THE HEART & SOUL OF Aging Well





9TH ANNUAL ART & SCIENCE OF AGING CONFERENCE

FRIDAY, FEBRUARY 14, 2014



GVSU Richard M. DeVos Center | 401 W. Fulton Street | Grand Rapids, MI www.gvsu.edu/gerontology

About The Art & Science Of Aging Conference

The GVSU Art & Science of Aging Conference is an annual event committed to broadening the dialogue on issues of aging within West Michigan. It provides a forum which features

Aging
Conference

multidisciplinary research on aging and evidence-based best practices for the older adult. It concerns individuals who are 'aging' and the 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. They also invite a national expert to present the latest research and best practices in this area, and to translate these into personal and professional practices which can be used to enhance the lives of older adults.

Knowledgeable and skilled faculty and practitioners present workshops that draw on research and evidence-based practices related to the theme of the year. They focus on issues that are relevant to health professionals, such as social workers, nurses, therapists, as well as other professionals who interact with older adults in their practice. Of high importance is all the information that can benefit not only those persons facing the multifaceted challenges and opportunities of aging, but also their family and friends. The sessions of the Art & Science of Aging Conference promote inter-professional and inter-agency collaboration. Our students at Grand Valley State University present their research on aging topics in a poster format; community providers of services to older adults offer educational and other helpful resources to participants; and the participants enjoy a luncheon and several other opportunities for networking.

For the unlearned, old age is winter; for the learned, it is the season of the harvest.

Hasidic Saying

You can live to be a hundred if you give up all the things that make you want to live to be a hundred.

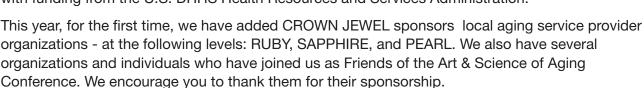
Woody Allen

This year we offer to our audience a series of 15 workshops, bookended by the Opening and Closing Sessions. Because no one can attend all the workshops, our speakers share their presentations electronically and we post them to the conference website: www.gvsu.edu/gerontology. Nurses, social workers, occupational therapists and recreational therapists can obtain continuing professional education units for their participation [TR still pending approval].

The theme for this year is The Heart and Soul of Aging Well...a timely topic for Valentine's Day. We offer workshops on physical, social, and spiritual practices that promote longevity, as well as prepare older adults for issues related to health care reform, retirement, and end of life decision making. One special feature this year is a series of workshops on the role of mindfulness practices and research in self-care and pain management. Furthermore, we have a range of topics that will enable individual participants to achieve personal wellness and facilitate professionals promoting the same for their older clients.

Acknowledgments

Geriatric Education Center The annual Art & Science of Aging Conference is sponsored by Grand Valley State University. In addition, it is partially supported by a grant from the Geriatric Education Center of Michigan, College of Human Medicine, Michigan State University, with funding from the U.S. DHHS Health Resources and Services Administration.



Special thanks go to the following individuals who have actively participated in the Aging Conference Planning Committee:

- Cynthia Beel-Bates, GVSU Kirkhof College of Nursing
- Joan Borst, GVSU School of Social Work
- Teresa Castelão-Lawless, Philosophy
- Jing Chen, Psychology, Student Research Poster Coordinator
- Kimberly Crawford, Ionia Hospice & Greater Grand Rapids End of Life Coalition
- Dawn DeVries, GVSU, Therapeutic Recreation
- Laurie Freshour, Beacon Hill at Eastgate, Grand Rapids
- Anne Ellermets, Area Agency on Aging of Western Michigan
- · Dianne Green-Smith, GVSU School of Social Work
- Jennifer Feuerstein, AARP MI
- Lihua Huang, GVSU School of Social Work
- Priscilla Kimboko, GVSU School of Public, Nonprofit and Health Administration (Conference Coordinator)
- Linda Keilman, Geriatric Education Center of Michigan, MSU
- Marenta Klinger, Holland Home (Web Coordinator)
- Jean Kubiszewski, Forest Hills Community Service Center
- Christopher Kurby, Psychology
- Julie Lake, Senior Neighbors/Senior Odyssey
- Anne Merkle, GVSU University Libraries
- Sherry Moyer, School of Public, Nonprofit and Health Administration [Registration]
- Judy Palmer, Grand Forum, GVSU Continuing Education
- Tera Wozniak Qualls, College of Community and Public Service, Johnson Center
- Heather Wallace Renter, GVSU Kirkhof College of Nursing (Volunteer Coordinator)
- Judith Shea, GVSU, Autism Education Center
- Susan Sloop, GVSU Health and Wellness, Human Resources (Vendor Coordinator)

Partner Organizations Participated in Conference Planning:

- AARP Michigan
- Beacon Hill at Eastgate, Grand Rapids
- Holland Home
- Grand Rapids End of Life Coalition
- Area Agency on Aging of Western Michigan

of Michigan

- Forest Hills Community Services Center
- Ionia Hospice
- Senior Neighbors/Senior Odyssey

Featured Speaker



Leslie R. Martin, Ph.D.

Dr. Leslie R. Martin is Professor of Public Health at Loma Linda University, and Research Professor at the University of California, Riverside. Dr. Martin graduated summa cum laude from the California State University and received her M.A. and Ph.D. from the University of California. She was a faculty member in the psychology department at La Sierra University for 17 years and received during that time the Distinguished Research Award and the Anderson Award for Excellence in Teaching. In addition to her studies of clinician-patient partnerships and how these relate to medical outcomes, she has spent more than 20 years exploring who lives long, and why. Her research is based on the lives of more than 1,500 men and women who have been studied since 1921, one that has yielded important, and sometimes surprising, insights about the paths to longevity.

"Throw Your Heart into it, and the Rest Will Follow"

A stockbroker urged me to buy a stock that would triple its value every year. I told him, 'At my age, I don't even buy green bananas.'

Claude Pepper

Conference Program Detail

8:15 am

Exhibition HallRegistration Open

Registration Tables (pick up packets and name badges)

Continental Breakfast

West Hallway.....CEU Check In Tables:

- Social Work
- Nursing
- Occupational Therapy
- Therapeutic Recreation

Aging has a wonderful beauty and we should have respect for that.

8:00 am - 1:30 pm

Lubber-Hager Exhibition HallCROWN JEWEL SPONSOR DISPLAYS

Advocates for Senior Issues

Airway Oxygen Inc.

Area Agency on Aging of Western Michigan

Beacon Hill at Eastgate

CareLinc Home Medical Equipment and Supply

Clark Retirement

Elders' Helpers

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- College of Community & Public Service
- College of Liberal Arts & Sciences
- Department of Psychology
- Kirkhof College of Nursing

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The Little Red House Adult Day Care Services

The West Michigan Estate Planning Center, Cottrell & Jacobs, PLC

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- Donijo Robbins DeJonge, Ph.D.
- Loretta Jones, Ph.D.

9:00 am

Loosemore Auditorium......Opening Session

Welcome - Dr. Cynthia McCurren, Dean, Kirkhof College of Nursing

Introduction - Keynote Speaker, Dr. Priscilla Kimboko,

Conference Coordinator

9:15 am

Loosemore Auditorium.....KEYNOTE PRESENTATION

Throw Your Heart Into It, and the Rest Will Follow

In 1921, Lewis Terman, at Stanford University, began a scientific examination of approximately 1,500 bright boys and girls. His initial aim was to follow them until adulthood but as it turned out,



his work with the group continued until his death in 1956. Others then took over the data collection and in 1990 we began to document when and how they died, studying their lives in meticulous detail to better understand the predictors of early mortality versus thriving into old age. Surprisingly, the secrets to a long and rich life were not in special diets or exercise regimens instead, it was personalities, social connections, and productivity that proved highly relevant to long-term health sometimes in ways we did not expect. Findings from this study show that there is not a single, magical formula for aging well instead, there are a few key elements that are broadly beneficial, and many healthy variations. You may even find that some of what you thought you knew simply isn't true!

Keynote Presenter: Leslie R. Martin, Ph.D.

Learning Objectives:

Upon completion, participants will be able to:

- 1. Understand the ways in which cross-sectional and short-term studies may yield findings that are different from those of longitudinal studies.
- 2. Identify contributors to healthy aging such as social ties, personality, health behaviors and productivity.
- 3. Identify ways that information on healthy lifetrajectories might be used to direct personal behaviors and larger-scale interventions.

10:30 am Loosemore Auditorium.....Session 1

Old age is no place for sissies. **Bette Davis**

MORNING SESSIONS

Throw Your Heart Into What...? A Call for Engagement that Matters

Data from a variety of sources are converging to suggest that actively engaging with others and with life is an important predictor of longevity, as well as richness-in-life. This workshop will provide additional evidence of the importance of active engagement, along with hands-on activities to help identify areas of strength and interest and steps for creating a more purposeful and meaningful life.

Presenter: Leslie R. Martin, Ph.D.

Learning Objectives:

Upon completion of this session, participants will be able to:

- 1. Describe ways in which active engagement can promote better health and well-being.
- 2. Identify at least two personal strengths or interests that might be developed.
- 3. Describe a method for creating unique combinations of interests/abilities, thus broadening opportunities for active engagement.

136E DEVSession 2

Mindful Self-Care for Caregivers

As caregivers, we spend much of our time looking after the needs of others, often at our own expense. Like a car that runs out of gas if we forget to fill the tank, the energy drain of constant care giving can leave us feeling empty. This workshop will give you practical tools to replenish your energy and enthusiasm even on your busiest days.

Presenter: Carol Hendershot, B.S., Certified Mindfulnes-Based Stress Reduction (MBRI) Instructor 80-year olds and 90-year olds who had completed a 10-week strength-training program showed more than a 100 percent increase in their strength, and significant increases in their walking speed and stair climbing ability.

Sherrie Mcgregor, PH.D.

Learning Objectives:

Upon completion of this project, participants will

- Understand the ways we undermine our health by not taking time for self-care
- 2. Experience practical tools to build your muscle of mindfulness and self-compassion
- 3. Know practices you can use in your daily activities to replenish your reserves of energy
- 4. Have a CD of guided practices and a list of other resources

117E DEVSession 3

Exercise and Successful Aging: Maintaining Function and Quality of Life

This workshop reviews the physiological changes associated with aging and then presents exercise-based strategies to prevent these changes and to maintain or enhance function and quality of life throughout the aging process.

Presenters: John Stevenson, B.A., M.S., Ph.D., MSPT; Licensed PT (Michigan)
Michael J. Shoemaker, PT, DPT, Ph.D., GCS

Learning Objectives:

Upon completion of this session the attendee will be able to:

- 1. Understand how normal physiological changes in aging affect physical function
- 2. Assess readiness to engage in fitness and recreational activities for older participants
- 3. Suggest appropriate exercise and physical activities that could improve function and quality of life

111D DEV......Session 4

Making Healthy Eating Fun

When it comes to nutrition and healthy eating, food doesn't have to be boring! Learn from a registered dietitian how to fit healthy One of the stereotypes I see breaking is the idea of aging and older women not being beautiful. Annie Leibovitz choices into your lifestyle and leave with tips and recipes that make healthy eating interesting.

Presenter: Sarah Van Eerden, B.S., RD

Learning Objectives:

Upon completion of this session, participants will be able to:

- 1. Know the Key Messages of the 2010 Dietary Guidelines for Americans.
- 2. Understand at least one healthy recommendation from all five food groups.
- 3. List at least three reasons why it's important to choose a nutrient-rich diet.

138E DEVSession 5

How to Stay in the Driver's Seat of Life

The key to staying in the driver's seat of life is to be sure you have the right person next to you in the passenger seat. While these Patient Advocates are always given the burden of responsibility, they are rarely given the training and tools they need to do their best on the behalf of their loved ones. Research on the effectiveness and long-term impact of surrogate decision-making reveals what a difficult task it is, even with the benefit of good information. This session will provide tips, tricks and tools to improve the effectiveness of the patient advocate. Seniors, come laugh and learn, before your kids take the car keys away. The rest of you, come and see what they're laughing about.

Presenter: Cynthia S. Pimm, MSW, MPA, MM

Learning Objectives:

Participants will walk away from this session with:

- 1. Tips, tricks and tools to transform concerned loved ones into effective patient advocates.
- 2. An understanding of the impact that surrogate decision-making can have on loved ones.
- 3. Strategies to engage seniors and adult children in health care decision-making.
- 4. The knowledge to put your techno toys to work when you aren't playing Angry Birds.

est Hallway.....STUDENT RESEARCH POSTERS

Brent K. Berson, MSW student, An Analysis of Vigor in Older Adulthood (Dr. Joan Borst, Social Work, Advisor)

The presenters will comprehensively analyze components of strength in older adulthood. By conducting scientific inquiry on the significance of physical health, nourishment, social support and faith, the researchers will gain a broad knowledge base about maintaining health in late adult life. Subsequently, the presentation will seek to provide information to edify learners about current strategies to improve and preserve the well-being of older adults, psychologically, spiritually, and physically.



Emilee Cooper, Bachelors, Criminal Justice/Psychology. Happiness in Aging Adults (Dr. Mary Bower Russa, Psychology, Advisor)

This project focuses on reviewing literature on the association between aging and happiness in older adults. The role of positive expectancies, social support, social participation, socioeconomic status, and health are considered.

Kristen Daniels, MSW student (Traverse City). Possible Connection Between Mortality Salience and Generosity in the Elderly Community (Dr. Dorothea Epple, Social Work, Advisor)

As individuals age, motivation to volunteer increases. This presentation will review the literature regarding donor generosity in senior citizens. Three areas will be covered including how: volunteering allows older adults to express their altruistic value, which in turn increases self-esteem (Okun & Michel, 2006), volunteering leads to lower levels of depression and anxiety which increases quality of life (Adamek, 2008), and how being reminded of one's mortality affects generosity especially related to their feeling obligated to work on behalf of their community (Dedeaux, 2009). In addition to highlighting research, this poster will illustrate some volunteer projects seniors are involved in.

Joanne Finazzi, MSN, RN, DNP student. An Evidence-Based Approach for the Implementation of an Osteoporosis Educational and Exercise Intervention among Perimenopausal Women (Dr. Cynthia Coviak, Nursing, Advisor)

The purpose of the research study involves examining the effectiveness of a four-week and four-session osteoporosis education and exercise intervention on osteoporosis knowledge, self-efficacy, and health beliefs among a convenience sample of four perimenopausal women at a community health club in West Michigan. The expected outcomes of this research study include: Osteoporosis knowledge increases with exposure to an osteoporosis educational and exercise intervention among perimenopausal women.

Self-efficacy increases with exposure to an osteoporosis education and exercise intervention among perimenopausal women.

Health beliefs regarding osteoporosis change and improve with exposure to an osteoporosis education and exercise intervention among perimenopausal women.

The design of the research study involves a one-group, quasi-experimental, pretest, posttest approach. The Health Belief Model (HBM) and Iowa model are utilized as the conceptual frameworks. Measurement instruments included the Osteoporosis Health Belief Scale, Osteoporosis Self-Efficacy Scale, and Osteoporosis Knowledge Test.

Kelsey First, MSW student. The LGBT Aging Experience: Strengths, Challenges, and Services for LGBT Older Adults (Dr. Scott Berlin, Social Work, Advisor)

I don't feel old. I don't feel anything until noon. Then it's time for my nap. Bob Hope Aging is not lost youth but a new stage of opportunity and strength. Betty Friedan Estimates suggest that approximately six million older adults (65+) will identify as LGBT by the year 2030. On top of the more common challenges that individuals encounter as they age, LGBT older adults face additional and sometimes extreme barriers to accessing resources and receiving care. Although LGBT adults have unique needs to age well, they also demonstrate resiliency and unique perceptions of quality of life. My literature review poster will identify some of the unique factors that impact LGBT older adults, the strengths that result from these challenges, and services intentionally designed to address the issues facing LGBT older adults.

Ouen Hunter, M.S., MSW Student. Aging Well with Yoga (Dr. Lihua Huang, Social Work, Advisor).

Research supports that yoga successfully promotes healthy aging and has become a method of self-care. Yoga can serve as a low impact physical activity and as a tool of mindfulness through meditation. The poster will focus on the benefits of stretching, balance, breathing, and meditation through Yoga. The poster will include a brief historical review of yoga, various benefits of low impact exercises and meditation on our bodies and minds as we age. A brief description on a few yoga poses with accurate forms and their benefits on our minds and bodies will be included.

Andrew Kuck, Bachelors, Allied Health Sciences/Mathematics. The Relationship Between Stress and Dementia (Dr. Jing Chen, Psychology, Advisor)

The poster presentation will present the findings of a literature review that investigates the relationship between stress and dementia. The literature review will consider a number of studies, each of which offers a unique perspective on the stress/dementia relationship. The literature review will attempt to identify ways by which targeting stress before the onset of dementia might be able to delay or prevent dementia onset. Studies that demonstrate or suggest preventative therapies will be incorporated, with the hope that the findings presented in the literature review and through the poster will inform evidence-based practice.

Victoria LaBush, B.A., Psychology. Psychological Perspectives on Euthanasia and Physician Assisted Suicide (Dr. Mary Bower Russa, Psychology, Advisor) Euthanasia and Physician Assisted Suicide (PAS) have been controversial both within the United States and around the globe, with strong arguments both in favor and against the practices. This project highlights factors that influence attitudes toward PAS and reviews the present legal status of PAS within the US and abroad.

Michael Mudgett, B.S., MSW Student. Aging 'in the world': Existential Perspectives on Social Work with Aging Populations (Dr. Robin Smith Colton, Social Work Advisor) This research covers the following:

- Description of the four givens of our existence: death, freedom/responsibility, isolation, and meaning/meaninglessness.
- Modern society's collective attitude toward aging and how this can affect older adults' life experience.
- Review of current research demonstrating the effectiveness of using existential philosophical principles to inform practice and interventions with older adults such as the importance of being present with clients, understanding death anxiety and the effect of reminiscence and regret, to name a few.

Angela Smith, B.A., Psychology, Autobiographical Memory of Physical Abuse for Women over 40 (Dr. Jing Chen, Psychology, Advisor)

This poster focuses on autobiographical memories of women over 40 who have experienced sexual, physical, and emotional abuse. Research shows that an increase in depression will cause memories to become generalized and less defined, both happy and unhappy memories. Women in their 20's maintain positive attitudes for a hopeful life and retain happier memories in exchange for unhappy ones. Memory chains occur when triggered by memory sharing and exchanges the generalized information for a clearer memory of past events causing PTSD. More research is needed in the area of traumatic memories on women as they get older.

Grace Sterenberg, B.A., Biomedical Sciences, Caregiving Techniques to Improve Quality of Life for Dementia Patients (Dr. Jane Toot, Interdisciplinary Studies/Physical Therapy, Thesis Advisor, Dr. Jing Chen, Poster Advisor).

In this project I plan to study the need for personalized care for individuals with dementia. My experiences as a caregiver have inspired me to pursue this research because I feel that the quality of life for dementia patients may sometimes be sacrificed due to lack of time, staff, or knowledge on the subject. I will conduct a literature review to explore any possible care techniques that have worked either for family members, in home care providers, or structured care facilities. I plan to use all of the information I gather to determine a method or system that works best for dementia care.

English and Finnish researchers who studied the brains of 872 people found that the longer you remain a student. the better equipped you are to fight off symptoms of dementia and other ageassociated diseases.

I'm willing to die for the woman I love. I iust want to take 75 years to do it. Jarod Kintz



11:45 am - 1:00 pm.....LUNCHEON Regency Room, Hager-Lubbers Exhibition Hall, Gordon Gallery

1:00 pm EARLY AFTERNOON SESSIONS Loosemore Auditorium..... ..Session 6 **The Orphaned Adult**

We need to reinvent our assumptions of old age...Society needs to break stereotypes and develop new models of ageing for the 21st century. Everyone benefits from communities, workplaces and societies that encourage active and visible participation of older people.

World Health Organization

This workshop will comprise a discussion about the process of dying and the death of particularly the "final parent". It will include the often-surprising set of emotions that we experience when we realize we are now without parents. We will consider our vulnerability and what this shift represents for us.

Presenter: Joan Borst, Ph.D., LMSW

Learning Objectives:

Upon completion of this session, participants will be able to:

- 1. Report understanding of the unique nature of response to the death of parents.
- 2. Report increased empathy for individuals who have experienced this form of loss.
- 3. Understand how to prepare for being an "orphaned adult".

136E DEVSession 7

Mindfulness and Pain Management

There is longstanding research that the practice of mindfulness is an effective complement to medical treatment for chronic pain patients. In this experiential workshop we will explore mindfulness tools and practices professionals can use themselves and offer to their older clients to help mitigate the struggle with pain.

Presenter: Carol Hendershot, B.S., Certified Mindfulness-Based Stress Reduction (MBRI) Instructor

Learning Outcomes:

Upon completion of this session, the participant will

- 1. Be familiar with the latest research on the use of mindfulness to improve pain management
- 2. Be able to guide a short body scan
- 3. Be able to guide a short breathing practice
- 4. Have a CD of guided practices and a list of other resources

.Session 8 138E DEV

The More You Move the More You Live

Research demonstrates how "sitting is the new smoking". Rather than just not being "in shape" physical inactivity, especially prolonged sitting has a measurable negative impact on health. We explore what this means and highlight the importance of movement

and its effect on life expectancy. We also present and actively engage in exercises that can be implemented to decrease time spent sitting.

Presenters: Lindsey DesArmo, MPA Steve Glass, Ph.D.

We could certainly slow the aging process down if it had to work its way through Congress. Will Rogers

Learning Objectives:

Upon completion, participants will be able to

- 1. List three detriments of sitting.
- 2. List three benefits of incorporating movement into daily life.
- 3. Know exercises to increase their physical activity level throughout the day

111D DEV.....Session 9

Aging in Place: AARP HomeFit Program

The AARP HomeFit program was developed to educate older adults how to navigate all living spaces independently to allow them to remain in their own homes as they age. It is designed to help individuals plan for independence, choice and dignity and make your home as safe as possible.

Presenter: Joanne Feutz, B.S., ORT/L

Learning Objectives:

Upon completion, participants will:

- 1. Understand how to use the HomeFit Guide to assess your home for safety.
- 2. Recognize how to improve your home for safety and comfort.
- 3. Know about resources and consultants that can help you remain in your home as long as you choose.

117E DEVSession 10

What Happens When You Put Your Heart and Mind Into It? Research on Mindfulness

Like organic foods, mindfulness has attracted more and more attention in recent years. In this session the empirical research conducted on mindfulness and aging will be reviewed. The participants will gain a better understanding of the evidence regarding the impact of mindfulness practices on their physical health, brain, and behavior.

Presenter: Jing Chen, Ph.D.

Learning Objectives:

Upon completion, the participants will

- 1. Know some of the empirical research on mindfulness.
- Understand and critically evaluate the practice of mindfulness.
- 3. Become more mindful in their own lives

2:00 pmBREAK

2:15 pm 111D DEV..... MID AFTERNOON SESSIONS

.Session 11

Discuss. Decide. Document: Advance Care Planning with **Making Choices Michigan**

Making your health care choices known is a gift that gives beyond one's death. No one can predict when a sudden illness or accident may occur, leaving a person unable to make personal healthcare decisions. This session will provide steps to help you develop a personal advance care plan.

How old would you be

if you didn't know

how old you are?

Satchel Paige

Presenter: Carol Robinson, DNP, RN

Learning Outcomes:

- 1. The learner will be able to describe the advance care plan process.
- 2. The learner will be able to explain the role and necessary qualities of a healthcare agent.
- 3. The learner will identify the steps necessary to begin developing an advance directive.

136E DEV

.Session 12

Introducing Older Adults to Mindfulness Practices

There is a growing body of research that is showing the mental, emotional and physical health benefits of mindfulness in older adults. This experiential workshop will be an exploration of skillful ways to introduce simple mindfulness practices to your clients and patients.

Presenter: Carol Hendershot, B.S., Certified Mindfulnes-Based Stress Reduction (MBRI) Instructor

Learning Outcomes:

Upon completion, participants will

- 1. Be knowledgeable about skillful ways to introduce mindfulness to older adults
- 2. Be ready to guide a short body scan practice
- 3. Be ready to guide a short breathing practice
- 4. Have a CD of guided practices and a list of resources

117E DEVSession 13

"Honey, I'm home!" Retirement as a turning point of new masculinity

By studying "the retired husband syndrome," this presentation attempts to shed new light on masculinity in later life. Using a strength-based approach, it characterizes emerging masculinity as "a time for life." It proposes that new masculinity can be learned socially. Emphases are given to openness and connectedness of baby-boomer men.

Presenters: Lihua Huang, Ph.D., MSW Steven L. Smith, Ph.D., LMSW

Learning Outcomes:

Upon completion, participants will be

- 1. Prepared to rethink the societal and cultural meaning of masculinity across life span;
- 2. More aware of evidence about the importance of strength-based gender studies in later life for healthy retirement
- 3. Informed of the implications of gender equality for retirement plans and retirement for people in intimate and social relationships:
- 4. Aware of some critical practical skills to prepare men in the workforce, their family and social network members for a happy retirement.

138E DEV

.Session 14

Purposeful and Meaningful Leisure and Recreation for Senior **Adults**

This session examines the concepts of purposeful and meaningful leisure and recreation for senior adults living in a variety of settings. Participants will learn the value of meaningful leisure, as well as how to assess and engage senior adults/clients. Tips on educating the interprofessional team on the use of purposeful and meaningful leisure are offered. The session stresses the benefits for interdisciplinary staff working with senior adults, as well as for family members.

Presenter: Dawn DeVries, DHA, MPA, CTRS

Learning Outcomes:

Upon completion, participants will be able to:

- 1. Explain why engagement in purposeful and meaningful leisure and education contributes to aging well.
- 2. Identify how to assess purposeful and meaningful leisure and recreation with senior adults.
- 3. Describe how to train staff and others on the value and benefits of meaningful leisure and recreation for senior
- 4. Explain three techniques for motivating and engaging senior adults to participate in meaningful and purposeful leisure.

Loosemore Auditorium.....Session 15

Healthcare Reform: Sailing the Great Lakes During Sea Change This session features an orientation and discussion of some of the major issues driving healthcare policy in this Affordable Care Act implementation era, including Medicare issues, enrollment of the previously uninsured, cost-savings impacts and issues still in need of reform.

Presenter: Andrew Farmer, B.A., Policy Leader AARP MI Health and Supportive Services

Learning Outcomes:

Upon completion, participants will

1. Be able to name various healthcare policy areas and distinguish among them

I have reached an age when, if someone tells me to wear socks, I don't have to. **Albert Einstein**

- 2. Be better able to organize their own learning of future. targeted, in-depth study on health care policy
- 3. Have knowledge about how to access free, independent, on-line and in-person resources to guide personal health coverage decisions moving forward.

.BREAK

3:30 pm

Loosemore Auditorium......CLOSING SESSION

Best Laid Plans: Lessons Learned on the Retirement Journey As people enter their late mid-life years, attention turns to retirement. Some avoid or fear retirement while others are counting the days. Some develop detailed plans and take great care to make relevant changes in their lifestyle. Others put off making any plans, and 'wing it'. Some careers are easy to continue, others are not. This panel of retirees will share some of their strategies and experiences with the whole retirement process...some of the serendipity, stumbles, and insights gained in their own retirement years...Come to this session with your questions as well as answers from your own experiences. Come prepared to interact with the panel.

Presenters:

Moderator: Priscilla Kimboko, Ph.D.

Panelists: Lori Dillman, M.A., Loretta Konecki, Ph.D., MAT

Dave Wallace, M.A.

Learning Objectives:

Upon completion, participants will

- 1. Understand the importance of a holistic approach to retirement planning
- 2. Understand the range of issues, approaches, and experiences that shape the quality of life in retirement
- 3. Have tools to help them to prepare for their own/or facilitate planning of others as they approach retirement preparation
- 4. Understand some of the adaptations and challenges that arise as people age

END OF DAYConference Evaluation

Please complete and return your conference evaluations and any paperwork needed for the CE units for which you registered.

Do not deprive me of my age. I have earned it. **May Sarton**

Women may be the one group that grows more radical with age. **Gloria Steinem**





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Research on Aging



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The Advocates for Senior Issues is a non-partisan association which includes individuals and senior citizen groups who discuss topics of importance to seniors and influence legislation.

Interested in learning more?

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www.advocatesforseniorissues.org



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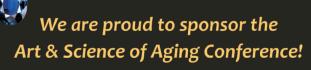
Care Compassion Support Peace of Mind

(616) 846-5720

www.thelittleredhouse.org

We provide exceptional adult day care in a home-like, safe and welcoming setting with activities provided by professional and compassionate staff.

Helping adults age with dignity one day at a time.





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The Source for Seniors

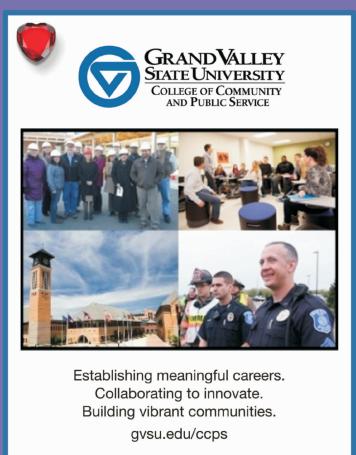
(616) 456-5664 or (888) 456-5664



www.aaawm.org AreaAgencyOnAging







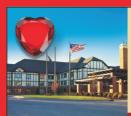


Colorful Lives Creating

Community

Colorful lives are created by a vibrant community rich with opportunities for personal growth, friendships, and fun. To learn more about life at Clark Retirement Community, call 616-452-1568 or visit clarkretirement.org today.





Retirement Life As It Is Meant To Be







Nestled among the tree-lined streets of the Eastgate neighborhood in Grand Rapids, you will discover Beacon Hill at Eastgate - a spectacular senior living retirement community. You will connect to a lifestyle that celebrates personal expression and growth. At Beacon Hill at Eastgate we invite you to experience the best of senior living including:

- · Affordable senior living retirement that makes good financial sense
- · Advantages of an enhanced, maintenance-free lifestyle in a brand new senior living community.
- · A lifestyle that offers many fulfilling activities with new found friendships
- On-campus access to Assisted Living, Memory Care, Rehabilitation Care, and Skilled Nursing in The Mary And Martha Center.

Call today (616) 855-1881 for information or to schedule a tour.



1919 Boston Street SE, Grand Rapids, MI 49506 www.beaconhillgr.org







(616) 452-5900 | www.maplecreek.org



UPCOMING EVENTS

Vietnam Veterans Share Their Stories

- Odd Job Men, February 18, 2014. 7:00 pm 8:30 pm. Loosemore Auditorium (Pew Campus)
- Cambodia and Ripcord, 1970. March 18, 2014. 1:30 pm - 2:30 pm. Aguinas College Brown Center (Wood Warehouse)

Craft Talk & Reading/Musical Performance by Caroline Maun and Frank Koscielski. February 24, 2014. 6:00 pm -9:00 pm, University Club (Pew Campus)

Reading by Author Samrat Upadhyay. March 27, 2014. 7:30 pm - 9:00 pm. Cook DeWitt Auditorium (Allendale)

For more information: www.gvsu.edu/clas



Biographical Sketches of Presenters

Joan Borst, Ph. D., LMSW - Dr. Borst is an Associate Professor of Social Work at GVSU. In her professional career Joan has spent much of her time working with individuals, families and systems as people living with chronic illnesses moved into the end-of-life due to AIDS and cancers. Chronic illnesses, dying and death have become her area of study and she has published articles on the losses that occur as death draws nearer.

I mind my own business. And I don't eat junk food. Besse Cooper on her 116th birthday

Jing Chen, Ph.D., is an associate professor of psychology at GVSU. She earned her Ph.D. 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 developmental courses including Perspectives on Aging and Lifespan Developmental Psychology.

Lindsey Des Armo, MPA, As Health and Wellness Specialist, Lindsey is responsible for the development, implementation and promotion of faculty and staff wellness initiatives at Grand Valley State University. Lindsey is a Certified Personal Trainer and Wellness Coach. She holds a bachelor's in Psychology and Masters in Public Administration from GVSU.

Dawn DeVries, DHA, MPA, CTRS, has 19 years of experience working with seniors in long term care settings, specialized units, and rehabilitation as a recreational therapist and program developer. She has advocated for recreational therapy related to senior care at the national public policy level, including providing expert and technical opinions to CMS. She has spoken on issues related to senior care across the U.S.

Lori Dillman, B.A., M.A. - Born and raised in the Chicago area, Lori dropped out of college to get married. That marriage did not work out so well, but a second marriage lasted many years until the death of her husband in 1998. Between the two unions she can claim seven children, 23 grandchildren, and five greats, with one on the way. The family came to Michigan in 1987, when her husband became a professor of English at Central Michigan University. Lori worked at CMU as a secretary, and, because the credits were free for employees, she achieved a bachelor's degree in 1995 and a master's degree in 1999. Then she retired, discovering quickly that her days were filled up with many exciting opportunities: pursuing her passion for quilting, family and grandchildren, and daily passions for exercise, reading and healthy eating. In recent years she has been deeply involved with Senior Odyssey (Odyssey of the Mind for seniors) as a coach and participant. She also coaches Matter of Balance classes for seniors. Lori reports that "Throughout my life I have maintained a deep spiritual commitment that sustains me and keeps me focused. I am, and always have been, very blessed."

Andrew Farmer, B.A., is the policy leader for AARP Michigan's Health & Supportive Services, where he oversees the development and management of AARP Michigan's state healthcare reform and education outreach. In this role he developed the AARP Listens to Michigan Healthcare Reform Community Conversations Tour, traveling across the entire state, delivering innovative healthcare reform community conversations to thousands of people. Earlier in his career, Andy worked fourteen years as an Assistant State Long Term Care Ombudsman, specializing in community based long term care policy development and chairing the state's Adult Foster Care Licensing Advisory Council. Immediately prior to joining AARP, Andy worked in the Lansing central office of US Senator Debbie Stabenow, where he handled constituent inquiries and casework. He was appointed by the Governor to chair the Michigan Long Term Care Supports & Services Advisory Commission. He serves as a "key informant" for state officials associated with public health and long-term care initiatives.

Joanne Feutz, B.S., OTR/L, Certified Aging in Place Specialist, is an Occupational Therapist currently working with Disability Advocates of Kent County. She has worked in the home and community setting for over 35 years. She provides home assessments and home plan reviews for safety and accessibility. Joanne is a Certified Aging in Place Specialist (CAPS) thru the National Home Building Association and an AARP HomeFit program facilitator.

Steve Glass, Ph.D. is a full professor of exercise physiology with over 20 years' experience teaching exercise physiology courses. He developed GVSU's Exercise Science program in 2006. He links his research (muscle activation, perception of effort) to student learning, and has over 60 publications and presentations. Steve is an avid exerciser. His current passion is ballroom dancing with his wife.

Forty-seven percent of males over 60 years old and 24 percent of females over 60 years old still participate in the labour force; in some developing countries, over 90 percent of (people) over 60 work.

Carol Hendershot, B.S., Certified MBSR Instructor; Co-Founder Grand Rapids Center for Mindfulness

Carol has been teaching the Mindfulness Based Stress Reduction (MBSR) Course in the Greater Grand Rapids Area since 2008 and has led hundreds of students through the program. She trained with Jon Kabat-Zinn and others at the Center for Mindfulness at the University of Massachusetts Medical School, from which she earned her MBSR certification and has participated in many other intensive trainings and retreats with well-known mindfulness teachers. She is a certified yoga instructor (E-RYT 500) and Level 2 Yoga for Depression Practitioner. She founded and directed Expressions of Grace Yoga studio for ten years and prior to that she had a successful twenty-year career in business. She leads workshops and retreats and does presentations on Mindfulness, most recently at Gilda's Club Grand Rapids and MSU Medical School.

Carol and her partners at Grand Rapids Center For Mindfulness are committed to educating the Greater Grand Rapids Area community on the many benefits of mindfulness with an emphasis on safety and selfhonoring while building resilience and strengthening mindfulness skills.

Lihua Huang, Ph.D., MSW is currently an assistant professor at GVSU School of Social Work. She has extensive research experience in gerontology in domestic and international settings. She has been teaching gerontology since 2009. Her doctoral work at MSU focused on the health effects of social networks of older family caregivers.

Loretta Konecki, Ph.D., MAT retired from GVSU for the second time in June 2012 where she had been the director of The W. K. Kellogg Foundation's Woodrow Wilson Michigan Teaching Fellowship Program. Prior to that she was a professor and administrator in the College of Education at GVSU, after several years at Regis College and Loretto Heights Colleges in Denver CO. Loretta Is now participating in a variety of programs for retirees offered by GVSU, Gilda's Club, East Grand Rapids Recreation Department, Meijer Gardens, Senior Leadership among others.

Leslie R. Martin, Ph.D. - see bio for Keynote Speaker

Cynthia S. (CS) Pimm, MSW, MPA, MM says that she is not distinguished, published, or award-winning... in fact, she says her parents often call her by the dog's name (the dog has been dead for 10 years). She is, however able to make you laugh while you learn practical tips, tricks and tools that enable families to manage health care issues today, and prepare for end-of-life decisions tomorrow.

CS has worked with hospice patients, families and staff since 1986, and provided direct care in the home, residential, hospice, nursing homes and hospitals. She has also researched and taught practice regarding HIV/AIDS, family conflict, health decision-making, surrogate decision-making, ethics at end of life, social work practice, advance directives, professional boundaries. She has led the Ethics Committee at Hospice of Michigan.

Carol F. Robinson, DNP, RN, has had extensive experience with patient/family communication relative to quality of life and treatment preferences. Her scholarly work has focused on communication skills for health professionals including advance care planning conversations. Dr. Robinson is a certified Instructor for ELNEC® and Respecting Choices® First Steps.

Michael J Shoemaker, PT, DPT, Ph.D., GCS - Dr. Shoemaker is a board-certified Geriatric Clinical Specialist and has been practicing as a physical therapist in geriatric clinical settings for 14 years. He joined the Physical Therapy Faculty at GVSU in 2006 and continues to maintain a regular clinical practice at the Spectrum Health Meijer Heart Center. Dr. Shoemaker has 12 peer-reviewed publications across a wide range of topics related to the older adult, including heart failure, chronic lung disease, Parkinson's disease, stroke, hip fracture, and total knee replacement.

Steven L. Smith, Ph.D., LMSW is a member of the GVSU Social Work faculty, with licenses in both macro and clinical practice in the State of Michigan. Prior to his career in academia, Dr. Smith served 25 years in executive leadership at four different non-profit organizations serving elders, families and children. Dr. Smith's current research and service focuses on disaster relief efforts in the U.S. and Haiti. Each year he leads a group of social work students to work in areas that have been devastated by a natural disaster. Dr. Smith is also an avid documentary photographer, whose work has been widely exhibited with work on Hurricane Katrina and the Haitian Earthquake housed in the GVSU permanent collection.

John Stevenson, PT, Ph.D., joined GVSU in 2000 after holding previous faculty positions in physical therapy and exercise science at Oakland University, East Carolina University, and Central Michigan University. Dr. Stevenson has 30 peer-reviewed publications across a wide range of topics, including safe patient handling and movement, ergonomics, occupational health and work injury prevention, biomechanics and performance psychology.

Sarah Van Eerden, B.A. R.D. - Is a Registered Dietitian, who, after obtaining her degree in dietetics from Michigan State University, completed her internship at the Medical University of South Carolina? Sarah works with Kent County residents of all ages to help improve their understanding of nutrition and motivation for making healthy choices.

Dave Wallace, B.A. - Retired Advertising Professional, was born in west Michigan in 1926. He attended grade school locally, as well as Ada High and Grand Rapids Central. He also served in the Air Force. He was educated at Kenyon College and the University of Michigan. He had a long career in advertising, traveling worldwide in this role. He also served as a lecturer at GVSU & Ferris State. More recently he has been a frequent columnist for the Grand Rapids Press and the Lakeland Boating magazine. Dave was married for 64 years to Nancy and they had three daughters, all of whom live nearby. He spent 14 years as a caregiver/carelover of his wife, due to her dementia, until her death in November 2012. He no longer goes to the office, but spends lots of time reading, writing, and lecturing and has a very active retirement including participation in activities with the Forest Hills Community Services Learning Café.

Planning Partners

Some people are old at 18, and some people are young at 90...time is a concept that humans created.

Yoko Ono



































Friend Sponsors









Continuing Education Credits:

Most workshops at this conference have been approved for continuing education units for nurses, social workers, occupational therapists, and recreation therapists. There are workshops approved for every breakout period. Check each session to determine whether or not it is approved for CE credits for your profession. Consult with the designated representatives of your profession about the process for gaining approval for your session participation when you check in with them in the morning. You must complete the conference evaluation form, available in your packet, as partial validation of your participation.

Nursing [N]:

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

Occupational Therapy [O]

The National Board for Certification of Occupational Therapists, NBCOT, states the following about CEU's: Attending workshops, seminars, lectures, professional conferences approved by one of the following; 1)Regionally accredited college or university, 2)State regulatory board for licensure renewal, 3)Continuing education providers, 4)Third-party entity.

Required Documentation: A certificate of attendance or letter from sponsor/employer verifying contact hours or CEU, dates, event title, attendee name and workshop agenda (if available).

Social Work [S]:

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.

Therapeutic Recreation [T]

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs

Forty-seven percent of males over 60 years old and 24 percent of females over 60 years old still participate in the labour force; in some developing countries, over 90 percent of (people) over 60 work.

Personal Conference Planner

Continuing Education Credits (CEU):

N = Nursing O = Occupational Therapy <math>S = Social Work T = Therapeutic Recreation*

*THERAPEUTIC REC APPROVAL STILL PENDING AT TIME OF PRINTING. IF NOT APPROVED, FEES WILL BE REFUNDED.

TIME/SESSION #	#	CE's	PRESENTER	SESSION TITLE	ROOM	WILL ATTEND
8:00 AM				SPONSOR DISPLAYS	Exhibition Hall	
9:00 AM		N, O, S, T	Dr. Leslie R. Martin, PhD (Keynote)	Throw You Heart Into It and the Rest Will Follow	Loosemore Auditorium	
10:30 AM Morning Sessions	1	N, O, S, T	Dr. Leslie R. Martin, PhD	Throw You Heart Into What? A Call for Engagement that Matters	Loosemore Auditorium	
	2	N, O, S, T	Carol Hendershot, BS, MBSRI, E-RYT 500	Mindful Self-Care for Caregivers	136E DEV	
	3	N, O, S, T	John Stevenson, PhD, PT Michael Shoemaker, PhD, PT	Exercise and Successful Aging: Maintaining Function and Quality of Life	117E DEV	
	4	0, S, T	Sarah Van Eerden, R.D.	Making Healthy Eating Fun	111D DEV	
	5	N, O, S, T	Cynthia S. Pimm, MSW, MPA, MM	How to Stay in the Driver's Seat of Life	138E DEV	
11:30 AM			Student Researcher Posters		West Hallway	
11:45 AM			LUNCH			
1:00 PM Early Afternoon Sessions	6	N, O, S, T	Joan Boarst, PhD, LMSW	The Orphaned Adult	Loosemore Auditorium	
	7	N, O, T, S=Pain Mgt	Carol Hendershot, BS, E-RYT 500, MBSRI	Mindfulness for Pain Management	136E DEV	
	8	N, O, S, T	Lindsey DesArmo, MPA, CPT Steve Glass, PhD, FACSM	The More You Move the More You Live	138E DEV	
	9	N, O, S, T	Joanne Feutz, BS, OTR/L, CAPS	Aging in Place: AARP HomeFit Program	111D DEV	
	10	N, O, S, T	Jing Chen, PhD	What Happens When You Put Your Heart and Mind Into It?	117E DEV	
2:15 PM Mid Afternoon Sessions	11	N, O, S, T	Carol Robinson, DNP, RN	Discuss. Decide. Document.: Advance Care Planning with Making Choices Michigan	111D DEV	
	12	N, O, S, T	Carol Hendershot, BS, E-RYT 500, MBSRI	Introducing Older Adults to Mindfulness Practices	136E DEV	
	13	0, S, T	Lihua Huang, PhD, MSW Steven Smith, PhD, LMSW	"Honey, I'm Home!" Retirement as a Turning Point of Masculinity	117E DEV	
	14	N, O, S, T	Dawn DeVries, PhD, MPA, CTRS	Purposeful and Meaningful Leisure and Recreation for Older Adults	138E DEV	
	15	N, O, S, T	Andrew Farmer, BA, AARP Policy Leader	Healthcare Reform: Sailing the Great Lakes During a Sea Change	Loosemore Auditorium	
3:30 PM Closing Panel		N, O, S, T	Moderator: Priscilla Kimboko, PhD Panelists: Loretta Konecki, PhD, MAT Lori Dillman, MA Dave Wallace, BA	Best Laid Plans: Lessons Learned on the Retirement Journey	Loosemore Auditorium	

Colleges are like old-age homes, except for the fact that more die in colleges.

Bob Dylan