

34th Summer Institute on Aging

June 5 - 7, 2012

Waterfront Place Hotel & Conference Center
Morgantown, WV



Redefining & Celebrating Aging: Today, Tomorrow and Beyond



Welcome

Welcome to the 34th Summer Institute on Aging presented by WVU Division of Social Work and WVU Center on Aging. The 2012 Theme is ***“Redefining & Celebrating Aging: Today, Tomorrow and Beyond”***.

We are excited to be back at the Waterfront Place Hotel & Conference Center in Morgantown. The location is near the downtown area with easy access to West Virginia University and the rail-trail along the Monongahela River.

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. Mary E. O’Brien will kick off our conference on Tuesday, June 5 with a thought provoking opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled **“How Old Would You Be if You Didn’t Know How Old You Were?”**. Dr. O’Brien is a geriatrician who presents extensively across the country; combining clinical medicine with wisdom to educate, uplift and entertain professional & general audiences alike.

Engaging speaker Dr. Joshua Dower of WVU Department of Palliative Medicine will deliver an informative mid-week keynote **“Illusions of Time: Narrating Defining Moments”** on June 6. Learn how compassionately listening to client stories can have profound meaning for both the client and provider.

Lunches will be provided each day and June 5 we will hear from some “legendary” geriatric social workers in a session titled **“Learning from the Legends”**. A remarkable social worker will also be presented the annual **Anita S. Harbert Outstanding Achievement in Aging Award** during lunch on June 6 - do not miss it! That evening, join us for a fun, entertaining keynote presentation by Dr. Everett Lilly **“Bluegrass Music Comes of Age: Across Time and Culture”**. Dr. Lilly and his intergenerational band The Songcatchers return to us for a fifth year. (CEU’s available for both nurses and social workers).

On Thursday, June 7, Mr. Perry Bryant will give a lunchtime presentation on **“Recent Developments on the Affordable Care Act”**. Our conference closes with a humorous presentation by Jeffrey D. Elliott titled **“A Funny Thing Happened on the Way to Getting Older!”**

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 2012 Summer Institute on Aging in Morgantown is an excellent opportunity to learn, network, and strive towards **“Redefining & Celebrating Aging: Today, Tomorrow and Beyond”**.

Jacki Englehardt, Coordinator of Professional & Community Education
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Program at a Glance

Tuesday, June 5

8:00 am - 9:15 am Registration Open

9:15-10:30 am Opening Keynote

Beatrice Ruth Burgess Memorial Lecture

How Old Would You Be if You Didn't Know How Old You Were? - *O'Brien*

10:45 am-12:15 pm Workshops

T1 Benefits & Options Counseling: What It Means to Our Seniors – *Allen, Hicks*

T2 Grandparents Raising Granchildren in Challenging Times – *Zurlo*

T3 'I Can Do' Activities for People with Dementia – *Ernst*

T4 Integrative Geriatrics: Combining the Best of Traditional and Alternative Medicine – *O'Brien*

T5 Preventing, Detecting and Reporting Health Care Fraud and Financial Exploitation in West Virginia – *LeFew, Crowder*

12:30-1:30 pm Lunch Presentation

Learning from the Legends – *Herald, Hash*

2:00-3:30 pm Workshops

T6 "How Do I Handle This?" Ethical Issues in Working with Older Adults (Part 1) – *Riffe*

T7 Beyond Person Centered Care: A More Contented Demented (Part 1) – *Marks*

T8 Building Financial Skills Among Older Adults – *Zurlo*

T9 Seniors and Gambling: Recognizing and Preventing Harm – *Mulvaney, Moran*

T10 Getting What You Want When You Need It – *Messenger*

3:45-5:15 pm Workshops

T11 "How Do I Handle This?" (Part 2) – *Riffe*

T12 Beyond Person Centered Care, (Part 2) – *Marks*

T13 Celebrating Our Connection to Music & Nature – *Zimmer*

T14 Calling Dr. Google: Accessing Health Information Online – *Quintana*

T15 New Terrain: The Lifelong Learning Landscape – *Sellers, Craig, Goodman, Howe*

Wednesday, June 6

8:30-10:00 am

Morning Networking Sessions

10:15-11:15 am Keynote Session

Illusions of Time - Narrating Defining Moments – *Dower*

11:30 am-1:00 pm Lunch Presentation

Anita S. Harbert Outstanding Achievement Award

1:30-3:00 pm Workshops

W1 Dealing with Aging Parents: Caregiving, Co-Dependency, and Addictions (Part 1: Caregiving) – *Elliott*

W2 Change the Conversation (Part 1) – *Brenzel*

W3 Successful Advocacy: How to Get Your Voice Heard (Part 1) – *Tonkin*

W4 Seniorhood in a Modern Age: The Factors of Change and Chance as the Years Advance – *Perks*

W5 Aging Faithfully – *Fell*

3:15-4:45 pm Workshops

W6 Dealing with Aging Parents, (Part 2: Addictions) – *Elliott*

W7 Change the Conversation (Part 2) – *Brenzel*

W8 Successful Advocacy (Part 2) – *Tonkin*

W9 Seniorhood in a Modern Age: Positive Aging in a Changing World - *Levesque*

W10 Instant Stress Busters for Caring Professionals – *Accad*

5:00-6:30 pm Evening Presentation

Bluegrass Music Comes of Age: Across Time and Cultures – *Lilly*

Thursday, June 7

8:30-10:00 am Workshops

TH1 Medicare 101 – *Childers*

TH2 The Affordable Care Act – *Bryant*

TH3 Two Steps to Collegueship for Better Client Outcomes (Part 1) – *Accad*

Program at a Glance cont.

Thursday, June 7 continued

8:30-10:00 am Workshops continued

TH4 The Process of Life-Review: Memories, Mysteries and Meaning (Part 1) - *Perks*

TH5 Mountains of Treasures: The Secret World of Hoarding - *Sonntag*

10:15-11:45 am Workshops

TH6 Medicare Advanced – *Childers*

TH7 Preventing Elder Financial Fraud: It Takes a Village – *Blandin*

TH8 Two Steps to Collegueship.. (Part 2) - *Accad*

TH9 The Process of Life Review (Part 2) – *Perks*

TH10 Mountains of Treasures: Coming Down from the Mountain - *Sonntag*

12:00-1:15 pm Lunch Presentation

Recent Developments on the Affordable Care Act – *Bryant*

1:30-3:00 pm Workshops

TH11 Seniors, Sexuality & Dementia: Myths, Issues & Changing Attitudes – *Cipoletti*

TH12 The Write Stuff – *Tuck*

TH13 Hospice and Palliative Care Music Therapy – *Jenks*

TH14 When Reliving (Combat) Starts at Retirement – *Jarrell, Smith*

TH15 The Naomi King Story: A Case Study in Elder Abuse – *Sizemore, Laird*

3:15-4:15 pm Closing Presentation

A Funny Thing Happened On the Way to Getting Older – *Elliott*

Conference Program

Tuesday, June 5

8:00 am Registration Opens



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

How Old Would You Be if You Didn't Know How Old You Were?
Mary O'Brien, MD

"How old would you be if you didn't know how old you were?" Baseball pitcher Satchel Paige once asked that wonderful question. Many of us are intrigued by people who look and act much younger than their chronological years. It gives us hope. Many of the behaviors we associate with old age are learned behaviors. Barring problems like strokes or Parkinson's disease; walking and talking slowly and moaning, groaning and whining work their way into a person's behavioral repertoire after years of imitating others. After all, if older patterns of behavior were strictly the result of chronological age, then people like Sophia Loren, Tony Bennet, Harrison Ford, or Joan Rivers would all shuffle, drone, moan, groan and whine. They don't. The reason is simple. They don't define themselves by the number of birthdays they've had. They take care of their health and stay active and creative. Expectation is half the battle. Join Dr. O'Brien as she discusses the true process of maturing. You never know - you could be younger than you think!

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

10:45 am-12:15 pm Concurrent Workshops

Workshop T1 Benefits and Options Counseling: What It Means to Our Seniors

Shawn Allen, LGSW, MSW, ADRC Coordinator, WV Aging and Disability Resource Center and Teresa Hicks, LSW, SHIP Coordinator, WV Aging and Disability Resource Center

Benefits counseling and Options Counseling are two methods of service delivery that are growing on a national scale. Due to innovations being implemented in the Affordable Care Act, it is becoming more

Conference Program cont.

Tuesday, June 5 (continued)

important that anyone who provides information and referral, or health care professionals, need to have a better understanding of these methods. This workshop will clearly define these two methods and focus on how they are different yet similar and their importance in social work today. This is a must for anyone who wants to stay on pace with national trends in information and referral service delivery. **SC/ADRC, CP**

Workshop T2 Grandparents Raising Grandchildren in Challenging Times

Karen A. Zurlo, PhD, MSW, Assistant Professor, Rutgers, the State University of New Jersey

Approximately 4.5 million American children are being raised by their grandparents, who face unique challenges and opportunities as parents later in life. Using the strengths perspective, this workshop builds professional knowledge regarding the multiple issues involved in grandparenting minor children. The human service professional will learn how to support the unique family structure and address the social, economic and psychological challenges of the household. **SC/ADRC, CC**

Workshop T3 'I Can Do' Activities for People with Dementia

Amy M. Ernst, Education Specialist, Alzheimer's Association, West Virginia Chapter APS, SC/ADRC, CP

This workshop will take participants beyond recreation and leisure. Participants will learn a working definition of activity and focus on the importance of continued interaction for people with dementia. Through work groups and discussion, participants will learn how to adapt everyday activities to appropriately nourish and encourage an individual emotionally, socially and spiritually. Tips on assessing the interests of people with dementia will be shared to promote success oriented activities. Evaluating changes that occur and modification of activities will also be covered.

Workshop T4 Integrative Geriatrics: Combining the Best of Traditional and Alternative Medicine

Mary O'Brien, MD

Older patients are prone to a wide array of medical complications and poor outcomes, including adverse drug reactions, drug-drug interactions, anesthetic and surgical complications, falls, accidents, and injuries. The use of alternative or, better, "complementary", practices (i.e. Tai Chi, massage therapy, guided relaxation, etc.) may limit some of these complications. Most complementary options are not especially expensive, complicated, addictive or dangerous and they encourage active participation of patients in their own recovery. This workshop will present an overview of complementary practices including herbal medicine and mind-body interventions, with the top priority of patient safety. **SC/ADRC, CP**

Workshop T5 Preventing, Detecting and Reporting Health Care Fraud and Financial Exploitation in West Virginia

Susan Canfield LeFew, Senior Program Specialist, WV Senior Medicare Patrol, AARP Foundation and Trina Crowder, Director, Medicaid Fraud Control Unit, WVDHHR/OIG

Health care fraud drains billions of dollars from Medicare and Medicaid every year. In this workshop, the WV Senior Medicare Patrol and the WV Medicaid Fraud Control Unit will share the latest information about health care scams hitting the Mountain State. Attendees will learn of resources available for their clients and will gain knowledge of how to prevent, detect, and report possible instances of Medicare and Medicaid fraud in WV. Financial exploitation affects vulnerable seniors from all walks of life. The telltale signs of financial exploitation will be discussed, and examples from real cases will be shared along with information on where and how these crimes can be reported. **APS, SC/ADRC, CP**

12:30-1:30 pm Lunch Presentation

Learning from the Legends

Mary L. Herald, MSW, Social Services Coordinator, Senior Monongalians, Inc., Kristina Hash, PhD, MSW, Associate Professor; and a panel of geriatric social workers

This session will showcase the wisdom and accomplishments of three "legendary" geriatric

Conference Program cont.

Tuesday, June 5 (continued)

social workers from the region. These professionals will share their practice wisdom and insights into the values, knowledge and skills needed to effectively and competently work with older adults and their families in West Virginia and surrounding areas.

2:00-3:30 pm Concurrent Workshops

Workshop T6 “How Do I Handle This” Ethical Issues in Working with Older Adults (Part 1)

Jane Riffe, EdD, LICSW, LPC, Assistant Professor, WVU Extension Service, Families and Health

Working with older adult clients and their families in chronic disease and end-of-life decision-making presents complicated, emotion-laden ethical situations. This workshop will highlight ethical issues in such areas as informed consent, confidentiality, boundaries/multiple relationships, self-determination at end of life, bereavement counseling, and cultural competence. Professionals will use ethical guidelines of NASW and ACA, as well as the *NASW Standards for Social Work Practice in Palliative and End of Life Care* to sharpen ethical practice skills. *Applies to Social Work Ethics for WV Temporary licensees. APS, SC/ADRC, CC, CP*

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

Workshop T7 Beyond Person Centered Care: A More Contented Dementia (Part 1)

Jane Marks, Executive Director, Alzheimer's Association, WV Chapter

This workshop offers an overview of a dementia care philosophy just emerging in the United States, originally developed at the Burford Community Hospital in Oxfordshire, England by Ms. Penny Ganer. This workshop will highlight the foundations of this philosophy, present ideas worthy of discussion, and provide a pathway for new, out of the box attitudes in dementia care. Participants will be introduced to the “photograph album” analogy of how memory works, the normal impact of ageing and the dramatic changes introduced by dementia. Drilling down the four MOST crucial elements of person centered care, participants will become familiar with the ‘golden rules’ for creating a calmer experience for the person with dementia. **APS, SC/ADRC, CP**

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

Workshop T8 Building Financial Skills Among Older Adults

Karen A. Zurlo, PhD, MSW, Assistant Professor, Rutgers, The State University of New Jersey

Poor health conditions can cause serious financial consequences for individuals. Of particular concern is the cost to treat the growing prevalence of chronic conditions, impairment, and disability among older Americans. As government and employment benefit programs decrease coverage levels, greater expense will be incurred by the individual. Often older adults do not have the financial skill to manage their money, which can cause financial stress and undue burden. This workshop will train social work professionals to more effectively deal with the financial issues facing older clients. **APS, SC/ADRC, CP, CC**

Workshop T9 Seniors and Gambling: Recognizing and Preventing Harm

Elizabeth Mulvaney, LCSW, Lecturer, School of Social Work, University of Pittsburgh and Sheila Moran, MSW, LSW, NCGC, Director of Quality Assurance, The Problem Gamblers Help Network of West Virginia

Are senior centers gambling meccas? Are gambling meccas becoming senior centers? While gambling is simply entertainment for many older adults, the impact can be devastating if it evolves into problem gambling. This workshop reviews (a) how gaming works, (b) how to recognize signs of a problem, (c) where to turn for help, and (d) prevention strategies such as harm reduction, use of a peer mentor and priming the environment. **APS, SC/ADRC, MH**

Tuesday, June 5 (continued)

Workshop T10 Getting What You Want When You Need It

Suzanne E. Messenger, JD, State Long Term Care Ombudsman, WV Bureau of Senior Services

This workshop is an overview of the various advance care planning tools available to West Virginians and the surrounding legal, ethical, and practice issues. It will provide a general overview of powers of attorney, living wills, the POST form, and WV's e-Directive registry. This will be followed with in-depth discussion of the senior's right to self-determination and autonomy as it applies to each of the planning tools. The workshop will also emphasize and explain decision-making capacity as it relates to advance planning. The workshop will involve participants in case based discussions. **SC/ADRC, CP, MG**

3:45-5:15 pm Concurrent Workshops

Workshop T11 "How Do I Handle This?" Ethical Issues in Working with Older Adults (Part 2)

Jane Riffe, EdD, LICSW, LPC, Assistant Professor, WVU Extension Service, Families and Health

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

Workshop T12 Beyond Person Centered Care: A More Contented Dementia (Part 2)

Jane Marks, Executive Director, Alzheimer's Association, WV Chapter

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

Workshop T13 Celebrating our Connection to Music & Nature

Linda Zimmer, Creative Arts Specialist, Elkins Rehabilitation and Care Center

Human beings have the capacity to play for their entire lifespan. Access to ones emotions and creativity remain even with a diagnosis of dementia or Alzheimer's. Our connections to nature and music are an integral part of our humanity, musicophilia being the love of music and biophilia the love of nature. Linda Zimmer will provide models and case histories of the work she does in her expressive arts and pet therapy program in the Elkins Rehabilitation and Care Center in Elkins, WV. Demonstrations and interactive exercises will be provided as she sings songs and accompanies herself on the mountain dulcimer. Zimmer will be assisted in her presentation by her emotional support dog, Toby, who is certified by Therapy Dogs International. **SC/ADRC, CP, MH**

Workshop T14 Calling Dr. Google: Accessing Health Information Online

Liz Quitana, EdD, RD, LD, CDE, Clinical Associate, WVU School of Medicine

Information overload! What features make a web site a quality source of health information? Older adults can benefit from effective utilization of Internet technology. Examples of useful health websites tailored to meet the needs of an older, less-experienced Internet user will be highlighted. **SC/ADRC, MH**

Workshop T15 New Terrain: The Lifelong Learning Landscape

*Bo Sellers, Director of Workforce Solutions, Pierpont Community and Technical College; Charles R. (Bob) Craig, Instructor and President, WVU Osher Life Long Learning Institute (OLLI); Irv Goodman, Advisor, OLLI; and Barb Howe, Instructor and Board Member, OLLI. **SC/ADRC, CP, CC***

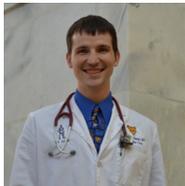
Lifelong learning addresses learning across the lifespan. For older adults this may include educational experiences such as college credit courses or programs of study, non-credit academic courses, educational travel, and community service and volunteerism. This session will explore some of the changing demographics of older adults and provide local lifelong learning advocates the opportunity to share their experiences and current programming. **SC/ADRC, CP**

Wednesday, June 6

8:30-10:00 am Morning Networking Sessions

Conference Program cont.

Wednesday, June 6 (continued)



10:15-11:15 am Keynote Presentation

Illusions of Time - Narrating Defining Moments

Joshua M. Dower, MD, Department of Palliative Medicine, WVU Hospitals, VP of Medical Services, Hospice Care Corporation

How do you enter the narrative world of someone else? The relationship between health care provider and patient is among the most important many of us will have in our lives, yet it's becoming increasingly depersonalized thanks to overwhelming patient loads. Narrative competence enables individuals to recognize, absorb, metabolize, interpret, and be moved by the stories of illness. We can improve the effectiveness of care by developing the capacity for attention, reflection, representation and affiliation with patients and colleagues. This presentation illustrates how these stories give meaning to the suffering, allow healing from within, and focus on the things that matter most.

11:30 am-1:00 pm Lunch Presentation

Anita S. Harbert Outstanding Achievement Award

1:30-3:00 pm Concurrent Workshops

Workshop W1 Dealing with Aging Parents: Caregiving, Co-Dependency, and Addictions (Part 1: Caregiving)

Jeffrey D. Elliott, MA, LICDC, AADC-S, Therapist, PSIMED Inc.

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/ADRC, 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 Change the Conversation (Part 1)

Nan Brenzel, EdD, Resultpath

The goal of this interactive workshop is to provide participants with a unique skill set to intervene with clarity and grace in the lives of aging individuals and their families. Participants will learn ways to grow out of negative thoughts, habits and actions. Using observation and non-judgemental awareness techniques, this workshop allows time to practice tools to compassionately examine, identify and reframe self talk that impedes change. **APS, SC/ADRC, CP, MH**

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

Workshop W3 Successful Advocacy: How to Get Your Voice Heard (Part 1)

Nancy S. Tonkin, President and CEO, Tonkin Management Group

This workshop will provide participants with an understanding of the legislative process, where and when advocacy is most effective. This session will provide a variety of successful strategies for passing of legislation and impacting the state budget process for increased appropriations. Participants will gain a

Wednesday, June 6 (continued)

deeper understanding of the differences among legislative, administrative and judicial strategies. **APS, SC/ADRC, MG**

Note: This is a two part workshop; please make sure you register for Part Two, Workshop W8, 3:15-4:45pm.

Workshop W4 Seniorhood in a Modern Age: The Factors of Change and Chance as the Years Advance

Will Perks, MSW, LCSW, Director, Journey Associates, LLC

Social and economic disparities increase in a rapidly changing society due to populations of record proportions. As our society grows older supported by continuing advances in medical technology, access to adequate health care services is declining for persons who do not possess the resources required. This workshop is an overview of the "baby boomer" phenomenon, and society's mixed contribution, and adaptation, to the challenges inherent in "making a living". The issues addressed relate to any geriatric client or family caregivers who cross the path of service providers, and thus experience some of the current or predicted trends in review. **SC/ADRC, CP**

Workshop W5 Aging Faithfully

Lori Fell, MSW, MDIV, Instructor, WVU Division of Social Work

Let's look at aging as a gift rather than as a punishment. So much of the media focuses on the negative images of growing old. This workshop will help all of us to see the treasures that are right at the end of our nose. Participants will consider the following: accepting the challenges of aging, finding God's purpose in aging, overcoming the temptations of aging and discovering the joys of aging. Participants will examine how incorporating the realm of spirituality in practice only adds to our ability to meet the needs of our clients on a wholistic level - incorporating the mind-body-spirit connection. **SC/ADRC, CP, CC**

3:15-4:45 pm Concurrent Workshops

Workshop W6 Dealing with Aging Parents: Caregiving, Co-Dependency, and Addictions (Part 2: Addictions)

Jeffrey D. Elliott, MA, LICDC, AADC-S, Therapist, PSIMED Inc.

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 Change the Conversation (Part 2)

Nan Brenzel, EdD, Resultpath

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

Workshop W8 Successful Advocacy: How to Get Your Voice Heard (Part 2)

Nancy S. Tonkin, President and CEO, Tonkin Management Group

Note: This is a two part workshop; please make sure you register for Part One, Workshop W3, 1:30-3:00pm

Workshop W9 Seniorhood in a Modern Age: Positive Aging in a Changing World

Jeffrey Levesque, MSW, LICSW, Clinical Social Worker, Hospice of the Panhandle

As the future appears less predictable, it is clear that old age must be anticipated and planned. This interactive workshop challenges participants to identify values, attitudes and actions associated with positive aging for our clients and for ourselves. **SC/ADRC, CP**

Conference Program cont.

Wednesday, June 6 (continued)

Workshop W10 Instant Stress Busters for Caring Professionals

Aila Acad, 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 energizing session you will hear from one caring professional who taught stress management for 25 years before experiencing an unexpected stress crisis and the lessons learned. Experience quick techniques that put you back in the driver's seat of your life and become a more effective caring professional. **APS, SC/ADRC, CP, MH**

5:00-6:30 pm Evening Presentation

Bluegrass Music Comes of Age: Across Time and Cultures

Everett Lilly, Ph.D., Professor/Director Social Work, Mountain State University

This workshop will focus on the origin, development, and spread of bluegrass music worldwide across time and cultures. Along the way the music opened its arms to musicians from many different cultures and environments which greatly influenced the further development and directions of a music that had rural origins. The central core of the music, rooted largely in the Appalachian culture and experience, has been preserved and greatly expanded. This unique musical journey will be explored including some personal reflections by Dr. Everett Lilly, a longtime professional bluegrass musician. The presentation will include a performance by The Songcatchers, a multi-generational bluegrass music group formed by Dr. Lilly at Mountain State University.

Thursday, June 7

8:30-10:00 am Concurrent Workshops

Workshop TH1 Medicare 101

Barbara Childers, MSW, Health Insurance Specialist, Centers for Medicare and Medicaid Services

This informative presentation will provide an overview of Medicare Parts A, B, and D and information on Medicare Advantage plans. This workshop will also include information on the Annual Enrollment Period, current topics and health care reform. **APS, SC/ADRC, CP**

Workshop TH2 The Affordable Care Act

Perry Bryant, Executive Director, West Virginians for Affordable Health Care

The national Affordable Care Act is being implemented in West Virginia. Learn how most West Virginians will have insurance coverage beginning in 2014, what benefits will be included in the essential health benefits and what the new and easier process will be for enrolling people in Medicaid and CHIP in the future. **SC/ADRC, CP**

Workshop TH3 Two Steps to Collegueship for Better Client Outcomes (Part 1)

Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

Two Steps to Collegueship for Better Client Outcomes will increase knowledge and skills of practitioners in the field of aging by providing strategies and experiential learning for enhancing communications and collaboration skills in collegial relationships. Participants will experience tools for valuing diversity, removing a belief that encourages competition rather than cooperation and providing a model for creativity, collaboration and problem-solving. Participants will experience how changes in beliefs and awareness of unique capabilities and communication skills can enhance collegiality toward improved program and client outcomes. **SC/ADRC, CP**

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

Thursday, June 7 (continued)

Workshop TH4 The Process of Life-Review: Memories, Mysteries and Meaning (Part 1)

Will Perks, MSW, LCSW, Director, Journey Associates, LLC

Memory is essential to meaning in life - to on-going learning, to pleasure, 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, CP**

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

Workshop TH5 Mountains of Treasures: The Secret World of Hoarding

Loriann Sonntag, LCSW, 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, SD/ADRC, CP, MH**

10:15-11:45 am Concurrent Workshops

Workshop TH6 Medicare Advanced

Barbara Childers, MSW, Health Insurance Specialist, Centers for Medicare and 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. This workshop will also include information on the Annual Enrollment Period, current topics and health care reform.

APS, SC/ADRC, CP

Workshop TH7 Preventing Elder Financial Fraud: It Takes a Village

Don Blandin, President and CEO, Investor Protection Trust

Join us for an engaging, interactive session on the national Elder Abuse Investment Fraud and Financial Exploitation Prevention Program and learn how state securities regulators, medical doctors, nurses and other health care professionals and adult protective services professionals can work together to protect older Americans from financial exploitation. **APS, SC/ADRC, CP**

Workshop TH8 Two Steps to Collegueship (Part 2)

Aila Accad, RN, MSN, Speaker, Author, Stress Expert, LifeQuest International, LLC

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

Workshop TH9 The Process of Life-Review: Memories, Mysteries and Meaning (Part 2)

Will Perks, MSW, LCSW, Director, Journey Associates, LLC

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 7 (continued)

Workshop TH10 Mountains of Treasures: Coming Down from the Mountain

Loriann Sonntag, LCSW, MSW, MS, Social Services Coordinator, Visiting Homemaker Service, Inc.

Grandma Joe is a sweet lady who carries a lifelong secret. Although she loves to help other people, she never allows anyone into her home, including family. She keeps all of the drapes shut and refuses to open any windows. Behind the closed doors of her home she keeps a secret mountain of treasures. 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 revealing the secret and removing the mountain, a feat accomplished only by a team of professionals. Discussion will include current information and knowledge on this disorder, the DSM diagnosis of hoarding, assessments to be used with clients or family members, current treatment options, and the role of the helping professional in guiding hoarders in the de-cluttering process. **APS, SC/ADRC, CP, MH**

12:00-1:15 pm Lunch Presentation



Recent Developments on the Affordable Care Act

Perry Bryant, Executive Director, West Virginians for Affordable Health Care

This keynote address will provide a broad overview of the national Affordable Care Act as well as discuss recent developments in implementing the ACA. These recent developments include a discussion of the oral arguments held in March before the US Supreme Court West Virginia's efforts to define what constitutes an essential health benefit West Virginia's progress in establishing the health insurance exchange and the new eligibility and enrollment rules for future enrollment in Medicaid and subsidized premiums for private insurance policies sold in the exchange.

1:30-3:00 pm Concurrent Workshops

Workshop TH11 Seniors, Sexuality & Dementia: Myths, Issues and Changing Attitudes

Nancy Cipoletti, Director, Alzheimer's Programs, WV Bureau of Senior Services

From the World War II generation to the free loving baby boomers, seniors are challenging the myths of what they should think, feel, say and do when it comes to relationships and sexuality. When there is also a diagnosis of Alzheimer's disease or a related dementia, the issues become more complicated. This interactive discussion will focus on sexuality and dementia, changing attitudes, consequences of individuals, actions and ways we can support the choices of an ever-growing segment of our society, while ensuring that vulnerable seniors remain free from abuse. **APS, SC/ADRC, CP**

Workshop TH12 The Write Stuff

Wendy Tuck, MA, BA, Journaling for Personal and Professional Development

'The Write Stuff' is a learn-by-doing workshop that will provide a safe and creative environment to write in. Using a variety of journaling techniques those who work with people who are aging will learn methods to bring out bold, surprising, humorous, and courageous moments and stories as well as develop skills and creativity in their personal and professional lives. **SC/ADRC, CC, CP**

Workshop TH13 Hospice and Palliative Care Music Therapy

Leigh Jenks, MMT, MT-BC, Music Therapist, Blue Ridge Hospice

This workshop will encompass general information on music therapy, giving a clear explanation of what it is, who benefits, the goals of music therapy, and specific music therapy interventions used with hospice patients. Patient stories, live and recorded music examples, and video representing music therapy techniques will be used to show how therapeutic goals are accomplished. Participants will get a true understanding of why music therapy "work" and the importance of co-treating with nursing, social work, and spiritual counseling disciplines. Lastly, participants will come away with a general sense of how they can use music with the older adults that they work with. **SC/ADRC, CP, MH**

Thursday, June 7 (continued)

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

Workshop TH14 When Reliving (Combat) Starts at Retirement

Gary Jarrell, MSW, LICSW, Family Therapist and Joel Smith, MSW, LICSW, Social Worker, Morgantown Vet Center

Reliving (Combat) Starts at Retirement focuses on understanding how late onset symptoms of Post Traumatic Stress Disorder (PTSD) present in combat veterans beginning retirement. We will examine how the presentation of symptoms later in life can add to increased difficulty in treatment and recovery. This workshop will highlight many of the key aspects of late onset PTSD in aging veterans and focuses on recovery and growth with proven treatment modalities. We will focus on gaining an understanding of how background assumptions and rural values and beliefs give rise to the prevalence of late onset symptoms.

APS, SC/ADRC, MH

Workshop TH15 The Naomi King Story: A Case Study in Elder Abuse

Captain James Sizemore, Fayette County Sheriff's Office and Senator William R. Laird, IV, WV State Senate

This workshop will provide a review of an investigation into the abuse and neglect of an elderly female that resulted in her death at the hands of her caregiver. The presentation will also address changes to the laws concerning the abuse and neglect of the elderly that resulted from this case. **WARNING:** Graphic photographs are included in this presentation. **APS, SC/ADRC, CP**

3:15-4:15 pm Closing Presentation



A Funny Thing Happened On the Way to Getting Older

Jeffrey D. Elliott, MA, LICDC, AADC-S, Therapist, PSIMED, Inc.

Have you heard the one about?.....This presentation will focus on the importance of humor and laughter for both caregivers and aging individuals. It is designed to give participants an overview and gain perspective on how humor and laughter relate to the social, sexual, physical, emotional, and mental aspects of aging. Join us for this energizing closing session. Audience participation in the form of laughter will be appreciated!

Exhibiting Opportunities RESERVE YOUR SPACE NOW!

Showcase your programs by exhibiting at the 34th 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 more information.



2012 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
Carly Costello, WVU Division of Social Work
Nancy Daugherty, WV Geriatric Education Center
Jacki Englehardt, WVU Division of Social Work
Kris Hash, WVU Division of Social Work
Mary Herald, Senior Monongalians
Gary Jarrell, Morgantown Vet Center
Sherry Kuhl, WVU Center on Aging
Susie Layne, WVDHHR

Erica Martin, WVU Division of Social Work
Suzanne Messenger, WV Long Term Care Ombudsman
Carrie O'Neil, Hospice Care Corporation
Julie Patrick, WVU Department of Psychology
Loriann Sonntag, Visiting Homemakers
Hanna Thurman, WV Bureau of Senior Services
Freddie White, WVDHHR

Karen Harper-Dorton, Beatrice Ruth Burgess Center, WVU Division of Social Work
L. Christopher Plein, 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** continuing education contact hours for licensed Social Workers in WV, MD, VA & PA, under the West Virginia University Division of Social Work WV Board of Social Work Provider #490051. 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.** License Professional Counselors from other states should contact their respective licensure boards regarding approval PRIOR to registering for the conference.

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

PARKING/LODGING

Parking: Day commuters to the Summer Institute on Aging can park for free at the Waterfront Place Hotel.

Waterfront Place Hotel & Conference Center: A block of rooms has been reserved at a special group rate of \$94 per night + tax (Group Code: Summer Institute on Aging). The phone number is 304-296-1700 or 1-866-782-9974. Reservations can also be made online at: <https://www.reseze.net/servlet/WebresResDesk?hotelid=1334>, group code: 139700. Reservations must be made by May 14, 2012 to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability. Parking is \$6/day to self park or \$8/day to valet park. For more information and directions, visit www.waterfrontplacehotel.com

Ramada Inn: Located right off of I-68, Exit 1. Phone number is 304-296-3431. A block of rooms have been reserved at a special group rate of \$77 per night + tax (Group Name: Summer Institute on Aging, Group Code: CGAGIN). Reservations must be made by May 14, 2012 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 \$124 per night + tax (Group Name: Summer Institute on Aging). Reservations must be made by May 14, 2012 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 "Where to Stay".

Register ONLINE at : <http://continuinged.wvu.edu/SIOA/>

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 6/6/12, CE credits and all conference materials.

Early bird registrations must be postmarked on or before May 14, 2012.

Register ONLINE at: <http://continuinged.wvu.edu/SIOA/>

Please select:	Registration Type	Before May 14	After May 14
<input type="checkbox"/>	Full Conference (3 days)	\$230	\$280
<input type="checkbox"/>	2 - Day Fee (circle below)		
	Tuesday-Wednesday	\$170	\$210
	Wednesday-Thursday	\$170	\$210
	Tuesday-Thursday	\$165	\$205
<input type="checkbox"/>	1 - Day Fee (circle below)		
	Tuesday	\$85	\$125
	Wednesday	\$90	\$130
	Thursday	\$85	\$125

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

___ Retired	\$25	___ WVDHHR	\$25
___ Students (not for academic credit)	\$25	___ Planning Committee	\$50
___ Unemployed	\$25	___ Active Field Instr.	\$50
___ Multiple registrants (3 or more)	\$25 (Must register all at same time)		

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.

Tuesday, June 5th:

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 _____

Wednesday, June 6th:

Networking Sessions ___ will attend ___ will not attend

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

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

3:15 Afternoon Workshop: 1st Choice _____ 2nd Choice _____

5:00 Evening Presentation ___ will attend ___ will not attend

Thursday, June 7th:

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

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

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

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

Cancellation Policy: Cancellations must be received by **May 31, 2012**, a processing fee of \$25 will be charged for all cancellations. No refunds will be made after May 31, 2012. 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

Register ONLINE at: <http://continuinged.wvu.edu/SIOA/>

VISIT OUR WEBSITE AT WWW.WVSIOA.ORG

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