

38th Summer Institute on Aging

Living Better. Living Longer. Living Life.

June 7-9, 2016

Lakeview Resort and Conference Center
Morgantown, West Virginia



West Virginia University

2016 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:

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Jacki Englehardt, WVU School of Social Work

Angela Faulkner-Van Deysen, WVU School of Public Health

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Kris Hash, WVU School of Social Work

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Wade Samples, WV Department of Health and Human Resources

Donna Tennant, Sundale Nursing Home

Mandy Weirich, WV Department of Health and Human Resources

This event is sponsored by:



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Welcome

Welcome to the 38th Summer Institute on Aging presented by the WVU School of Social Work and the WVU School of Public Health. The 2016 theme is “Living Better. Living Longer. Living Life.”

Many thanks to this year’s sponsors: WVU School of Social Work, WVU School of Public Health, West Virginia Bureau of Senior Services, Beatrice Ruth Burgess Center for West Virginia Families and Communities and Problem Gamblers Help Network of West Virginia.

Dr. Bernard “Bernie” Schreurs will kick off our conference on Tuesday, June 7, with a stimulating opening keynote presentation sponsored by the Beatrice Ruth Burgess Center for West Virginia Families and Communities titled “Living Better and Longer in the Face of Alzheimer’s Disease.” Dr. Schreurs is the director of the WV Alzheimer’s Disease Registry, as well as a professor at the Blanchette Rockefeller Neurosciences Institute and the WVU School of Medicine.

The national policy advisor to the National Adult Protective Services Association, Mr. Bill Benson, will provide a timely update on “The Elder Justice Act” during our mid-week keynote on June 8. Mr. Benson will also team up with WV Department of Health and Human Resources Adult Services trainer, Mandana Weirich, MSW to provide a breakout session that same day on “Promising Practices to Identify, Remedy and Prevent Elder and Vulnerable Adult Abuse.”

Lunches will be provided each day, and on June 7 you will have time to network with others at your table. On June 8, a remarkable social worker will be presented with the annual Anita S. Harbert Outstanding Achievement in Aging Award. That evening join us for a discussion about the film “Alive Inside” led by Dr. Kristina Hash, professor in the WVU School of Social Work (CEUs available).

On Thursday, June 9, during lunch, you have the choice to earn CEUs and participate in a discussion with Mr. Phil Schenk and Ms. Nancy Tyler on “Creating Model Communities for Elders in West Virginia,” or you can take your box lunch and relax elsewhere on the property. Our conference closes with an upbeat presentation by Summer Institute favorite Nancy Cipoletti inspiring us to “Lead a Brain-Healthy Lifestyle.”

We have categorized each workshop by one or more of the following topic codes and practitioner tracks. Please see the end of each breakout workshop description for the italicized abbreviations.

Adult Protective Service workers: APS	Senior Center/ADRC directors and staff: SC/ADRC
Long-term Care personnel: LTC	Nursing Related Content: N
Core Practice: CP	Clinical/Medical Practice: CMP
Cultural Competency/Diversity: CC	Management/Administration/Policy: MG
Mental Health Practice: MH	

Back by popular demand – A Culinary Tour on Tuesday, June 7 at 6 p.m. (depart Lakeview at 5:30 p.m.). Enjoy a progressive dining experience in downtown Morgantown. From mouth-watering appetizers to delicious desserts, you’ll have the chance to experience local foods prepared by chefs at local restaurants. You don’t want to miss this delightful dining experience! The cost is \$30 per attendee (see page 8 and registration form for more details). Limited space available.

A lot of exciting things are happening at the 38th Summer Institute on Aging — we look forward to seeing you this June!

Jacki Englehardt, MSW, ACSW
Director of Professional and Community Education
WVU School of Social Work

At A Glance

Tuesday, June 7

8:00 a.m. Registration Opens

9:15 - 10:30 a.m. Opening Keynote

Beatrice Ruth Burgess Memorial Lecture

Living Better and Longer in the Face of Alzheimer's Disease – Schreurs

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

T1 A “How-to” of Practical Evidenced-Based Strategies for Living Better, Living Longer, Living Life – Schreurs

T2 Health Reform and Long-term Care: New Challenges and Opportunities – Carter

T3 What's Love Got to Do with It? Felt Obligation and Conflict – Donato and Rittenour

T4 Offering Chronic Disease Self-Management Education in Rural Areas – Hurst and Korman

12:30 - 1:45 p.m. Lunch

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

2:00 - 3:30 p.m. Workshops

T5 Advanced Directives: Completing and Using Them – Brenneman

T6 All for One: Fighting Financial Exploitation Together (Part 1) – McConnell, Korman, Williams, Messenger, Hocesvar, Taylor and Southern

T7 Living Longer. Living Better? (Part 1) – Layman

T8 Living and Dying Together (Part 1) – Embrey

T9 Sexuality and Relationships after Sixty – Cipoletti

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

T10 An Overview of Adult Protective Services – Weirich

T11 All for One: Fighting Financial Exploitation Together (Part 2) – McConnell, Korman, Williams, Messenger, Hocesvar, Taylor and Southern

T12 Living Longer. Living Better? (Part 2) – Layman

T13 Living and Dying Together (Part 2) – Embrey

T14 Caring for the Elderly Veteran – Hennon and Engel

5:30 Tuesday Evening Culinary Tour

Wednesday, June 8

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

W1 Medicare Basics – Layman

W2 It Takes a Village – Rodis and Ergin

W3 Montessori-Moments in Time – Mullenax

W4 Incarceration and Aging – Tasker and Campolong

10:15 a.m. - 12:00 p.m. Keynote Presentation

The Elder Justice Law: Its Impact on Adult Protective Services and Elder Abuse Victims – Benson

12:00 - 1:00 p.m. Lunch

Anita S. Harbert Outstanding Achievement Award

1:15 - 2:45 p.m. Workshops

- W5 Medicare – A More In-depth Knowledge – Gouty
- W6 Diabetes Prevention and Management for a Longer, Healthier Life (Part 1) – Misra, Shawley and Stewart
- W7 Don't Be Caught Dead: Plan Instead (Part 1) – Schwillie and Schwillie
- W8 Promising Practices to Identify, Remedy and Prevent Elder and Vulnerable Adult Abuse – Benson and Weirich
- W9 Don't Let Them Tell You "You Can't" – Larson and Lanham

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

- W10 Recognizing and Reporting Healthcare Fraud and Financial Exploitation – Meeks and Crowder
- W11 Diabetes Prevention and Management for a Longer, Healthier Life (Part 2) – Misra, Shawley and Stew
- W12 Don't Be Caught Dead: Plan Instead (Part 2) – Schwillie and Schwillie
- W13 Photo Voice and Photography in Gerontological Practice – Naleppa

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

- Movie night featuring "Alive Inside" – Hash

Thursday, June 9

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

- TH1 Paper Collage: A Therapeutic Form of Articulation – Gejevski
- TH2 What You See Isn't Always What You Get: Unique Issues of Transgender Older Adults (Part 1) – Leizear
- TH3 Writing an Effective Letter to the Editor – Tower
- TH4 Ethical Decision-making in End of Life Care (Part 1) – Levesque
- TH5 Seeing Alzheimer's Through a Son's Eyes – Forzano

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

- TH6 Drawing: From Basic Scribbles to Serious Images – Gejevski
- TH7 What You See Isn't Always What You Get: Unique Issues of Transgender Older Adults (Part 2) – Leizear
- TH8 Geriatric Substance Abuse – Keys
- TH9 Ethical Decision-making in End-of-Life Care (Part 2) – Levesque
- TH10 Rural Healthcare Planning – Jenkins and Peton

12:00 - 1:15 p.m. Box Lunch

- Optional CEU Presentation
- Creating Model Communities for Elders in West Virginia – Schenck and Tyler

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

- TH11 Let's Discuss the Vision for Model Senior Communities – Schenck and Tyler
- TH12 Are You Dementia Ready? – Ernst
- TH13 Access to Recreation: An Important Part of Living a Healthy Life – Mayolo
- TH13 Photo Voice and Photography in Gerontological Practice – Naleppa

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

- Living a Brain-Healthy Lifestyle – Cipoletti

Conference Program

Tuesday, June 7

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

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



Living Better and Longer in the Face of Alzheimer's Disease

Bernard G. Schreurs, Ph.D., Director West Virginia Alzheimer's Disease Registry, Professor of Physiology and Pharmacology, West Virginia University and Professor, Blanchette Rockefeller Neuroscience Institute

Despite an impending Alzheimer's disease epidemic, there are things we can do here and now that might allow us to live better and longer and reduce the risk of dementia. No one gets out alive, but you can have some say in how and when that happens — and you could even keep most of your marbles.

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

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

Workshop T1: A "How To" of Practical Evidenced-Based Strategies for Living Better, Living Longer, Living Life

Bernard G. Schreurs, Ph.D., Director, West Virginia Alzheimer's Disease Registry, Professor of Physiology and Pharmacology, West Virginia University and Professor, Blanchette Rockefeller Neurosciences Institute

With an understanding of what elders want in order to age with dignity and independence, this workshop will explore some of the practical aspects of aging with dignity and independence. We will address issues of meaningful involvement, transportation and mobility, respect and social inclusion, aging in place, communication and information and, perhaps most importantly, health and well-being. We will review evidence that reducing even one of a number of chronic conditions, including obesity, high blood pressure, high cholesterol, or depression, can significantly reduce the duration of cognitive impairment and dementia. Advice on diet, exercise and mental activity and their ability to stave off dementia will be explored. This will be a discussion-style workshop exploring evidence-based information and soliciting input from participants in what works for them in allowing elders to age with dignity and independence and barriers that have been encountered along the way. We will also explore strategies participants can use that help to reduce the impact of dementia on patients and their loved ones. **SC/ADRC, LTC, N, CMP**

Workshop T2: Health Reform and Long-term Care: New Challenges and Opportunities

Mary W. Carter, Ph.D., Gerontology Program Director and Associate Professor, Office of Collaborative Programs, College of Health Professions, Towson University

Following the 2010 passage of the Affordable Care Act (ACA), efforts to improve healthcare quality while controlling costs have led to vast and swift changes in the coordination of

care across providers, with a particular focus on expanding access to long-term services and supports (LTSS) for older adults. Older adults report widespread desire for aging-in-place models with a focus on maintaining independence. Moreover, the goal to stay at home is increasingly recognized by healthcare providers as an important component of affordable and quality care. However, the swiftness of these policy changes and subsequent influence on the structure and delivery of services raises increasingly difficult questions about the ethics of aging-in-place given current paradigms of care. In response, this workshop will provide an overview of the changing landscape of social policy and its impact on LTSS with a particular focus on emerging ethical issues encountered day-to-day by professional gerontologists. **APS, SC/ADRC, LTC, MG**

Workshop T3: What's Love Got to Do with It? Felt Obligation and Conflict

Mary Donato, MA, Graduate Teaching Assistant/Ph.D. Student and Christine Rittenour, Ph.D. Assistant Professor, Communications Department, West Virginia University

Very often, family members are the first and primary caregivers of older adults. These family members can include spouses, children, siblings, or other family members. Familial caregivers not only face the difficulty of providing care for aging adults, but also face the challenging role ambiguity of their new responsibility. This workshop will explore some of the tensions familial caregivers face as well as the main areas of conflict that can arise between family members during these stressful times. Participants will explore the different conflict styles of competing, collaborating, avoiding, accommodating and compromising. The workshop will then address how to assess and apply the conflict styles in the care of family members, clients and/or patients.

APS, SC/ADRC, LTC, N, CMP, MH

Workshop T4: Offering Chronic Disease Self-Management Education in Rural Areas

Sally Hurst, Outreach Director, West Virginia School of Osteopathic Medicine, Center for Rural and Community Health and Carma Korman, MSW, LICSW, Clinical Geriatric Social Worker, Robert C. Byrd Clinic, Lewisburg

The need for evidence based self-management education in rural communities across WV is great. The goal of self-management is to achieve the highest possible functioning and quality of life....no matter where along the path a person starts. Partnerships are the key to developing a local network to sustain leaders and workshop activities. Learn about how the Greenbrier County Health Alliance is developing an infrastructure model and consider the benefits of bringing a "Live Well" Self-Management Program to your community.

SC/ADRC, LTC, N, CMP, MH

New for 2016!

Online Conference Registration and Payment

1. Go to <http://goo.gl/HSXYeQ> to register online.
2. Then, visit <http://epay.wvsto.com/WVU/WVUSocialWork> to pay online via credit card.

Conference Program

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

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

2:00 - 3:30 p.m. Concurrent Workshops

Workshop T5: Advanced Directives: Completing and Using Them

Jeanie Brenneman, MSW, LCSW, Medical Social Worker, Amedisys Home Health Care

Participants will learn how medical advances and political and social changes have influenced policies regarding Advance Directives. Copies of the various kinds of documents used in W. Va. and how to register the forms with the state will be discussed. Participants will learn best practices for approaching a senior about the completion of Advance Directives and how to guide them to make personal choices regarding end-of-life decisions and selection of a proxy. **APS, SC/ADRC, LTC, N, CMP**

Workshop T6: All for One: Fighting Financial Exploitation Together (Part 1)

Cat McConnell, JD, Executive Director, WV Senior Legal Aid; Carma Korman, MSW, LICSW, Clinical Geriatric Social Worker, Robert C. Byrd Clinic; C. Carter Williams, JD, Assistant Attorney General, WV Attorney General's Office; Suzanne Messenger, JD, West Virginia State Long-Term Care Ombudsman; Amy Hocevar, JD, Attorney, Federal Trade Commission, Cleveland, Ohio; Jennifer Taylor, JD, Attorney at Law, Special Projects Coordinator, Ombudsman Attorney, Legal Aid of WV; and Justin Southern, MA, Communications Director, WV Office of the State Auditor

It takes a village to stop and remedy financial exploitation of older West Virginians. Law enforcement, adult services, civil legal services, domestic violence services, ombudsman, various federal and state agency representatives and others working together at least have a fighting chance of helping a senior get her life back after exploitation. But multidisciplinary practice comes with its challenges, starting with the partners learning about what each person at the table can and cannot offer the collective and the victim. This workshop offers a window into the roles that various partners responding to financial exploitation of seniors can play, and how concerted efforts bring the most hope for recovery for senior victims. **APS, SC/ADRC, CP**

Note: This is a two-part workshop; please make sure you register for Part 2, Workshop T11, 3:45-5:15 p.m.

Workshop T7: Living Longer. Living Better? (Part 1)

Deborah Layman, MSW, Case Manager, Scott's Run Settlement Hosue

Although people today are living longer, they are also living without key supports that were common in the past. The social support and familial support common in yesteryear may suffer significant barriers. Homelessness and hunger are key issues that we will look at in this interactive workshop. Peripheral issues such as access to medical care and affordable medications will be discussed as they interact with the obtainment of basic needs. **APS, SC/ADRC, CC, CP, MH**

Note: This is a two part workshop; please make sure you register for Part 2, Workshop T12, 3:45 - 5:15 p.m.

Workshop T8: Living and Dying Together: Providing Care for Parents in Their Last Five Years (Part 1)

Allan Embrey, MA, LPC, Marriage and Family Counselor, Moving Forward, LLC, Morgantown, W.Va.

Living at home through the last few years of your life sounds simple, yet it is a great deal more than just maintaining the normal status quo of daily life until our passing. This workshop follows the case history of the presenter's parents, Raymond and Martha, through the last few years of their lives. From independence to dependence; through medical, legal and financial challenges; role reversals and family disputes, the presenter will describe the lessons learned and best practices from both a caretaker and professional point of view. This workshop will be a facilitated group discussion among professionals about the trials and triumphs of trying to remain at home during this final life stage in our lives.

SC/ADRC, CP

Workshop T9: Sexuality and Relationships after Sixty

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

From the World War II generation to the "free love" baby boomers, seniors are challenging the myths and defying the stereotypes of what they should think, feel, say and do when it comes to dating, relationships and sexuality. As a group, they are married, divorced, remarried, single, widowed, looking or not interested. This interactive workshop will focus on some of the intimacy and relationship questions facing seniors, their changing attitudes, societal expectations and ways we can support the choices of an ever-growing, independent-thinking segment of our society. **APS, LTC, N, CC**

Note: This workshop is offered previously on Tuesday, June 2 from 10:45 a.m. – 12:15 p.m., Workshop T4. Please see that listing for full description of this session.

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

Workshop T10: An Overview of Adult Protective Services

Mandy Weirich, MSW, Adult Services Trainer, WV Department of Health and Human Resources

This presentation will illustrate who, when, and how you should report suspected abuse and neglect of vulnerable adults in West Virginia. The presenter will illustrate what to expect from Adult Protective Services if they receive a referral. Adult Protective Services and the medical field can be great partners in working toward positive outcomes for clients.

APS, SC/ADRC, LTC, N, CP, CMP, MH

Workshop T11: All for One: Fighting Financial Exploitation Together (Part 2)

Cat McConnell, JD, Executive Director, WV Senior Legal Aid; Carma Korman, MSW, LICSW, Clinical Geriatric Social Worker, Robert C. Byrd Clinic; C. Carter Williams, JD, Assistant Attorney General, WV Attorney General's Office; Suzanne Messenger, JD, West Virginia State Long-Term Care Ombudsman; Amy Hocevar, JD, Attorney, Federal Trade Commission, Cleveland, Ohio; Jennifer Taylor, JD, Attorney at Law, Special Projects Coordinator, Ombudsman Attorney, Legal Aid of WV; and Justin Southern, MA, Communications Director, W. Va. Office of the State Auditor

Note: This is a two-part workshop; please make sure you register for Part 1, Workshop T6, 2:00 - 3:30 p.m.

Conference Program

Workshop T12: Living Longer. Living Better? (Part 2)

Deborah Layman, MSW, Case Manager, Scott's Run Settlement House

Note: This is a two-part workshop; please make sure you register for Part 1, Workshop T7, 2:00 - 3:30 p.m.

Workshop T13: Living and Dying Together: Providing Care for Parents in Their Last Five Years (Part 2)

Allan Embrey, MA, LPC, Marriage and Family Counselor, Moving Forward, LLC, Morgantown, W.Va.

Note: This is a two-part workshop; please make sure you register for Part 1, Workshop T8, 2:00 - 3:30 p.m.

Workshop T14: Caring for the Elderly Veteran

John Hennon, EdD, Associate Director for Education and Evaluation, Geriatric Research, Education and Clinical Center (GRECC), Co-Director, Geriatric Education Center, Pittsburgh, PA, Research Associate, Gerontology Program, University Center for Social and Urban Research, University of Pittsburgh and Ina Engel, MS, RD, LDN, GRECC Health Educator

Compared to the general elderly population, military veterans are in poorer health than nonveterans with a greater number of chronic health conditions, more psychological distress, and lower levels of physical, emotional and social functioning. This workshop will address the special health care needs of elderly veterans and review specific services for elderly veterans that are provided by the network of hospitals, community-based outpatient clinics, nursing homes, rehabilitation treatment programs and home care programs operated by the U.S. Department of Veterans Affairs.

APS, SC/ADRC, LTC, N, CMP, CC, MH

6:00 p.m. Tuesday Evening Culinary Tour

Join Us for a Culinary Tour!

Tuesday, June 7 at 6 p.m. (depart Lakeview at 5:30 p.m.)

Pre-registration is required (see registration form)

Cost: \$30 per attendee

Enjoy a progressive dining experience with fellow conference attendees while taking in downtown Morgantown. From mouth-watering appetizers to delicious desserts, you'll have the chance to experience local foods prepared by local chefs at local restaurants. You don't want to miss this delightful dining experience!

Wednesday, June 8

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

Workshop W1: Medicare — The Basics

Deborah Layman, MSW, Case Manager, Scott's Run Settlement House

In this workshop we will translate Medicare into English. Using simple terms, visuals and activities we will explore introductory topics in Medicare so that we have a better idea of how Medicare works in order to describe benefits to our clients. We will also learn where to go for additional help and where to refer our clients.

APS, SC/ADRC, N, CP, MG

Workshop W2: It Takes A Village

Carolyn Rodis, JD, Vice President, Shepherdstown Area Independent Living (SAIL) and Joan A. Ergin, RN, MNEd, FAAN, Board of Directors SAIL

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

Workshop W3: Montessori — Moments In Time: A Memory Care Program

Christina Mullenax, LSW, Executive Director, Colonial Place Assisted Living

The finest in memory care, the Montessori Based Dementia Program is a world-renowned, research-based method of working with older adults with dementia. For an older person who is experiencing memory loss from Alzheimer's disease (AD), the use of Montessori Dementia programming encourages purposeful living for seniors while interacting positively within their environment, allowing them to function at their highest level. Participants in this workshop will learn to assess the person with AD and base a program on their want and needs. Whether in the home setting with loved ones, a facility with caregivers, or a short term rehab/hospital stay, creating the moments in time program with help with behaviors, boredom and allowing the person with memory loss full enjoyment in the moment. **SC/ADRC, LTC, N, MH**

Conference Program

Workshop W4: Incarceration and Aging

Sabrina Tasker, LCSW-C, LICSW and Kelly Campolong, LCSW, Federal Bureau of Prisons

This workshop explores the obstacles that aging inmates encounter in the prison system. Many elderly inmates face unique challenges during their incarceration, including health concerns, mobility issues, loss of support systems and facing death in prison. Are these needs being met and if so, how? Which states have extensive programs for elderly inmates and how may these be replicated in other prisons? Legislation addressing the unique needs of the aging inmate will be discussed. The effectiveness of the Reduction in Sentence Program will be explored at the state and federal level. This program was developed to provide early release opportunities for individuals who have completed a large portion of their sentence and are classified as “elderly,” or have a progressive illness that will only worsen as the individual ages. **CMP, MG**

10:30 a.m. - 12:00 p.m. Keynote Presentation



The Elder Justice Act: Its Impact on Adult Protective Services and Elder Abuse Victims

William Benson, BA, National Policy Advisor, National Adult Protective Services Association; Principal, Health Benefits ABCs, LLC; and President, The Benson Consulting Group, Inc., Silver Spring, Md.

This keynote session will provide a review and update on the Elder Justice Act and other federal policy initiatives (such as the Older Americans Act and the Victims of Crime Act), with a particular focus on the impact on Adult Protective Services and aging services.

12:15 - 1:00 p.m. Lunch

Anita S. Harbert Outstanding Achievement Award

1:15 - 2:45 p.m. Concurrent Workshops

Workshop W5: Medicare — A More In-depth Knowledge

Rebecca Gouty, BSW, W.Va. State Health Insurance Program (SHIP) and Senior Medicare Patrol (SMP) State Coordinator, WV Bureau of Senior Services

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

It is recommended that participants have a basic knowledge of Medicare prior to taking this workshop. Workshop W1, Medicare – The Basics scheduled on Wednesday, June 8 at 8:30 a.m. is a good option.

Workshop W6: Diabetes Prevention and Management for a Longer, Healthier Life (Part I)

Ranjita Misra, Ph.D., Professor and Director Online MPH Program; Samantha Shawley, MPH, Doctoral Student; and Jonathan Stewart, MS, Doctoral Student, all of West Virginia University School of Public Health

This workshop will be an informational and interactive presentation targeted at practitioners, academics and other qualified individuals who work with or are part of the diabetic population and are interested in advancing their knowledge in the field of diabetes prevention and management. **SC/ADRC, N, CMP**

Note: This is a two-part workshop; please make sure you register for Part 2, Workshop W11, 3:00 - 4:30 p.m.

Workshop W7: Don't Be Caught Dead: Plan Instead (Part 1)

Sueann Schwille, LCSW, Owner/ Clinical Director, Quiet Mind Psychotherapeutic Services, Inc and Karl Schwille, Managing Funeral Director, Turner-Robertshaw Funeral Home

Looking ahead and making personal decisions regarding end-of-life planning including funeral arrangements and financing has become an essential part of estate planning for today's families. Human service professionals providing end-of-life services to individuals often engage in these discussions. As a matter of fact, it is often the social worker or nurse who is provided with the most appropriate opportunity to initiate such dialogue. This workshop will focus on giving human service professionals a basic understanding of information regarding the funeral arrangement process, including straight forward facts about legal requirements and costs, as well as how dealing with special circumstances can be handled much more smoothly if arranged for in advance. Questions will be addressed throughout the presentation, as well as at the end. Interaction is greatly encouraged.

APS, SC/ADRC, LTC, CC, MG

Note: This is a two-part workshop; please make sure you register for Part 2, Workshop W12, 3:00 - 4:30 p.m.

Workshop W8: Promising Practices to Identify, Remedy and Prevent Elder and Vulnerable Adult Abuse

William Benson, BA, National Policy Advisor, National Adult Protective Services Association; Principal, Health Benefits ABCs, LLC; and President, The Benson Consulting Group, Inc., Silver Spring, MD and Mandy Weirich, MSW, Adult Services Trainer, WV Department of Health and Human Resources

This workshop will build on the keynote address by William Benson and will highlight promising practices that have been developed or that are being developed around the country to address abuse/neglect/financial exploitation of older/vulnerable adults. Innovative techniques that partner adult services with other agencies in the community for a multi-faceted approach to this ever-growing problem will be discussed. Examples and topics will reinforce recommended guidelines for Adult Protective Service (APS) programs currently under consideration at the U.S. Administration for Community Living. Examples of promising practices include elder fatality reviews, referrals to the civil bar, APS workers stationed in emergency rooms and others. **APS, SC/ADRC, LTC, N, CMP, MG**

Conference Program

Workshop W9: Don't Let Them Tell You "You Can't"

Nicholas Larson, MA, Behavior Specialist and Courtney Lanham, MSW, Behavior Specialist, WVU Center for Excellence in Disabilities

Positive Behavior Support (PBS) is a powerful person-centered and team-based approach to addressing problem behavior and other potential quality-of-life challenges for individuals across the lifespan. This approach has commonly been developed with and applied to treating populations with intellectual and developmental disabilities. However, many teams can face challenges with environmental restrictions, traditional approaches and numerous long-standing preconceptions when creating interventions for older adults. This workshop outlines problem-solving strategies to advocate and enhance quality of life for older adults living independently, in assisted care residences and in full-time care facilities. Additional focus is placed on addressing some of the unique challenges of older adults with developmental disabilities, such as strengthening team knowledge and support of the individual's goals, preferences, strengths and gifts. These can sometimes be difficult to properly ascertain without effective communication strategies. Attendees will review how to use this information to help individuals build social support systems, which are often initially based on family care that can naturally dwindle with age.

APS, SC/ADRC, LTC, MH

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

Workshop W10: Recognizing and Reporting Healthcare Fraud and Financial Exploitation

Marcia Meeks, BS, Director, WV State Health Insurance Assistance Program, West Virginia Bureau of Senior Services and Trina Crowder, MLS, Director, Medicaid Fraud Control Unit, Office of Inspector General, West Virginia Department of Health and Human Resources

In this workshop, the WV Senior Medicare Patrol Program Director and the WV Medicaid Fraud Control Unit Director will share current information about health care scams in West Virginia. 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 W.Va. and also share tips on how to avoid being a victim of healthcare scams. Information will be provided for social work and healthcare professions on how to report possible fraud and abuse cases. 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, N, CP, MG

Workshop W11: Diabetes Prevention and Management for a Longer, Healthier Life (Part 2)

Ranjita Misra, Ph.D., Professor and Director Online MPH Program; Samantha Shawley, MPH, Doctoral Student; and Jonathan Stewart, MS, Doctoral Student, all of West Virginia University School of Public Health

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

Workshop W12: Don't Be Caught Dead: Plan Instead (Part 2)

Sueann Schwille, LCSW, Owner/Clinical Director, Quiet Mind Psychotherapeutic Services, Inc. and Karl Schwille, Managing Funeral Director, Turner-Robertshaw Funeral Home

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

Workshop W13: Photo Voice and Photography in Gerontological Practice

Matthias Naleppa, Ph.D., Professor, State University of Baden-Württemberg – Stuttgart, Germany

This workshop covers methods for practice with older adults that rely on the use of photography, including ethno-photography, photo voice, photo therapy and reminiscence work. The primary emphasis will be on photo voice, a systematic process in which community members chronicle their physical and social environment through photos and use them to create change. It actively engages older adults in the process and builds on critical consciousness building and participatory action research. Participants will learn the basic method, discuss possible applications and design a photo voice project for their field of practice. **SC/ADRC, LTC, CP, CC**

Note: This workshop is repeated on Thursday, June 9, from 1:30 - 3:00 p.m., Workshop TH14.

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

Movie night Featuring “Alive Inside”

Kristina Hash, LICSW, Ph.D., Professor and Director, Gerontology Certificate Program, School of Social Work, West Virginia University

Join us for a movie night! The evening presentation will feature the documentary “Alive Inside” (2014), which won an award at the Sundance Film Festival. The film is described as a “joyous cinematic exploration of music’s capacity to reawaken our souls and uncover the deepest parts of our humanity.” A lively discussion will follow the film, focusing on the healing power of music and its place in elder and dementia care.

Thursday, June 9

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

Workshop TH1: Paper Collage: A Therapeutic Form of Articulation

Ariadne Gejevski, MA, Artist, Teacher, Muralist, ariadnART

Collage, simply defined, is a form of art in the assemblage of different materials such as paper, magazine pictures, and photos, then with glue creating a composition on a given surface. This is an enjoyable, inexpensive, creative process that can also be useful to therapists who seek more inward communication with clients who may internalize their emotional state and do not express themselves willingly. Attend this workshop to gain hands-on experience in learning how to apply different collage themes with any age group or individual clients. During this presentation participants will create a booklet collage to exemplify word-to-picture articulation. **SC/ADRC, LTC, MH**

Conference Program

Workshop TH2: What You See isn't Always What You Get: Unique Issues of Transgender Older Adults (Part 1)

Samuel J. Leizear, MSW, BSJ, Field Education Director, WVU School of Social Work

In the wake of the recent and very public coming out of 65 year old Caitlyn Jenner, as well as the recent expansion of Medicare coverage to include healthcare and other related services for Transgender Persons, it is imperative that W. Va. healthcare, social service and other related providers educate themselves regarding providing respectful and inclusive care to these individuals.

This presentation will identify and address the unique issues faced by transgender older adults, particularly within the healthcare domain, and will also provide information and resources for providers ranging from adding simple, inclusive language to forms, marketing materials or policies and procedures, to the specific transition and non-transition related services now covered by Medicare toward the goal of enhancing access to healthcare for all persons. **APS, SC/ADRC, LTC, N, CMP, CC, MG**

Note: This is a two-part workshop; please make sure you register for Part 2, Workshop TH7, 10:15 - 11:45 a.m.

Workshop TH3: Writing an Effective Letter to the Editor

Leslie Tower, Ph.D., MSW, MBA, Professor, WVU School of Social Work

The purpose of this session is to teach participants to write a persuasive letter to the editor. The focus of the session will be on the mechanics of letter writing, rather than the policies. Participants will critique letters and draft their own. **APS, SC/ADRC, LTC, MG**

Workshop TH4: Ethical Decision Making in End-of-Life Care (Part 1)

Jeff Levesque, LICSW, LCSW-C, Clinical Social Worker, Hospice of the Panhandle

Social workers are frequently involved in assisting patients and families as they make difficult decisions about treatment choices. This workshop will give social workers and other helping professionals the opportunity to review and discuss important ethical elements in healthcare decision-making, especially at the end of life. Topics will include the core principles of bioethics (autonomy, nonmaleficence, beneficence and justice), as well as the NASW Standards of Social Work Practice in End-of-Life and Palliative Care. Discussion of areas of integration and conflict between the two will be covered. Advanced directives, current issues such as "the right to die" with physician assistance, case examples which have influenced current end-of-life care practice and resources for families and clinicians will be highlighted. **APS, SC/ADRC, LTC**

Note: This is a two-part workshop; please make sure you register for Part 2, Workshop TH9, 10:15 - 11:45 a.m. This workshop is approved for social work ethics hours.

Workshop TH5: Seeing Alzheimer's Through a Son's Eyes

Randall Forzano, NHA, LSW, Director of Human Resources, Good Shepherd Nursing Home LC, Wheeling, W.Va.

This session is designed for the healthcare professional who cares, or has cared, for individuals with Alzheimer's. Presented from a healthcare professional who also happens

to be a family member with parents diagnosed with the disease, the session incorporates personal stories and photos which allows the participant to see the importance of looking beyond the disease and actually discover. **APS, SC/ADRC, LTC, CMP**

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

Workshop TH6: Drawing: From Basic Scribbles to Serious Images

Ariadne Gejevski, MA, Artist, Teacher, Muralist, ariadnART

Art can be a therapeutic tool that can be used in all areas of life. This workshop will discuss the power of the pencil and the fear of drawing will be dismissed with the first stroke of that pencil. This hands-on workshop will allow participants to acquire an artistic method that will be useful on a personal or professional level. The session will highlight a useful tool for caregivers and those that want to learn a new skill so that they may engage clients and support fine motor skills for those who are not as dexterous. **SC/ADRC, LTC, MH**

Workshop TH7: What You See isn't Always What You Get: Unique Issues of Transgender Older Adults (Part 2)

Samuel J. Leizear, MSW, BSJ, Field Education Director, WVU School of Social Work

Note: This is a two-part workshop; please make sure you register for Part 1, Workshop TH2, 8:30 - 10:00 a.m.

Workshop TH8: Geriatric Substance Abuse: Discussing the Silent Epidemic

David Keys, LSW, MSW, Private Practice, Natural Resilience, LLC, Morgantown, W.Va.

A silent epidemic is emerging that has long eluded the mental healthcare discussion; alcohol and prescription drug abuse in the geriatric population has reached record levels in the United States. Beginning a conversation with our nation's seniors provides an opportunity for mental healthcare professionals to reverse and remediate this debilitating trend. Our goal is to not only to improve the quality and duration of life for these individuals, but also to destigmatize the perception of substance abuse that still lingers in much of our nation's senior community. This workshop will provide the opportunity for participants to become more knowledgeable of the identification process associated with alcohol and prescription drug abuse in the geriatric client population, differentiate between these disorders and concurrent senior healthcare diagnoses, identify various effective interventions and barriers to treatment and finally network with other mental health professionals in an effort to create a more comprehensive understanding of the topic.

APS, SC/ADRC, N, CMP, MH

Workshop TH9: Ethical Decision-Making in End-of-Life Care (Part 2)

Jeff Levesque, LICSW, LCSW-C, Clinical Social Worker, Hospice of the Panhandle

Note: This is a two-part workshop; please make sure you register for Part 1, Workshop TH4, 8:30 - 10:00 a.m. This workshop is approved for social work ethics hours.

Conference Program

Workshop TH10: Rural Healthcare Planning: Bottom Up or Top Down? What Works for You?

Debrin Jenkins, MS, Executive Director, West Virginia Rural Health Association and Ann Peton, MPH, Director, National Center for the Analysis of Healthcare Data

This workshop will provide concrete examples, demonstrations and instructions on how the audience can access, manage and then utilize local and state healthcare workforce data (and other demographic, socio-economic, administrative and political data) in their own internal support of medical education planning, advocacy, workforce planning, research, grant writing, policy making, recruitment and community economic development.

APS, SC/ADRC, LTC, N, CMP, MG

12:00 - 1:15 p.m. Boxed Lunch (Optional CE Offering)

Creating Model Communities for Elders in West Virginia

Phil Schenk, MS, Director, West Virginia Partnership for Elder Living, Inc. and Nancy Tyler, JD, MSW, Healthcare Consultant, West Virginia Partnership for Elder Living, Inc.

Thousands of our elders in West Virginia live in inadequate, unsafe housing that contributes to health issues. In many cases these seniors are isolated and without helping services. At the same time, communities in our state suffer from lack of amenities that could make them more livable. The project to be described in this presentation seeks to show how senior housing and livability in our senior-dominated communities can be improved. The work involved in this project covers community organizing, community development, service integration into elder housing, health improvement, innovative housing development and collaboration among diverse agencies. Because the project is in progress, there is need for more and more input. Participants in this presentation will be asked to brainstorm ideas of features, programs and strategies that could be used in the project. It is very possible that creative ideas from this session will be incorporated into the project.

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

Workshop TH11: Let's Discuss the Vision for Model Senior Communities

Phil Schenk, MS, Director, West Virginia Partnership for Elder Living, Inc. and Nancy Tyler, JD, MSW, Healthcare Consultant, West Virginia Partnership for Elder Living, Inc.

This session will look outside the box in terms of where seniors live. Following on the lunch presentation about a vision for model senior living communities in rural West Virginia, this workshop will delve deeper into issues of community livability and alternatives to what many seniors see as no choice in housing but "my home or the nursing home." Participants will be encouraged to brainstorm with the presenters on workable affordable housing and ways to make rural communities more livable. **APS, SC/ADRC, LTC, MG**

Workshop TH12: Are You Dementia Ready?

Amy Ernst, BS, Certified PAC Trainer, Respecting Choices Facilitator

Participants will look at ways for caregivers and people living with dementia to thrive within their communities. The need to support those diagnosed with dementia and their

caregivers should not be limited to the healthcare systems or nursing homes. There is an urgent need for communities to explore ways to support people with dementia and their caregivers. The road traveled by caregivers of people living with dementia can be a long, lonely journey. Developing dementia-friendly communities is being embraced worldwide as a way for communities to establish supportive options for quality life by bringing community leaders and resources together. **APS, SC/ADRC, LTC, CP, MG**

Workshop TH13: Access to Recreation: An Important Part of Living a Healthy Life

Regina A. Mayolo, BA, CAPS, Technical Assistance Specialist, West Virginia Assistive Technology System (WVATS)

For many older adults, recreation can be the path that leads to healthy aging. No matter the activity – from reading and sewing to bowling and walking - recreation can enhance physical and mental health, support socialization and communication and contribute to an individual's confidence, independence and personal image. Professionals and communities need to understand how to support recreation in a population that may have special needs. This presentation will combine examples of the benefits of recreation with demonstrations of assistive technology and information on the contribution of programs such as the Americans with Disabilities Act on recreation for older adults.

APS, SC/ADRC, LTC, N, CP

Workshop TH14: Photo Voice and Photography in Gerontological Practice

Matthias Naleppa, Ph.D., Professor, State University of Baden-Württemberg – Stuttgart, Germany

Note: This workshop is offered previously on Wednesday, June 8 from 3:00 - 4:30 p.m., Workshop W13. Please see that listing for a full description of this session.

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



Living a Brain-Healthy Lifestyle

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

Cognitive health. Brain health. Cognitive vitality. Brain fitness. Whatever you call it, maintaining cognitive function as we age is an important issue. What's the latest science on brain health? What are we learning about the interconnectedness of physical, spiritual, emotional and cognitive health? Is brain health a public health issue? Or personal? Or both? What's practical? What can each of us do now,

regarding lifestyle behaviors, choices and attitudes that may reduce the risk of cognitive decline later? Join an interactive, understandable discussion of these questions and more; try something new and decide whether to accept a personal challenge.

General Information

Continuing Education Credits

Social Work

This conference has been approved for a maximum of 19.75 continuing education contact hours for licensed Social Workers in W. Va., Md., Va. and Pa., under the West Virginia University School of Social Work WVBSW Provider #490051. Social workers from other states should contact their respective licensure boards regarding approval prior to registering for the conference.

Counseling

An application has been submitted for continuing education contact hours for Licensed Professional Counselors in W. Va. under the West Virginia University School of Social Work WVBECE Provider #WVBECE-543. For a listing of approved WV LPC sessions, go to wvsioa.org.

Nursing

An application has been submitted for continuing education contact hours for nurses through the WVU School of Nursing Charleston Division Nursing CE Provider #WV1997-0187RN. For a listing of approved Nursing sessions, go to wvsioa.org.

Gerontology Practitioner Certificate (GPC)

Many of the sessions at this conference are approved for GPC hours. For a listing of approved GPC sessions, go to wvsioa.org.

Parking and Lodging

Parking

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

Lakeview Resort and Conference Center

150 Lakeview Drive, Morgantown, WV 26508, **304-594-1111** or **1-800-624-8300**

Located off I-68, Exit 10 (WV 43 N – Cheat Lake, Uniontown, PA). A block of rooms has been reserved at a special group rate of \$89 per night + tax (Group Code: **2016 SIOA**). Reservations can also be made online at lakeviewresort.com. Reservations must be made by May 21, 2016, to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Holiday Inn Express

605 Venture Drive, Morgantown, WV 26508, **304-291-2600**

Located off of I-68, on Exit 7 (Pierpont Rd/Airport), in the Glenmark Center. A block of rooms has been reserved at a special group rate of \$109.99 per night + tax (Group Code: **WVC**, Group Name: **WVU Conference**). Reservations must be made by May 21, 2016, to secure this special rate. After this date, the rate will be the prevailing room rate, subject to availability.

Suburban Extended Stay

40 Sterling Drive, Morgantown, WV 26505, **304-291-2535**

Located off of I-68, on Exit 4 (WV 7/Sabraton). A block of rooms has been reserved at a special group rate of \$79 per night + tax (Group Name: **Summer Institute on Aging**). Reservations must be made by May 23, 2016, 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 visit.wvu.edu and click on directions and lodging.

Registration (Page 1 of 2)

To register online, go to <http://goo.gl/HSXYeQ>.

Then visit <http://epay.wvsto.com/WWU/WWUSocialWork> to pay online via credit card.

Name _____ Badge First Name _____

Employer/Affiliation _____

Mailing Address _____

City _____ State _____ Zipcode _____

Phone (____) _____ Email _____

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

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

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

☐ I will volunteer to convene a workshop.

**Conference fees include lunches on all 3 days, CE credits and all conference materials.
Early bird registrations must be postmarked on or before May 20, 2016.**

Please Select:	Registration Type	Before May 20	After May 20
<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
<input type="checkbox"/>	Tuesday Culinary Tour	\$30	\$30

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

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

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

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

Total Registration Due \$ _____

☐ Check (Make checks payable to West Virginia University)

☐ Credit Card # _____ Expiration Date ____/____/____

☐ Mastercard ☐ Visa ☐ Discover

Please note that both sides of this form must be completed and submitted with payment for registration.

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

Registration (Page 2 of 2)

Name _____

Workshop Selections: **Please pick 1st and 2nd choice for each time period.**

Please use workshop number as indicated by each title in program (Ex. T8)

Indicate special dietary needs here: _____

Tuesday, June 7

10:45 Morning Workshop: 1st Choice **T**_____ 2nd Choice **T**_____

Lunch provided: ☐ will attend ☐ will not attend **Vegetarian meal:** ☐ Yes ☐ No

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

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

5:30 Evening Culinary Tour: ☐ will attend **(please include \$30 fee in total)**

Wednesday, June 8

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

Lunch provided: ☐ will attend ☐ will not attend **Vegetarian meal:** ☐ Yes ☐ No

1:15 Afternoon Workshop: 1st Choice **W**_____ 2nd Choice **W**_____

3:00 Afternoon Workshop: 1st Choice **W**_____ 2nd Choice **W**_____

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

Thursday, June 9

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

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

Lunch provided: ☐ will attend ☐ will not attend **Vegetarian meal:** ☐ Yes ☐ No

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

Cancellation Policy: **Cancellations must be received by May 31, 2016.** A processing fee of \$25 will be charged for all cancellations. **No refunds will be made after May 31, 2016.** Substitutions are permitted at any time but must be put in writing to: Jacki Englehardt, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506 or e-mail at Jacki.Englehardt@mail.wvu.edu.

Scholarships: **A limited number of partial scholarships are available.** All requests must be in writing to: Jacki Englehardt, Director of Professional & Community Education, WVU School of Social Work, PO Box 6830, Morgantown, WV 26506 or Jacki.Englehardt@mail.wvu.edu. In the request, include the following: reasons for requesting a scholarship; how attending the Summer Institute will enhance your practice; agency overall budget amount and agency budget amount for training/continuing education (if employed); agency status (i.e. nonprofit); and other pertinent information. For more information, call **304-293-3280**.

Mail form and payment to: **WVU School of Social Work**
Attn: SIOA
PO Box 6830
Morgantown, WV 26506-6830

Or fax your form to: **304-293-5936. Attn: Summer Institute**

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For more information, contact Jacki Englehardt at 304-293-3280.



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