

THE AGE OF Empowerment



Grand Valley State University

8TH ANNUAL ART & SCIENCE OF AGING CONFERENCE

Friday, February 8, 2013

About The Art & Science Of Aging Conference



The GVSU Art & Science of Aging Conference is an event committed to broadening the dialogue on aging within West Michigan, by providing a forum which features multidisciplinary research on aging and evidence-based best practices for the older adult individuals who are 'aging' (aren't we all?) and professionals who work with and for them. To achieve this goal, the conference planners identify a theme a current timely topic in the field of aging and invite a national speaker knowledgeable on this topic to present the latest research and best practices on that topic, translating these into personal and professional practices that can be used to enhance the lives of older adults.

Knowledgeable and skilled faculty and practitioners are invited to present workshops that draw on research and evidence-based practices related to the theme. They focus on work that is relevant to health professionals such as social workers and nurses, as well as other professionals who interact with older adults in their practice. Of high importance is information that can benefit individuals who are themselves facing the diverse challenges and opportunities of aging. Students present their research on aging topics in a poster format, community organizations that serve older adults offer educational and other helpful resources to participants, and the participants enjoy a buffet luncheon and other opportunities for networking. We have recently had several active older adults join our planning committee to ensure that we focus on topics of interest and value to them.

This year we offer our audience of faculty, students, community professionals, and older adults themselves a series of 15 workshops. Because no one can attend all the workshops, our presenters share their presentations electronically and we post them to the conference website: www.gvsu.edu/gerontology. Nurses and social workers can obtain continuing professional education units for their participation.

With this year's theme Age of Empowerment we have chosen to feature individuals whose exceptional longevity sets them apart as models of living long and well. We have photos of local nonagenarians and centenarians in our materials, and have invited four such individuals to the conference to share their lives and lifestyles with the community. Beyond genetics, we hope to learn from them about how individuals can make lifestyle choices that increase their chances of living a long, healthy life.

Life is what we make it, always has been, always will be.

—Grandma Moses
September 07, 1860
to December 13, 1961

I pray each morning, 'Lord, let me see what you want me to do today.'

—Diet Eman
Age 92



Acknowledgments

The annual Art & Science of Aging Conference is sponsored by Grand Valley State University, Office of the Provost and by the Geriatric Education Center of Michigan, College of Human Medicine, Michigan State University, with funding from the US DHHS Health Resources and Services Administration.

Thanks to Dr. Gayle R. Davis, GVSU Provost, Dr. George Grant, Jr., Dean of the College of Community and Public Service, and to Dr. Mark Hoffman, Director, School of Public, Nonprofit and Health Administration, for providing administrative support and funding for this annual Art & Science of Aging Conference.



Special thanks go to the following individuals who have actively participated in the **CONFERENCE PLANNING COMMITTEE**:

- Tom Appel, President, Advocates for Senior Issues
- Cynthia Beel-Bates, Kirkhof College of Nursing
- Joan Borst, School of Social Work
- Jing Chen, Psychology
- Douglas Chung, School of Social Work
- Kimberly Crawford, Ionia Hospice & Greater Grand Rapids End of Life Coalition
- Anne Ellermets, Area Agency on Aging of Western Michigan
- Dianne Green-Smith, School of Social Work
- Grace Hoyer, Kirkhof College of Nursing
- Chuck and Mary Jaquith, Covenant Village Retirement Community residents
- Priscilla Kimboko, School of Public, Nonprofit and Health Administration (Conference Coordinator)
- Linda Keilman, Geriatric Education Center of Michigan, MSU
- Linda Kirpes, Covenant Village of the Great Lakes Retirement Community
- Jean Kubiszewski, Forest Hills Public Schools Community Service and Senior Center
- Christopher Kurby, Psychology
- Sherry Moyer, School of Public, Nonprofit and Health Administration
- Joshua Simpson, Public Administration- Health Administration (Graduate Assistant)
- Judith Shea, Autism Education Center
- Susan Sloop, Health and Wellness, Human Resources
- Heather Wallace, Kirkhof College of Nursing

PARTNER ORGANIZATIONS:

- Advocates for Senior Issues
- Area Agency on Aging of Western Michigan
- Covenant Village of the Great Lakes Retirement Community
- Forest Hills Public Schools Community Services and Senior Center
- Grand Forum, GVSU
- Grand Rapids End of Life Coalition

I would go out with women my age, but there are no women my age.

—George Burns
January 20, 1896
to March 09, 1996

Find a need and fill it.

—Ruth Stafford Peale
September 10, 1906
to February 06, 2008



Featured Speaker

Thomas Perls, MD, MPH

Dr. Tom Perls is a geriatrician at Boston Medical Center and Professor of Medicine at Boston University School of Medicine. He is also a Fellow of the American College of Physicians. He grew up in Colorado, went to college at Pitzer College at the Claremont Colleges in California and attended medical school at the University of

Rochester in Rochester New York. Dr. Perls did his specialty training in internal medicine at Harbor-UCLA Medical Center and geriatrics at Harvard Medical School. He obtained his Masters in Public Health also at Harvard.

In 1995, during his geriatrics fellowship, Dr. Perls had the opportunity to be the physician for several centenarians and out of the experience was born the New England Centenarian Study. Since then the Study has grown to be the largest study of centenarians in the world. To date, he has published over a hundred articles on the subject of human exceptional longevity and authored a popular book, titled *Living to 100*, as well as a life expectancy calculator on the Internet (<http://www.livingto100.com/>).

*“You don't stop laughing when you grow old,
you grow old when you stop laughing.”*

—George Bernard Shaw



**If you rest,
you rust.**

—Helen Hayes
October 10, 1900
to March 17, 1993

**Eat your vegetables, have
a positive outlook, be
kind to people, and smile**

—Kamada Nakasato
Age 102

Detailed Conference Program

- 8:15 am Registration Open
Continental Breakfast
CEU Check In Social Work, Nursing
Community Aging Resource Agencies
- AARP Michigan
 - Advocates for Senior Issues
 - Alzheimer's Association
 - Area Agency on Aging of Western Michigan
 - MMAP (Michigan Medicare/Medicaid Assistance Program)
 - Care Resources
 - Forest Hills Senior Center
 - Gerontology Network
 - GVSU Adult Participation Pool
 - Grand Forum
 - Senior Leadership Grand Rapids (GRCC)
 - Senior Odyssey

- 9:00 am Opening Session - Loosemore Auditorium
Welcome - Dr. George Grant, Jr., Dean, College of Community and Public Service
Introduction - Keynote Speaker, Dr. Priscilla Kimboko, Conference Coordinator

9:15 am **KEYNOTE PRESENTATION - Living to 100: The older you get, the healthier you've been**

Dr. Perls with his research group at the New England Centenarian Study began with studies simply to determine medical-psychosocial characteristics of centenarians. Their findings counter the popular notion of "the older you get, the sicker you get" with the observation that supports the theme of today's conference and that is: "the older you get, the healthier you've been". Finding many subjects with family members also achieving remarkable old age, the New England Centenarian Study has more recently centered a great deal of its attention on family related factors that may predispose to healthy aging.

PRESENTER:

Thomas Perls, MD, MPH, Director, New England Centenarian Project, Boston University

LEARNING OBJECTIVES:

Participants in this session will be able to understand and discuss:

- The diversity of centenarians in terms of education, economic status, ethnicity, religion, and diet
- The three major groups of centenarians escapers, delayers, and survivors
- How common psychosocial and lifestyle factors impact on exceptional longevity
- The role of nature [genetics] versus nurture [environment] for persons with exceptional longevity
- How to use the life expectancy calculator to predict own life expectancy and how changes in certain behaviors may help extend own life

I have a wonderful make-up crew. They're the same people restoring the Statue of Liberty.

—Bob Hope
May 29, 1903
to July 27, 2003





I drink pickle juice. A little vinegar never hurt anybody - leastwise it never hurt me.

–Marie Kring
April 14, 1908
to October 8, 2008

The secret of a long life is to never trust a doctor.

–Luise Rainer
Age 102

10:15 am BREAK

10:30 am MORNING SESSIONS

SESSION 1 - Loosemore Auditorium

Reflections on Exceptional Longevity: Centenarian Panel

A panel of long-lived older adults from the West Michigan area will provide insights about factors that have contributed to their longevity habits, attitudes, and more. They will interact with Dr. Perls, as he explores with them their experiences and lives. Factors of behaviors, attitudes, health practices, and good genes will all be considered. Participants will gain insight into the patterns and habits that contribute to longevity.

Moderator: Dr. Thomas Perls, MD, MPH, Director, New England Centenarian Project

Panelists: Jack Bates, 95; Lilly Hansen, 101; John Molhoek, 100; Virgil Westdale, 94

Jack Bates was born in the village of Ovid (MI) in 1917. In high school, he was fascinated with the radio and spent hours listening, via his homemade radio and earphones, to stations around the world. He became a ham radio operator and learned the Morse code, and was able to send or receive 15 words a minute. He was an Eagle Scout. In the fall of 1935, he attended MSU and was in the marching band there for two years. In 1937 he enrolled in Dental School at the U. of Michigan for four years. One week after graduation, he signed up for the service and served four and a half years as a dental officer, of which one and a half years was aboard an attack transport with the rank of a full lieutenant. His ship was hit with a Japanese suicide plane and they also shot down a reconnaissance Japanese plane. He was involved in five invasions. He received an honorable discharge from the Coast Guard in January 1945.

He was married in June 1945 and eventually had four children. He practiced dentistry in his hometown of Ovid for 40 years and retired in 1981. He had many hobbies including photography, gardening, fishing, hunting, small engine repairing, backpacking in Canada with his three sons and a canoe, and using a computer. For 20 years, he and his wonderful wife enjoyed their summer home at a lake in northern Michigan and their winter home near Key West, FL. They did extensive traveling including visiting Madagascar, China, Iceland, and three trips to Paris. His beloved wife of nearly 64 years died in 2009.

He has always been concerned with his health. 'Believing *we are what we eat*, he was motivated to take in every course he could find involving nutrition. He never smoked. He tried to get at least nine hours of sleep a night and enjoyed occasional naps. For the last 70 years he has jogged nearly a quarter mile every day of the year. In 1990 he gave up driving and moved into a retirement village in SE Grand Rapids where he now lives. His goal is to reach the age of 100 and still be able to "wipe his own nose"...five years to go.

Lilly Hansen, a lifelong resident of Ludington, Michigan recently turned 101 years old. She currently teaches yoga two days a week at the Ludington Senior Center, plays duplicative bridge several days a week, and is a “Worthy Matron” of the Eastern Star. She studied business at Chicago College and worked in the clothing and furniture business in Ludington throughout her career. She married Homer Hansen in 1941. She worked alongside him in his furniture business. After he passed away in 1981, she sold the business. They enjoyed time with their six nephews. She traveled throughout Michigan as President of “Rebekah,” for seven years. “Rebekah” is a Fraternal Order as well as a service organization. Mrs. Hansen has stayed active throughout her life and considers herself a “leader not a follower.” She still drives around Ludington and is active in the community. She considers herself to be blessed with a good life.

John Molhoek - John is a loving father of three sons, 12 grandchildren, and eight great grandchildren. He is going to be turning 101 years old this April. For many years he worked as the owner of Grinnell-Row Insurance Agency in downtown Grand Rapids. He was president of the Grand Rapids Club and a member of the Insurance Association of Grand Rapids. Devoted to staying active, not only physically, but also mentally, John says that he always “sees the glass half-full” and attributes his age to his positive outlook on life. He remains very active in the community and is always seen with a smile on his face. He has also been singing for 50 years and is a part of his church's choir. John spends a great deal of his time reading and enjoying woodworking. His travels have led him to all corners of the world (with the exception of Japan and China). He was born and raised in Grand Rapids where he eventually met his wife of 70 years. Although John claims that his life has been uneventful, one can easily see how he has prospered throughout the years.

Virgil Westdale - The son of a Caucasian mother and Japanese father, Virgil Westdale was born in 1918 and grew up on a mid-western farm. In 1942, Virgil was a successful young flight instructor when the government ousted him from the Air Corps and demoted him to army private because of his Japanese heritage. He was sent to train with the all Japanese American unit, and then transferred to the 522nd Artillery Battalion, where he helped push the Germans out of Italy, rescue the “Lost Battalion” in France, and free prisoners from Dachau Concentration Camp in Germany. After the war, he obtained two university degrees and received 25 patents for his work as a scientist in research and development. He lives in Grand Rapids and enjoys ballroom dancing, as well as public speaking about his book *Blue Skies and Thunder*.

Learning Objectives:

Participants in this session will learn, through the discussion:

1. Common factors shared by centenarians, in terms of life style choices and attitudes
2. Variations in centenarians in terms of health status, coping skills, and support systems
3. The importance of physical health, mental health, cognition, and well-being of the exceptional aged individuals

If I'd known how old I was going to be I'd have taken better care of myself.

–Adolph Zukor
January 7, 1873
to June 10, 1976

I have had an interesting life but now I live in complete tranquillity, which I enjoy.

–Colonel Geoffrey Alexander Rowley-Conwy – the 9th Baron Langford
Age 102



“The advantage to being a centenarian is that you are never bothered by insurance agents.”

–Unknown

SESSION 2 - DEV 136E

Why are so many Advance Directives useless?

This session critically examines the two main types of Advance Directives the Living Will and the Durable Power of Attorney for Health Care. It also introduces the Functional Loss Inventory Plan (FLIP) as a way to help in end-of-life medical care planning and decision-making.

Presenter:

Paul J. Reitemeier, PhD, Chair, GVSU Human Research Review Committee

Dr. Reitemeier earned his doctorate in Philosophy from MSU, with an emphasis on health care ethics. In his career he has served as an educator and researcher, and more recently on an ethicist/administrator, focused on research ethics, clinical and organizational health care ethics, and end of life issues. At GVSU he administers the human research compliance processes as Chair of the Human Research Review Committee, GVSU's Institutional Review Board and as Director, Research Protection Program. Prior to coming to GVSU, he served as Senior Ethicist at the National Center for Ethics, Veterans Health Administration, Vermont, and Co-Director of the Integrated Clinical Experience, University of Nebraska Medical School. He also has regularly taught an undergraduate course on Death and Dying. He presents widely on end of life ethical choices and issues. He has served on boards of the Greater Grand Rapids End of Life Coalition, the DeVos Medical Ethics Colloquy, and the Lahey Clinic Journal *Medical Ethics*.

Learning objectives:

Participants in this session will be able to:

1. Understand differences among advance directives, living wills, and POLST (physician orders for life-sustaining treatment)
2. Understand high versus low quality advance directives
3. Understand risks and benefits of using POLST in Michigan
4. Learn how to use a functional loss inventory to complete an advance directive

Painting is almost like a religious experience, which should go on and on. Age just gives you the freedom to do some things you've never done before. Great work can come at any stage of your life.

–Will Barnett
Age 101





Our attitudes control our lives. Attitudes are a secret power working 24 hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.

—Irving Berlin

May 11, 1888 to September 22, 1989

SESSION 3 - DEV 138E

The Challenging Complexities of Alzheimer's Disease and Related Disorders

Alzheimer's Disease has catapulted to the sixth leading cause of death in the US for people over age 65. With the aging population exploding and life expectancy increasing, health and elder care professionals must gain knowledge to empower their practices and subsequently empower others to deal with the complexity and magnitude of challenges inherent to Alzheimer's Disease and other dementing illnesses. In this session, attendees will gain an understanding of these challenges and explore how they can intervene in this growing crisis.

Presenter:

Karen Schmitz Bugg, LMSW, RN

Karen Bugg is a resource specialist of the Hauenstein Neuroscience outpatient clinics of St. Mary's Health Care in Grand Rapids working with patients and caregivers dealing with diagnoses such as Alzheimer's dementia, FTD/Pick's disease, Parkinson's, epilepsy, stroke, and multiple sclerosis. Karen completed her MSW at GVSU and earned nursing and communication degrees at Purdue University in Indiana. In addition she completed internships with the Fountain Hill Counseling Center in Grand Rapids and the Mission of Filipino Migrant Workers in Hong Kong. Karen has 30 years of health care experience in clinical, management, and administrative roles with hospitals, physician practice groups, and long-term care facilities. In addition to her role at Saint Mary's Karen serves as an adjunct faculty member and field instructor for GVSU and a support group facilitator for the Alzheimer's Association. Her passion is exploring, sharing and teaching about the complexities and challenges of Alzheimer's and other dementias with caregiver, students and health care professionals.

Learning Objectives:

Participants in this session will be able to:

1. Describe current societal implications and dilemmas associated with AD and other dementias
2. Identify key treatment options and their inherent challenges
3. Describe the critical role that health and elder care professionals bring to the dementia crisis.

Session 4 - DEV 205E

Movement as Medicine: Walking for Wellness

Research shows the association between faster walking and longer lifespan. Many health researchers have demonstrated that walking improves physical and mental health. It enhances many dimensions of wellness and encourages active aging.

In this session, participants will learn: Research-based health benefits of walking; usable techniques to increase walking speed; techniques adaptable to the senior living community and achieve results for virtually no cost

Presenters:

- **Jolene Moore, MEd, Wellness Director, Covenant Retirement (14 campuses)**
- **Dick Graves, Resident at CVGL, Triathlete**

Jolene Moore is an Energetic Lifetime health and fitness advocate, Jolene currently serves 14 Covenant Retirement campuses as director of wellness. Jolene is experienced in constructing and implementing data-driven, results-oriented wellness programs and has been honored for her successful programming by the wellness industry. As a Certified Life Coach (C.E.C.), Jolene educates individuals on the importance of whole person wellness and attending to their personal health. Using her experience as an Olympic-trained athlete and retired professional race walker, she educates, leads group exercise programs and coaches Team USA and individual athletes when time permits. Jolene speaks regularly at conferences (LeadingAge Texas, North Carolina, Florida and Iowa) and on the Covenant campuses.

Richard (Dick) Graves, Covenant Village of the Great Lakes. Dick holds graduate degrees in Dentistry, Public Health and Epidemiology. He was a college professor at the Universities of Michigan, Tennessee, Kentucky, and North Carolina. He retired from private practice in Dentistry. He served in the US Air Force: active duty, Michigan Air National Guard, and was a Colonel in the Air Force Reserve. His athletic and fitness achievements include hiking the Appalachian Trail, biking across the United States, running the Boston Marathon, climbing Mount Kilimanjaro and hiking on the Great Wall of China. Dick has also competed in the state, national and world Senior Games.

Learning Objectives

In this session participants will learn:

1. Research-based physical and mental health benefits of walking
2. Usable techniques to increase walking speed, adapted to level of physical ability
3. Techniques adaptable to the senior living and other home/community environments, in a cost effective manner
4. Understand how to teach others these techniques and develop programs for groups

I want to use my 100th birthday to help young people launch some immediate initiatives-things they can do during the summer of 2007-that will bring new thinking to the prospects of peace in the world.

–Katheryn Wasserman

I don't think it's a question of age as much as it's a question of what kind of shape you're in.

–Strom Thurmond
December 5, 1902
to June 26, 2003

SESSION 5 - DEV 213E

Buddhist Empowerment and Life Transformation

This session introduces empowerment in the Buddhist tradition, where all beings in this world are in Samsara the Circle of Life: previous life, current life, and future life are all in this life circle of all persons, ghosts and animals. Each one lives with a desire to reach Nirvana the Spiritual World. All the individuals are empowered to adopt the Good Deed Model/Approach in order to transform from out of the Circle of Life and to enter Nirvana. The Buddhist tradition is empowering in its emphasis on life planning and enrichment and the integration of spirituality in one's life.

Presenter:

Douglas Chung (PhD, MSW, MPA)

Dr. Chung is originally from Taiwan where he was born into a multicultural community practicing Confucianism, Taoism, and Buddhism. His grandfather was a martial arts master and practitioner of Traditional Chinese herbal medicine. Douglas learned Qigong (Energy Management & Therapies), the Chinese equivalent of yoga, from various Buddhist, Confucian, and Taoist traditions. As an adept and teacher of Qigong, Dr. Chung has produced videos and books about this practice of meditation and energy management for preventive, therapeutic, and developmental medicine. As Executive Director of the Asian Center and Professor of Social Work at Grand Valley State University, he has taught extensively about how Buddhist, Christian, Taoist and Confucian cultures are related to Energy Therapies.

Learning Objectives:

Participants in this session will:

1. Learn the Samsara concept of death in Buddhism for counseling and treatment model building.
2. Gain an understanding of the principles of the Buddhist Good Deed Approach as a framework for creating a life plan for empowerment and life transformation.
3. Learn ways to integrate spirituality with life planning for life transformation.

11:15 am Student Research Posters - DEV - West Hallway

- Kristen Apol, Psychology. *Physical and Mental Wellness Intervention* (Dr. Jing Chen, advisor)
- Katelyn Buchholz, Psychology. *Psychotherapy for Depression in an Aging Population* (Dr. Mary Bower Russa, advisor)
- Jena Curtis & Kristen Williams. Social Work. *Quality of Life Dementia Patients Living in Nursing Home or Assisted Living Facilities*. (Dr. Lihua Huang, advisor)
- Kaitlyn Krimmel, Allied Health Science. *Elder Abuse and Prevention* (Dr. Jing Chen, advisor)
- Jane Marsman, Liberal Studies. *A Program to Provide Meaningful Activity for Older Adults with Physical Limitations*. (Dr. Jing Chen, advisor)
- Dayna Roe, Psychology. *Filial Anxiety Among Middle Aged Daughters in the US and China*. (Dr. Mihaela Friedlmeier, advisor)
- Briana Vander Wege, Psychology. *Psychotherapy for Depression in an Aging Population*. (Dr. Mary Bower Russa, advisor)

**I can't afford to die;
I'd lose too much
money.**

–George Burns
January 20, 1896
to March 09, 1996

**I say to keep busy. If you
don't have interests, you
don't have expectations and
have no imagination.**

–Virgil Westdale
Age 94





11:45 am Buffet Luncheon

Regency Room, Hager-Lubbers Exhibition Hall, Gordon Gallery

Community Aging Resource Organizations

Hager-Lubbers Exhibition Hall (from 8:00 am until 1:15 pm)

1:00 pm EARLY AFTERNOON SESSIONS

SESSION 6 - Loosemore Auditorium

House and Home: The Next Step

A panel of local experts present alternative housing options for seniors, in response to the question: What kinds of information do caregivers and care receivers need when considering a move to retirement living? The panel will focus on advice for professionals nurses, social workers, attorneys and others to whom families may turn for advice. This session will enable individuals and their professional contacts to have more information as they consider 'the next step'.

Basically the panel will discuss several retirement living options:

- Housing alternatives for low-income seniors: Kent County Housing Commission
- Multi-level Care: Covenant Village of the Great Lakes
- Nursing Homes, both day care and full time:
- Home Health Care: Porter Hills Home Health Care

Presenters:

- **Dr. Chuck Jaquith, MA, PhD, Moderator**
- **Linda Likely, MPA, Jan Amato, BS, Douglas Hale, BA, Panelists**

Dr. Chuck Jaquith is a retired middle school principal and college professor, as well as realtor. He is married with three children, seven grand children, and one great grandchild. He retired to Covenant Village of the Great Lakes where he has actively worked with adults in this multi-level care facility. He has had many conversations with seniors considering make Covenant Village their home. As a member of CVGL community he wrote scripts for family dramas related to legal issues of moving seniors into retirement arrangements that were presented at the 2012 Art & Science of Aging conference. Although he had only one course in gerontology, he views his life as an education on aging, from pre-school to postgraduate studies. He notes that his best preparation for this assignment was going through the steps in making a decision as to where to go next.

Sometimes, you know, I am here at home at night and I start thinking back, 'Would I change anything?' No, I will do exactly what I did.

—Lupita Tovar
Age 101

I don't feel old. I don't feel anything till noon. That's when it's time for my nap.

—Bob Hope
May 29, 1903
to July 27, 2003

If we don't
change
direction soon,
we'll end up
where we're
going.

—Irwin Corey
Age 98

My grandma
who is 96 lived
long enough
to see the end
of one poll tax
and the
[beginning] of
another.

—Amelia Boynton
Robinson
Age 101

Panelists:

Linda Likely, MPA “Finding housing for Financially Distressed Seniors”

Linda earned her MPA at GVSU. While at GVSU she was a King-Park-Chavez fellow. She is currently Director of Housing and Community Development with the Kent County Housing Commission. She previously served as the CEO of Kalamazoo Neighborhood Housing Service, a non-profit firm specializing in design and development of community housing programs that built affordable housing, education, and loans for low to moderate income clients. She has also served as an adjunct professor at Davenport University and as Executive Director of Jordan College. She strongly believes: “Affordable housing leads to the creation of productive neighborhoods” and this the key to what she does.

Jan K. Amato, BS “Making Arrangements for Allowing Seniors with Health Problems to Live in Their Own Homes”

Home Care Liaison Specialist, Porter Hills Home Care. After graduating from college Jan worked in the Labor Relations Department at Hurley Hospital (Flint, MI). Following that she was employed as a pharmaceutical sales representative. For the past eight years she has served in her current position, as the home care liaison, educating seniors regarding home health care. For two years she was a board member of the Council on Aging of Kent County and presently is the Co-chair of the West Michigan Dementia Network.

Douglas Hale, BA “Multiple Care Level Facilities Including Independent Living, Assisted Living, and Skilled Nursing”

Douglas Hale is **Director of Sales and Marketing at Covenant Village of the Great Lakes Retirement Community**. He has 11 years working in real estate sales. For the past two and a half years, he has worked with all aspects of moving seniors into Independent Living (IL), and from IL to Assisted Living and Skilled Nursing within Covenant Village in Grand Rapids, MI.

Learning Objectives

In this session participants will:

1. Increase their understanding of the range of retirement living options available to older adults
2. Become familiar with the types of lifestyle, supports, and financial options with different living and care arrangements.
3. Learn about some alternative living and care options for older adults in the Grand Rapids area.



My feet hurt, but that doesn't mean I don't do the exercise, and I laugh a lot. Laughing is good medicine.

—Mereille Gladu
Age 89

Life should be lived so vividly and so intensely that thoughts of another life, or of a longer life, are not necessary.

—Marjory Stoneman Douglas
April 07, 1890
to May 14, 1998



SESSION 7 - DEV 136E

LAFF JEST for the HEALTH of it!!!

We hunger for humor and long for laughter. Yet many don't realize how vital these 'nutrients' are to the well being of our body-mind-spirits. In this session participants will examine the many benefits, practice hearty laughter and leave energized with hopes no one actually dies laughing!

Sister Sue Tracy, OP, MA, Chaplain and Public Speaker. Spectrum Health and Grand Rapid Dominicans

Sister Sue Tracy, OP has an MA in Religious Education, Clinical Pastor Education, and completed a sabbatical in **Spirituality and Health**. Sister Sue is staff chaplain at the Spectrum Health Butterworth campus in Grand Rapids where she offers spiritual care to those coping with cancer plus their families. She has been a Dominican Sister of Grand Rapids for 53 years, with ministries over the years of teacher, vocation director, parish ministers, director of religious education and music, hospital pastor care director, and director of holistic health. Sister Sue is a four-time cancer survivor-thrivers experiencing breast cancer twice, non-Hodgkin's Lymphoma, and several skin cancers. She is widely known as a speaker on a variety of topics, and is a certified laughter leader with the World Laughter Tour. She is a contributing author in Chicken Soup for the Surviving Soul, and Praying through cancer: set your heart free from fear.

Learning outcomes:

In this session participants will:

1. Gain an understanding of the importance of humor in a professional's or senior's balanced life
2. Learn strategies to increase one's sense of humor
3. Practice hearty laughter because it is the best medicine
4. Learn about 'wholesome and helpful' books and resources that promote humor

SESSION 8 - DEV 138E

Fraud Target: Senior Citizen SCAMS

Scams that target senior citizens come in many shapes and forms. They are deceptive and cruel, often preying on the elderly at a time when they are ill or unsure of what their future holds. This session empowers older adults and any professionals advising them to protect themselves from falling prey to senior citizen scams is to know what types of offers to avoid and to understand when it is better to just hang up the phone, shut the door, or walk away from a 'deal'. Knowing some of the more common senior citizen scams will give senior citizens, their families and professionals a better idea of what to watch out for and how to avoid falling victim to a costly fraud.

Presenter:

Bryan D. Reeder, Esq., Plachta, Murphy, & Associates, P.C.

Bryan Reeder is a native of Grand Rapids, Michigan, and a graduate of Wabash College and Thomas M. Cooley Law School. Before joining Plachta, Murphy & Associates, Bryan gained valuable insight and experience as a judicial clerk for the Honorable G. Patrick Hillary of the Kent County 17th Judicial District Circuit Court. In addition, Bryan interned with the Kent County Office of the Public Defender, focusing on Criminal Litigation. At Plachta, Murphy & Associates, P.C., Bryan service areas include Elder Law, Family Law, Business Law, Estate Planning, Real Estate, Probate, and Bankruptcy

Learning Objectives

In this session participants will:

1. Increase their awareness of the many types of scams targeting senior citizens
2. Know strategies and tactics to use to avoid specific types of scams
3. Know how to protect themselves, family members, and clients from becoming a victim of a scam.
4. Knowledge of what to do if they (or someone they know or work with) is the victim of a scam

“People tell me all the time they don’t want to live to be 100, I think that’s just sad.”

–Mildred Leaver, age 100

SESSION 9 - DEV 205E

Vintage Status: Powered and Empowering

For those who have more yesterdays than tomorrows, the process and progression of reaching physical and mental maturity is a passage defined by multiple milestones, coupled with anticipated and unanticipated events. Common challenges with aging notwithstanding, the 21st century offers this vintage generation many opportunities to share their fortitude and resilience forged throughout long life journeys with younger generations for whom there are more tomorrows than yesterdays. This session will focus upon possible ways individuals can experience an empowered aging process that incorporates a responsibility to inform and cultivate intergenerational communication and exchange. Although the challenges of aging are so real, and not to be minimized, the focus of this session will be on the richness and importance of the 'power' of knowledge, wisdom, legacy, skill, expertise (and more) that come from and with age.

**I never discuss disappointments,
I look forward to the next
achievement.**

–Donald Seawell
Age 100

**Was too old, at 90, to
legally rent a car. So she
bought one instead.**

–Roberta McCain
Age 100



Presenter:

Elaine Ragsdale Schott, PhD, MSW, professor and former director of the School of Social Work at GVSU.

Dr. Schott joined GVSU's SSW in 1987 to establish its field education program. She earned a BSW from Bluffton University, and her MSW from University of Michigan, and her Ph.D. from Michigan State. She has served on numerous community boards in Kent and Ottawa counties. Currently she represents the GVSU College of Community and Public Service on a Network 180 committee, which seeks to increase the presence of social work professionals of color within the N-180 administration and provider agency network. In 2004, she was one of 35 professionals and educators from the US and the UK invited to present at the Oxford Round Table at Oxford University in England. In March 2012, Schott was the keynote speaker on aging and wellness at Bluffton University's annual Carl Smucker Lecture, a forum that brings leaders in the field of social work to their campus to speak to students and the public.

Learning Objectives:

In this session, participants will:

1. Learn 21st century challenges faced by older people in USA.
2. Understand Working and/or not working definitions of aging and wellness.
3. Increase their understanding of what is involved in going forward: powered and fired up
4. Increase cultural literacy and competency

SESSION 10 - DEV 213E**Food Matters: Healthy Choices for Body & Brain**

Many of us are searching for the right formula for healthy eating and for achieving an optimal physical well being at any age. This session explores recent research that informs good and simple choices you can make to eat well, some of which are not so surprising and some of which are really news. The obesity pandemic, and rising levels of chronic diseases such as diabetes, dementia, hypertension and many others tied to diet will be explored. Included in this session will be advice drawn from recent health research and practical experience, with examples of habits and strategies that have permitted the presenter to dramatically improve health, weight, and chronic conditions. Participants will gain knowledge for personal application and for professional support to others facing these issues.

Presenter:

Priscilla J. Kimboko, PhD, Professor of Gerontology, School of Public, Nonprofit and Health Administration, GVSU

Dr. Kimboko has over 35 years of work in the field of aging as an educator, researcher and consultant. She has served as a leader at the local, state and national levels including on committees of the American Society for Aging and the National Council on Aging. Since coming to Michigan in 2000 to serve as GVSU Dean of Graduate Studies & Grants Administration, she has been active in the West Michigan aging community, where she currently serves as a volunteer member of the Area Agency on Aging of West Michigan Advisory Council, the Senior Odyssey Leadership Team, the Grand Rapids Community College Gerontology Program Advisory Board, and the Encore Learning Lab Coming of Age faculty. Priscilla developed and coordinates the annual Art & Science of Aging Conference at GVSU. She teaches in the Health Administration masters program and has developed a course on Aging in Society for graduate students. One focus of her recent work has been on the factors contributing to obesity and diabetes, with attention to the role of diet in the upsurge of these health challenges.



Learning Objectives

In this session, participants will:

1. Increase knowledge of recent research on the eating habits that "cause us to get fat", and changes in diet and foods that contribute to the rapid rate of obesity and related diseases.
2. Learn some key drawbacks for health of the Standard American Diet (SAD), and conventional advice on how to lose weight.
3. Increase knowledge of specific foods that promote healthy weight and reduce obesity and obesity-related chronic diseases of the body and brain such as diabetes and dementia
4. Basic evidence that supports the adoption of these eating habits and leads to reversals of some diseases and promote optimal health and wellbeing
5. A basic understanding of how to flourish, by adopting healthy habits that promote optimal health (physical and mental) for you and others.
6. A few sample menus using the foods that promote health and tips on dealing with challenges that can arise

2:00 pm BREAK

2:15 pm MID AFTERNOON SESSIONS

SESSION 11 - Loosemore Auditorium

Empowered for the Dementia Caregiver Journey"

This session will focus on how to empower caregivers of those with dementia, addressing (a) the competencies necessary for effective dementia care, (b) the primary causes of dementia, (c) the importance of evaluation, and (d) where to go in the community for diagnostic and support services.

Presenters:

- **Suzann Ogland-Hand, PhD, Director, Center for Senior Care & Geropsychologist, Pine Rest NE Clinic**
- **Cathy Brady, LMSW, Geriatric Social Worker, Pine Rest Campus Clinic**
- **Christine Simons, CTRS, Dementia Services Coordinator, Clark Retirement Community**
- **Joy Spahn, MPA, Regional Director, Alzheimer's Association Greater Michigan Chapter**

Cathy Brady, LMSW, Geriatric Social Worker, Pine Rest Campus Clinic. In her current role, Cathy has focused on outpatient therapy to older adults and their caregivers, and specialized in depression and anxiety treatment, caregiver stress, and dementia education. She has many years of experience in the aging field, having served in long term care, as a nursing consultant, and working with a geriatrician and nurse practitioner on senior health issues. She has presented and consulted widely in the West Michigan area on these same types of issues.

I hope, encourage others. The delight of discovery is not a privilege reserved solely for the young.

-Dame Kathleen Ollerenshaw
100 years





**Your work is the rent you
pay for the room you
occupy on earth.**

–Elizabeth Bowes-Lyon
August 4, 1900 to March 30, 2002

**I've only got one
wrinkle and I'm sitting
on it.**

–Jeanne Louise Calment
Age 122

Suzann M. Ogland-Hand, PhD, Clinical Geropsychologist, Pine Rest NE Clinic and Director, Pine Rest Center for Senior Care.

Dr. Ogland-Hand has 20 years of experience working as a geriatric consultant, educator, and researcher. She has extensive interdisciplinary teamwork across the spectrum of continuing care, residential care, and outpatient services. She is a member of the MSU Geriatric Education Center of Michigan Interdisciplinary Regional Training Team, focused on improving the geriatric knowledge and skills of health professionals, and was instrumental in developing the Pine Rest Senior Care Center. She provides training and consultation on a wide range of later life mental health issues, including depression and dementia, and has focused on the behavioral health needs of persons with dementia and their caregivers.

Chris Simons, CTRS, is Dementia Services Coordinator, Clark Retirement Community, Grand Rapids, MI. She is also co-owner of Our Place Cares, an Adult Foster Care home in Greenville. She has 37 years of experience working with persons with memory loss and their families. Chris is active locally as consultant, educator, and support group facilitator. Her work has been recognized with three innovative programs of the year awards by the Aging Services of Michigan and with the 2005 Distinguished Alumni Award for the Recreation, Parks and Leisure Department at CMU. She is currently an alumni advisory board member, for the department. In the past she has served as President and board member of the Michigan Association of Activity Directors.

Joy A. Spahn, MPA is currently the Regional Director for the Alzheimer's Association of Greater Michigan Chapter in Grand Rapids. She has worked in the field of aging services for the past 30 years, in a variety of settings - in long-term care facilities, adult day services, and now with the Alzheimer's Association. She has presented on dementia and mental health issues, and provided training for professionals, paraprofessionals and caregivers of persons with dementia. She has worked with and supervised a wide range of staff with backgrounds in nursing, recreational therapists, and mental health professionals. Throughout her career, she has offered a wide range of education and training experiences in the field of geriatrics, primarily focused on dementia, mental health, and caregiver issues.

Learning outcomes

In completing this session participants will:

1. Recognize the competencies needed for those providing direct care for persons with dementia
2. Identify the primary causes of dementia
3. Explain the importance and benefits of early detection and assessment of dementia for persons with dementia and their family members
4. Locate and recommend available community-based resources for dementia diagnostic and support services

SESSION 12 - DEV 136E

Well-Being and Resilience of the Older LGBT Person: Issues for Family, Community, and Health Provider

Centered on well-being issues of older LGBT individuals, their families and communities, this presentation will consider cultural and historical factors that have influenced present health concerns, as well as health promotion and prevention, access issues, partner rights and support systems. Discussion will explore issues of invisibility, mixed perceptions, and stigma and how these factors influence housing, benefits, and individual resilience.

Presenter:

Grace Hoyer, EdD Candidate, MSN, RN, Academic Community Liaison for the GVSU Kirkhof College of Nursing

Grace Hoyer is presently the Academic Community Liaison at Grand Valley State University, Kirkhof College of Nursing. She has taught nursing for a number of years with a focus on leadership, professionalism, and clinical practice. She presently is a member of the GVSU LGBT Resource Center Advisory Board and is a doctoral candidate at Eastern Michigan University in the Educational Leadership program. Her dissertation work is structured around LGBT issues and nursing leaders and administrator's trans-cultural self-efficacy.

Learning Outcomes:

In completing this session, participants will be able to:

1. Identify cultural and historical components of the LGBT elder
2. Examine inequities and how they impact the health of LGBT elders
3. Explore the role of sex and sexuality in the lives of LGBT elders and those who care for them.

SESSION 13 - DEV 138E

Community Options to Age in Place

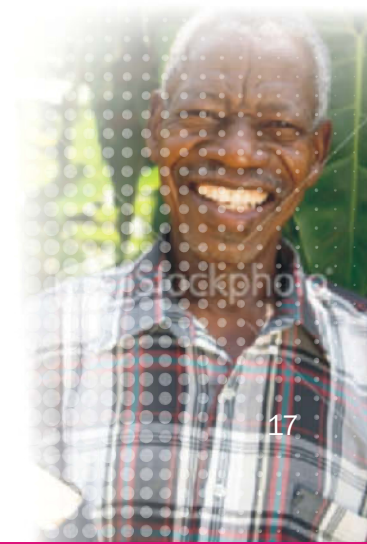
Many older adults prefer to age in place and continue to enjoy the greatest level of independence in their homes. This session presents some of the local options available through the Area Agency on Aging of Western Michigan (AAAWM) Care Management Programs. They include Care Management, Home Support, MI Choice Waiver, Nursing Facility Transitions and Choices for Independence. In fiscal year 2012, these programs served 1,772 individuals. In this session the presenters will describe each program and the many other options available through both public and private resources.

I've only got one wrinkle and I'm sitting on it.

–Jeanne Louise Calment
Age 122

My longevity is attributed to my long happy marriage. We did everything together. She was perfect in my eyes.

– Gardner Watts
Age 98



Presenters

- **Suzanne Filby-Clark, BA, Care Management Services Director, AAAWM**
- **Laura Dobrzelewski, LMSW, Social Work Supervisor**
- **Julie Alicki, LMSW, Care Manager, Choices for Independence**
- **Martha Anderson, LMSW, Care Manager, Nursing Facility Transitions**

Suzanne Filby-Clark is Care Management Services Director, Area Agency on Aging of Western Michigan (AAAWM). As such, she manages and coordinates the activities for the AAAWM of Michigan's MI-Choice Medicaid Waiver program, that serves elderly and disabled adults requiring long term care services throughout the nine-county AAAWM service area. She has 25 years of progressively responsible experience coordinating and managing contracted services for older adults. She has in-depth knowledge of state and federal regulations governing home and community-based services.

Laura Dobrzelewski, LMSW, is responsible for supervising the Social Work staff at AAAWM including Care Managers, Intake and Information and Assistance, and Nursing Facility Transition Programs. She has been with AAAWM in that capacity for 14 years. Laura received her MSW from Western Michigan University and is a Licensed Social Worker with the State of Michigan.

Julie Alicki, LMSW, Care Manager Choices for Independence Julie was instrumental in developing the AAAWM Choices for Independence Program under an Administration on Aging grant through the Michigan Office of Services to the Aging. She is the lead Options Counselor for Long Term Care services and has been with the AAAWM since 2007. Julie received her MSW from Western Michigan University and is a Licensed Social Worker with the State of Michigan

Martha Anderson, LMSW, is the Nursing Facility Transition Department Team Leader for the AAAWM. She also serves as a Care Manager working directly with program participants. Martha has been with AAAWM for one year and prior to that worked with another AAA in Michigan as a Care Manager. Martha received her MSW from Wayne State University and is a Licensed Social Worker with the State of Michigan.

Learning outcomes

In this session participants will gain:

1. Basic understanding of factors that may limit the ability of older adults to age in place in their own homes
2. Knowledge of three Aging-in-Place program options that are offered by the Area Agency on Aging of Western Michigan, through the Care Management unit including eligibility criteria and program outcomes
3. Understanding of the program that allows some older adults to return to community living from a nursing home setting



“If I’d known how old I was gonna be, I’d have taken better care of myself.” –Adolph Zukor, age 103

SESSION 14 - DEV 205E

Joys of Sex and Sexuality in Later Life

Using the World Health Organization concepts of sexual rights and sexual health, this presentation will explore the importance of sexuality and sexual health in later life. Emphases will be given to older adults' sexual rights to access the highest attainable standard of sexual health; the absence of sexual transmitted disease; sexual education, and decisions to be sexually active or not.

Presenters

- **Lihua Huang, PhD, MSW Assistant Professor, Social Work, GVSU**
- **Linda Kirpes, MSW, Certified Gerontologist, Campus Director of Life Enrichment at Covenant Village of the Great Lakes**
- **Alisha Cowell, MSW Student**

Dr. Lihua Huang is currently an assistant professor at GVSU School of Social Work. She teaches MSW courses on older adults, including sexuality in later life. She has extensive research experience in gerontological social work and positive gerontology. Her doctoral work, completed at MSU, focused on the effects of social networks on the health of family caregivers, and her early education at Nanjing University was in Chinese Linguistics and Literature.

Linda Kirpes, MSW, Certified Gerontologist, is the Campus Director of Life Enrichment at Covenant Village of the Great Lakes in Grand Rapids, Michigan. Linda's diverse background in developing enrichment programs for adults spans over 25 years. For the past eight years she has directed, implemented and facilitated programs for residents 62 to 102 years of age at Covenant Village of the Great Lakes. She is a pioneer in developing brain health workshops to help older adults maintain active and sharp minds. In addition, Linda serves as a program surveyor for CARF International and consults for CCRC organizations seeking Person-Centered Long-Term Care accreditation. She serves on the Gerontology Program Advisory Committee at GRCC, community partner volunteer for the GVSU Art & Science of Aging conference, a founding member of the Activity Director's Consortium of West Michigan, a member of the American Society on Aging, National Council on Aging and National Association of Social Workers. In 2010, Linda received the Service Excellence Award and was nominated for the Caring Spirit Award in conjunction with Aging Services of Michigan. To optimize her gerontology knowledge on diversity issues related to aging in place, Linda currently lives in a Continuing Care Retirement Community.

Alisha N. Cowell is currently an MSW student and a graduate assistant in the School of Social Work at GVSU. She has experience in conducting a meta-analysis on sexual health in later life.

Learning Outcomes

In this session participants will

1. Reexamine the societal and personal taboo and discrimination toward sexuality in later life;
2. Become fully aware of existing evidence about the importance of empowerment perspective in sexual health and quality of life promotion in later life as well as implications of sexual rights and sexual health in later life in human services and public policy;
3. Gain critical practical skills to redesign older adults- centered services and programs.

SESSION 15 - DEV 213E

Making Your Voice Heard

Explore advocacy strategies that will increase opportunities for significant changes. This session will outline techniques that address advocacy issues in proactive and reactive ways. Other resources for learning more about advocacy for and by seniors will be shared.

Tom Appel, M.Ed., MA-PA, President, Advocates for Senior Issues, Kent County.

A native of Grand Rapids, **Tom Appel** earned his BA at Olivet College, and Master's degrees at Antioch University and Western Michigan University. He has a 40-year history of issue-based advocacy that continues today in his work with Advocates for Senior Issues. His advocacy started with voter registration work in Mississippi during the 1960's. Then, as a Peace Corps volunteer in St. Kitts, West Indies (67-69) he advocated with the government on the need for a teacher training college that could train teachers locally, saving the expense of sending them off island. The government embraced the idea and the college was born.

Following that experience he worked as a community organizer, civil rights advocate, and consultant for twenty-two years with the Michigan Department of Civil Rights, from 1970 to 1989 and again from 1999 to 2002. From 1989-1998 he served as EEO Administrator for the Columbus Ohio police department, a court-mandated position, with reporting responsibilities to the Federal District Court and the Director of Public Safety and representing the Department at meetings and before public groups and advocating for and developing recruitment strategies designed to create a more diverse work force.

Learning Outcomes

In this session participants will:

1. Increase their understanding of advocacy and its uses in the human services and public service sector
2. Learn why and how to initiate clear goals for advocacy efforts for impact, relevance, positioning, educating
3. Understand why and how to undertake consensus building strategies
4. Understand the importance and key components of strategic thinking for advocacy

3:15 pm BREAK

3:30 pm **CLOSING SESSION - Loosemore Auditorium**

Senior Odyssey = Serious Play: Exercise the Brain; Challenge your Limits, Gain Mastery & Build Friendships

Senior Odyssey of Michigan is a creative problem solving team competition for the over 50 crowd, based on the Odyssey of the Mind program for school age children. This innovative program provides a stimulating and challenging opportunity for mature adults to fully engage their mental capacities, while solving ambiguous problems, expressing their creativity, and gaining public recognition for their efforts. This is a unique and fun way for older adults to keep their minds active and to achieve greater levels of cognitive vitality and engagement. Primarily volunteer run, the program also provides unique opportunities for roles of team member, coach, judge, event organizer, and more. In this session participants will experience the Senior Odyssey milieu through observation and interactive participation in sample problem solving challenges.

"S'okay?...S'awright"

—Senor Wences at his 100th Birthday

Julie Lake, MPA, CTRS, Health Promotion Coordinator at Senior Neighbors, Inc. in Kent County

Julie Lake, MPA, CTRS is the Health Promotion Coordinator for Senior Neighbors Inc. in Kent County. In this capacity she coordinates four evidence-based health promotion programs: Arthritis Foundation Exercise, Chronic Disease Self Management (locally known as PATH), EnhanceFitness, and A Matter of Balance. She is a trained facilitator for all four of these programs and a Master Trainer for PATH, Enhance Fitness and A Matter of Balance. Julie was the initiator and now is project coordinator of the Senior Odyssey Michigan. She has worked in the field of aging for 13 years, served as a Director of Recreational Therapy in a skilled nursing facility prior to taking her present position. She also worked as a member of an interdisciplinary team of therapists and social workers addressing the needs of individuals from a holistic, person-centered approach. Julie has presented widely on recreational therapy and health promotion in aging services. She is also a co-author of *"innovations: A recreational therapy approach to restorative programs"* for skilled nursing facilities.

Learning Objectives:

Upon completion of this session, participants will

1. Be able to identify many benefits of life-long cognitive engagement
2. Understand the basics of the Senior Odyssey program and the 'cognitive engagement approach' it offers older adults
3. Recognize multiple ways to get personally involved or help others get involved with Senior Odyssey Michigan*

Continuing Education Credits:

You will find that all sessions at this conference have been approved for continuing education units for nurses and social workers. 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.

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-Provided MICEC-0004. This program is approved for up to 5.0 hours.

Thanks that the election happened while I'm still here. (upon being inducted into the Hall of Fame)

–Clarence "Ace" Parker
Age 100

When you get real old, honey, you realize there are certain things that just don't matter anymore. You lay it all on the table. There's a saying: Only little children and old folks tell the truth.

–Sarah Louise Delany September 19, 1889
to January 25, 1999



Empowerment

Personal Conference Planner

| TIME | SESSION NUMBER | PRESENTER | SESSION TITLE | ROOM | WILL ATTEND |
|---------------------|----------------|---|---|---------------------------------|-------------|
| 8:00 AM - 9:00 AM | | | Registration - Continental Breakfast | | |
| 8:30 AM - 1:00 PM | | | Community Resource Table | Hager-Lubbers Hall | |
| 9:00 AM - 10:30 AM | | Dr. Thomas Perls | | Loosemore Auditorium | |
| 10:30 AM - 11:30 AM | 1 | Dr. Thomas Perls, Jack Bates, Lilly Hansen, John Molhoek, Virgil Westdale | Exceptional Longevity - Lessons | Loosemore Auditorium | |
| 10:30 AM - 11:30 AM | 2 | Paul Reitmeier | Why Are So Many Advanced Directives Useless | 136E DEV | |
| 10:30 AM - 11:30 AM | 3 | Karen Schmitz Bugg | The Challenging Complexities of AD | 138E DEV | |
| 10:30 AM - 11:30 AM | 4 | Jolene Moore, Dick Graves | Movement As Medicine: Walking For Life | 205E DEV | |
| 10:30 AM - 11:30 AM | 5 | Douglas Chung | Buddhist Empowerment And Life Transformation | 213E DEV | |
| 11:30 AM - 12:30 PM | | Student Posters | | West Hallway | |
| 11:45 AM - 1:00 PM | | Buffet Luncheon | | Hager-Lubbers Hall Regency Room | |
| 1:00 PM - 2:00 PM | 6 | Charles Jaquith, Linda Likely, Jan Amato, Douglas Hale | House And Home - The NEXT Step | Loosemore Auditorium | |
| 1:00 PM - 2:00 PM | 7 | Sister Sue Tracy | Laff Jest For The Helath Of IT! | 136E DEV | |
| 1:00 PM - 2:00 PM | 8 | Bryan Reeder | Fraud Targets: Senior Citizens SCAMS | 138E DEV | |
| 1:00 PM - 2:00 PM | 9 | Elaine Ragsdale Schott | Vintage Status: Powered And Empowering | 205E DEV | |
| 1:00 PM - 2:00 PM | 10 | Priscilla J. Kimboko | Food Matters: Healthy Choices For The Body And Brain | 213E DEV | |
| 2:15 PM - 3:15 PM | 11 | Suzann Ogland-Hand, Cathy Brady, Chris Simons, Joy Spahn | Empowered For The Dementia Caregiver Journey | 136E DEV | |
| 2:15 PM - 3:15 PM | 12 | Grace Hoyer | Well-Being And Resilience Of The Older LGBT Person | Loosemore Auditorium | |
| 2:15 PM - 3:15 PM | 13 | Suzanne Filby-Clark, Laura Dobrzelewski, Julie Alicki, Martha Anderson | Exploring Community Options To Age In Place | 138E DEV | |
| 2:15 PM - 3:15 PM | 14 | Lihua Huang, Linda Kirpes, Alisha Cowell | Joys Of Sex And Sexuality In Later Life | 205E DEV | |
| 2:15 PM - 3:15 PM | 15 | Tom Appel | Making Your Voice Heard | 213E DEV | |
| 3:30 PM - 4:30 PM | | Julie Lake | Senior Odyssey—Serious Play: Exercise The Brain, Challenge Your Limits, Gain Mastery, And Build Friendships | Loosemore Auditorium | |