

Grand Valley State University's
**6TH ANNUAL
ART & SCIENCE OF AGING
CONFERENCE**

FRIDAY, FEBRUARY 11, 2011

OPTIMAL
AGING

yesterday today
tomorrow



*Wrinkles should
merely indicate where
smiles have been.*

Mark Twain



*The age of a woman doesn't mean
a thing. The best tunes are played
on the oldest fiddles.*

Ralph Waldo Emerson



Why the Art & Science of Aging Conference?

The goal of this annual Grand Valley State University Art & Science of Aging Conference is to broaden the dialogue on aging within West Michigan by providing a multidisciplinary forum which features research on aging and best practices in working with and for the older adult. To achieve this goal, the conference planners identify a current timely topic in the aging field as a conference theme, and seek a national speaker knowledgeable on this topic, to present some of the latest research on that topic and the implications of the research for personal and professional practices.

Invitations are sent to faculty and practitioners to present research and best practices information related to aging, and preferably to the selected theme, with a focus on information relevant to nursing, social work, or personal development. While the keynote speaker frames the theme for the entire conference, the final plenary draws on experiential lessons from older adults related to this theme, often in the form of a panel or a film. There are student research poster presentations, a range of community resources, a buffet luncheon and opportunities for networking. Registration costs are minimized so that everyone who is interested can attend. Since there are more sessions than any one person can attend, the presenters are asked to include an electronic version of their presentation to be posted at the conference website: www.gvsu.edu/gerontology.

Our audience includes faculty and students, community professionals who work with older adults, and community members, including older adults themselves, interested in continuing to learn more about the aging journey. To support professional participation, we offer a 'certificate of attendance', and, continuing professional credit for social workers and nurses.

Each year we select a theme character for our program brochure, an older person emblematic of our conference theme. We define Optimal Aging as finding a way to live with joy and grace and taking steps to 'do the best you can whatever your current circumstances'. This year we feature photos of two individuals who have aged in the public eye: Betty White (long time comedienne, still going strong at 89 years of age) and Sidney Poitier (whose career has continued to evolve over the past half century). Each of them has shown flexibility, adaptability, grace and resilience. Each of them serves as a role model of how to optimally age.



Acknowledgements

This annual Art & Science of Aging Conference is sponsored by

- Grand Valley State University
- Geriatric Education Center of Michigan at Michigan State University



A man ninety years old was asked to what he attributed his longevity. I reckon, he said, with a twinkle in his eye, it's because most nights I went to bed and slept when I should have sat up and worried.

Dorothea Kent

Thanks to Dr. Gayle Davis, Provost and Dr. George Grant, Dean of the College of Community and Public Service for providing administrative support and funding for the annual Art & Science of Aging Conference.

Thanks also to the Geriatric Education Center of Michigan, which provides partial funding support for this annual conference as part of its mission to provide ongoing geriatric education to health professionals in Michigan.

Special thanks go to the GVSU Aging Conference Planning Committee members:

Cynthia Beel-Bates, Kirkhof College of Nursing

Joan Borst, School of Social Work

Andrea Bostrom, Kirkhof College of Nursing

Teresa Castelao-Lawless, Philosophy

Seohee Chang, Hospitality & Tourism Management

Jing Chen, Psychology

Douglas Chung, School of Social Work

Jan Coye, Kirkhof College of Nursing

Jason DeLong, Management

Lindsey DesArmo, Human Resources

Irene Fountain, Graduate Studies

Mihaela Friedlmeier, Psychology

Priscilla Kimboko, School of Public, Nonprofit & Health Administration

Marenta Klinger, Health Administration (GA)

Cynthia McCurren, Kirkhof College of Nursing

Anne Merkle, University Libraries

Sherry Moyer, School of Public, Nonprofit & Health Administration

Judy Palmer, Grand Forum

Judith Shea, Autism Education Center

Susan Sloop, Human Resources

Cathy Weisbeck, Kirkhof College of Nursing

And the following Community Partners

Linda Kirpes, Covenant Village of the Great Lakes

Joan Ilardo, MSU College of Human Medicine





Age is an issue of mind over matter. If you don't mind, it doesn't matter.

Mark Twain



We don't stop playing because we grow old; we grow old because we stop playing.

George Bernard Shaw



Featured Speaker

Larry W. Lawhorne, M.D.

Chair and Professor
Department of Geriatrics
Wright State University Boonshoft School of Medicine

Larry W. Lawhorne, M.D. is Professor and Chair of the Department of Geriatrics at the Wright State University Boonshoft School of Medicine in Dayton, Ohio and Medical Director of Cypress Pointe Health Campus in Englewood, Ohio.

He received both his undergraduate and M.D. degrees from the University of Virginia and completed a residency in family medicine at the University of Iowa. He is board certified in Family Medicine and has a Certificate of Added Qualification in Geriatric Medicine.

Prior to joining the faculty at Wright State, Dr. Lawhorne was director of the Geriatric Education Center of Michigan and professor of family practice at the College of Human Medicine at Michigan State University. An outstanding educator, Dr. Lawhorne has received Teacher of the Year awards at the University of Iowa, the University of Missouri, and Michigan State University.

He has been active in geriatric education and gerontology curriculum development. His clinical interests have focused on long-term care, and he served as president of the American Medical Directors Association in 1997-1998. His research interests include recognition, assessment, and management of dementia in primary care settings, models of care delivery, and end of life issues. From 2001-2006, he served as network director for the national long-term care research network sponsored by the American Medical Directors Association Foundation.



Detailed Program

- 8:00 AM Registration
Continental Breakfast and Coffee
Social Work and Nursing CEU Registration (*available until 10:30 AM*)
Hager-Lubbers Exhibition Hall
- 8:30 AM Community Gerontology Resources (*available until 1:30 PM*)
Hager-Lubbers Exhibition Hall
Participating Organizations:
- Gerontology Network
 - Godwin Plumbing
 - Grand Rapids Public Library
 - Grand Rapids Parks and Recreation
 - GRCC Older Learner Center
 - Senior Odyssey
 - Social Security Administration
 - Area Agency on Aging of Western Michigan
 - Movements Science Department, GVSU
- 9:00 AM Welcome: Dr. George Grant, Jr., Dean, College of
Community & Public Service - Loosemore Auditorium
- 9:15 AM **Keynote: The Modern Fountain of Youth: An
Ecology of Optimal Aging - Loosemore Auditorium
(N) (SW)**
- Larry Lawhorne, M.D., Chair & Professor, Department
of Geriatrics
- Wright State University, Boonshoft School of Medicine
- Clinical and social scientists have been and continue
to be in search of a model that describes the charac-
teristics of the aging process gone well. Various
descriptors have been assigned to these models and
have marched steadily from normal to successful to
vital to optimal aging. Each new iteration seems more
comforting than the one before it. It is as if some scien-
tists believe that Ponce de Leon's lack of a GPS was
the only thing that stood between him and locating the
Fountain of Youth. Perhaps in 2011 or soon thereafter,
we can construct such a GPS and move from optimal
aging to eternal youth!
- In this presentation, Dr. Lawhorne suggests that aging is
a complex ecological phenomenon in which observed
variations are driven by dynamics that are difficult to
explain. However, only by identifying, describing, and
possibly modifying the multiple factors involved in the
aging process, can we hope to achieve the best quality
of life for the optimal number of older persons as op-
posed to optimal aging for a few fortunate individuals.



*I think that (...) human
life almost reads like a
poem. It has a rhythm
and beat, its internal
cycles of growth and
decay....One should be
able to sense the beauty
of this rhythm of life, to
appreciate, as we do in
grand symphonies, its
main theme, its strains
of conflict, and its final
resolution.*

Lin Yutang



*To simply wake up
every morning a
better person than
when I went to bed.*

Sidney Poitier



What grows,
never grows old.
Noah BenShea



Age to me means nothing. I
can't get old; I'm working. I
was old when I was twenty-
one and out of work. As long
as you're working, you stay
young. When I'm in front of
an audience, all that love and
vitality sweeps over me and I
forget my age.

George Burns



10:15 AM

Break: Refreshments

10:30 AM

Breakout Session I

Option 1 - Room Number 121

Using Plant Based Therapies to Promote Health and Well Being (SW)

Betsy Brown, Registered Horticultural Therapist

With plants as tools, all of us can address issues facing older adults in a way that is motivating and enjoyable. We will gain an understanding of how plant focused environments and activities contribute to the health and well-being of older adults. Research supports the use of plants to improve the body, mind, and spirit of all participants.

Option 2 - Room Number 138

Spirituality and Health (N)

Susan Couzens, MS, RN, FCN

This session focuses on the connection between spirituality and health. Selected research findings linking spirituality and health will be reviewed. A description of the evolution of the parish Nurse role will be used as an example of community-based health promotion. Spiritual practices found to promote health will be discussed. Ideas about ways to promote individual and client health will be described.

Option 3 - Room Number 136

Immigrants and Refugees: Aging Issues and Challenges (SW)

Muthoni Imungi, LMSW, Ph.D.

The 2000 U.S. Census indicated that there were 33 million people (12.7%) 65 years and older living in the U.S. Immigrants made up 11% of the population, with those 65 years and older comprising 12.4% (3.1 million) of that population. In addition to increasing size, the older adult population in the U.S. is expected to become more diverse. The non-white elderly were projected to double from 10.2% in 1990 to 21.3% in 2050. Given the growing diversity of the elderly, those working in human service organizations and health settings may find that they will be providing services to non-white elderly from varied cultural backgrounds. This session will provide a foundation for understanding the acculturation challenges of elderly immigrants and refugees in the U.S., as well as inform on various strategies for providing support to this vulnerable and often marginalized population.

Option 4 - Room Number 117

Age Differences in the Understanding & Memory of Everyday Activity (SW)

Chris Kurby, Ph.D.

This presentation will discuss basic research investigating age differences in how we parse our everyday experiences into discrete events. Evidence suggests that, compared to younger adults, older adults have difficulty perceiving the structure of events, and that this difficulty is related to how events are remembered. These age differences will be discussed in terms of how event structure is perceived.

11:30 AM Student Research Posters - Learn about GVSU students' research on aging issues
West Hallway

Community Gerontology Resources
Hager-Lubbers Exhibition Hall

12:00 PM Buffet Luncheon - Regency Room
Community Gerontology Resources
Room Number

1:00 PM **Breakout Session II**

Option 1 - Room Number 117

Masterpiece Living: Promoting Successful Aging in Senior Living Facilities Amanda Baushke, BA

This workshop will include further definition and description of the Masterpiece Living program, a successful aging initiative that is currently being put into practice at Holland Home in Grand Rapids, MI. Masterpiece Living focuses on spiritual, intellectual, physical, and social growth. This initiative is based on the ten year MacArthur Foundation study on Successful Aging and the book of the same name written by Dr. Robert Kahn and Dr. John Rowe. This is a research based initiative in which residents participate. This session will also cover what the inventories entail and involve the audience by simulating a few of the mobility review activities.

Option 2 - Room Number 136

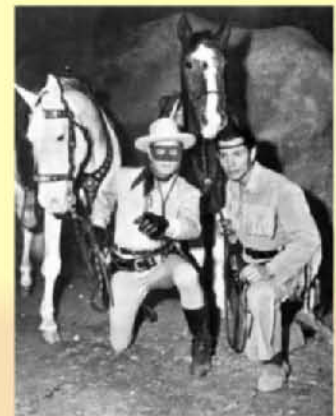
Naturally Occurring Retirement Communities: Great Places to Grow Old? (SW) Paul Bennett, MSW, Ph.D.

A Naturally Occurring Retirement Community (NORC) is a concentration of older people living in a setting not planned or designed for its older residents. This



To be seventy years young is sometimes far more cheerful and hopeful than to be forty years old.

Oliver Wendell Holmes



The complete life, the perfect pattern, includes old age as well as youth and maturity. The beauty of the morning and the radiance of the noon are good, but it would be a very silly person who drew the curtains and turned on the light in order to shut out the tranquility of the evening. Old age has its pleasure, which, though different, are not less than the pleasure of youth.

Somerset Maugham

Age is an issue of
mind over matter. If
you don't mind, it
doesn't matter.

Mark Twain



I've always liked older
men. They're just more
attractive to me. Of
course, at my age there
aren't that many left!
I've enjoyed the opposite
sex a lot. Always have.
Always will.

Betty White



workshop will provide further definition to this concept and share the results of a study exploring two NORC communities and what was done that changed stakeholders' perceptions about the community as a place in which to grow old or age-in-place.

Option 3 - Room Number 121

Eating for Health: Adapting Cultural Food Choices to Healthy Food

Tracy Booth, MA, RD

This workshop will provide a food demonstration focusing on great tasting foods that are indeed healthy. The participants will learn that you do not have to sacrifice taste for health. They will learn time-saving methods while simultaneously being educated on how to incorporate various foods, herbs and spices effortlessly into their meals.

Option 4 - Room Number 138

Project NICHE (Nurses Improving Care of Health Systems Elders): The SPICES TOOL (N)

Rita LaReau, BSN, MSN, GNP

NICHE is a project of the John Hartford Foundation Institute for Geriatric Nursing. The goal of NICHE is to create systematic change that will assure hospitalized patients receive sensitive exemplary care. Using the example of falls prevention, this session will provide insight for nurses and other participants about a project that has demonstrated care improvement for hospitalized elders. Facts about falls prevention will be described, which may benefit all participants.

2:00 PM

Break: Refreshments

2:15 PM

Breakout Session III

Option 1 - Room Number 117

Successful Aging: Overcoming Ageism and Rediscovering Life Purpose (SW)

Michael Faber, LSW.

This session will define ageism and discuss its negative effects. It will also explore the value of life purpose in successful aging, as well as outline ways to help older persons to rediscover their life purposes, and therefore overcome ageism.

Option 2 - Room Number 138

Do You Feel What I Feel? Understanding Sensory Changes in the Aging Population (N)

Susanne Brooks, BSN, MSN & Amanda Himes, BSN, MSN

This interactive learning session provides participants with a general overview of the sensory changes experienced by the aging population. The impact of aging on vision, hearing, and touch will be explored through dialogue and hands on demonstrations. Demonstrations will highlight the specialized training that the staff on the Acute Care of the Elderly Unit at Blodgett Hospital receive in order to care for the aging adult.

Option 3 - Room Number 136

Canadian Prescription Purchasing Practices and Health Care Attitudes Among Michigan Senior Center Participants (SW)

Steven Smith, MSW, Ph.D.

This session is based on research comparing cross-border pharmaceutical purchasing practices among Michigan Senior Center participants in three sites: two near the Detroit/Windsor border and one located two hours away from the same international border. The presentation also covers questions asked by the researcher about where elders receive information regarding the cost of their prescription medications and the role that physicians play in this regard.

Implications for social work practitioners regarding the role of caregivers, physicians and pharmacists in discussing prescription medication cost issues will be discussed, as well as the potential implications of national health insurance reform on senior citizens search for cheaper medications in countries outside the U.S.

Option 4 - Loosemore Auditorium

Putting Gold in the Golden Years: Zumba®

Denise Nelson

The Zumba Gold® program improves balance, flexibility, and cardiovascular strength with its unique program. Zumba Gold® was designed to teach the basic dance steps to anyone, even those requiring chairs or wheel chairs. Zumba Gold® provides an appropriate workout for the sedentary population. Feeling the music is the first and most important step to learning Zumba®. Feeling the music happens when people suddenly forget they are dancing in a class and



*I think older women
still have a full life.
Maybe the writers
don't address it these
days, but it doesn't
change the fact.*

Betty White





...it is our duty (...) to resist old age; to compensate for its defects by a watchful care; to fight against it as we would fight against disease; to adopt a regimen of health; to practice moderate exercise; and to take just enough food and drink to restore our strength and not to overburden it.

Cicero



So I'm OK with myself, with history, my work, who I am and who I was.

Sidney Poitier



the music is the reason to move with joy. Participants who attend this session will learn the basic Zumba Gold class format and physiological and psychological benefits.

3:15 PM

Break: Refreshments

3:30 PM

Closing Panel Discussion - Loosemore Auditorium

Susan York, Lois Smith Owens, and Dale & Mary Houston

AHA! Moments: Transition Points on the Path to Optimal Aging

Everyone wonders how people make the decision to change directions or lifestyles - can you really change? What will it take to optimize your own aging life path? Transformational change can be an important part of optimal aging. Our closing panelists will share their own experiences and discuss the 'aha' moments that led them to change their direction or adopt new behaviors to enhance their own later life experience.

Presenter Biographies

Amanda Baushke, BA, is the director of Masterpiece Living at Holland Home which is located in Grand Rapids, MI. She received her Bachelor of Arts from Alma College and now works with older adults to encourage them on their path to aging successfully.

Paul H. Bennett, MSW, Ph.D., is project director at the Department of Disability and Human Development, College of Applied Health Sciences at the University of Illinois at Chicago, in services to implement the federal Centers for Medicare and Medicaid (CMS) Money Follows the Person Initiative. Paul has been actively engaged in medical social work and home and community based services for older adults performing direct service, teaching, and administrative work for a number of hospitals, family service, universities, and governmental agencies.

Tracy Booth, MA, RD, holds associate and bachelors degrees in dietetics and is a Registered Dietitian. She also holds a Master's degree in Educational Leadership with an emphasis on training and development. Her firm, Life-styles: Nutrition Services (LNS), provides quality assurance and clinical nutrition services to health care agencies, including clinical assessments/evaluations, meal/menu audits, meal/menu planning, staff development. She also provides an individualized home-based education program - Nutrition to Go (N2G) for those serious about making positive lifestyle changes for preventative health.

Susanne Brooks, BSN, MSN, graduated with her Bachelor of Science in Nursing in 1995 from Grand Valley State University, Grand Rapids and her Master of Nursing in 2001 from the University of

Michigan, Ann Arbor. Susanne's nursing background includes oncology and bone marrow transplant, emergency nursing and care of the elderly. As clinical nurse specialist for the Acute Care of the Elderly (ACE) unit at Blodgett Hospital, Grand Rapids, Susanne is responsible for the development of evidence based nursing practice standards related to the care of the elderly.

Betsy Brown is a registered horticultural therapist with ten years' experience providing services to women in a residential drug rehab setting and veterans in a long term care facility. Betsy is an advanced master gardener and is currently president of the Michigan Horticultural Therapy Association.

Susan Couzens, MS, RN, FCN, received her baccalaureate degree in nursing from Western Michigan University and Master of Science in Community Care nursing from the University of Michigan. She is a Parish Nurse and she serves the Grand Rapids Area Health Ministry Consortium. She has been an affiliate faculty member at GVSU Kirkhof College of Nursing, and is currently employed by Calvin College School of Nursing.

Michael Faber has an extensive background in Gerontology. Mike is a Licensed Bachelor's Social Worker and holds a Bachelor of Science Degree in Gerontology, an undergraduate Mental Health and Aging Certificate, and a Master of Arts Degree in Sociology specializing in Aging and the Life Course. Mike has worked with older adults, their families and caregivers, within West Michigan for the last twenty one years, in a wide variety of roles including case coordination and support for frail homebound elderly, long-term care advocacy, and as a Dementia specialist, as well as his current role as an educational gerontologist, program administrator, and adjunct gerontology instructor at Grand Rapids Community College (GRCC).

Amanda Himes, BSN, MSN, graduated with her Bachelor of Science in Nursing in 2003 from Grand Valley State University, Grand Rapids and her Master of Nursing in 2009 from Grand Valley State University. Amanda's nursing background includes geriatric nursing. As the clinical nurse manager for the Acute Care of the Elderly unit at Blodgett Hospital, Grand Rapids, Amanda is responsible for the operational and financial management of a 21 bed inpatient nursing unit.

Dale and Mary Houston, a couple in their seventies, have found that one of the keys to optimal aging is through physical health and fitness. Dale was born and raised in Grand Rapids MI and Mary in Milwaukee, WI. Dale; an active athlete throughout his life and Mary, who more recently took on a physically active lifestyle when they joined the Walker Ice and Fitness Center in 1998. Since then, retirement has been extremely active for the two. Both attend fitness classes, exercise daily and have made changes to their diet to maintain their health and fitness in the golden years. Their goal is to stay active and well so they can "get out and do the things we want to do"!

I didn't get old on purpose, it just happened. If you're lucky, it could happen to you.

Andy Rooney



Old minds are like old horses; you must exercise them if you wish to keep them in working order.

John Quincy Adams





*A man is not old
until regrets take
the place of dreams.*

John Barrymore



Muthoni Imungi LMSW, Ph.D., is an Assistant Professor in the School of Social Work at Grand Valley State University. She has experience in research and service delivery to immigrants and refugees. Since 2002, she has focused her efforts on empowering African refugee women resettled in the United States. While living in Utah and Michigan, she worked with African refugee women to help them adjust to life in the United States. Herself an immigrant, she also is personally aware of the acculturation challenges experienced by immigrants and refugees as they struggle to adjust to life in the United States.

Chris Kurby Ph.D., studies how people understand the events that they experience. He received his Ph.D. at Northern Illinois University, and completed two postdoctoral fellowships; one at the University of Memphis and one at Washington University in St. Louis. He is now an Assistant Professor of Psychology at Grand Valley State University. Throughout his research career, he has conducted studies investigating how we perceive structure in the events presented in the stories we read, the movies we watch, and in everyday activity. At Washington University and currently at Grand Valley, Dr. Kurby has extended this work to studying aging and event comprehension, using both behavioral experiments and neuroimaging techniques.

Rita LaReau, BSN, MSN, GNP, is a geriatric clinical nurse specialist at Bronson Methodist Hospital in Kalamazoo. A board certified nurse practitioner, she is an educator, consultant, practitioner, researcher and administrator. She received her baccalaureate degree in Nursing from Marquette University and her Masters degree in Nursing from Grand Valley State University Kirkhof College of Nursing. She has published many articles focused on acute care of the elderly and she is a frequent presenter on issues related to care of the elderly.

Denise Nelson has over thirty years in the Fitness Industry, carries thirteen various Fitness Certifications, including, Zumba, Zumba Gold, Turbo Kick, Hip Hop Hustle, SilverSneakers Muscular Strength and Range of Motion, SilverSneakers Circuit, SilverSneakers Yoga Stretch, Power Flex, Pi-Yo, Heart Healthy, Cycling and More. Denise received her Bachelor's Degree in Business Management from Davenport University in 1998. Denise brings joy, energy and passion to the fitness industry, loves helping people and founded Heartbeat Fitness in 1990. In addition, Denise is a new member to Walker Ambucs, organized the Zumbathon to raise money for the Van Andel Institute/ Cancer Research and has organized and helped in numerous other Charities throughout her years. As an active mom and wife, Denise is married to Robert Nelson and has two gifted children; Ian, 25, an artist and Haley, 10, who is an aspiring actress and dancer.

Lois Smith Owens, MSW, is a lifelong social activist who promotes inclusion, equity and social justice for others through her work on behalf of prisoners and prostitutes among others. With degrees in Communication and Social Work, she is accomplished in many fields, as playwright and director, radio and TV producer, as a policewoman and social worker, as well as a consultant on affirmative action,



*The aging process has you firmly
in its grasp if you never get the
urge to throw a snowball.*

Doug Larson

inclusion, and social justice issues with national standing. Combining her communication, social work, production, acting and organizational talents she built a solid, high profile professional career outside of Michigan for many years. In addition to her current position as Director of Recruitment and Admissions for the GVSU School of Social Work, Lois continues to consult with business and education organizations around diversity and social justice issues. Her AHA! moment came when she decided, against her better judgment and years of avoiding it, to return home to Michigan where her mother and extended family lived. She will talk about that decision and the positive and unanticipated benefits of making that return home.

Steven L. Smith, MSW, Ph.D., is an assistant professor of Social Work at Grand Valley State University. He has served executive leadership roles in two nonprofit organizations serving elders prior to doctoral work in Interdisciplinary Health Studies.

Susan York, Susan York holds an Associate of Science in Nursing from Grand Rapids Community College, a Bachelor of Science in Nursing from Univ. of Detroit-Mercy, and a Masters of Divinity from Seabury Western Theological Seminary. She worked at Spectrum Butterworth for thirty years, first as a Critical Care Nurse then as a Nursing Supervisor for twenty years before attending seminary. She was ordained in the Episcopal Church in 1996 and returned to Butterworth as Director of Pastoral Care. She also served as Assistant Rector at St. Andrew's Episcopal Church in Grand Rapids for seven years. She became the Vicar for Congregational Development for the Diocese of Western Michigan in 2003 and established a Mission Parish, Church of the Holy Spirit in Belmont Michigan, serving there until 2009. Currently she is serving as Assistant for Pastoral Care at St. Mark's Episcopal Church in Grand Rapids. She has been married to Roger for 46 years and they have four grown children and 5 grandchildren.

Father Time is not always a hard parent, and, though he tarries for none of his children, often lays his hand lightly upon those who have used him well; making them old men and women inexorably enough, but leaving their hearts and spirits young and in full vigour. With such people the grey head is but the impression of the old fellow's hand in giving them his blessing, and every wrinkle but a notch in the quiet calendar of a well-spent life.

Charles Dickens





Student Research Posters

- Parkinson's Disease: Adjustment and Coping, Aimee Allain (Psychology)
Advisor: Mary Bower-Russa

- Well-Being in Older Adults From Three Different Cultures, Dyana Calvisi (Health Professions and Psychology) and Jennifer Dibble (Psychology)
Advisor: Mihaela Friedlmeier

- Am I Prepared to Take Care of My Aging Parents? The Effects of Attachment, Interdependence, and Relationship Quality on Filial Anxiety, Andrew Cieslinski (Psychology)
Advisor: Mihaela Friedlmeier

- Grandparent-Grandchild Relationship From two Perspectives, Elizabeth Koltonow (Health Professions and Psychology) and Stephanie Peterson (Biomedical Science)
Advisor: Mihaela Friedlmeier

- Family Caregivers for Patients with Dementia: Coping and Interventions, Rebecca Tenhoor (Biomedical Science, minor in Psychology)
Advisor: Mary Bower-Russa

- Eating Well for Aging Well, Anna Marie Smitterberg (Biology major emphasis in pre-veterinary medicine), Kiaira McClenton (Health Professions) and Melody Russell (Pre-nursing)
Advisor: Penny Nichols-Whitehead

- Investigating the Controversy Surrounding Caloric Restrictions in Humans: Is the Potential Benefit of Slower Aging Worth the Risks? Jason Street (Biopsychology)
Advisor: Jing Chen

- Depression in the Elderly: Risk Factors and Treatment, Lindsay Van Lopik (Psychology)
Advisor: Mary Bower-Russa



Everyone is the age of their heart.

Guatemalan Proverb



The key to successful aging is to pay as little attention to it as possible.

Judith Regan



Continuing Education Credits

NURSING

Grand Valley State University Kirkhof College of Nursing, a Michigan Board of Nursing approved nursing education program, is authorized by Administrative Rule 333.10602g to award contact hours to participants at continuing education programs provided by the Kirkhof College of Nursing.

For today's conference, participants at selected sessions who wish to receive credit will be awarded 1.0 contact hours if they attend the entire session and submit a completed evaluation form for the session.

SOCIAL WORK

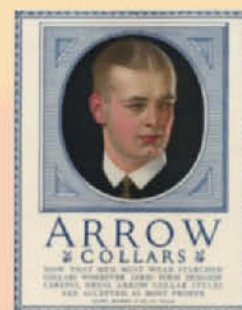
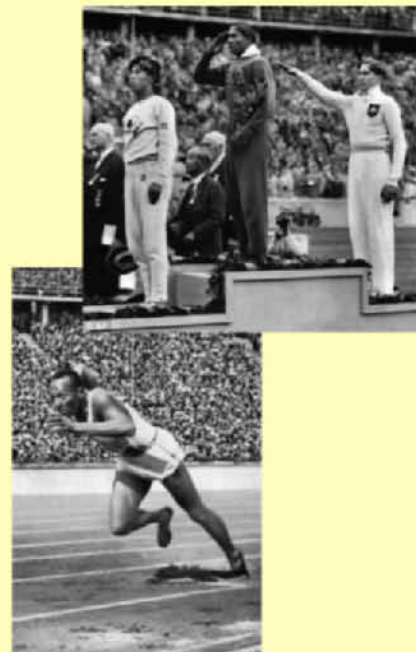
Grand Valley State University School of Social Work is an approved provider with the Michigan Social Work Continuing Education Collaborative- Provider MICEC-0004. This program is approved for up to 4.0 hours.

Sessions with Social Work (SW) credits

- 9:00 AM Keynote: The Modern Fountain of Youth: An Ecology of Optimal Aging (SW)
- 10:30 AM Using Plant based Therapies to Promote Health and Well Being (SW)
- Immigrants and Refugees: Aging Issues and Challenges (SW)
- Age Differences in the Understanding and Memory of Everyday Activity (SW)
- 1:00 PM Naturally Occurring Retirement Communities: Great Places to Grow Old? (SW)
- 2:15 PM Successful Aging: Overcoming Ageism and Rediscovering Life Purpose (SW)
- Canadian Prescription Purchasing Practices and Health Care Attitudes among Michigan Senior Center Participants (SW)

Sessions with Nursing (N) credits

- 9:00 AM Keynote: The Modern Fountain of Youth: An Ecology of Optimal Aging (N)
- 10:30 AM Spirituality & Health (N)
- 1:00 PM Project NICHE (Nurses Improving Care of Health Systems Elders): The SPICES Tool (N)
- 2:15 PM Do You Feel What I Feel? Understanding Sensory Changes in the Aging Population (N)



Personal Conference Planner

TIME	PRESENTER	SESSION TITLE	ROOM #
8:00 AM - 1:30 PM		Community Gerontology Resources	Hager-Lubbers Hall
9:15 AM - 10:15 AM	Dr. Larry Lawhorne Keynote Speaker	The Modern Fountain of Youth: An Ecology of Optimal Aging	Loosemore Auditorium
10:30 AM - 11:30 AM	Betsy Brown	Using Plant-Based Therapies to Promote Health & Well-being	121E
10:30 AM - 11:30 AM	Suzan Couzens	Spirituality & Health	138E
10:30 AM - 11:30 AM	Muthoni Imungi	Immigrants and Refugees: Aging Issues and Challenges	136E
10:30 AM - 11:30 AM	Chris Kurby	Age Differences in the Understanding & Memory of Everyday Activity	117E
11:30 AM - 12:00 PM	GVSU Students	Student Poster Presentations	West Hallway
12:00 PM - 1:00 PM		Lunch	Regency Room/Hager-Lubbers Hall
1:00 PM - 2:00 PM	Amanda Baushke	Masterpiece Living: Promoting Successful Aging in Senior Living Facilities	117E
1:00 PM - 2:00 PM	Paul Bennett	Naturally Occurring Retirement Communities: Great Places to Grow Old?	136E
1:00 PM - 2:00 PM	Tracy Booth	Eating for Health: Adapting Cultural Food Choices to Healthy Food	121E
1:00 PM - 2:00 PM	Rita LaReau	Project NICHE (Nurses Improving Care of Health Systems Elders): The SPICES TOOL	138E
2:15 PM - 3:15 PM	Michael Faber	Successful Aging: Overcoming Ageism and Rediscovering Life Purpose	117E
2:15 PM - 3:15 PM	Sue Brooks & Amanda Himes	Do You Feel What I Feel? Understanding Sensory Changes in the Aging Population	138E
2:15 PM - 3:15 PM	Steven Smith	Canadian Prescription Purchasing Practices and Health Care Attitudes Among Michigan Senior Center Participants	136E
2:15 PM - 3:15 PM	Denise Nelson	Putting Gold in the Golden Years: Zumba	Loosemore Auditorium
3:30 PM - 4:30 PM	Lois Owens, Sue York, & Dale and Mary Houston	Aha! Moments: Transition Points on the Path to Optimal Aging	Loosemore Auditorium

