32nd Summer Institute on Aging

In Honor of Wisdom and Experience

June 8-10, 2010
Lakeview Resort & Conference Center
Morgantown, WV

West Virginia University
Division of Social Work
Center on Aging
Welcome to the 32nd Summer Institute on Aging presented by WVU Division of Social Work and WVU Center on Aging.

The 2010 theme is “In Honor of Wisdom and Experience”. As we strive to improve our skills in our work with older adults – it is important that we recognize on every level of service provision that our consumers are a wealth of knowledge and wisdom. Throughout our programming, we’ve included sessions which celebrate and demonstrate how we can improve our services by listening and learning from the people we serve.

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

Dr. Graham Rowles will kick off our conference on Tuesday June 8 with an opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families titled “Honoring Wisdom and Experience in Planning with Our Elders: Insights for West Virginia from Kentucky’s Elder Readiness Initiative”. For over 40 years, Dr. Rowles has dedicated his life to exploring the lived experience of aging. Dr. Rowles worked as the co-director of the WVU Gerontology Center (now the WVU Center on Aging) in the early 1980’s and we are thrilled to welcome him home!

Energetic speaker Ms. Jane Marks of the Alzheimer’s Association, West Virginia Chapter will deliver an upbeat mid-week keynote “Brain Health and Wellness: The Final Frontier” on June 9. Learn how you may be able to decrease your risk for Alzheimer’s disease by our state’s Alzheimer’s Association leader.

On Wednesday evening at 5pm, join us for a fun, entertaining keynote presentation by Dr. Everett Lilly “Traditional Music: Yesterday, Today, and Tomorrow”. Dr. Lilly and his intergenerational band The Songcathers return to us for a third year – don’t miss this event! (CEU’s available for Social Workers and Nurses)

Lunches will be provided each day and will include presentations honoring the wisdom and experience of caregivers (“It’s Just….” by Joanne Dennison on Tuesday June 8); social workers (a presentation of the Anita S. Harbert Outstanding Achievement in Aging Award on Wednesday June 9); and older adults (a performance by the String of Pearls dance troupe on Wednesday June 9). On Thursday June 10, Dr. Kristina Hash will close the conference lunches by showing video clips and leading a discussion about the documentary “Healing in the Hills” a series developed by the West Virginia Geriatric Education Center, WV Seniors, and WV Public Broadcasting.

New for this 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
- Cultural Competency/Diversity – CC
- Core Practice – CP
- Senior Center Directors/staff – SC
- Mental Health/Clinical – MH
- Management/Administration/Policy – MG

The 2010 Summer Institute on Aging in Morgantown is an excellent opportunity to learn, network, and celebrate the wisdom and experience that we all bring to our work!

Jacki Englehardt
Coordinator of Professional & Community Education
WVU Division of Social Work
304-293-3280
jacki.englehardt@mail.wvu.edu
Tuesday, June 8

8:00 am  Registration Opens

9:30 – 10:30am  Opening Keynote
Beatrice Ruth Burgess Memorial Lecture
Honoring Wisdom and Experience in Planning with Our Elders - Rowles

10:45am-12:15pm  Workshops
T1  Beyond the Menorah: Creating and Maintaining Cultural Diversity – Ernst
T2  Gambling Among Seniors – Moran
T3  Everybody’s Doing IT – Smith
T4  Building Geriatric Competencies – Hash

12:30-1:30 Lunch Presentation
“It’s Just….” – Dennison

1:45 - 3:15pm  Workshops
T5  1800 Gambler: A Model for Success – Moran
T6  Aging and Caregiving in the African American Community – Thomas
T7  WV’s Senior Centers Enrich Lives – Knabenshue, Kinsey, Ricks, Tanner
T8  ‘I Can’t Get Over It’: Trauma Recovery in Older Adults (Part 1) – Hardin

3:30-5:00pm  Workshops
T9  I Love You Too Much Too Let You Go – Ernst
T10  African American Male Caregivers – Thomas
T11  Country Roads, Keep Me At Home – Crist, Glazier
T12  ‘I Can’t Get Over It’: Trauma Recovery in Older Adults (Part 2) – Hardin

Wednesday, June 9

8:15-9:15am & 9:20-10:20am - Early Morning Networking Sessions

10:30-11:30am  Keynote
Brain Health and Wellness: The Final Frontier – Marks

11:45am – 1:15pm Lunch Presentation
Anita S. Harbert Award and performance by String of Pearls

1:30-3:00pm  Workshops
W1  Dealing with Aging Parents (Part 1: Caregiving) – Elliott
W2  Caring for Caregivers: Tools for Supporting Caregivers in Rural Areas (Part 1) – Slabinski, Fluhart
W3  Helping Seniors Avoid Financial Fraud – Terango, Shelene
W4  Validating Elders Living with PTSD – Levesque
W5  A Day in the Life of a Caregiver (Part 1) – Dennison

3:15-4:45pm  Workshops
W6  Dealing with Aging Parents (Part 2: Addictions) – Elliott
W7  Caring for Caregivers: Tools for Supporting Caregivers in Rural Areas (Part 2) – Slabinski, Fluhart
W8  What Does Your Billboard Say – Cipoletti
W9  Validating Elders Living with PTSD – Levesque
W10  A Day in the Life of a Caregiver (Part 2) – Dennison

5:00-6:30pm Workshop - Traditional Music: Yesterday, Today, and Tomorrow – Lilly

Thursday, June 10

8:30-10:00am  Workshops
TH1  Your Home – Hazardous to Your Health? – Crowley
TH2  Medicare 101 – Herd
TH3  Is it Job Burnout or Stress? – Deutsch
TH4  Race, Place, and Faith on the Aging Journey (Part 1) – Radu
TH5  Ethics Issues for Social Workers who work with the Elderly (Part 1) – Powell

10:15-11:45am  Workshops
TH6  Healthy Dying: A Creative End of Life Friendship – Appelgren
TH7  Medicare Advanced – Herd
TH8  Honoring the Wisdom & Experience of Family Caregivers – Simon-Rusinowitz, Ruben, Stanger
TH9  Race, Place, and Faith on the Aging Journey (Part 2) – Radu
Honoring Wisdom and Experience in Planning with Our Elders: Insights for West Virginia from Kentucky’s Elder Readiness Initiative

Graham D. Rowles, PhD, Professor of Gerontology, University of Kentucky

Over the past decade many states have developed significant needs assessment and planning initiatives in anticipation of the retirement and aging of a large cohort of Baby Boomers (persons born between 1946 and 1964). This presentation reports on Kentucky’s Elder Readiness Initiative (KERI); a statewide collaborative project initiated in 2005 that involves the Commonwealth’s Department of Aging and Independent Living, all 15 Area Agencies on Aging, and the Graduate Center for Gerontology at the University of Kentucky. The goal of KERI is “To foster statewide awareness, dialogue and insight into the challenges and opportunities provided by the aging of the “Baby Boom” population and stimulate local and statewide initiatives to appropriately address the pending changes that will result from this process.” To date, KERI has involved 30 focus groups and 60 community forums held in locations throughout the state as well as a statewide survey of 9,600 households, the publication of numerous bulletins and reports, and the initiation of elder readiness-related activities throughout the state. KERI is evolving into a statewide movement for community change.

This presentation will emphasize three primary themes: (1) the active role that older adults of the Baby Boom generation are playing in defining their aging and shaping the character of the communities where they reside; (2) the need to be proactive in harnessing the wisdom and experience of elders in community development; and (3) the potential and opportunities for developing KERI-like initiatives in West Virginia.

This keynote presentation is sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities.
Tuesday, June 8 continued

10:45-12:15 pm  Concurrent Workshops

**Workshop T1**  Beyond the Menorah: Creating and Maintaining Cultural Diversity and Spirituality in a Care Setting  
*Amy Ernst, BS, Education Specialist, Alzheimer’s Association, West Virginia Chapter*

This workshop will provide participants working definition of cultural diversity and spirituality. Participants will discuss how this directly impacts quality care for individuals and their caregivers. This workshop will teach things that nourish an individual emotionally and enhance care. Through discussion, participants gain understanding of cultural diversity through gender specific roles, ethnic roles, family hierarchy, symbols and rituals.  *SC, CC*

**Workshop T2**  Gambling Among Seniors  Healthy Hobby or Dangerous Diversion?  
*Sheila Moran, MSW, LSW, Director of Development, The Problem Gamblers Help Network of WV*

When we work with the aging population, one consistent issue is lack of recreation and loneliness. Seniors are often encouraged by caregivers and friends to take up gambling as a hobby to alleviate these issues. Although most people are able to gamble responsibly, gambling addiction is an issue for this population. This workshop will help attendees learn to differentiate between recreational and problem gambling and know what steps to take if a gambling addiction is suspected.  *APS, SC, MH*

**Workshop T3**  Everybody’s Doing IT! Information and Referral 101  
*Robin Smith, LSW, Executive Director of WV 211*

This workshop will put a name and profession on a basic social work service that everyone is doing. Providing assessment and information and referral services is a foundation of social work practice and an emerging profession. We will discuss the core concepts of Information and Referral, the roles and responsibilities, challenges and barriers. We will also explore the IR programs and services available in West Virginia specifically and across the country.  *APS, SC, CP*

**Workshop T4**  Building Geriatric Competencies  
*Kristina Hash, Phd, MSW, Associate Professor, West Virginia University Division of Social Work*

This workshop will discuss the critical issues facing older adults and their families and introduce a set of geriatric competencies for use in traditional aging and other agency settings. Participants will be asked to assess the usefulness of the competencies for their practice as well as identify unique competencies for working with older adults and their families in small towns and rural areas. Ideas for implementing competencies into student learning contracts will also be discussed.  *APS, SC, CC*

12:30-1:30 pm  Lunch Presentation

“It’s Just…..”  
*Joanne Dennison, MEd, CMP, Owner, Ordinary Success, LLC*

How many times did you use the word “just” today to a patient and their caregivers? Or thought it? “I’m just going to take some blood…”; “I have just a few questions…”; “It will just be a few more minutes…”

When a family is in time of crisis, there are no “Justs”. Even just doing the laundry or the grocery shopping becomes a herculean task. Learning the ins and outs of the medical world, insurance, Medicare, discharges, POA (both D and M!) in addition to the emotional grief can take the strongest person down. You have most likely chosen the field you are in to “help people”. Could there be ways that you are actually contributing to this stress when you are meaning to help? Not by the information you are giving—but how you give it?
Conference Program cont.

Tuesday, June 8 (continued)

1:45-3:15pm Concurrent Workshops

Workshop T5 1800Gambler - A Model for Success
Sheila Moran, MSW, LSW, Director of Development, The Problem Gamblers Help Network of WV

In this era of budget cuts it’s crucial that agencies be able to demonstrate the effectiveness of their program. If your agency were up for review would you be able to give solid statistics demonstrating the need for your services? If a reviewer ‘mystery shopped’ your agency, are you sure their experience would be positive? At 1800GAMBLER we are proud that we have developed a program with high client satisfaction, and data that continues to justify our funding. I’d like to share with you how we have done this over the last ten years, along with some of the stumbling blocks along the way. SC, MG

Workshop T6 Aging and Caregiving in the African American Community
Norma Thomas, DSW, MSW, MSW Program Director, California University of Pennsylvania

This workshop is designed to provide service providers working with African American elders and their families the tools for effective communication and service delivery. Through the use of case examples and interactive discussions the workshop will explore issues related to historical context, value and belief systems and how each impact on receiving care as well as the role of caregiving in the African American community. APS, AC, CC

Note: To learn more about African American Male Caregivers, register for Workshop T10, 3:30- 5:00pm on 6/8/10

Workshop T7 West Virgina’s Senior Centers Enrich Lives
E. Mark Knabenshue, BS, Executive Director, Committee for Hancock County Senior Citizens, Inc.; Chuck Ricks, Executive Director, Roane County Committee on Aging; Cinda Kinsey, Executive Director, Greenbrier County committee on Aging; Jack Tanner, Executive Director, Raleigh County Commission on Aging

Years ago there was a supermarket television ad that focused on a deli worker standing behind the meat case and adamantly crying out to her customers, “Aaasssk!” “You want bologna…ask.” “You want Dutch loaf …ask.” This same scenario exists within the Aging Network in West Virginia. And, you guessed it; the meat case is located at your county’s Senior Center. They offer a wide array of programs and services as diverse as fried bologna in the southern part of WV to Isaly’s chopped/chopped ham in the northern part of the state. This workshop will highlight the importance of the services available through discussion and hands on experience. Learn how these agencies are responding to the growing and changing senior population in WV. Not only are they providing the “staples” for older adults in your community (i.e. transportation and nutrition), but also many additional “goodies” (i.e. Wii). You will be surprised with what you discover about these special places by simply asking! SC, CP

Workshop T8 ‘I Can’t Get Over It’: Trauma Recovery and Older Adults (Part One)
D. Steve Hardin, EdS, MSW, LICSW, Teaching Assistant Professor, WVU Division of Social Work

Trauma recovery is different for individuals dependent upon where the person is in lifespan development. Content will include a brief overview of trauma theory and trauma recovery, but focus on specific trauma recovery issues in older adults. This workshop will present traditional trauma theory and recovery and specifically cover recovery with older adults. Comparisons of the recovery process throughout the lifespan will be explored. A didactic/discussion format will be used. Participants will be encouraged to react to case examples and video clips. Examples of video clips to be used will be taken from About Schmidt, When the Levees Broke, On Golden Pond, and the West Virginia Veterans’ Project. APS, MH

Note: This is a two part workshop; please make sure you register for Part Two, Workshop T12, 3:30-5:00pm
Tuesday, June 8 (continued)

3:30-5:00pm  Concurrent Workshops

Workshop T9  I Love You Too Much to Let You Go But Maybe I Need To
Amy Ernst, BS, Education Specialist, Alzheimer’s Association, West Virginia Chapter

This workshop provides participants basic understanding of life stressors that complicate caregiver roles. Participants will explore the psychological reasons that some caregivers cannot let go and strategies for assisting them in the steps to “let go” of loved one as the disease changes occur. Through activity and discussion, you will define caregivers who are at risk of “not letting go”, and the reasons. CP, MH

Workshop T10  African American Male Caregivers: The Untold Story
Norma Thomas, DSW, MSW, MSW Program Director, California University of Pennsylvania

There is very little substantive research on African American male caregivers who are increasingly called upon to provide informal care. This workshop presents the results of a qualitative study examining the unique struggles and insights of older African American male caregivers who provide(d) care for their significant others and or other members of their immediate families. APS, SC, CC

Note: To learn more about Aging and Caregiving in the African American Community, register for Workshop T6, 1:45-3:15pm on 6/8/10

Workshop T11  Country Roads, Keep Me at Home
Amber Crist, MS, CHES, CC AHEC Director and Karen Glazier, Senior Medical Home Care Coordinator, Cabin Creek Health Systems

Mrs. Bartlett, widowed, is unable to get to her doctor’s appointment and just about anywhere else because of mobility problems. It is six steps down to her yard and another three steps up to the street -- a bit more of a challenge to her aging body than in the past. A home visit by a specially trained medical assistant at her home quickly identifies the problem and the wheels begin turning. Find out how Mrs. Bartlett’s concerns are resolved through the Cabin Creek Health Systems Senior Medical Home. This program has developed a community based, interdisciplinary focused approach for its “at-risk” older patients. Mobilizing existing community resources to prevent or delay excessive hospitalization or institutionalization requires engagement and alliances beyond what many would consider standard medical care. The workshop presenters will present materials and personal anecdotes addressing the project’s development, successes and challenges and how this model could be replicated in other medical homes across the state. APS, SC, CP

Workshop T12  I Can’t Get Over It: Trauma Recovery and Older Adults (Part Two)
D. Steve Hardin, EdS, MSW, LICSW, Teaching Assistant Professor, WVU Division of Social Work

Note: This is a two part workshop; please make sure you register for Part One, Workshop T8, 1:45-3:15pm

Wednesday, June 9

8:15-9:15 am & 9:20-10:20 am  Morning Networking Sessions

10:30-11:30am  Keynote Presentation
Brain Health and Wellness: The Final Frontier
Jane Marks, Executive Director, Alzheimer’s Association, West Virginia Chapter, Charleston, WV

Join Jane Marks of the Alzheimer’s Association on a journey to explore the current philosophies on brain health and the changes in mindset necessary to make it a key element in one’s overall health strategy. The latest research in decreasing risk or delaying the onset of Alzheimer’s disease and strategies to keep our brains healthy will be highlighted.
Wednesday, June 9

11:45 - 1:15 pm  Lunch Presentation
Anita S. Harbert Outstanding Achievement Award and performance by the String of Pearls a senior tap dancing group from Morgantown, WV.

1:30-3:00pm  Concurrent Workshops

Workshop W1  Dealing with Aging Parents: Caregiving, Co-Dependency, and Addictions
(Part One: Caregiving)
Jeffrey D. Elliott, LPC, CAC, CEAP, CCAC, LSW, LCDCIII, Therapist, PSIMED Corrections LLC

This two-part presentation will focus on the problems associated with children who are dealing with their aging parents or other aging adults including relatives. Participants will receive an overview and gain perspective on the social, sexual, physical, emotional, mental, spiritual and occupational losses of the aging. The first part focuses on care giving in general and the second on how alcohol, drugs, including prescription medications, and other addiction issues play a role in caregiving. Individuals will be able to understand the emotional responses of adult children responsible for care. Individuals will also be introduced to how family members are affected and what support systems and community resources are available for both the parents and caregivers. Case studies for both the caregiving and addictions portion of the program will be presented and discussed with input from the participants.  APS, SC, MH

Note: Part One (1:30-3:00pm) focuses on Caregiving and Part Two, Workshop W6 (3:15-4:45pm) focuses on Addictions. Part One is NOT a pre-requisite for Part Two.

Workshop W2  Caring for Caregivers: Tools for Supporting Caregivers in Rural Areas (Part One)
Mary Slabinski, LGSW, MSW, Rural Health Program Specialist/Clinical, Center for Excellence in Disabilities and Inetta Fluharty, ATP, Field Operations Manager, NWVCIL

Everyday hundreds of farmers experience debilitating injuries resulting in permanent disabilities. The increasing age of our farmers not only increases the farmer’s risk of acquiring a disability but also care giving roles within farm families. Adjusting to care giving roles and the presence of disabilities can quickly lead to negative emotions, burnout and family strain. This session will spotlight the warning signs of burnout, coping techniques for care giving stressors, strategies for nurturing family relationships, and suggestions for successful role-changing. Information will be presented from an agricultural perspective to convey an appreciation for the values and customs of farm communities as well as the challenges these characteristics and aging present. APS, MH

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W7, 3:15-4:45pm

Workshop W3  Helping Seniors Avoid Financial Fraud
James Terango, Director of Field Services and David Shelene, Field Representative, West Virginia State Auditor’s Office

Though seniors are growing savvier about their financial affairs, they still tend to be more trusting, less rude and more easily intimidated. These traits may make seniors attractive to financial fraudsters by mail, in person or on the Internet. But field representatives from the West Virginia State Auditor’s Office believe the best way to combat financial fraud is for seniors to become knowledgeable consumers. APS, SC, CC, CP

Workshop W4  Validating Elders Living with PTSD
Jeffry Levesque, MSW, LICSW, LCSW-C, LCSW, Clinical Social Worker, Hospice of the Panhandle

Self validation and resolution of life’s conflicts may be affected by chronic post traumatic stress. This session examines post traumatic stress and its social, emotional and physical consequences and discusses practical clinical approaches for clinicians and caregivers to affirm the life experiences of elders. APS, SC, MH

Note: This workshop is repeated on Wednesday 6/9/10 at 3:15pm, Workshop W9
Wednesday, June 9

Workshop W5  A Day in the Life of a Caregiver (Part One)
Joanne Dennison, MSEd, CMP, Owner, Ordinary Success, LLC

You got up and went to work today to the world of eldercare. You will go home tonight to your family. For the caregiver, eldercare has no beginning or end. They do not go home and get a break; in fact frequently the caregiving is at home. It displaces their whole world. They are “on” 24/7. And if one more person says “Don’t forget to take care of yourself”…they will scream. You see how the caregiver fits into your organization, but they are dealing with numerous facilities and services in addition to medical, legal, financial and personal worlds. It is far bigger than what is going on in your four walls.

Every extra piece of mail, phone call, or time they have to track down information that could have been handled in the first contact…pushes them to exhaustion and times of despair. Call them patients, clients or something else…but in the end they are customers. How is your customer service? SC, CP, MG

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W10, 3:15-4:45pm

3:15-4:45pm  Concurrent Workshops

Workshop W6  Dealing with Aging Parents: Caregiving, Co-Dependency, and Addictions (Part Two: Addictions)

Note: This is a two part workshop; for full description see Part One, Workshop W1, 1:30-3:00pm. Part One focuses on Caregiving and Part Two focuses on Addictions. Part One is NOT a pre-requisite for Part Two.

Workshop W7  Caring for Caregivers: Tools for Supporting Caregivers in Rural Areas (Part Two)
Mary Slabinski, LGSW, MSW, Rural Health Program Specialist/Clinical, Center for Excellence in Disabilities and Inetta Fluharty, ATP, Field Operations Manager, NWVCIL

Note: This is a two part workshop; please make sure you register for Part One, Workshop W2, 1:30-3:00pm

Workshop W8  What Does Your Billboard Say?
Nancy Cipoletti, Director of Alzheimer’s Programs for the WV Bureau of Senior Services

Each of us is a walking billboard that conveys multiple messages throughout the day. We communicate different messages to different people at different times. We continually send signals, both purposefully and unintentionally, quite often without ever saying a word. We’re going to take a look at non verbal forms of communication, and as we do, you will be encouraged to think about what your own billboard says. What do you communicate to others beyond the words you say? What are your clients communicating to you? And how can you improve your skills to both send and receive nonverbal signals accurately? APS, SC, CP, MG

Workshop W9  Validating Elders Living with PTSD
Jeffry Levesque, MSW, LICSW, LCSW-C, LCSW, Clinical Social Worker, Hospice of the Panhandle

Note: This is a repeat of Workshop W4 offered on Wednesday 6/9/10 at 1:30pm

Workshop W10  A Day in the Life of a Caregiver (Part Two)
Joanne Dennison, MSEd, CMP, Owner, Ordinary Success, LLC

Note: This is a two part workshop; please make sure you register for Part One, Workshop W5, 1:30-3:00pm
Wednesday, June 9 continued

5:00-6:30pm  Evening Presentation
“Traditional Music: Yesterday, Today, and Tomorrow”
Everett Lilly, Ph.D., Professor/Director Social Work, Mountain State University

This workshop will focus on traditional music in Appalachia past and present. Areas to be addressed include the history of bluegrass music, the important roles it has played in the lives of people, the role of bluegrass music in promoting positive images of Appalachian culture, and the future. The workshop will include a performance by Dr. Everett Lilly and The Songcatchers, a multi generational traditional music group.

Thursday, June 10

8:30-10:00am  Concurrent Workshops

Workshop TH1  Your Home - Hazardous to Your Health?
Lynne Crowley, Compliance/Reimbursement Manager, All Med, LLC

Injuries to the elderly in their own home are more frequent than most would like to imagine. Often preventable, these accidents can be dramatically reduced by the identification of home hazards. Learn how seeing a home through new eyes typically alerts the aging occupants to situations they have never viewed as problematic and likely wouldn’t until an accident occurs.  **APS, SC, CP**

Workshop TH2  Medicare 101
Melissa A. Herd, Health Insurance Specialist, Centers for Medicare and Medicaid Services

This session will contain basic information about the Medicare program. It is divided into four lessons that include a brief overview of the Medicare program including eligibility and enrollment. In addition, participants will learn about benefits provided under Part A and Part B, and discuss the different ways people can get Medicare. Finally, this presentation will touch on Medicare Advantage Plans, Medicare prescription drug coverage and provide information on programs that are available to help people with Medicare pay for health care expenses if they have limited income and resources.  **APS, SC, CP**

Note: To learn more about Medicare, attend the second part of this session, Workshop TH7 at 10:15am on 6/10/10

Workshop TH3  Is It Job Burnout or Just Stress?
Patty Deutsch, MA, LPC, Tobacco Policy Director, Wellness Council of WV

Job burnout has become prevalent as the economy and workloads have created extra work and stress for workers nationally. This workshop will offer easy tips to identify stress, overwork, and potential job burn out in all workers. Mid level managers will greatly benefit from this workshop, which will include tips that may help encourage healthier work environments.  **APS, SC, MH, MG**

Note: This workshop is repeated on Thursday 6/10/10 at 1:30pm, Workshop TH15

Workshop TH4  Race, Place, and Faith on the Aging Journey (Part One)
Valerie Radu, PhD, MSW, Social Work Dept. Head, University of Tennessee-Chattanooga

This workshop utilizes movie clips, case studies, and role plays to integrate the various dimensions of diversity. Through these experiential methods participants will actively explore their own biases, identify best practices, and collaborate to develop strategies for increasing the cultural competence of their organization.  **APS, SC, CC**

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

Workshop TH6  ‘Healthy Dying’: A Creative End-of-Life Friendship
Barbara Appelgren, LCSW, retired volunteer with Eastern Panhandle Free Clinic

During an unusual year and a half in the company of Berry Morgan, a dying prize winning Southern author, BJ Appelgren became the recipient of a unique course in writing. They were just friends but their unforeseen relationship made them discuss the varied possibilities of end of life scenarios. Ms. Appelgren, a social worker, will describe her experience with Ms. Morgan and facilitate discussion on end of life concerns the dying person’s attitudes, family’s wishes, beliefs and fears, using the individual’s interests for creative life review projects, and an introduction to two documents that can guide people in sorting out end of life wishes. SC, CC

Workshop TH7  Medicare Advanced
Melissa A. Herd, Health Insurance Specialist, The Centers for Medicare Medicaid Services

This session is intended for participants who already have a basic understanding of Medicare. The information covered in this session will include additional information about types of Medicare Advantage Plans, Medigap plans, and whether Medicare is the primary payer or the secondary payer. APS, SC, CP

Note: To gain a basic understanding of Medicare, attend the first part of this session, Workshop TH2 on 6/10/10 at 8:30am

Workshop TH8  Honoring the Wisdom and Experience of Family Caregivers
Lori Simon-Rusinowitz, MPH, PhD, Associate Professor, University of Maryland School of Public Health; Kathleen Ruben, MS, PhD Candidate, University of Maryland School of Public Health; and Debbie Stanger, Family Caregiver

Home and community based service systems for older Americans depend on the strength of family care giving. Family members caring for persons with Alzheimer’s, dementia, and related conditions face unique challenges. This presentation will examine the experiences of these family caregivers in Personal Options, the self-directed option in West Virginia’s Medicaid Aged and Disabled Waiver program. Researchers from the University Of Maryland School Of Public Health will present their findings about the training and support needs of family members caring for persons with Alzheimer’s, dementia, or related conditions in home and community based settings. Two family caregivers will present their stories. APS, SC, MG

Workshop TH9  Race, Place, and Faith on the Aging Journey (Part Two)
Valerie Radu, PhD, MSW, Social Work Dept. Head, University of Tennessee-Chattanooga

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

10:15-11:45am Concurrent Workshops (continued)

Workshop TH10 Ethics Issues for Social Workers who work with the Elderly: How Can You Minimize Your Risk and Improve Your Practice? (Part Two)
Sueann F. Schwille, MSW, FSL and Karl Schwille, FSL, Turner Robertshaw Funeral Home

Note: This is a two part workshop; please make sure you register for Part One, Workshop TH5, 8:30-10:00am

12:00-1:15pm Lunch Presentation
Healing in the Hills
Kristina Hash, PhD, MSW, Associate Professor, West Virginia University Division of Social Work

This lunch session will show and discuss "Healing in the Hills", an original series of television reports produced by WV Public Broadcasting, the Geriatric Education Center and WVSeniors.org. The series specifically addresses issues faced by seniors in West Virginia through interviews with patients and health care providers. Topics include the challenges in accessing health care, solutions to these challenges, and how culture, traditions and beliefs influence health decisions in the Mountain State.

1:30-3:00pm Concurrent Workshops

Workshop TH11 Don't Be Caught Dead: Plan Instead (Part One)
Sueann F. Schwille, MSW, FSL and Karl Schwille, FSL, Turner Robertshaw Funeral Home

Looking ahead and making personal decisions regarding end of life planning including funeral arrangements and financing has become an essential part of estate planning. Pre-planning for such end of life arrangements spares family members from making emotional decisions that may not be consistent with your own desires. This workshop will focus on giving a basic understanding of information regarding the funeral arrangement process, including straightforward facts about legal requirements and costs, as well dealing with "special circumstances" much more smoothly by arranging for them in advance. Questions and comments will be addressed throughout the presentation and live interactions.

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH16, 3:15-4:45pm

Workshop TH12 The End of Life: What the Dying Teach Us (Part One)
Kathie Campbell, LSW, Marketing Director, Hospice Council of West Virginia, Hospice of the Panhandle

This presentation will consider the work of Dr. Ira Byock (landmarks and tasks at the end of life as outlined in his book Dying Well: The Prospect for Growth at the End of Life) and will be illustrated by stories about hospice patients and families. Experiential exercises and discussion will sensitize participants to the value of holistic and optimistic program of care for those at the end of life.

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH17, 3:15-4:45pm

Workshop TH13 Writing Down the Ages (Part One)
Wendy Tuck, MA, BA, Executive Director, Volunteer Action Center - FaithLink

This workshop will address creativity in the aging process in a ‘learn by doing’ method. By using various prompts for writing, participants will learn various ways they or their clients/patients and their families can use creative writing to work with limitations, develop understanding, coping skills, and appreciation. They will come to understand the ways that the journaling/creative writing process improves health and attitudes, and provides an outlet for ones creativity.

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH18, 3:15-4:45pm
Thursday, June 10 continued

1:30-3:00 pm  Concurrent Workshops (continued)

Workshop TH14  Snoezelen Therapy in Dementia Care Units
Robert M Thompson, MS, LSW, LPC, Memory Care Facilitator, Angela Deaton, Activities
Assistant  of Auguste’s Cottage, Eagle Pointe

Snoezelen Room in Dementia/Alzheimer’s Special Care Units is a concept being used to help promote
calmness, relaxation and bring back times of positive memories. This workshop will define and describe
a Snoezelen room and provide education to participants on the benefits, research and provide a hand
on experience of what it is like to be in a room where multisensory equipment is used. The workshop
presenter will provide with knowledge of how to be creative in dealing with our aging population. APS, MH

Note:  This workshop is repeated on Thursday 6/10/10 at 3:15pm, Workshop TH19

Workshop TH15  Is It Job Burnout or Just Stress?
Patty Deutsch, MA, LPC, Policy Director, Wellness Council of West Virginia

Note:  This is a repeat of Workshop TH3 offered on Thursday June 10 at 8:30am, see that listing for full
derscription.

3:15-4:45pm  Concurrent Workshops

Workshop TH16  Don’t Be Caught Dead: Plan Instead (Part Two)
Sueann F. Schwille, MSW, FSL and Karl Schwille, FSL, Turner Robertshaw Funeral Home

Note:  This is a two part workshop; please make sure you register for Part One, Workshop TH11, 1:30-
3:00pm

Workshop TH17  The End of Life: What the Dying Teach Us (Part Two)
Kathie Campbell, LSW, Marketing Director, Hospice Council of West Virginia, Hospice of the Panhandle

Note:  This is a two part workshop; please make sure you register for Part One, Workshop TH12, 1:30-
3:00pm

Workshop TH18  Writing Down the Ages (Part Two)
Wendy Tuck, MA, BA, Executive Director, Volunteer Action Center – FaithLink

Note:  This is a two part workshop; please make sure you register for Part One, Workshop TH13, 1:30-
3:00pm

Exhibiting Opportunities - RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 32nd 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 Division of Social Work at 304-293-3280 for information.
Thursday, June 10 continued

3:15-4:45pm Concurrent Workshops (continued)

Workshop TH19 Snoezelen Therapy in Dementia Care Units
Roberta ‘Robbie ‘ Thompson, MS, LCSW, LPC, Memory Care Facilitator, Angela Deaton, Activities
Assistant of Auguste’s Cottage, Eagle Pointe

Note: This is a repeat of Workshop TH14 offered on 6/10/10 at 1:30pm, see that listing for full description

Workshop TH20 Responding to the Challenges of Low and Limited Health Literacy
Nancy Daugherty, BA, Program Coordinator, West Virginia Geriatric Education Center

This workshop focuses on improving knowledge about health literacy, skills for communicating with limited literacy seniors and attitudes about modifying communication strategies for low literacy seniors. APS, SC, CP

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2010 SIOA PLANNING COMMITTEE

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

Ellen Dalton, Senior Monongalians
Nancy Daugherty, WV Geriatric Education Center
Maria Durbin, Consultant
Kris Hash , WVU Division of Social Work
Shelley Hopple, WVU Division of Social Work
Sherry Kuhl, WVU Center on Aging
Susie Layne, WVDHHR
Carrie O’Neil, Hospice Care Corporation
Julie Patrick, WVU Department of Psychology
Haley Simmons, WVU Division of Social Work
Loriann Sonntag, Visiting Homemakers
Freddie White, WV Bureau of Senior Services
Karen Harper-Dorton, WVU Division of Social Work
Nancy Lohmann, Beatrice Ruth Burgess Center, WVU Division of Social Work

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

Social Work: This conference has been approved for a maximum of 21.0 continuing education contact hours for licensed Social Workers in WV, MD, VA & PA, under the West Virginia University School of Social Sciences, Division of Social Work WVBSWE Provider #490051. An application for approval for Ohio Social Work CEUs has been submitted. Ohio licensed social workers should contact the Professional & Community Education office at: 304-293-3280 or email Jacki.Englehardt@mail.wvu.edu to determine the status of the application PRIOR to registering for the conference. Social Workers from other states should contact their respective licensure boards regarding approval PRIOR to registering for the conference.

Counseling: This conference has been approved for a maximum of 16.75 continuing education contact hours for Licensed Professional Counselors in WV under the West Virginia University School of Social Sciences, Division of Social Work WVBEC Provider #WVBEC-543. An application for approval for Ohio LPC CEUs has been submitted. Ohio LPCs should contact the Professional & Community Education office at 304-293-3280 or email Jacki.Englehardt@mail.wvu.edu to determine the status of the application PRIOR to registering for the conference.  

Nursing: This conference has been approved for 22.8 CEUs for nurses through the WVU Center on Aging Provider # 2004-0458RN.

PARKING/LODGING

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

Lakeview Resort & Conference Center: Located off I-68, Exit 10 (Cheat Lake). A block of rooms has been reserved at a special group rate of $79 per night + tax (Group Code: Summer Institute on Aging). The phone number is 304-594-1111 or 1-800-624-8300. Reservations can also be made online at: https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=435708&hotelID=10398. Reservations must be made by May 17, 2010 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: Located right off of I-68, on Exit 7, in the Glenmark Center. Phone number is 304-291-2600. A block of rooms has been reserved at a special group rate of $89.00 per night + tax (Group Code: Summer Institute on Aging). Reservations must be made by May 17, 2010 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Spring Hill Suites: Located just off I-68, Exit 4, turn right off of the exit and travel .5 miles. The phone number is 304-225-5200. A block of suites has been reserved at a special group rate of $95 per night + tax (Group Code: Summer Institute on Aging). Reservations must be made by May 17, 2010 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 Resource Center at http://visit.wvu.edu and click on directions & lodging.
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 8th:
10:45 Morning Sessions: 1st Choice________  2nd Choice ________
Lunch provided ____will attend ____not         Vegetarian Meal ____Yes  ____No
1:30 Afternoon Sessions: 1st Choice ________ 2nd Choice ________
3:15 Afternoon Sessions: 1st Choice ________ 2nd Choice ________

Wednesday, June 9th:
Networking Sessions ____will attend ____will not attend
Lunch provided____will attend ____not         Vegetarian Meal ___Yes  ___ No
1:30 Afternoon Sessions: 1st Choice ________ 2nd Choice ________
3:15 Afternoon Sessions: 1st Choice ________ 2nd Choice ________
5:00 Evening Session ____will attend ____will not attend

Thursday, June 10th:
8:30 Morning Sessions: 1st Choice ________  2nd Choice _________
10:15 Morning Sessions: 1st Choice ________  2nd Choice _________
Lunch provided ____will attend ____not       Vegetarian Meal ____Yes ____No
1:30 Afternoon Sessions: 1st Choice ________ 2nd Choice________
3:15 Afternoon Sessions: 1st Choice ________ 2nd Choice ________

Cancellation Policy:
Cancellations must be received by June 4, 2010, a processing fee of $25 will be charged for all cancellations.  No refunds will be made after June 4, 2010.
Substitutions are permitted at any time, but must be put in writing to: Jacki Englehardt, WVU Division 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 Division 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.

Conference fees include lunches on all three days, CE credits and all conference materials.

Early bird registrations must be postmarked on or before May 14, 2010.

Please select:    Registration Type    Before May 14    After May 14

☐ Full Conference (3 days)    $225    $275

☐ 2 - day Fee (circle below)
  Tuesday-Wednesday    $160    $200
  Wednesday-Thursday    $160    $200
  Tuesday-Thursday    $160    $200

☐ 1 - Day Fee (circle below)
  Tuesday    $85    $125
  Wednesday    $85    $125
  Thursday    $85    $125

Discounts: Check only one (if qualified) and subtract from registration amount
☐ Retired    $25
☐ Students (not for academic credit)    $25
☐ Unemployed    $25
☐ Multiple registrants 3 or more    $25 (Must register all at same time)
☐ Active Field Instructors    $50

Total Registration Due $ ________________________

Payments: ☐ Checks payable to West Virginia University
Credit Card: ☐ Mastercard    ☐ Visa    ☐ Discover
Credit Card # ____________________________ Exp. Date _____ / _____

Mail form and payment to:
WVU Division 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 __________________
Payment Method __________________
Ref # __________________
Deposit Date __________________
Confirm Date __________________
Workshop Selections: Please pick 1st and 2nd Choice in each time period:

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

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Lunch provided ____will attend ____not         Vegetarian Meal ____Yes  ____No
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3:30 Afternoon Sessions: 1st Choice ________ 2nd Choice ________

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

For additional information contact: Jacki Englehardt, WVU Division 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
32nd Summer Institute on Aging
www.wvsioa.org