

32nd Summer Institute on Aging

*In Honor of Wisdom
and
Experience*



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

Welcome

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!

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Program at a Glance

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*

Program at a Glance cont.

Thursday, June 10 continued

10:15-11:45am Workshops continued

TH10 Ethics Issues for Social Workers who work with the Elderly (Part 2) – *Powell*

12:00 – 1:15pm Lunch Presentation

Healing in the Hills – *Hash*

1:30 – 3:00pm Workshops

TH11 Don't Be Caught Dead: Plan Instead (Part 1) – *Schwille, Schwille*

TH12 The End of Life: What the Dying Teach Us (Part 1) – *Campbell*

TH13 Writing Down the Ages (Part 1) – *Tuck*

TH14 Snoezelen Therapy in Dementia Care Units – *Thompson, Deaton*

TH15 Is it Job Burnout or Stress? – *Deutsch*

3:15 – 4:45pm Workshops

TH16 Don't Be Caught Dead: Plan Instead (Part 2)

– *Schwille, Schwille*

TH17 The End of Life: What the Dying Teach Us (Part 2) – *Campbell*

TH18 Writing Down the Ages (Part 2) – *Tuck*

TH19 Snoezelen Therapy in Dementia Care Units – *Thompson, Deaton*

TH20 Responding to the Challenges of Low and Limited Health Literacy – *Daugherty*

Conference Program

Tuesday, June 8

8:00 am Registration Opens



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

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, MSed, 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 Virginia'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 chipped/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.

Conference Program cont.

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

Jeffrey 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

Jeffrey 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

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Visit www.wvsioa.org and sign up for our e-mail listserv

Conference Program cont.

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 TH5 Ethics Issues for Social Workers who work with the Elderly: How Can You Minimize Your Risk and Improve Your Practice? (Part One)

Jennifer Powell, MSW, LGSW, JD, Assistant Dean, WVU College of Law; Assistant Adjunct Professor, WVU Division of Social Work and WVU Division of Sociology

Why do social workers get ethics complaints filed against them? What types of complaints are most common? What types of issues arise with social workers who work with the elderly? Why do social workers sometimes behave unethically? What can you do to minimize your risk of having an ethics complaint filed against you? Attend this workshop to learn the answers! We will review the relevant research, look at case studies, discuss the NASW Code of Ethics, and talk risk management strategy. **APS, SC, CP**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH10, 10:15-11:45am

10:15-11:45am Concurrent Workshops

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 Virginias 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

Conference Program cont.

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)

Jennifer Powell, MSW, LGSW, JD, Assistant Dean, WVU College of Law; Assistant Adjunct Professor, WVU Division of Social Work and WVU Division of Sociology

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 straight forward 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. **APS, MG**

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. **APS, CP**

Note: This is a two part workshop; 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. **CC, MH**

Note: This is a two part workshop; 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

Roberta 'Robbie' Thompson, MS, LCSW, 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 description.

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.

Conference Program cont.

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**

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.

General Information

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.

Registration Form

Name _____ Badge First Name _____

Employer/Affiliation _____

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

Mailing Address _____

City _____ State _____ Zip _____ Phone _____

Fax _____ E-mail _____

Seeking CE Credits for? SW _____ Nursing _____ Counseling _____

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

☐ Check this box if you will volunteer to convene a workshop

Conference fees include lunches on all three days, 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
<input type="checkbox"/>	Full Conference (3 days)	\$225	\$275
<input type="checkbox"/>	2 - day Fee (circle below)		
	Tuesday-Wednesday	\$160	\$200
	Wednesday-Thursday	\$160	\$200
	Tuesday-Thursday	\$160	\$200
<input type="checkbox"/>	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

- | | |
|---|---------------------------------------|
| <input type="checkbox"/> Retired | \$25 |
| <input type="checkbox"/> Students (not for academic credit) | \$25 |
| <input type="checkbox"/> Unemployed | \$25 |
| <input type="checkbox"/> Multiple registrants 3 or more | \$25 (Must register all at same time) |
| <input type="checkbox"/> 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 _____

Registration Form cont.

Name _____

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

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

Tuesday, June 8th:

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

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

1:45 Afternoon Sessions: 1st Choice _____ 2nd Choice _____

3:30 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.

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

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