



Grand Valley State University

7TH ANNUAL ART & SCIENCE OF AGING CONFERENCE

Friday, February 10, 2012

NAVIGATING THE TRANSITIONS OF LATER LIFE



ABOUT THE ART & SCIENCE OF AGING CONFERENCE



The Art & Science of Aging Conference is committed to broadening the dialogue on aging within West Michigan by providing a multi-disciplinary 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 and best practices on that topic and to translate these into personal and professional practices.

Knowledgeable and skilled faculty and practitioners are invited to present research and best practices information related to aging and the selected theme for the conference, with a focus on information relevant to nursing, social work, counseling, or other professions, and/or for personal development. The keynote speaker frames the theme for the entire conference and the closing plenary draws on experiential lessons from older adults related to this theme. Students present their research on aging in a poster format, a range of community organizations offer educational and other learning resources, and participants enjoy 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 after the event 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 or family members who want to learn more about how to prepare for and work with aging parents. To support professional participation, we offer a 'certificate of attendance', and, continuing professional credit for social workers and nurses. This year we have added continuing education units for counselors.

Each year we feature one or more individuals who are emblematic of our conference theme for the program brochure. This year we focused on Navigation the Transitions of Later Life, including those that are certain but often avoided. Partnering with the Greater Grand Rapids End of Life Coalition to feature positive strategies to cope and even thrive in the face of losses, illness, and eventually death of oneself and loved ones. This year we feature photos of two individuals who have aged in the public eye, whose transitions have occurred in the public eye - Betty Ford and Maya Angelou. Each of them has shown flexibility and adaptability and grace - resilience. Each of them serves as a role model of how to optimally age.

ACKNOWLEDGMENTS

Co-Sponsor – providing funding support:



This annual Art and Science of Aging Conference is sponsored by Grand Valley State University, Office of the Provost and Geriatric Education Center of Michigan, College of Human Medicine, Michigan State University.

Thanks to Dr. Gayle Davis, Provost, and Dr. George Grant, Jr., Dean of the College of Community and Public Service, and Dr. Richard Jelier, Director, School of Public, Nonprofit and Health Administration 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 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 following individuals who participated in the Conference Planning Committee:

- Tom Appel, Advocates for Senior Issues
- Cynthia Beel-Bates, Kirkhof College of Nursing
- Joan Borst, School of Social Work
- Jing Chen, Psychology
- Jan Coye, Kirkhof College of Nursing
- Kimberly Crawford, Ionia Hospice & Greater Grand Rapids End of Life Coalition
- Irene Fountain, Graduate Studies
- Priscilla Kimboko, School of Public, Nonprofit and Health Administration (Conference Planning Coordinator)
- Linda Kirpes, Covenant Village of the Great Lakes Retirement Community
- Marenta Klinger, Health Administration (Graduate Assistant)
- Jean Kubiszewski, Forest Hills Public Schools Community Service & Senior Center
- Christopher Kurby, Psychology
- Sherry Moyer, School of Public, Nonprofit and Health Administration
- Judy Palmer, Grand Forum
- Judith Shea, Autism Education Center
- Josh Simpson, Health Administration (Graduate Assistant)
- Susan Sloop, Human Resources
- Cathy Weisbeck, Kirkhof College of Nursing

PARTNER ORGANIZATIONS:

- Advocates for Senior Issues
- Covenant Village of the Great Lakes Retirement Community
- Forest Hills Public Schools Community Services & Senior Center
- Grand Forum
- Greater Grand Rapids End of Life Coalition
- Ionia Hospice

FEATURED SPEAKER:

Molly Mettler, MSW

Senior Vice President for Mission, Healthwise, Inc.
Boise, ID



Molly Mettler, MSW, is Senior Vice President for Mission at Healthwise, Inc., a not-for-profit consumer health information company in Boise Idaho. She has her Master of Social Work from the University of Washington. Molly has written 4 books, 3 of them focusing on older adult health. Best known is "Healthwise for Life", now in its 7th edition with over 4 million copies in distribution. Her most recent book, "Information Therapy", coauthored with Donald Kemper, promotes the idea that getting the right medical information to the right person at the right time is as important as any pill, any test and any treatment.

Molly is a passionate advocate for older adult health issues and active at the national level in her leadership roles:

- In 1990, she became the founding chair for the National Council on Aging's Health Promotion Institute,
- In 1995, the National Council on the Aging created the Molly Mettler Award to recognize leadership in health promotion for older adults.
- She became Chairman of the Board in NCOA 2000-2003
- She founded the NCOA's Leadership Council served as its convener 2005-2007
- She continues to serve on the Board where she advocates for national policy that supports aging with health and dignity especially for those who are vulnerable and disadvantaged.

Molly also serves on the National Advisory Board for the Geriatric Practice Change Fellowship. She is actively engaged with changing the paradigm for late life care in collaboration with the Coalition to Transform Advanced Care. She is a William Ziff Fellow with the Center for Advancing Health in Washington DC and also serves on the Advisory Board for the Center for the Study of Aging at Boise State University.

Molly and her husband, Don Kemper, work together at Healthwise. This fall, their fifth and final child left home for college. Molly is enjoying the cessation of all math homework.

DETAILED CONFERENCE PROGRAM

Opening Session - Loosemore Auditorium

8:15 am

Registration

Continental Breakfast

CEU Check In

Community Aging Resource Organizations (until 1:15 pm)

- AARP - Michigan
- Alzheimer's Association
- Aquinas College - (OLLI)
- Area Agency on Aging of Western Michigan
- Gerontology Network
- GRCC Older Learner Center
- GVSU Adult Participant Pool - Psychology Department
- GVSU Grand Forum
- GVSU Student Nurses Association - blood pressure check
- PACES Program
- Senior Neighbors
- Senior Odyssey

9:00 am

Opening Session - Loosemore Auditorium

WELCOME, Dr. George Grant, Jr., Dean, College of Community & Public Service

9:15 am

Keynote Presentation

Mom, I Think We Should Talk: Preparing for the Final Transition (N)(SW)(C)

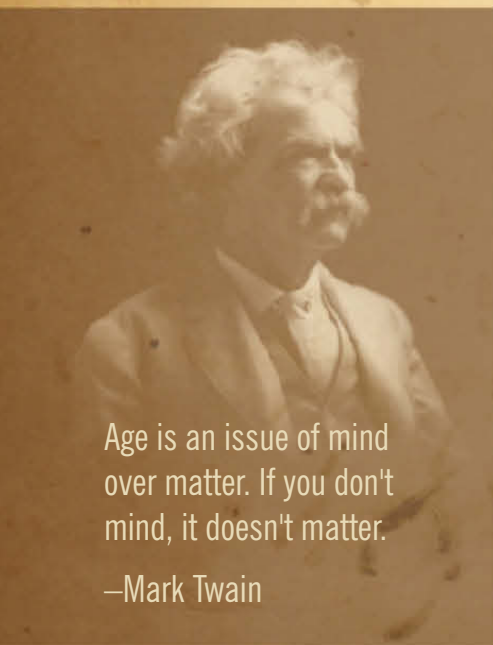
Molly Mettler, MSW, Senior Vice President for Mission, Healthwise, Inc.

Dying is the final transition. Most people want a "good death", but what that means to that person - is often not discussed until a crisis occurs or the person is no longer able to communicate. We can help ourselves and others navigate that final transition in a way that avoids needless suffering and lets people live to the end of life on their own terms.

Preparation matters. Getting it right requires necessary conversations with yourself, with your loved ones, and with your providers. Using the framework of "Define & Decide/Discuss & Delegate/Document," individuals and families can prepare themselves for end-of-life decisions so that their choices are both respected and understood.

10:15 am

Break - Refreshments



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

—Mark Twain

Morning Breakout Session (1)**Option 1 - Room 136*****Impacts of the New Health Law on Seniors (N)(SW)(C)***

Susan Jensen, PhD, MSN

The Patient Protection and Affordable Care Act (ACA) of 2010 offers many benefits for senior citizens. Some of these include: lower out-of-pocket prescription drug costs (closing the donut hole), expanded coverage for wellness and preventative care, help in paying for long term care, increased accountability in nursing home care and a plan to keep Medicare financially sound for 10 more years while decreasing the federal deficit. In addition, Medicare Advantage plans will change. All will provide basic Medicare benefits but these plans will increasingly focus on: transitional care, patient safety, Medical Home models, care management and patient education. There will be bonuses for Advantage plans (which currently serve 1 in 4 older adults) if they institute Care Management programs.

Option 2 - Room 138***Consequences for Caregivers: Dealing with Ambiguous Loss (N)(SW)(C)***

Cray Mulder, LMSW, PhD, Muthoni Imungi, PhD, LMSW, Amanda Taylor, MSW Candidate, & Tim Buteyn, MSW Student

This breakout session will explore the nature of ambiguous loss and recognize its symptoms, especially as related to caregiving. Particular attention will be paid to cross cultural and diverse populations. After describing ambiguous loss, treatment approaches to manage ambiguous loss will be explored.

Option 3 - Loosemore Auditorium***Take Charge: Become your own Health Advocate (N)(SW)(C)***

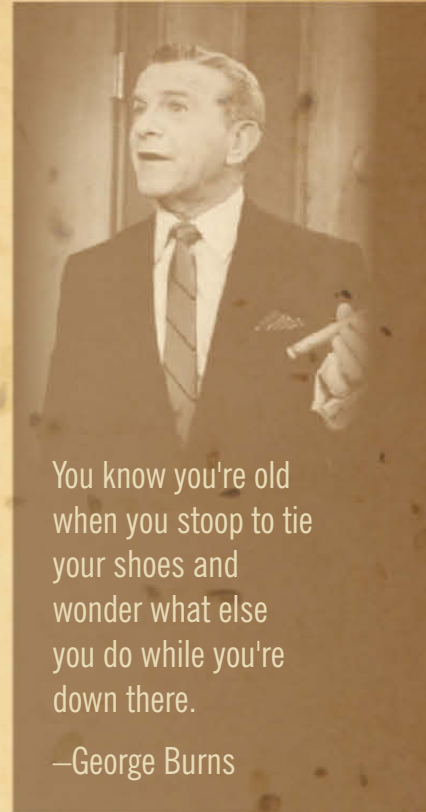
Cynthia Beel-Bates, PhD, MSN & Heather Wallace, PhD, MPH (Candidate)

This interactive session will discuss the principles of self-determination and self-advocacy as a means to achieve greater independence and satisfaction with health encounters. The presenters will explore how beliefs about self-determination and self-advocacy can contribute to the effectiveness of the client-provider relationship and the outcomes of the interaction. The goal is to empower individuals to develop and practice skills that will enhance their awareness and effectiveness as they negotiate present and future health experiences.

Option 4 - Room 121***Cultural Perspective: Working with Native American Elders (N)(SW)(C)***

Gayle Ruhl, MSW

This session will provide information on populations and demographics of Michigan Native American Elder's and the Tribes most represented in the state. Participants will learn issues impacting Tribal elders such as finding adequate health care, affordable housing and elder abuse. Participants will also explore culturally sensitive approaches to care and service delivery.



You know you're old
when you stoop to tie
your shoes and
wonder what else
you do while you're
down there.

—George Burns



When I passed forty I dropped
pretense, 'cause men like
women who got some sense.

—Maya Angelou

11:00 am

Student Research Posters - learn about GVSU students' research on various aging issues. (West Hallway)

Taylor Anderson, Psychology (Senior), *Aging and Driving Cessation: Emotional Reactions and Proposed Solutions* (Dr. Jing Chen, Advisor)

Lillian Asiala & Jordan Duff, Psychology (Senior), *Aging and the Comprehension of Narrative Film* (Dr. Christopher A. Kurby, Advisor)

Brad Davis, Allied Health Science, *Total Hip Arthroplasty and Dealing with the Transition* (Dr. Jing Chen, Advisor)

Rochelle Engelsma, Social Work (MSW), *Effects of Trauma and PTSD in Refugees on Aging* (Dr. Joan Borst, Advisor)

Lisa Gilbert & Melissa Westerhof, Social Work (BSW) *Health Effects of Domestic Violence* (Dr. Lihua Huang, Advisor)

Danielle Krause, Art & Psychology (Senior), *Transitioning of Care Affected by Alzheimer's Disease for Caregivers* (Dr. Jing Chen, Advisor)

Jackie Main, Psychology (Junior) *Examining the Effects of Testimonials on Cancer Screening Decisions: Does Identity or Vividness Matter?* (Dr. Amanda Dillard, Advisor)

Melissa Westerhof, Social Work (BSW), *Life Transitions of Older Women Who Experience Domestic Violence* (Dr. Jing Chen, Advisor)

12:00 pm

Buffet Luncheon - Regency Room, Hager-Lubbers Exhibition Hall, Gordon Gallery

Community Aging Resource Organizations (until 1:15 pm)

1:00 pm

Early Afternoon Breakout Session (2)

Option 1 - Room 136

***Suspecting Elder Abuse: Now What?* (N)(SW)(C)**

Linda Kirpes, MSW

As the number and percentage of individuals over 65 and over increases, so has the incidence of elder abuse and neglect. Every year an estimated 2.1 million older Americans are victims of physical, psychological, financial or other forms of abuse and neglect. It becomes imperative that professionals, informal caregivers of older adults and older adults alike, increase their awareness of, and be proactive in, reporting, intervening, and preventing or stopping elder abuse. The goal of this session is to draw attention to this widely underreported problem and coordinate professionals and lay persons to combat it.

Participants will gain exposure to the *HWALEK-SENGSTOCK ELDER ABUSE SCREENING TEST*, a short 15 question screening device useful to service providers in detecting elder abuse.

Option 2 - Loosemore Auditorium

Lost & Found: Grief and Loss Associated with Chronic Illness (N)(SW)(C)

Joan Borst, PhD, LMSW

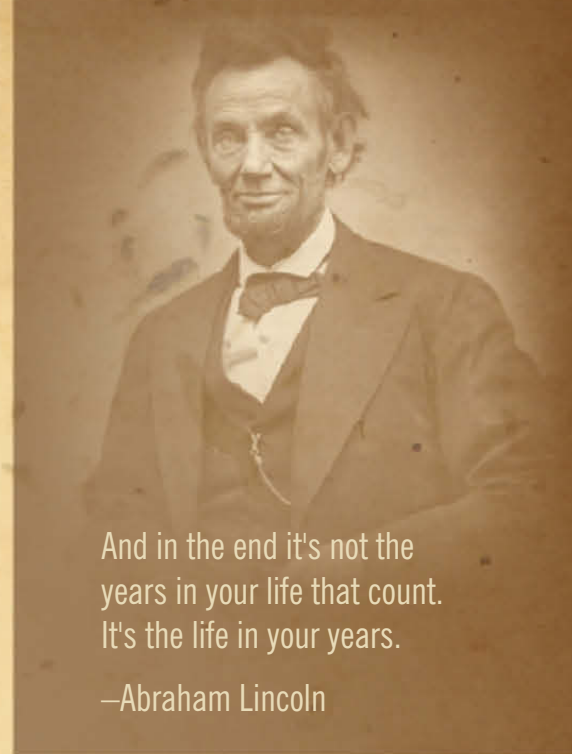
Abstract: The diagnosis of a chronic illness is associated with grief and loss. It is helpful to professionals and those living with chronic illness to understand the biological, psychological and social issues related to diagnosis and the strengths and barriers that become apparent through this life course journey. The attendee should be able to recognize chronic illness as more than a disease, but also as a part of a biopsychosocial coping and adaptation process.

Option 3 - Room 121

Improving the Mind with a Hop, Skip and a Jump (N)(SW)(C)

Jing Chen, PhD & Christopher Kurby, PhD

Can we maintain or improve brain functioning through exercise, as much of the popular media proclaims? In this session participants will learn how the health of the brain may change with age and strategies that may be effective in maintaining brain health. Based on findings from a broad array of research, the presenters will highlight some cognitive benefits of different types of exercises, ranging from the physical to the mental.



And in the end it's not the
years in your life that count.
It's the life in your years.

—Abraham Lincoln

Option 4 - Room 138

Transitioning to Honor the Older Population in America (N)(SW)(C)

Cathy Weisbeck, PhD, MSW

This session is designed to present the basis for ageism in American society and to discuss the framework that perpetuates this attitude. Options will be presented for breaking this pattern and establishing a positive attitude toward aging which could foster the perspective of honoring and respecting older adults. A discussion about ways society could be reconfigured will be given with some ideas on how this could be accomplished.

2:00 pm

Break - Refreshments

2:15 pm

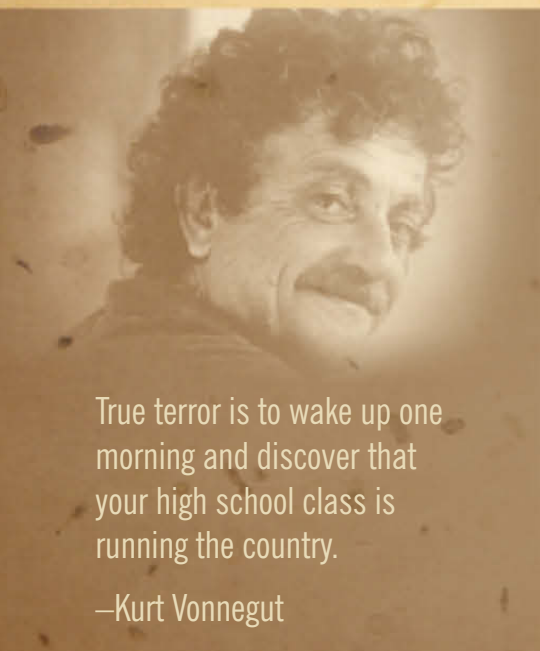
Mid-Afternoon Breakout Session (3)

Option 1 - Room 138

Planning your Exit Strategy: Making the most of your Advanced Directive (N)(SW-ethics)(C)

Paul Reitemeier, PhD

Many people have advance directives and living wills to guide end of life and health care decisions, but a majority are not well conceived and few are followed



True terror is to wake up one
morning and discover that
your high school class is
running the country.

—Kurt Vonnegut



Beautiful young people are accidents
of nature, but beautiful old people are
works of art.

—Eleanor Roosevelt

consistently. This session will help explain why so many are ill-conceived and why few are followed and suggest ways to address those issues. Participants will learn how to use an inventory of functional losses to inform their advance directive choices.

Option 2 - Room 136

Learning to Live as One: The Journey of Widowhood (N)(SW)(C)

Kim Crawford, LMSW

Widowhood refers to the status of a person whose spouse has died and who has not remarried. It is commonly viewed as a life transition, something that takes place over a short period of time, but effects major areas of life. Widowhood is one of life's most stressful life transitions. And, most people do adjust to this transition successfully over time. The journey of widowhood depends on many circumstances that are unique to each individual. And the journey is also marked by many similar behaviors and feelings that are common to those who have experienced the death of their loved one and companion. We will take a look at the challenges and feelings that widowed persons experience. We will then look at what is needed for facing this difficult part of life and using available resources, both personal and community, to help find new strength and talents that will help to navigate the bumps and learning of this journey.

Option 3 - Loosemore Auditorium

Dementia - What's Up? (N)(SW)(C)

Iris Boettcher, MD, CMD

How do you identify the signs of dementia? What do you do if you feel like your family member might have dementia? Or what do you do if you feel like you might have some initial signs of dementia? And what does it all mean.

This session will discuss just that. What are the things you need to be concerned about? How is dementia diagnosed? And, once it is diagnosed, what can you do? We will also discuss some of the special problems that can accompany a diagnosis and how to address those - including driving and depression.

Option 4 - Room 121

Spiritual Connectedness: A Mother's and Daughter's Journey through the Stages of Dementia (N)(SW)(C)

Dianne Green-Smith, PhD, LMSW, ACSW

Life is a journey, not linear, but circular. A woman is blessed with a child and gives praise for motherhood:

Aging is not lost youth but a new stage of opportunity and strength.

—Betty Friedan



her purpose in life. The child develops, matures, and follows the predictable stages of life: completing college, getting married, having children, etc. While the daughter's life is predictable regarding stages, so is the mother's life predictable; reaching Erik Erickson's stage of generativity with the addition of Dementia of the Alzheimer's type. This session documents the journey of purpose understood through the lens of spirituality and transcendence, through an African American cultural context.

3:15 pm

Break - Refreshments

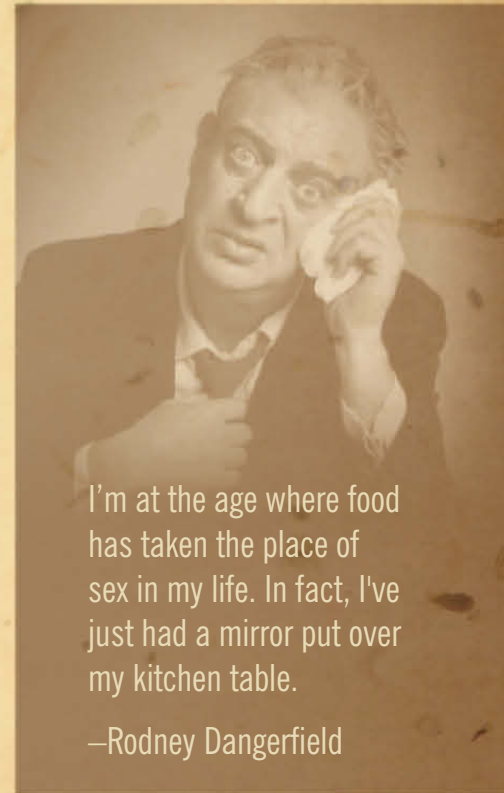
3:30 pm

Closing Session - Loosemore Auditorium

Late Life Legal Scenarios: How to Preserve What You Own to Protect What You Value (N)(SW)

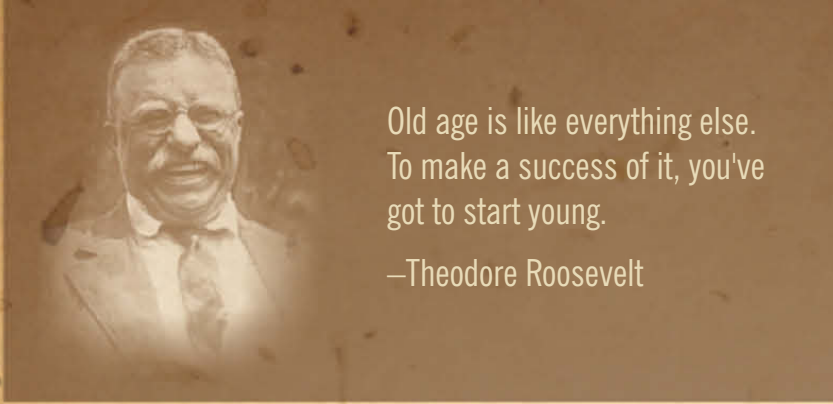
David L. Carrier, P.C., with the Covenant Village of the Great Lakes Drama Club

This session is intended for individuals, nurses, social workers and other professionals who get entangled in elder law in an attempt to advocate for families through life transitions. The presenter will challenge participants with four common, but difficult, legal challenges encountered in his elder law practice. Role-plays [by volunteer actors from Covenant Village of the Great Lakes Retirement Community Drama Club] will be used to introduce the issues, which will then be discussed by the presenter and the attendees. The goal is to provide the participants (individuals and professionals) with a better understanding about how to plan for the future legal challenges that each individual and family may face whether it be an older couple recently married, each with their own children; children concerned about the care of a parent; a husband seeking to find full care for his wife; or surviving children facing issues regarding dividing up the 'estate' after a parent's death.



I'm at the age where food has taken the place of sex in my life. In fact, I've just had a mirror put over my kitchen table.

—Rodney Dangerfield



Old age is like everything else.
To make a success of it, you've
got to start young.
—Theodore Roosevelt

CONFERENCE PRESENTER BIOS

Cynthia Beel-Bates, PhD, MSN, is an associate professor of nursing in the Kirkhof College of Nursing at Grand Valley State University, where she teaches undergraduate gerontological, end of life, and ethical content. A registered nurse with 37 years of experience, her nursing career has included acute care, community health, health promotion, discharge planning, outpatient neurology (Alzheimer's disease research center), program development, nursing home administration, dementia care in assisted living facilities, hospice, research, and nursing education. She received her BSN with honors from Nazareth College, holds an MSN in community health nursing from Wayne State University and a specialist certificate in aging and a PhD in nursing from the University of Michigan. She received a National Institutes of Health/National Institute of Nursing Research Individual Predoctoral Fellowship during her doctoral studies. In 2009, she was named a fellow of the Gerontological Society of America.

Joan Borst, PhD, LMSW, is an Associate Professor in the School of Social Work at Grand Valley State University. She holds a certificate from the Curriculum Development Institute for the CSWE Gero-Education Center. Dr. Borst currently teaches graduate and undergraduate social work classes, and is engaged in developing international relationships for social work education, service and publication. She is a participant with the College of Health Professions and Kirkhof College of Nursing in the GVSU initiative to develop an inter-disciplinary health curriculum. She has worked for over 20 years in a variety of health care settings with individuals living with chronic illnesses and with disenfranchised communities. Currently she is working as a primary investigator in the Maternal & Child Health Fellowship grant for leadership training in public health. Dr. Borst is the author of, *"Social Work and Health Care: Policy, Practice and Professionalism"*.

Iris Boettcher, MD, CMD, received her medical degree from the University of Iowa, College of Medicine. She is a board certified physician in Internal Medicine, in Geriatric Medicine and in Hospice and Palliative Care. Dr. Boettcher is the Division Chief of Geriatric and Specialty Care for Spectrum Health Medical Group. The Group provides medical care to seniors across West Michigan.

She also holds her certification as a Medical Director (CMD) from the American Medical Directors Association. Dr. Boettcher currently holds several Medical Directorships including Chief Medical Advisor for Porter Hills Retirement Communities and Services, Medical Director for Freedom Village, Associate Medical Director for Priority Health, and Medical Director of the Acute Care of the Elderly Unit at Spectrum health. She is also a clinical associate professor for the Department of Medicine for Michigan State University College of Human Medicine.

Dr. Boettcher has worked for many years in geriatric medicine. She has authored many articles and presentations related to geriatrics. Most notably being the principal investigator and author of a system of person-centered care for people with dementia.

Tim Buteyn, MSW Student and Graduate Assistant, holds a Bachelor of Social Work degree from Calvin College and is a first year Master of Social Work student at Grand Valley State University. He has worked with refugees at Bethany Christian Services and is currently a graduate assistant for the GVSU School of Social Work.

David Carrier, J.D., LL.M., graduated from Notre Dame with a B.A. in English and Philosophy, along with an Army commission and Airborne Wings. David returned to Boston where he earned his first law degree from the Boston University School of Law. Following a judicial clerkship, David served on active duty as an Army Captain in The Judge Advocate General's Corps in Washington, D.C. While serving as appellate defense counsel and later at the Pentagon, David earned his Master of Laws, Taxation degree from Georgetown University Law Center. For over 29 years, Carrier has practiced with a focus on three areas of law: estate planning, elder law, and real

estate. As a founding member of the AARP Legal Services Network, and member of the West Michigan Better Business Bureau and National Academy of Elder Law Attorneys, David's commitment to meeting each family's unique needs is unparalleled. He also offers his services via the "Ask the Expert" segment of the "8West" television program and as host of the David Carrier Show, a weekly two-hour call-in radio show where listeners can get free answers to their questions about estate planning, elder law, real estate, and business law, with common sense answers to their questions regarding wills, trusts, probate, nursing home care, Medicare, Medicaid, and more.

Jing Chen, PhD, is an associate professor of psychology at GVSU. She earned her PhD in experimental psychology/cognitive aging from Washington University. Her recent research focuses on autobiographical memories and how they can be influenced by various experiential factors. She teaches undergraduate courses on human development, and the psychology of aging.

Kim Crawford, LMSW, serves as the Social Work Coordinator with Ionia Area Hospice and provides social work supervision for Hospice of Lansing and Ionia Area Hospice. She provides therapy for individuals and groups in anticipatory grief and bereavement. She earned her Master of Social Work from Grand Valley State University. Kim serves as President of the Greater Grand Rapids End of Life Coalition, a community-wide collaborative developed to increase awareness and create opportunities for improving end of life care within our community.

Dianne Green-Smith, PhD, LMSW, ACSW, is an associate professor of Social Work, and recently was appointed Director of the GVSU School of Social Work. She has 32 years of direct service and administration experience as a social worker in programs serving individuals from a variety of age groups across the spectrum of human behavior and environments including: adoption, family re-unification, pregnancy counseling, family preservation, private practice with couples, families and individuals related to issues of depression, affected/infected persons with HIV/AIDS, and African immigrants and American nationals. In addition, she has personal experiences with the elderly population, and over the years has increased and mastered her knowledge and skill in working with the aged in areas of dementia and spirituality. Green-Smith is a member of NASW, HIV/AIDS Spectrum Trainer of the Trainers, Project Chair of AIDS, Inc. (Advocacy, Information, Direct Services, Inc.)

Muthoni Imungi, PhD, LMSW, received her PhD in Social Work from Michigan State University. Her areas of specialty include immigration, acculturation, refugee resettlement; refugee and immigrant mental health; social work practice with refugees; trauma and loss; African women and empowerment; social work field education.

Charles Jaquith, PhD, Born in Jackson, Michigan with three degrees from the University of Michigan, a BS in Biology and Social Science; an MA in School Administration; and a PhD in Curriculum and Instruction. He taught in middle and senior high schools for 5 years; served as a school administrator for 17 years; and was a professor in teacher education for 22 years. Dr. Jaquith organized dramatic activity at Covenant Village because it sounded like it might be a fun thing to do. He always enjoyed writing and coauthored chapters in texts. Chuck Jaquith says he is a creative and highly energetic individual who has not let the fact that he is 80 really slow him down. Throughout his life he has received support and encouragement from his wife, Mary, who he now calls his Associate Director. He has played a lead role in the Covenant Village Drama Club, participating in the later life legal issues scenario role plays.

Susan Jensen, PhD, RN, CCM, MSCC, is a registered nurse Certified Case Manager who specializes in geriatric care and health policy. Susan has over 25 years experience in nursing and has been a CCM since the late



Old age is fifteen years
older than I am.

—Oliver Wendell Holmes

You can't help getting older,
but you don't have to get old.

—George Burns



1990s. Susan is a tenured nursing associate professor at Grand Valley State University in Grand Rapids, MI and teaches medical surgical nursing in the undergraduate program as well as health policy at the graduate level. Susan is a member of Case Management Society of America (CMSA), Brain Injury Association (BIA), and MENSA. She is a member of CMSA and has served as president of the Greater Grand Rapids/Kalamazoo chapter in the past. Susan is currently a commissioner on the Executive Committee for CCMC (Commission for Case Management Certification).

Linda Kirpes, MSW, is the Director of Life Enrichment at Covenant Village of the Great Lakes, a continuum care retirement community in Grand Rapids, MI. She facilitates abuse and neglect education and training for resident and community volunteers at Covenant Village. She earned her Master of Social Work from Grand Valley State University and a certificate in Gerontology from Grand Rapids Community College. Linda is a program surveyor for the Commission on Accreditation of Rehabilitation Facilities (CARF) and is a member of the American Society on Aging.

Christopher Kurby, PhD, is an assistant professor in the Psychology Department at Grand Valley State University. He received his PhD in Cognitive Psychology at Northern Illinois University, and completed two postdoctoral fellowships, one at the University of Memphis and another at Washington University in St. Louis. His research focuses on how aging is related to the ability to comprehend and remember events in everyday life, stories, and movies.

Cray Mulder, PhD, LMSW, received her PhD in Social Work from the University of Illinois at Urbana-Champaign. Her areas of specialty include research methods, particularly qualitative and mixed methods, adolescent development within the context of family systems, pregnancy prevention, the effects of methamphetamine on family systems in rural communities, three generational households.

Paul Reitemeier, PhD, earned his PhD in Philosophy from MSU, with an emphasis on health care ethics. He has focused his scholarly work on research ethics, clinical and organizational health care ethics, and end of life issues. Since 2005, he has administered the human research compliance processes at GVSU, as Chair of university's Human Research Review Committee. He also regularly teaches an undergraduate course on Death and Dying. He has also previously served as an executive officer in the Greater Grand Rapids End of Life Coalition.

Gayle Ruhl, MSW, CAAC, Senior Assisted Living Administrator, is a member of the Saginaw Chippewa Tribe of Michigan. Her mother is full blood of Saginaw Chippewa, Huron Pottawatomi and Ottawa descent and her father is caucasian of German heritage. She attended Lansing Community College earning an Associate in Liberal Arts degree while working in the Admissions office. She completed her Bachelors of Science in Physiology from the College of Natural Science at Michigan State University in 1999 and a Master of Social Work degree at Michigan State University in 2005. Professionally she has worked for the Saginaw Chippewa Tribe since 2001, first as a substance abuse counselor for Behavioral Health from 2001 to 2005. She then transferred positions within Behavioral Health to assist with the start-up of the Residential Treatment Center where she worked until 2008. In 2008, she accepted her current position at the newly built Assisted Living facility, privately owned by the Tribe. She also teaches psychology and sociology courses as an adjunct professor at the Saginaw Chippewa Tribal College since 2007 and does part-time substance abuse counseling in Mt Pleasant, MI.

Amanda Taylor, MSW Candidate and Graduate Assistant, is a Master of Social Work candidate with a clinical focus, preparing to graduate in 2012. She is currently a graduate assistant for the GVSU School of Social Work and is a MSW intern at Aquinas College Career and Counseling Services.

Heather Wallace Renter is a visiting professor in GVSU's Kirkhof College of Nursing. Heather anticipates completing her PhD in Gerontology and her Masters degree in Public Health from the University of Kentucky this Fall. During

her doctoral studies, she was a National Cancer Institute, Rural Cancer Control and Prevention Research Fellow. Before joining GVSU, Heather taught as an assistant professor of Public Health in the faculty of Health Sciences at the University of Lethbridge in Alberta. She is a family gerontologist, interested in issues faced by families as they move through the chronic illness experience. Her recent research interests include aging in rural communities undergoing significant demographic change, as well as the role of environment as a determinant of health. Recent community based projects include research on Aging in Place as well as palliative care service utilization among rural Canadian sub-populations.

Cathy Weisbeck, PhD, MSW, is a visiting assistant professor in the Kirkhof College of Nursing at Grand Valley State University, Grand Rapids. Cathy graduated with her Master of Social Work in 2009 from Grand Valley. After working for seven years in assisted living, she was motivated to return to the university to pursue a degree that would support her desire to work with the older population. Her vision is to help determine a way to transform the attitude of American culture from ageism into a positive perspective on old age. At GVSU, Cathy currently helps to teach a Healthy Aging class and is the Coordinator for the Longitudinal Elder Initiative which matches nursing students with older adults living in the community, facilitating the process of learning to develop a professional relationship with an older adult.

Covenant Village Retirement Community Drama Club Players

Introduction: Chuck Jaquith

Scenario 1 - *Dividing The Assets*

Narrator: Milton Moxon

Actors: Keith Gordon, Doris Gordon

Scenario 2 - *Getting Help for Aging Parents*

Narrator: Bob Mathews

Actors: Howard Eggleton, Jim Stephens, Margaret Thomas

Scenario 3 - *Who Gets The Cottage?*

Narrator: Ruth McCarty

Actors: Chuck Jaquith, Charlotte Morren, Marilyn Gillette Darrell Naber

Scenario 4 - *Life or Death*

Narrator: John Elliot

Actors: Jim Helm, Wally Danielson, Joan Beebe

The older I get, the more clearly I remember things that never happened.

—Mark Twain



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 provided by the Kirkhof College of Nursing.

SOCIAL WORK:

Grand Valley State University School of Social Work is an approved provider within the Michigan Social Work Continuing Education Collaborative-Provider MICEC-0004. This program is approved for up to 5.0 hours, of which 1.0 hour counts for Ethics content.

NOTE: You will find that all sessions at this conference have been approved for nursing and social work units. The choice of which sessions to attend is up to the individual. Consult with the designated representatives of your profession about the process for gaining approval for your session participation. You must complete the conference evaluation form, available in your packet, as partial validation of your participation.

COUNSELORS:

NBCC accreditation for 13 sessions has been requested.

103E-GORDON GALLERY: Lunch seating

102E-REGENCY ROOM: Buffet Table,
Lunch Seating

105E-HAGER-LUBBERS EXHIBITION
HALL: Registration, CEU Check In,
Resource Agency Tables, Buffet Tables,
Meal Seating

122E-LOOSEMORE AUDITORIUM:
Opening and Closing Sessions, Breakouts
for 10:30 am - Option 3, 1:00 pm -
Option 2, 2:15 pm - Option 3

C102E-WEST HALLWAY: Student
Research Poster Displays

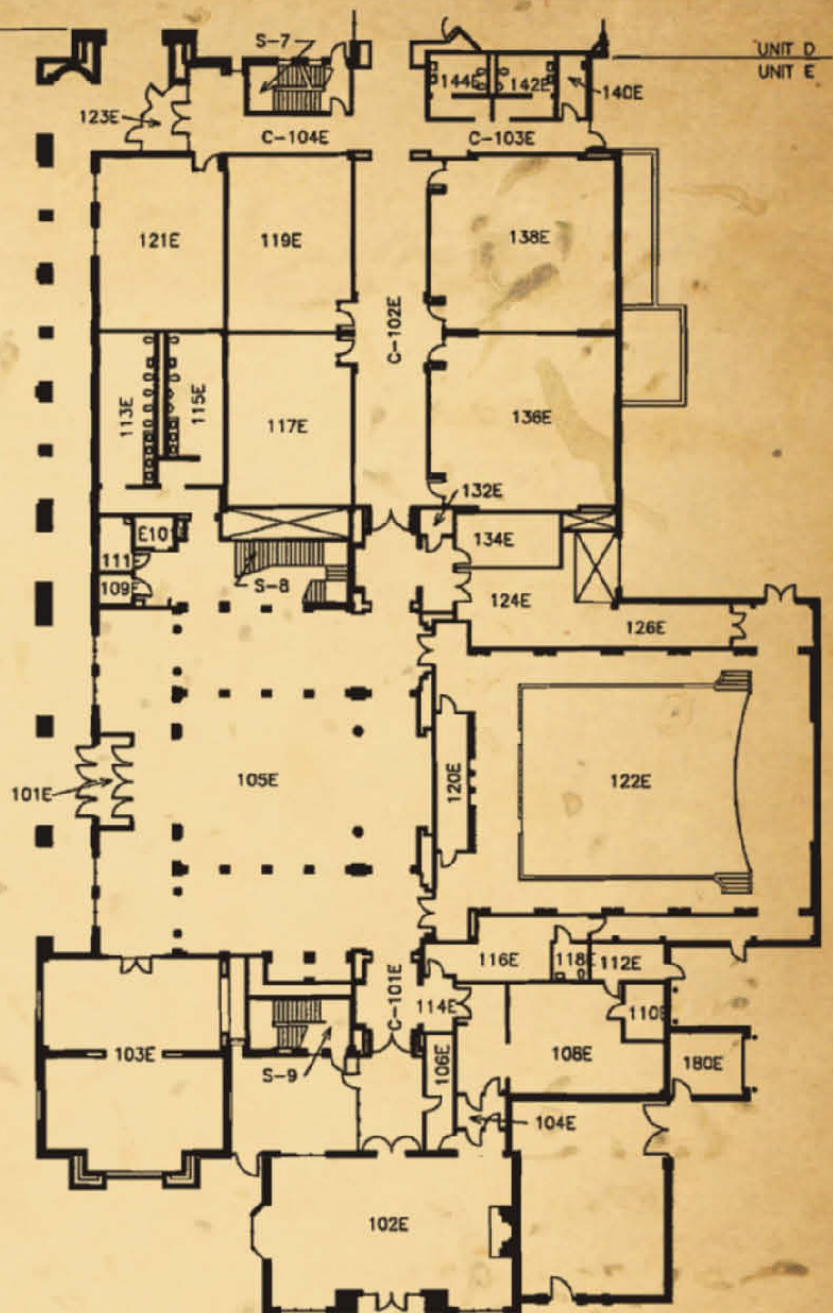
136E-Opening Session Overflow (if
needed): Breakout Sessions 10:30 am -
Option 1, 1:00 pm - Option 1, 2:15 pm -
Option 2

138E-Opening Session Overflow (if
needed): Breakout Sessions 10:30 am -
Option 2, 1:00pm Option 4, 2:15 pm
Option 1

121E-Breakout Sessions: 10:30 am -
Option 4, 1:00 pm - Option 3, 2:15 pm -
Option 4, 12:00-12:50 Lunch Seating

113E & 144E-Women's Restrooms

115E & 142E-Men's Restrooms



The secret to staying young
is to live honestly, eat slowly,
and lie about your age.

—Lucille Ball

PERSONAL CONFERENCE PLANNER

TIME	PRESENTER	SESSION TITLE	ROOM	CEU	PLAN TO ATTEND
8:15 AM - 9:00 AM		Registration - Continental Breakfast	Hager-Lubbers Hall		
8:30 AM - 1:00 PM		Community Gerontology Resources	Hager-Lubbers Hall		
9:00 AM - 10:30 AM	Molly Mettler, MSW Keynote Speaker	"Mom, I Think We Should Talk: Preparing For the Final Transition"	Loosemore Auditorium	SW, N	
10:30 AM - 11:30 AM	Susan Jensen, PhD, MSN	Impacts Of The New Health Law On Seniors	136E DEV	SW, N	
10:30 AM - 11:30 AM	Cray Mulder, LMSW, PhD, Muthoni Imungi, PhD, LMSW, Amanda Taylor, MSW Candidate	Consequences for Caregivers: Dealing With Ambiguous Loss	138E DEV	SW, N	
10:30 AM - 11:30 AM	Cynthia Beel-Bates, PhD, MSN, Heather Wallace, PhD, MPH Candidate	Take Charge: Become Your Own Health Advocate	Loosemore Auditorium	SW, N	
10:30 AM - 11:30 AM	Gayle Ruhl, MSW	Cultural Perspective: Working With Native American Elders	To Be Decided	SW, N	
11:30 AM - 1:00 PM	GVSU Students	Student Posters	West Hallway		
12:00 PM - 1:00 PM		Buffet Luncheon	Regency Room/ Hager-Lubbers Hall		
1:00 PM - 2:15 PM	Linda Kirpes, MSW	Suspecting Elder Abuse: Now What?	136E DEV	SW, N	
1:00 PM - 2:15 PM	Joan Borst, PhD, LMSW	Lost & Found: Grief And Loss Associated With Chronic Illness	Loosemore Auditorium	SW, N	
1:00 PM - 2:15 PM	Jing Chen, PhD, Christopher Kurby, PhD	Improving The Mind With A Hop, Skip And A Jump	To Be Decided	SW, N	
1:00 PM - 2:15 PM	Cathy Weisbeck, PhD, MSW	Transitioning To Honor The Older Population In America	138E DEV	SW, N	
2:15 PM - 3:30 PM	Paul Reitemeier, PhD	Planning Your Exit Strategy: Making The Most Of Your Advanced Directive	138E DEV	N	
2:15 PM - 3:30 PM	Kim Crawford, LMSW	Learning To Live As One: The Journey Of Widowhood	136E DEV	SW, N	
2:15 PM - 3:30 PM	Iris Boettcher, MD, CMD	Dementia: What's Up?	Loosemore Auditorium	SW, N	
2:15 PM - 3:30 PM	Dianne Green-Smith, PhD, LMSW, ACSW	Spiritual Connectedness: Mother's And Daughter's Journey	To Be Decided	SW, N	
3:30 PM - 4:30 PM	David L. Carrier, PC	Late Life Legal Scenarios: How To Preserve What You Own To Protect What You Value	Loosemore Auditorium	SW, N	