33rd Summer Institute on Aging

June 8-10, 2011
Lakeview Resort and Conference Center, Morgantown, WV

Living Well, Staying Well, Aging Well

WestVirginiaUniversity.
DIVISION OF SOCIAL WORK

WestVirginiaUniversity.
CENTER ON AGING

Welcome

Welcome to the 33rd Summer Institute on Aging presented by WVU Division of Social Work and WVU Center on Aging. The 2011 theme is "Living Well, Staying Well, Aging Well".

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, Problem Gamblers Help Network of West Virginia, and AARP Foundation West Virginia.**

Dr. JoAnn Damron-Rodriguez will kick off our conference on Wednesday, June 8 with an opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled "**Aging Wellness: What Works for Older Persons in the Community**". Dr. Damron-Rodriguez has extensive experience in geriatric education, diversity in aging, community based elder care, and older veterans. With roots in West Virginia, we welcome JoAnn "home" to share her expertise.

Engaging speaker Dr. Bernard G. Schreurs of the Blanchette Rockefeller Neurosciences Institute will deliver an informative mid-week keynote, "**Living Well, Staying Well, Aging Well or Alzheimer's Disease**", on June 9. Learn wellness strategies and the latest information about Alzheimer's disease by a cutting edge researcher. A remarkable social worker will be presented the annual **Anita S. Harbert Outstanding Achievement in Aging Award** on June 9th – do not miss it!

On Thursday evening at 6pm, join us for a fun, entertaining keynote presentation by Dr. Everett Lilly "**Bluegrass Music: Across Generations and Cultures**". Dr. Lilly and his intergenerational band The Songcatchers return to us for a fourth year. (This session is approved for CEU's for Social Workers and Nurses).

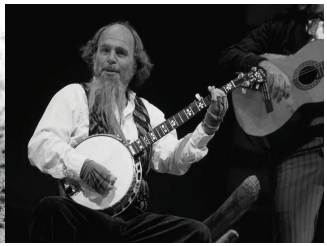
Lunches will be provided each day and will include activities to improve communication skills ("**Caring Questions: Finding the Words to Maximize Your Minutes with Your Loved Ones**" by Jennifer Antkowiak on Wednesday, June 8) and experience older adults "living well" firsthand (a performance by the **String of Pearls** dance troupe on Thursday, June 9). On Friday, June 10, Mr. Robert Blancato will give a lunchtime presentation on "**Changes to Health Care and Seniors: Where Are We Now and Where Are We Going**". Our conference will close on Friday with an important and upbeat presentation by Alia Accad, RN, MSN titled "**Instant Stress Busters for Caring Professionals**" to aid us on our quest of "Staying Well".

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/ADRC directors & staff – SC/ADRC
Mental Health/Clinical – MH
Management/Administration/Policy – MG

The 2011 Summer Institute on Aging in Morgantown is an excellent opportunity to learn, network, and strive towards "Living Well, Staying Well, and Aging Well"!

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



Program at a Glance

Wednesday, June 8

8:00 am Registration Opens

9:30–10:30 am Opening Keynote
Beatrice Ruth Burgess Memorial Lecture
Aging Wellness: What Works for Older Persons in the Community – *Damron-Rodriguez*

10:45am-12:15 pm Workshops
W1 Helping Seniors Avoid Financial Fraud – *Terango, Shelene*
W2 Sleep and Other Things that Elude Us – *Powell*
W3 Activities: From Dawn To Dusk and Beyond – *Ernst*
W4 So We Have Health Care Reform – Now What? – *Crist, Glazier, Burdette*
W5 Building Geriatric Competencies – *Thurman, Hash*

12:30-1:30 pm Lunch Presentation
Caring Questions: How to Maximize Your Minutes with Your Loved Ones – *Antkowiak*

2:00-3:15 pm Workshops
W6 Medicare 101 – *Childers*
W7 Take Care Tips: How to Take Care of Yourself While You're Taking Care of Others – *Antkowiak*
W8 Promoting Elder's Mental Health: The IMPACT Depression Model – *Damron-Rodriguez*
W9 Sexuality Issues of Older Adults (Part 1) – *Leizear*
W10 Building Community Partnerships – *Wilson, Boone*

3:45-5:15 pm Workshops
W11 Medicare Advanced – *Childers*
W12 Recognizing Alcohol and Drug Dependence in Older Adults – *Daugherty*
W13 Hope in the World of Alzheimer's – *Cipoletti*
W14 Sexuality Issues of Older Adults (Part 2) – *Leizear*
W15 Recreation = Quality of Life – *Tennant, Kisinger*

Thursday, June 9

8:15-9:15 am and 9:30-10:30 am
Morning Networking Sessions

10:45 am-12:15 pm *Anita S. Harbert Award and Keynote Address:* Living Well, Aging Well, Staying Well or Alzheimer's Disease – *Schreurs*

12:30-2:00 pm Box Lunch
String of Pearls performance

2:30-4:00 pm Workshops
TH1 Holistic Strategies for Healthy Aging – *Accad*
TH2 Assessment and Treatment of Depression in Late-Life (part 1) – *Nazem, Gregg, Bamonti*
TH3 Ethics Issues for Social Workers who Work with the Elderly (Part 1) – *Powell*
TH4 Critical Access Hospitals: Supplying Quality Care in Rural West Virginia – *Chestnut, Wilson*
TH5 The Spiritual Movement of Transition: Our Patients Speak – *Morley*

4:15-5:45 pm Workshops
TH6 Senior Gambling-Pasttime or Past Time? – *Reynolds*
TH7 Assessment & Treatment of Depression in Late-Life (Part 2) – *Nazem, Gregg, Bamonti*
TH8 Ethics Issues for Social Workers who Work with the Elderly (Part 2) – *Powell*
TH9 Assessing Your Life Balance – *Deutsch*
TH10 Introduction to Meditative Practices – *Selfe*

6:00-7:30 pm Evening Presentation
Bluegrass Music: Across Generations and Cultures – *Lilly*

Friday, June 10

8:30-10:00 am Workshops
F1 Process of Life-Review: Memories, Mysteries & Meaning (Part 1) – *Perks, Perks*
F2 The PeopleMap: Understanding Yourself and Others (Part 1) – *Conlan*
F3 Healthy Aging for Women – *Quintana*
F4 *Brain Fitness: An Exercise Program for Seniors – Santy*

Program at a Glance cont.

Friday, June 10 continued

8:30-10:00 am Workshops continued

F5 Where's the Beef? Eating Disorders in the Elderly – *Shuttleworth*

10:15-11:45 am Workshops

F6 Process of Life-Review: Memories, Mysteries & Meaning (Part 2) – *Perks, Perks*
F7 The PeopleMap: Understanding Yourself and Others (Part 2) – *Conlan*
F8 Psycho-Social Interventions for Dementia Caregivers - *Tilley*
F9 Mountains of Treasures: The Secret World of Hoarding – *Sonntag*
F10 Our Aging Veterans – *Jarrell*

12:00-1:15 pm Lunch Presentation
Changes to Healthcare and Seniors: Where Are We Now and Where Are We Going – *Blancato*

1:30-3:00 pm Workshops

F11 WV's Senior Centers Enrich Lives – *Knabenshue, Ricks, Tuesling, Tanner*
F12 A Look at Funeral Customs – *Schwille, Schwille*
F13 Legal Issues for LGBT Seniors – *McConnell*
F14 Playfully in the Moment: Expressive Arts Therapy – *Zimmer*
F15 Mountains of Treasures: The Secret World of Hoarding – *Sonntag*

3:15–4:15 pm Closing Presentation
Instant Stress-Busters for Caring Professionals – *Accad*

Conference Program

Wednesday, June 8

8:00 am Registration Opens

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

Aging Wellness: What Works for Older Persons in the Community
JoAnn Damron-Rodriguez, LCSW, PhD, Professor, University of California, Los Angeles

The keynote will introduce the 33rd Summer Institute on Aging: Living Well, Staying Well, Aging Well with the proverb "Youth is a Gift of Nature, Age is a Work of Art". The individual life "work" of creating a healthy old age can be supported by a growing body of knowledge on "what works" in the community to promote late life wellness. The keynote provides practitioners with the tools and materials of "what works" in order that they, working with the local community, may build strong wellness practice and programs for older West Virginians.

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

10:45-12:15 pm Concurrent Workshops

Workshop W1 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. Auditor Glen B. Gainor III believes the best way to combat financial fraud is for seniors to become knowledgeable consumers. ***APS, SC/ADRC, CC, CP***

Wednesday, June 8 (continued)

Workshop W2 Sleep and Other Things that Elude Us
Jeannine "Jennie" Powell, PhD, CGP, Owner/Manager, Right at Home

Sleep disturbances are a common problem among the elderly. In this interactive presentation, we will be reviewing together the more common sleep disturbances found in seniors, along with both non-pharmalogic and medication strategies for management. Since seniors live in different home environments, we will also discuss specific issues involved in treatment of sleep disorders in various home settings. ***APS, SC/ADRC, MH***

Workshop W3 Activities: From Dawn to Dusk and Beyond
Amy M. Ernst, Training Specialist, Alzheimer's Association, West Virginia Chapter

This workshop will provide participants with a working definition of activity and focus on the importance of staying active as we age. Participants will discuss how this directly impacts quality care, and strategize to develop programs to enhance care. Participants will review ways to discover those things that nourish an individual emotionally, socially and spiritually. Through discussion and group participation participants will gain understanding of life history assessment. ***SC/ADRC, CP***

Workshop W4 So We Have Health Care Reform - Now What?
Amber Crist, RHEP Coordinator; Karen Glazier, Geriatric Care Coordinator; and Paulette Burdette, Senior Medical Home Coordinator, Cabin Creek Health Systems

For the past two years, specially trained staff at Cabin Creek Health System's four rural clinics have worked closely with patients in their Frail Elder project. With the passage of the Affordable Care Act of 2010, the focus shifted somewhat to educate patients and their families about new provisions affecting seniors. The co-presenters will provide an overview of specific provisions of the Act as it pertains to older adults and how those provisions were incorporated into Cabin Creek's plan of care. Audience participation will be encouraged to enlighten all of us as we navigate new waters in our nation's health care delivery system. ***SC/ADRC, CP, MG***

Workshop W5 Building Geriatric Competencies in Aging and Other Settings
Hanna Thurman, MSW, MPA, Senior Services Program Specialist II, West Virginia Bureau of Senior Services and Kristina Hash, PhD, MSW, Associate Professor, WVU 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/ADRC. CC, CP***

12:30-1:30 pm Lunch Presentation

Caring Questions: Finding the Words to Maximize Your Minutes
Jennifer Antkowiak, Founder, jennifer Cares, Caregiver Advocate, Author (Take Care Tips and Caring Questions), TV News Anchor, Mom and Entrepreneur

Caregiver advocate and TV news anchor Jennifer Antkowiak will share her experiences and personal stories to show how effective communication can help overcome caregiving challenges. Her personal experiences and challenges have led Jennifer to become an advocate for caregivers. This presentation will provide the participants with inspiration and new strategies that allow them to maximize thei rminutes with their loved ones and create priceless family memories in the process.

Wednesday, June 8 (continued)

2:00-3:30 pm Concurrent Workshops

Workshop W6 Medicare 101
Barbara Childers, MSW, Health Insurance Specialist, Centers for Medicare Medicaid Services (CMS)

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 who attend this session 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. This workshop will also include information on the Annual Enrollment Period, current topics and health care reform. ***SC/ADRC, CP***

Workshop W7 Take Care Tips: How to Care for Yourself While You're Caring for Others
Jennifer Antkowiak, Founder, jennifer Cares, Caregiver Advocate, Author (Take Care Tips and Caring Questions), TV News Anchor, Mom and Entrepreneur

If you don't take care of yourself, you can't be at your best to care for others. It's time to take care of YOU! Get ten minute tips to help relieve stress, sleep better, eat better, and more. Learn how to get rid of the guilt and make caring for ***yourself*** a priority again. ***APS, SC/ADRC, MH***

Workshop W8 Promoting Elder's Mental Health: The IMPACT Depression Model
JoAnn Damron-Rodriguez, LCSW, PhD, Professor, University of California, Los Angeles

Aging well is a dynamic interaction of physical, mental and social health. This workshop will describe older adult depression as a preventable and treatable aspect of late life well being. The prevalence of depression, special characteristics of assessment of older adults and issues of diversity will be discussed. The nationally proven IMPACT model of intervention will be described along with its replicable strategies for community providers. ***SC/ADRC, MH***

Workshop W9 Sexuality Issues of Older Adults (Part 1)
Samuel Leizear, MSW, LGSW, Field Coordinator, WVU Division of Social Work

Sexuality in older adults has typically been the "elephant in the middle of the room" that social service practitioners rarely address. However, as the Baby Boomers age, as modern science and helath care interventions enhance and extend our "activity" levels and quality of life, it is a topic we must both acknowledge and address. This workshop will present information on how to broach this sensitive topic with older adults and their family members, how to educate older adults and caregivers regarding respectful and safe sexual activity in a variety of living settings and the vital role that sexual expression and activity plays in one's emotional and physical well-being. Specific issues such as HIV/AIDS, sexual orientation, and the reality that sexual activity among older adults does exist and needs to be addressed as part of their care plans in community-based and residential settings will be discussed. ***APS, SD/ADRC, CC, CP***

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W14, 3:45-5:15pm

Workshop W10 Building Community Partnerships
Keren Brown Wilson, PhD, President, Jessie F. Richardson Foundation and Laura Boone, JD, Director, Health Sciences Programs, West Virginia Higher Education Policy Commission

This workshop is designed to help communities identify local leaders, build teams, develop strategies and create more sustainable solutions. It focuses on capacity building solutions that can be used when resources are scarce. Participants will learn skill sets they can apply to set priorities and gain support for addressing local issues. They will develop scenarios that can be utilized in their communities. ***SC/ADRC, CP, MG***

Wednesday, June 8 (continued)

3:45-5:15 pm Concurrent Workshops

Workshop W11 Medicare Advanced
Barbara Childers, MSW, Health Insurance Specialist, Centers for Medicare Medicaid Services (CMS)

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 payor or the secondary payor. This workshop will also include information on the Annual Enrollment Period, current topics and health care reform. ***APS, SC/ADRC, CP***

Workshop W12 Recognizing Alcohol and Drug Dependence in Older Adults
Nancy Daugherty, BA, Program Coordinator, WV Geriatric Education Center

Have you ever felt you should cut down on your drinking? Have you ever felt bad or guilty about your drinking? Do you know anyone with an alcohol or drug dependence problem? Would you know how to approach them about getting help? This session on Alcohol and Drug Dependence in the Older Adult will help the participant learn more about this chronic, progressive and fatal disease and give some options for interventions. ***APS, SC/ADRC, CP, MH***

Workshop W13 Hope in the World of Alzheimer's
Nancy Cipoletti, Director, Alzheimer's Programs, WV Bureau of Senior Services

According to studies, Alzheimer's is the second most feared disease. How much do we know about it today? Where is the research headed? What can we do now to stave off mental and physical decline as we age? Get the answers - and have a little fun while you learn. ***APS, SC/ADRC, CP***

Workshop W14 Sexuality Issues of Older Adults - (Part 2)
Samuel Leizear, MSW, LGSW, Field Coordinator, WVU Division of Social Work

Note: This is a two part workshop; please make sure you register for Part One, Workshop W9, 2:00-3:30pm

Workshop W15 Recreation = Quality of Life
Donna M.Tennant, Admission/Marketing Director and Nationally Certified Activity Consultant and Modular Education Program for Activity Professional Certified Instructor, Tennant HealthCare Consulting and Diane Kisinger, Nationally Certified Activity Director/MSW, Tennant HealthCare Consulting

Quality of life is important to all ages of individuals, and to anyone no matter what the disability. Recreational programming can make a difference by creating positive outcomes in people's daily lives, whether they are living in long term care, in home services or senior programs. Learn some of the ways to use recreation to make a difference in the delivery of health care. ***SC/ADRC, CP***

Thursday, June 9

8:15-9:15 am & 9:30-10:30 am Morning Networking Sessions

10:45-12:15 pm Anita S. Harbert Outstanding Achievement Award and Keynote Presentation
Living Well, Staying Well, Aging Well or Alzheimer's Disease
Bernard G. Schreurs, PhD, Professor, Blanchette Rockefeller Neurosciences Institute and Dept. of Physiology and Pharmacology, West Virginia University

Dr. Schreurs will explore how we can live and age well with diet and exercise and what can go wrong when we don't. He will discuss aging and its relationship to Alzheimer's disease and the state of the disease in West Virginia. He will conclude with a discussion of basic research into Alzheimer's disease in West Virginia at the Blanchette Rockefeller Neurosciences Institute.

Thursday, June 9 (continued)

12:30-2:00 pm Box Lunch
Performance by the **String of Pearls**, a senior tap dancing group from Morgantown, WV.

2:30-4:00 pm Concurrent Workshops

Workshop TH1 Holistic Strategies for Healthy Aging
Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

This workshop will provide strategies and experiential learning for enhancing holistic health, vitality and longevity through an original holistic well-being model and bestselling book of the presenter, who is a certified well-being coach, energy healing practitioner and stress expert. Participants will experience how changes in thought affect the body, why stress is responsible for 85% of all illness and specific strategies to instantly release physical, mental, emotional, spiritual and relational stress at any age to enhance wellness, vitality and longevity. ***SC/ADRC, MH***

Workshop TH2 Assessment and Treatment of Depression in Late Life (Part 1)
Sarra Nazem, Doctoral Student, BA, MS, PhD Candidate; Jeffrey Gregg, BS, PhD Candidate; and Patricia Bamonti, BS, PhD Candidate; all of WVU Department of Psychology

Depression in late-life is associated with increased mortality and poorer quality of life. This presentation is designed to provide an overview of the important factors associated with assessment and treatment of depression in late-life (e.g., sustance abuse, insomnia, pain, suicide). The presentation will address how depression presents differently in late-life than earlier in the lifespan. Assessment instruments and psychosocial treatments, which have been validated for use with older adults, will be discussed. Participants will be given the opportunity to practice using an assessment instrument with a case example and will discuss how to tailor treatment based on several complicating factors. ***SC/ADRC, MH***

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH7, 4:15-5:45pm

Workshop TH3 Ethics Issues for Social Workers who work with the Elderly: How Can You Minimize Your Risk and Improve Your Practice? (Part 1)
Jennifer Powell, MSW, LGSW, JD, Assistant Dean, WVU College of Law Career Services; Assistant Adjunct Professor, WVU Division of Social Work and WVU Division of Sociology

Why do social workers get ethics complaints filed against them generally? What types of complaints are most common? What types of issues arise with social workers who work with elderly clients? Further, what are some of the reasons why social workers 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 to these questions! We will review the relevant research, look at some case studies, discuss the NASW Code of Ethics, and talk risk management strategy in this interactive, practical workshop. *Applies to Social Work Ethics for WV Temporary licensees.* ***CP, MG***

Note: This is a two part workshop; please make sure you register for Part Two, Workshop TH8, 4:15-5:45pm

Workshop TH4 Critical Access Hospitals: Supplying Quality Care in Rural West Virginia
Marlena Chestnut, MSW, LGSW, and Kathy Wilson, RN, BSN, Broaddus Hospital

Quality healthcare is an ongoing topic of concern throughout the geriatric community specifically in rural West Virginia. Critical Access Hospitals may be the answer to many of these concerns our elders now face. This workshop will present participants with information concerning the creation of Critical Access Hospitals, the services they provide, and how they differ from other hospitals. Participants will also learn about the concept of Swing-Bed Units and how these units can be of specific assistance to the elderly population we serve. In addition to a PowerPoint presentation, participants will learn through open dialogue, handouts, videos, case examples and Q&A. ***APS, CP, MG***

Thursday, June 9 (continued)

Workshop TH5 The Spiritual Movement of Transition: Our Patients Speak
James E. Morley, M. Div., Director Chaplain Dept., United Hospital Center

In this workshop, Chaplain Morley provides models and guidelines for the spiritual assessment of patients in the clinical setting. By illustrating several assessment tools, he provides the language and approach to equip the clinician for the engagement of spiritual assessment. The approaches in this workshop are non-sectarian and reveal the core elements of our human spiritual life. He does this by sharing authentic stories of his experience in the health care setting of twelve years and by illustrating completed spiritual autobiographies of patients. ***SC/ADRC, MH***

4:15-5:45 pm Concurrent Workshops

Workshop TH6 Senior Gambling: Pasttime or Past Time?
Jane Reynolds, Clinical Coordinator, The Problem Gamblers Help Network of WV

We have found that two key issues surrounding seniors and gambling are lack of recreation and loneliness. They are often encouraged by others, caregivers and friends, to take up gambling for recreation. Although most are able to gamble responsibly, gambling addiction can definitely become an issue for this population. This workshop will help participants differentiate between recreational and problem gambling...and know what steps to follow if a gambling addiction is suspected. ***APS, SC/ADRC, MH***

Workshop TH7 Assessment and Treatment of Depression in Late Life (Part 2)
Sarra Nazem, BA, MS, PhD Candidate; Jeffrey Gregg, BS, PhD Candidate; and Patricia Bamonti, BS, PhD Candidate, all of WVU Dept. of Psychology

Note: This is a two part workshop; please make sure you register for Part One, Workshop TH2, 2:30-4:00pm

Workshop TH8 Ethics Issues for Social Workers who work with the Elderly: How Can You Minimize Your Risk and Improve Your Practice (Part 2)
Jennifer Powell, MSW, LGSW, JD, Assistant Dean, WVU College of Law Career Services; 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 TH3, 2:30-4:00pm

Workshop TH9 Assessing Your Life Balance
Patty Deutsch, Tobacco Policy Director, Wellness Council of West Virginia

This workshop will provide attendees with tips and worksheets that will assist attendees in balancing life activities that will encourage living well. ***CP, MH***

Workshop TH10 Introduction to Meditative Practices
Terry Kit Selfe, Clinical Research Program Manager, WVU School of Medicine, Dept. of Community Medicine

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

Thursday, June 9 (continued)

6:00-7:30 pm Evening Presentation

Bluegrass Music: Across Generations and Cultures
Everett Lilly, Ph.D., Professor/Director Social Work, Mountain State University

This workshop will focus on the origins, history, development, and spread of bluegrass music to a worldwide audience. It will focus on the importance of this music to an aging population as well as younger generations. The workshop presentations will include a performance by The Songcatchers, a multi-generational bluegrass music group that was started by Dr. Everett Lilly at Mountain State University. The Songcatchers have recorded with notables in the field of country and bluegrass music and have appeared at the famed Lincoln Theatre, Mountain Stage and the Vandalia Festival.

Friday, June 10

8:30-10:00 am Concurrent Workshops

Workshop F1 The Process of Life Review: Memories, Mysteries and Meaning (Part 1)
Will Perks, Director, Journey Associates, LLC and Sandy Perks, CFO and Group Facilitator, Journey Associates, LLC

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

Note: This is a two part workshop; please make sure you register for Part Two, Workshop F6 at 10:15-11:45am

Workshop F2 The PeopleMap - Understanding Yourself and Others (Part 1)
Anne Conlan, M.Ed, MCC, Trainer Master Certified Coach, ChangeMastery

The PeopleMap training session will lay the foundation for more satisfying and rewarding relationships both professionally and personally. Aims of training include: building trust, fostering a greater understanding of differing personality styles, enhancement of communication, collaboration, support and leadership skills. Participants will gain practical insights that will assist in building more productive and collaborative working relationships in their respective functions as well as in their wider sphere of contacts. ***APS, SC/ADRC, CC, MG***

Note: This is a two part workshop; please make sure you register for Part Two, Workshop F7 at 10:15-11:45am

Workshop F3 Healthy Aging for Women
Liz Quintana, Clinical Associate, WVU School of Medicine

Successful aging includes preserving function and maintaining independence, productivity, and personal fulfillment. Health promotional strategies can improve function and reduce morbidity and premature death. Health care providers can help promote proper nutrition and lifestyle changes when educating and caring for elders. Educational strategies and resources for health professionals and consumers will be highlighted. ***SC/ADRC, CP***

Friday, June 10 (continued)

Workshop F4 Brain Fitness - An Exercise Program to Enhance Cognitive Skill in Seniors
Christine Santy, UMWA Health Retirement Funds

Older adults can improve cognitive abilities through education, light physical exercise, puzzles, games and relaxation. Discover new methods of brain fitness you can use with your aging adult population. It is never too late (or too early) to start beating the brain age game. ***SC/ADRC, MH***

Workshop F5 Where's the Beef? Eating Disorders in the Elderly
Olivia L. Shuttleworth, Clinical Social Worker, WVU Department of Behavioral Medicine

Where's the beef? This workshop will identify the various types of eating disorders and which treatment modalities are most effective. A special emphasis on why the geriatric population is at risk will also be covered. ***APS, SD/ADRC, MH***

10:15-11:45 am Concurrent Workshops

Workshop F6 The Process of Life Review: Memories, Mysteries and Meaning (Part 2)
Will Perks, Director, Journey Associates, LLC and Sandy Perks, CFO and Group Facilitator, Journey Associates, LLC

Note: This is a two part workshop; please make sure you register for Part 1, Workshop F1, 8:30-10:00am.

Workshop F7 The PeopleMap - Understanding Yourself and Others (Part 2)
Anne Conlan, M.Ed, MCC, Trainer Master Certified Coach, ChangeMastery

Note: This is a two part workshop; please make sure you register for Part 1, Workshop F2, 8:30-10:00am

Workshop F8 Psycho-Social Intervention for Dementia Caregivers
Terri Tilley, RN/F.A.I.R. Coordinator, Raleigh County Commission on Aging

Being a caregiver can be stressful. Being a caregiver for a person who has dementia can be overwhelming. Recent research has shown that psycho-social interventions like counseling, education and support can improve the lives of people who have dementia and their caregivers alike. This workshop will review some of the research, and present an example of a psycho-social intervention utilized by one of the state's Senior Centers. ***SC/ADRC, MH***

Workshop F9 Mountains of Treasures: The Secret World of Hoarding
Loriann Sonntag, LGSW, MSW, MS, Social Services Coordinator, Visiting Homemaker Service, Inc.

John collects baseball cards, Susan has stamps, and Pamela kept items from her childhood. Forming attachments to objects is normal for most of us. However, for some individuals, these attachments take on a life of their own - and the secret mountain rises within their own home. Compulsive hoarding is a complex disorder that can lead to significant amounts of clutter which can severely impair day-to-day living. This interactive workshop will focus on current knowledge of hoarding including key concepts, definitions, signs and symptoms, current treatments, and the role of the helping professional in guiding hoarders through the process of de-cluttering. ***APS, SC/ADRC, CP, MH***

Note: This workshop is repeated on 6/10/11 at 1:30pm, Workshop F15

Workshop F10 Our Aging Veterans
Gary Jarrell, Social Worker, Morgantown Vet Center

This workshop will highlight aging veterans in rural communities and how post traumatic stress disorder (PTSD) and readjustment needs play a significant role in treatment of this population. The workshop will cover specific issues aging veterans face in interacting with providers and local agencies. Included will be a discussion of services available through the Dept. of Veterans Affairs. ***APS, SC/ADRC, CC, MH***

Friday, June 10 (continued)

12:00-1:15 pm Lunch Presentation

Changes to Health Care and Seniors: Where Are We Now and Where Are We Going
Robert Blancato, MPA, BA, President, Matz, Blancato & Associates; National Coordinator of the Elder Justice Coalition; Executive Director, National Association of Nutrition and Aging Services Programs

With more than one year into the signing of the health care reform law, the Patient Protection and Affordable Care Act, Bob Blancato will discuss changes that were included in the health care law, what has been implemented so far, and what may be at risk. Bob will also discuss other changes to Medicare, long-term care and elder justice that affect older Americans.

1:30-3:00 pm Concurrent Workshops

Workshop F11 WV Senior Centers Enrich Lives
E. Mark Knabenshue, Executive Director, Committee for Hancock County Senior Citizens, Inc.; Chuck Ricks, Executive Director, Roane County Committee on Aging; Roxanne Tuesling, Executive Director, Tucker County Senior Citizens and Jack Tanner, Executive Director, Raleigh County Commission on Aging

In West Virginia, both the aged and disabled are served by a nationally recognized organization that is represented at 55 locations throughout the Mountain State. At each enriching senior center location, seniors can find a friendly face, caring professionals and access to the finest programs and services available. This workshop will reveal many of the services and activities available at the Centers in WV. The presenters 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. You will be surprised with what you discover about these special places! ***APS, SC/ADRC, CP***

Workshop F12 A Look at Funeral Customs
Sueann F. Schwille, MSW, FSL, Northwestern Community Services Board and Karl Schwille, FSL, Turner-Robertshaw Funeral Home

This workshop will be an interactive discussion of the various funerary practices of religious, military and fraternal cultures throughout the U.S. and the world. We will trace the evolution of funeral practices from the ancient Egyptians through the middle ages and to the modern era. The goal of this workshop will be on giving the human service professional a basic understanding of funeral practices of various ethnic, religious and cultural traditions. ***SC/ADRC, CC***

Workshop F13 Legal Issues for LGBT Seniors
Cat McConnell, Executive Director, West Virginia Senior Legal Aid

Lesbian, Gay, Bisexual & Transgender (LGBT) seniors face unique barriers to successful aging. Ageism in the LGBT community and homophobia in the aging services community make it even more difficult for LGBT seniors to get their needs met as they age, especially in rural West Virginia. Much of the safety net of benefit programs is not available to non-traditional family members, and we know that financial security, as well as social supports and access to healthcare, are critical to maintaining independence for all seniors. Learn about how the marriage and biological family bias in law and policy negatively impacts LGBT seniors, what legal planning tools they can use to help mitigate those impacts, and what resources are available for legal advocacy for LGBT West Virginia seniors. ***SC/ADRC, CC, MG***

Friday, June 10 (continued)

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

Workshop F14 Playfully in the Moment: Expressive Arts Therapy
Linda Zimmer, Creative Arts Specialist

Human beings have the capacity to remain playful for their entire lifespan. Even with a diagnosis of dementia or Alzheimer's disease, access to creativity and emotions remain. Join Creative Arts Specialist Linda Zimmer as she demonstrates simple music, art and drama therapy techniques developed for residents of the Elkins Regional Convalescent Center's Expressive Arts Therapy program. ***SC/ADRC, CP MH***

Workshop F15 Mountains of Treasures: The Secret World of Hoarding
Loriann Sonntag, LGSW, MSW, MS, Social Services Coordinator, Visiting Homemaker Service, Inc.

Note: This is a repeat of Workshop F9 offered on 6/10/11 at 10:15am, see that listing for full description

3:15-4:15 pm Closing Presentation

Instant Stress Busters for Caring Professionals
Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

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

Exhibiting Opportunities - RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 33rd 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.

Planning Committee

2011 Summer Institute on Aging
PLANNING COMMITTEE

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

Janet Clarke, AARP Foundation West Virginia
Ellen Dalton, Senior Monongalians
Nancy Daugherty, WV Geriatric Education Center
Jacki Englehardt, WVU Division of Social Work
Kris Hash, WVU Division of Social Work
Sherry Kuhl, WVU Center on Aging
Susie Layne, WVDHHR
Erica Martin, WVU Division of Social Work
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, WVDHHR
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. Inquires 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 **20.5** 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 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. **For a listing of approved WV LPC sessions, go to www.wvsioa.org**. An application for approval for Ohio LPC CEUs has been submitted. Ohio LPCs should contact the WVU 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 a maximum of **21.3** 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 make online at: https://reservations.ihotelier.com/crs/g_reservation.cfm?groupID=567541&hotelID=10398. Reservations must be made by May 16, 2011 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 $95 per night + tax (Group Code: SIA, Group Name: Summer Institute on Aging). Reservations must be made by May 17, 2011 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: SIAR, Group Name: Summer Institute on Aging). Reservations must be made by May 17, 2011 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

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

Registration Form

Name_____Badge First Name_____

Employer/Affiliation_____

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

Mailing Address_____

City_____State_____ Zip_____Phone_____

Fax_____E-mail _____

Seeking CE Credits for? SW_____Nursing_____Counseling_____

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

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

Conference fees include lunches on all three days, reception on 6/9/11, CE credits and all conference materials.

Early bird registrations must be postmarked on or before May 13, 2011.

Please select: **Registration Type**	**Before May 14**	**After May 14**
☐ Full Conference (3 days)	$230	$280
☐ 2 - Day Fee (circle below)		
Wednesday - Thursday	$170	$210
Thursday - Friday	$170	$210
Wednesday & Friday	$165	$205
☐ 1 - Day Fee (circle below)		
Wednesday	$85	$125
Thursday	$90	$130
Friday	$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 _____
Pymt Method _____
Ref # _____
Deposit Date _____
Confirm Date _____

Registration Form cont.

Name _____

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

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

Wednesday, June 8th:

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

Lunch provided ____will attend ____not Vegetarian Meal ____Yes ____No

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

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

Thursday, June 9th:

Networking Sessions ____will attend ____will not attend

Lunch provided____will attend ____not Vegetarian Meal ___Yes ___ No

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

4:15 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

6:00 Evening Presentation ____will attend ____will not attend

Friday, June 10th:

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

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

Lunch provided ____will attend ____not Vegetarian Meal ____Yes ____No

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

Cancellation Policy: Cancellations must be received by June 3, 2011, a processing fee of $25 will be charged for all cancellations. No refunds will be made after June 3, 2011. 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

West Virginia University
School of Applied Social Sciences
Division of Social Work
PO Box 6830
Morgantown, WV 26506-6830

Nonprofit
Organization
U.S. Postage
PAID
Morgantown, WV
Permit #34

33rd Summer Institute on Aging

www.wvsioa.org