuing Education Credits

Social Work: This conference has been approved for a maximum of 19.75 continuing education contact hours for licensed Social Workers in WV, MD, VA & PA, under the West Virginia University School of Social Work WVBWSW 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 WVBEC Provider #WVBEC-543. For a listing of approved WV LPC sessions, go to www.wvsioa.org.

Nursing: An application has been submitted for continuing education contact hours for nurses through the First Choice Health Systems Inc. CE Provider # WV2007-0511RN. For a listing of approved Nursing sessions, go to www.wvsioa.org.

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 and Lodging

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

Lakeview Resort and 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 $93 per night + tax Make a reservation by calling 800-624-8300 or 304-594-1111. Mention that you are with the “Summer Institute on Aging 2017” group to receive the special rate. You can also reserve a room online at https://reservations.travelclick.com/10398?groupId=1762755&hotelID=10398/#/guestsandrooms The code “SIOA 2017” is already entered at this link. Reservations must be made by May 20, 2017 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 $94 per night + tax (Block Code: SIA, Group Name: Summer Institute on Aging). Reservations must be made by May 20, 2017 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability. Reservations can be made online directly at the website https://goo.gl/RAsjSJ

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 20, 2017 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 (Page 1 of 2)

To register and pay online with a credit card go to wvsioa.org
To register and pay by check go to wvsioa.org or use the form below

Early bird registrations must be postmarked by May 20, 2017

For additional information contact: Jacki Englehardt, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506-6830, 304-293-3280, ce@mail.wvu.edu or visit our website at wvsioa.org

Name______________________________________ Badge First Name_________________

Employer/Affiliation ____________________________

Mailing Address _______________________________

City __________________ State ______ Zipcode ______

Phone (______)_____________ Email _______________________________________________

☐ I am a WVU Student taking this course for credit.

Seeking CE Credits for: ☐ SW ☐ Nursing ☐ GPC ☐ Counseling

☐ I do NOT want my contact information listed on the participant list.

☐ I will volunteer to convene a workshop.

Conference fees include lunches on all 3 days, CE credits and all conference materials.
Early bird registrations must be postmarked on or before May 20, 2017.

Please Select: 

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

☐ Retired $25  ☐ Student $25  ☐ Unemployed $25

☐ Multiple Registrants (3 or more and must register at the same time) $25

☐ WVDHHR $25  ☐ Active Field Instructor $50  ☐ Planning Committee $50

Total Registration Due $__________

☐ Check (Make checks payable to West Virginia University

REGISTRATION

Total Registration Due $__________

Name______________________________

Workshop Selections: Please pick 1st and 2nd choice for each time period.
Please use workshop number as indicated by each title in program (Ex. T8)

Tuesday, June 6

10:45 Morning Workshop: ☐ 1st Choice T______ 2nd Choice T______

Lunch provided: ☐ will attend ☐ will not attend

Vegetarian meal: ☐ Yes ☐ No

Indicate special dietary needs here: _______________________________________________

2:00 Afternoon Workshop: ☐ 1st Choice T______ 2nd Choice T______

3:45 Afternoon Workshop: ☐ 1st Choice T______ 2nd Choice T______

Wednesday, June 7

8:30 Morning Workshop: ☐ 1st Choice W______ 2nd Choice W______

Lunch provided: ☐ will attend ☐ will not attend

Vegetarian meal: ☐ Yes ☐ No

Indicate special dietary needs here: _______________________________________________

1:15 Afternoon Workshop: ☐ 1st Choice W______ 2nd Choice W______

4:45 Evening Presentation: ☐ will attend ☐ will not attend

Thursday, June 8

8:30 Morning Workshop: ☐ 1st Choice TH______ 2nd Choice TH______

10:15 Morning Workshop: ☐ 1st Choice TH______ 2nd Choice TH______

Lunch provided: ☐ will attend ☐ will not attend

Vegetarian meal: ☐ Yes ☐ No

Indicate special dietary needs here: _______________________________________________

1:30 Afternoon Workshop: ☐ 1st Choice TH______ 2nd Choice TH______

Cancellation Policy: Cancellations must be received by May 30, 2017. A processing fee of $25 will be charged for all cancellations. No refunds will be made after May 30, 2017. 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, Director of Professional & Community Education, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506 or 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 and 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.

Mail form and payment to: WVU School of Social Work

Attr: SIOA

PO Box 8830
Morgantown, WV 26506-8830

Amount Paid__________
Amount Unpaid__________
Payment Method__________
Reference #__________
Deposit Date__________
Confirm Date__________
Exhibiting Opportunities
RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 39th Summer Institute on Aging.

Exhibit space is limited so reserve your booth soon. To register your exhibit, go to http://wvsioa.org/exhibitors/ where you can register online or print, fill out and mail the exhibitor application form back to us!

Contact Jacki Englehardt at the WVU School of Social Work at ce@mail.wvu.edu or 304-293-3280 for information.