



Life Balance: Keep Moving FORWARD in the THIRD AGE

10th Annual ART & SCIENCE OF AGING CONFERENCE

FRIDAY, FEBRUARY 13, 2015



**GRAND VALLEY
STATE UNIVERSITY**

Richard M. DeVos Center
401 W. Fulton Street
Grand Rapids, MI 49504
www.gvsu.edu/gerontology
[#ArtScienceAging](#)
[#HealthyAging](#)

About the Art and Science of Aging Conference



The Grand Valley State University Art & Science of Aging Conference is held annually on the 2nd Friday in February. The purpose of this conference is to broaden the dialogue on issues of aging within West Michigan and provide an educational forum for those individuals who are 'aging' and the professionals who work with (and for) them. To achieve this goal, the Conference planners identify a theme for the conference a current timely topic in the field of aging. We also invite a national expert speaker to present the latest research and best practices in this area, and also 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, and other professionals who interact with older adults in their practice. We believe that all the information offered should benefit those persons facing the multifaceted challenges and opportunities of aging, as well as their family and friends. The sessions of the Art & Science of Aging Conference promote inter-professional and inter-agency collaboration. Student Researchers both undergraduate and graduate - also present their own 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 other opportunities for networking.

This year we offer to our audience a series of 17 workshops, book-ended by the Opening and Closing Sessions. 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, social workers, occupational therapists and activity therapists can obtain continuing professional education units for their participation.

The theme for this year is ***Life-Balance: Keep Moving Forward in the Third Age*** to promote making choices

and decisions that fit one's current abilities and interests. We offer workshops on physical, social, and spiritual practices that promote aging long and well, managing risks such as falls and scams and caring for others, in sometimes difficult circumstances such as dementia care. We have a range of topics that will enable individual participants to achieve personal wellness and, as professionals, will facilitate the same for their older clients.



Acknowledgments

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.

This year we have sixteen CROWN JEWEL sponsors local aging service provider organizations - at the following levels: EMERALD, RUBY, SAPPHIRE, and PEARL. We also have several organizations and individuals who have joined us as Friends of the Art & Science of Aging Conference. We encourage you to thank them for their sponsorship.

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

- Cynthia Beel-Bates, Kirkhof College of Nursing
- Jing Chen, Psychology, Student Research Poster Coordinator
- Susan Cleghorn, Occupational Therapy
- Dawn DeVries, Therapeutic Recreation
- Cheryl Edwards-Cannon, Clear Path Choices
- Lisa Ellens, Area Agency on Aging of Western Michigan
- Anne Ellermets, Area Agency on Aging of Western Michigan
- Dianne Green-Smith, School of Social Work



- Jennifer Feuerstein, AARP MI
- Kevin Hagler, Covenant Village of the Great Lakes
- Lihua Huang, School of Social Work
- Joan Ilardo, Geriatric Education Center of Michigan, College of Human Medicine, Michigan State University
- Sok Kean Khoo, Cell and Molecular Biology
- Linda Keilman, MSU College of Nursing and Geriatric Education Center of Michigan, College of Human Medicine
- Priscilla Kimboko, School of Public, Nonprofit and Health Administration (Conference Coordinator)
- Linda Keilman, Geriatric Education Center of Michigan, MSU
- Marenta Klinger, Holland Home
- Jean Kubiszewski, Forest Hills Community Service Center
- Christopher Kurby, Psychology
- Julie Lake, Senior Neighbors/Senior Odyssey
- Anne Merkle, University Libraries
- Tamara Mohr, Kirkhof College of Nursing
- Sherry Moyer, School of Public, Nonprofit and Health Administration [Registration]
- Heather Wallace Renter, Kirkhof College of Nursing (Volunteer Coordinator)
- Maureen Slade, Advocates for Senior Issues
- Kyaw Zin Win, Graduate Assistant, Health Administration

Partner Organizations Participated in Conference Planning

- AARP Michigan
- Area Agency on Aging of Western Michigan
- Beacon Hill at Eastgate, Grand Rapids
- Clear Path Solutions
- Covenant Village of the Great Lakes
- Forest Hills Community Services Center
- Holland Home
- Senior Neighbors/Senior Odyssey

Featured Speaker

ASHTON APPLEWHITE

Author and journalist Ashton Applewhite has been writing about aging and ageism since 2007 in blog form at *This Chair Rocks*. During this period she's become a *Knight Fellow*, a *New York Times Fellow*, and a *Columbia Journalism School Age Boom Fellow*. The voice of *Yo, Is This Ageist?*, Ashton has been recognized by the *New York Times* as an

expert on ageism. In 2013 eminent cultural critic Margaret Gullette described her as “a public intellectual with a fresh voice in age studies.” Risa Breckman, Executive Director of the NYC Elder Abuse Center, says, “Applewhite's thinking is deep, her passion infectious, and her cogent message is spot on: we urgently need to have a national conversation about ageism to raise awareness about it and to stop it.”



Ashton is the author of *Cutting Loose: Why Women Who End Their Marriages Do So Well*, an examination of egalitarian marriage in a patriarchal society, among other books. She is media liaison to the board of the Council on Contemporary Families and a staff writer at the American Museum of Natural History.

So few people know how to define ageism.
And they are completely unaware of the
way the culture in which we grow older can
make the aging experience better or worse.
-Ashton Applewhite

Conference Program Detail

8:15 amRegistration Table OpenHager-Lubbers Exhibition Hall

Pick up packets and name badges.

Continental Breakfast CEU

Check In Tables:Room 117E DEV

- Social Work
- Nursing
- Occupational Therapy
- Therapeutic Recreation

Crown Jewel Sponsor DisplaysHager-Lubbers Exhibition Hall

Open until 1:15 pm

EMERALD SPONSORS

Beacon Hill at Eastgate
Covenant Village of the Great Lakes
Geriatric Education Center of Michigan
Mercy Health

RUBY SPONSORS

Clark Retirement Community
College of Community & Public Service (GVSU)
College of Liberal Arts & Sciences (GVSU)
Maple Creek

SAPPHIRE SPONSORS

AARP MI
Area Agency on Aging of Western Michigan
College of Health Professions
Great Lakes Health Connect
Holland Home
Pilgrim Manor
Porter Hills

PEARL SPONSORS

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Kirkhof College of Nursing

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Crossroads Eldercare Planning
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Senior Advisory Services, PLLC
Senior Neighbors
West Michigan Estate Planning Center, Cottrell & Jacobs, PLC
Loretta Jones, Ph.D.
Nicolette McClure
Donijo Robbins, Ph.D.

9:00 amOpening SessionLoosemore Auditorium

Welcome: Dr. Frederick J. Antczak, Dean College of Liberal Arts & Sciences

Conference Overview and Introduction

- Dr. Priscilla Kimboko, Conference Coordinator

Keynote PresentationLoosemore Auditorium

***This Chair Rocks: How Ageism Warps our View of Long Life* [N, OT, TR, SW]**

Keynote Presenter: Ashton Applewhite

Applewhite is interested in why Americans are so ambivalent about the prospect of longer lives. She was too, until she learned more. It turns out that the vast majority of Americans over 65 live independently, older people are less depressed than the young or middle-aged, and the older people get, the less they afraid of dying.

Why do these facts surprise so many? Because ageism internalized and in the culture at large obscures all but the most negative messages about life after 65 (or 50, just aging past youth), with disastrous personal and political implications. In the 20th century, the civil right and women's movements raised our awareness of racism and sexism. It is high time to do so around discrimination and stereotyping on the basis of age. The stakes are high, because conceiving of the longevity boom as a disaster the ageism-fueled scenario will generate a very different set of responses than seeing it as an opportunity as well as a challenge.

In this presentation, Applewhite proposes an alternative to worrying about getting old: wake up to the ageist messages that frame two-thirds of our lives as decline, cheer up, and push back. It catalyzes a conversation that people are hungry for, whether they work with older people or simply hope to become one.

Learning Objectives

Upon completion, participants will:

1. Know the definition of ageism
2. Know ways in which we internalize negative stereotypes about age and aging
3. Know the truth about the myths and misinformation underlying these negative stereotypes
4. Be able to describe the social and political costs of age discrimination
5. Know ways to mobilize against age discrimination

10:15 amBreak

10:30 amMorning Workshops

1 *Life Balance and Healthy Aging Across the Continuum*136E DEV [OT, SW, TR]

This panel discussion will share the perspectives of recreational therapists who work with senior adults in community wellness, community therapy, and skilled nursing facilities/continuing care retirement communities. Issues of life balance, active living and meaningful services throughout the continuum of senior adult services are considered. In addition, the panelists will discuss future trends and issues impacting senior wellness, health, living with a disability or

chronic condition, and maintaining an active lifestyle. The role of recreational therapies in gaining and maintaining a high level of social, mental, physical, emotional wellbeing across the later years of life will be presented.

Panelists:

Dawn DeVries, DHA, MPA, CTRS, Assistant Professor, Therapeutic Recreation, GVSU

Julie Lake, MPA, CTRS, Health Promotion and Wellness Coordinator, Senior Neighbors

Christen Ridgeway, B.S., CTRS, Life Enrichment Consultant, Metron Integrated Health Systems

Kristine Schwab, CTRS, Owner, Life Therapeutic Recreation Services



Learning Objectives

Participants will be able to:

1. Describe the role of recreational therapy in community and in residential settings for senior adults in helping to maintain physical, mental, social functioning, wellness and active lifestyles.
2. Identify 2 ways to stay active and healthy throughout the aging process.
3. Explain 2 trends in services to promote health and wellness for senior adults.

2 Early Detection and Mindfulness Intervention: the Yin and Yang for Parkinson's Disease [N, OT]111D DEV

Aging is known as the primary risk factor for developing Parkinson's disease (PD). However, the "gold standard" for PD diagnosis is primarily based on the presence of motor dysfunctions. Unfortunately, PD motor symptoms are subtle and by the time of diagnosis, it is known that 50-70% of a patient's neurons that release dopamine, a brain chemical that helps control movement, are dead or dysfunctional. Hence, developing PD-specific biomarkers (measurable indicators of biological condition) prior to its motor onset is critical so that the disease can be stopped or delayed at its earliest stage. Mindfulness training may help support people in coping with the diagnosis of Parkinson's. Mindfulness, as an intervention, may change brain structure and impact both motor and non-motor symptoms.

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

Presenters:

Sok Kean Khoo, Ph.D. Distinguished Associate Professor of Molecular Genomics, Grand Valley State University

Barbara A. Pickut, M.D., MPH, Mercy Health, Hauenstein Neuroscience Center Medical Director, Parkinson's Disease and Movement Disorders Program; Associate Professor, MSU, College of Human Medicine

Learning Objectives:

1. Describe current treatment options
2. Understand why early detection of PD is important

3. Describe the importance of identifying biomarkers for aging-related diseases such as PD and AD
4. Describe the challenges of translating biomarkers from bench to bedside (laboratory to clinical setting)
5. Report on how they can help in this process
6. Describe the preliminary MRI outcome data for the application of mindfulness training in people with Parkinson's disease
7. Explain why people with Parkinson's as a group could be perceived as challenged in relation to perceptual shift while following mindfulness training
8. Discuss at least one obstacle in further implementing mindfulness training in people with Parkinson's

3 Taking Care of Miss Bee Bee [N, OT, SW, TR]138E DEV

A comedic view from one extraordinary daughter on her adventures in Caregiving for Miss Bee Bee. Tools will be provided to help caregivers (and professionals) navigate the challenges of elderly care without losing your mind or going to jail!

Presenter: Cheryl Edwards-Cannon, BBS, MM, Certificate in Gerontology (pending) Lead Consultant, Clear Path Choices; Field Representative, GVSU Charter Schools Office

Learning Objectives

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

1. Have the 'difficult conversations' with a family member/care recipient
2. Plan life choices in order to reduce conflict, confusion and frustration
3. Use tools for caregiving that any caregiver should have

4 Building a Better Balance Program is as109D DEV

Easy as 1, 2...or 3! [N. OT, TR]

This workshop will provide you with data regarding Falls, with an emphasis on how improved Balance can reduce that risk of a fall. We will then discuss how we have implemented a very successful, comprehensive Balance Program with the Physical Therapy and Wellness Team working together. Step by step, we will guide participants through each step, beginning with a Balance Assessment through the 3 levels of Balance Classes. Each presenter will take participants through their specific area of intervention.

To be seventy years young is more cheerful than to be forty years old.
-Oliver Wendell Holmes

Presenters:

Kara Hansen, B.S., Certified Instructor for Arthritis Foundation Aquatic and Tai Chi Programs; Fitness Coordinator, Covenant Village of the Great Lakes

Lisa Spangler, COTA and FCE Certified Physical Therapy Department Manager, Covenant Village of the Great Lakes

Jill Banka, PTA, Physical Therapy Assistant, Covenant Village of the Great Lakes

Learning Objectives

Upon completion, participants will be able to:

1. Describe how detrimental a fall can be to an older adult's independence
2. Understand the comparison between the cost of a fall, including a fracture, surgery, hospitalization, etc. vs preventive Physical Therapy Services to improve strength and balance or beginning a balance exercise program
3. Understand how to implement a comprehensive Balance program

5 Boomers and Tourism: You Don't Have to Stay Home [OT, TR]107D DEV

A significant portion of our society is aging; however, that does not mean that they are quitting. The Boomer generation is known for their active lifestyles as young adults during the '60s & '70s, and their attitudes haven't changed. An active, healthy lifestyle promotes a longer more enjoyable life and the Boomers are in it for the long run. Tourism is high on their list of popular activities.

Presenters:

Mark Gleason, BS, MPA, MPRTR, Ph.D., Assistant Professor, Hospitality and Tourism Management

Robert R. Robins, EdS, Med, MSA, BBA, CHE, CCM, Affiliate Professor, Hospitality and Tourism Management

Paul Stansbie, MBA, Ph.D., Director, Hospitality and Tourism Management, Department; Associate Dean, College of Community & Public Service

Learning Objectives

Upon completion, participants will be able to:

1. Discuss basic demographic data that supports gerontological tourism.
2. Identify popular activities for aging tourists.
3. Identify inclusive & adaptive programming options for older tourists

6 Finding Balance in the Early-stages of a Dementia Disorder: Early-StageLoosemore Auditorium

Strength-Based Interventions [NT, OT, TR, SW]

Many medical providers are reluctant to detect and diagnose dementia-spectrum disorders due to lack of treatments to cure these diseases. However, numerous psychosocial

interventions and care practices successfully address prevention not of the dementia disease but of the predictable course of dementia for the person with early-stage dementia (PEwD) and the care partner. This presentation will provide an overview of the needs of PEwD and their care.

Presenters:

Mary Mathieu, Ph.D., CTRS, Consultant

Suzann Ogland-Hand, Ph.D., Clinical Geropsychologist,
Pine Rest NE Clinic

Learning Objectives

Upon completion, participants will:

1. Be able to describe the difference between detection and diagnosis of dementia disorders.
2. Describe the predictable course of dementia and caregiving for someone with a progressive dementia.
3. Describe psychosocial interventions and care practices to address prevention of the “expected” negative outcomes, in order to adjust and live well with a progressive dementia diagnosis.

11:15 amStudent Research PostersWest Hallway

Student Research Posters

UNDERGRADUATE STUDENTS

1 Presenter: Katrina Demy, Bachelors, Allied Health Science

Faculty Research Advisor: Dr. Jing Chen, Psychology

Title: *Working Memory in Older Adulthood*

Abstract: The present study examined age-related changes in working memory. Two tasks were designed to assess two different forms of working memory. One involved recollection of a story and the other required participants to recall visually presented pictures. Our results showed that older adults recalled fewer pictures and fewer details from the story than younger adults. Possible interpretations of these age differences including age-related decline in processing speed are discussed in this poster.

2 Presenter: Jessica Naftaly, Bachelors, Psychology/Allied Health Science

Faculty Research Advisor: Dr. Mary Bower-Russa, Psychology

Title: *Medication Adherence in the Geriatric Population*

Abstract: Due to the multiple chronic illnesses and number of medications that the geriatric population faces, medication adherence is especially important to this population. Non-adherence affects patient health and quality of life, but it also has real financial costs. This poster reviews the role of healthcare providers, patients, and broader social support systems in improving adherence. Areas for further research are also identified.

- 3 Presenters:** Rebecca Notter, Bachelors, Psychology & Public Administration
Preston Ballou, Bachelors,
Olivia Donald, Bachelors

Faculty Research Advisor: Dr. Jing Chen, Psychology

Title: *False Memory in Younger and Older Adults*

Abstract: In this study we examined false memory in young adults (ages 18-25) and older adults (ages 66-91). We used memory tasks that have been shown in previous studies to be able to elicit false memories. The tasks involved remembering lists of words and short stories. The main findings revealed that older adults did not always produce more false recalls than young adults across different tasks. Our study may present interesting ways in changing how memory is perceived by older adults and how information can be presented to them so older adults' memory performance can be enhanced.

- 4 Presenters:** Nate Robool, Bachelors, Psychology
Jenna Budd, Bachelor
Jeremiah Cameron, Bachelor

Faculty Research Advisor: Dr. Jing Chen, Psychology

Title: *Does Older Mean Wiser? A Study of Physical Age Relation to Wisdom*

Abstract: In this study we investigated whether or not the age-old myth that wisdom can only be attained by the elderly had any truth behind it. We tested 12 individuals. Six of them were older than 65 and the other six were younger than 30. We administered a questionnaire that was designed to assess their wisdom. Each questionnaire was scored and a 'wisdom score' was determined for each participant. The results showed that the elderly group did not receive higher scores. The younger group, however, was not far behind. Both groups displayed characteristics of wisdom related tendencies on different topics.

- 5 Presenters:** Laura Schroeder, Undergraduate, Biomedical Sciences
Samantha Stearns, Undergraduate, Psychology
Kristina Thompson, Undergraduate, Psychology

Faculty Research Advisor: Dr. Jing Chen, Psychology

Title: *Age Differences in Processing Speed*

Abstract: In this study, we tested the mental processing speed of young (18-25) and older (>65) adults. Each participant was asked to complete two tasks. The



For age is opportunity no less than youth
itself, though in another dress, And as the
evening twilight fades away, the sky is
filled with stars, invisible by day.

-Henry Wadsworth Longfellow

first task required the participants to cross out as many B's as one could on a page filled with B's and D's in 20 seconds. The second one instructed the participant to compare whether two problems in two columns were the same or different as quickly as one could. Age differences were seen in both tasks. We will discuss the implications' of such age-related changes associated with processing speed in this poster.

GRADUATE STUDENTS

6 Presenter: Grace Denny, Master of Social Work

Faculty Research Advisor: Dr. Robin Smith-Colton, Social Work

Title: *Suicide in Older Adults*

Abstract: This will be a presentation on what the literature says about suicide in older adults, including prevalence, risk factors, protective factors, assessment and treatment.

7 Presenter: Sayantoni Mukhopadhyay, Masters, Cell and Molecular Biology

Faculty Research Advisor: Dr. Sok Kean Khoo, Cell and Molecular Biology

Title: *Assessment of Parkinson's Disease-specific microRNAs in Alzheimer's Disease*

Abstract: Alzheimer's Disease (AD) is a neurodegenerative disease related to aging. There is no cure and definitive diagnosis of AD is achieved by autopsy. Although AD and Parkinson's Disease (PD) are distinct conditions, mounting evidence show possible links between the genetics and brain changes associated with them such as cognitive impairment and aggregation of misfolded proteins, suggest cross-disease association. MicroRNAs (miRNAs) belong to a class of small, non-coding regulatory RNA molecules that are involved in gene expression at the post-transcriptional level. Here, we plan to evaluate PD-related miRNAs on AD patients to shed light on the similarity between AD and PD.

8 Presenter: Jennifer Ohman, Doctor of Nursing Practice

Faculty Research Advisor: Dr. Rebecca Davis, Nursing

Title: *Visual Environmental Cue and Wayfinding Performance within a Virtual Senior Residence*

Abstract: Using an innovative virtual reality simulation of a senior retirement community, this study shows the impact of adding salient environmental cues on wayfinding performance for older adults. Many older adults make transitions to unfamiliar locations, such as from home to a senior living facility or nursing home. Interventions to help them learn and remember their new environments can improve quality of life and independence.

9 Presenter: Sapana Shinde, Masters in Cell and Molecular Biology

Faculty Research Advisor: Dr. Sok Kean Khoo, Cell and Molecular Biology

Title: *Parkinson's Disease and miRNAs*

Abstract: Parkinson's Disease (PD) is the second most common neurodegenerative disorder affecting 1-2 per cent of the population over 60 years old. The disease is clinically characterized by motor symptoms such as resting tremor, slowness of muscular movement, rigidity and general postural instability. Regrettably, PD is currently incurable and early detection of PD is challenging. MicroRNAs (miRNAs) are short endogenous nucleotides in cells and have been used as biomarkers for cancer detection and prognosis. Here, the unique characteristics of miRNAs and their potential as biomarkers for early detection of PD will be presented.

10 Presenter: Kyaw Win Zin, Master of Health Administration

Faculty Research Advisor: Dr. Priscilla Kimboko, Public, Nonprofit and Health Administration

Title: *Common Neurological Problems in Aging*

Abstract: This research presentation will discuss the common neurological issues in the aging population. The effects of lifestyle modification, healthy diet, social support, and community awareness on brain health will be presented, based on a thorough literature review of the most recent clinical and non-clinical research. In addition, this poster will discuss common neurological problems such Alzheimer's disease, other types of dementia, stroke, and mental-health related disorders.

11:45 amLuncheon.....Regency Room
Hager-Lubbers Exhibition Hall
Gordon Gallery

1:00 pmEARLY AFTERNOON WORKSHOPS

7 *Weight Management: It's Better with a Team*107D DEV
[N, OT, TR, SW]

The Nurse Education, Practice, Quality and Retention (NEPQR) Collaborative is funding an inter-professional weight loss research project, administered by the Grand Valley State University, Vice Provost of Health. The project is testing the effectiveness of an inter-professional approach to health and weight management. Professionals from nursing, social work and exercise science have worked to develop appropriate materials for various diverse groups, reflecting individual participants. Presenters will discuss the development of materials designed specifically for older adults, on the topic of weight management, as part of the comprehensive weight management materials offered to project participants.

Presenters:

Scott Berlin, Ph.D., MSW, Associate Professor,
GVSU School of Social Work

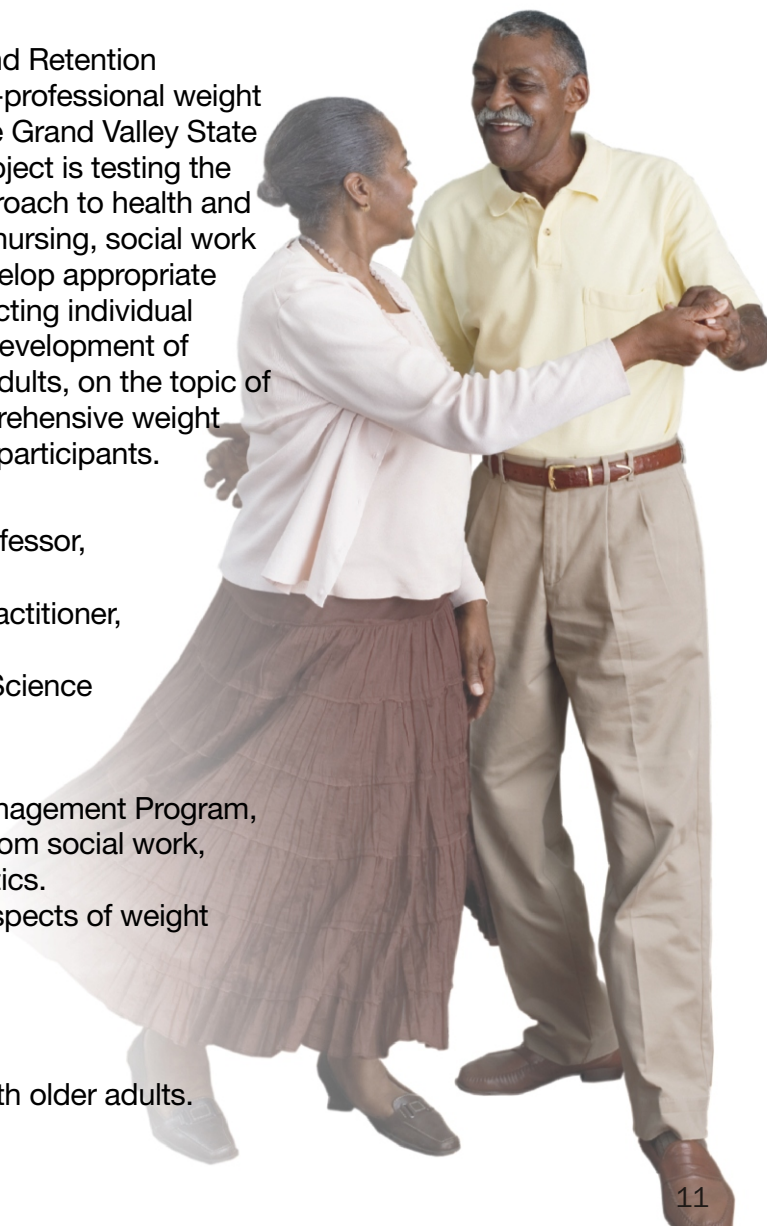
Phyllis Boone, MSN, ANP-BC, Nurse Practitioner,
NEPQR Weight Management Program

Steve Glass, Ph.D., Professor, Exercise Science

Learning Objectives

Upon completion, participants will:

1. Understand the NEPQR Weight Management Program, including the role of professionals from social work, nursing, exercise science and dietetics.
2. Gain an understanding of various aspects of weight management for seniors, including social/emotional wellness, nutrition and movement.
3. Understand interprofessional best practices in weight management with older adults.



4. Identify benefits and challenges of interprofessional teamwork.
5. Understand the process of development of weight management materials helpful to older adults.

8 *Forgotten but Not Gone: Ambiguous Loss and the Dementia Process* [N, OT, TR, SW]109D DEV

The complexities of grief are further complicated in both clients who have dementia, and their loved ones. The dementia process often ushers in an element of loss that is difficult to define. In this session, we will discuss information pertinent to healthcare professionals who work in memory care.

Presenter: Jodi Douglas, B.S, CTRS, CDP; Recreation Therapy Director, The Woods at Maple Creek

Learning Objectives

Upon completion, participants will be able to:

1. Define ambiguous loss
2. Identify coping strategies for the grief process
3. Provide examples of behaviors associated with loss
4. Identify the appropriate ways to help someone experiencing loss, according to their discipline

9 *The Short Lesson on Living Long* [N, OT, TR, SW]111D DEV

We all know we should eat right, exercise, get enough sleep, and so on and so forth. We know these things, but why aren't we doing them? We have a choice in the way we experience the aging process. Advances in medical care have produced extraordinary gains in life expectancy, but now we face new challenges that come with aging. This session will explore the latest research on what it means to age successfully and ten different ways in which that research can be applied in everyday life.

Presenters:

Marenta Klinger, MHA, Director of Masterpiece Living, Holland Home

Lisa Ellens, MSW, Advocacy Coordinator, Advocates for Senior Issues, Area Agency on Aging of Western Michigan

Learning Objectives

Upon completion, participants will be able to:

1. Learn what the historical factors are that have led to increased longevity.
2. Learn how ageism affects our behaviors as related to aging well.
3. Identify three major findings from research on successful aging.
4. Describe ten practical applications of the latest successful aging research.

10 The Spiritual Dimension in Aging [N, OT, SW, TR].....Loosemore Auditorium

This session will help the participant understand the difference between religion and spirituality, begin to understand the concepts integral to the spiritual dimension, and understand spiritual distress as expressed by older adults. Additionally, therapeutic interventions and communication skills will be described so they can be utilized in quality care of older adults.

Presenter: Linda J. Keilman, DNP, MSN, GNP-BC, Assistant Professor, Gerontological Nurse Practitioner, Michigan State University College of Nursing, and Curriculum Specialist, Faculty Associate, Geriatric Education Center of Michigan

Learning Objectives

Upon completion of this workshop, the participant will:

1. Understand the difference between religion and spirituality.
2. Define the major concepts integral to the spiritual dimension.
3. List spiritual needs.
4. Describe therapeutic interventions that can be effectively utilized to care for the spiritual dimension of older adults.

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

-Abraham Lincoln

11 Aging as a Mindset: How We Think About136E DEV
Age May Influence How We Age [N, OT, SW, TR]

In this presentation, we will discuss the effect of psychological variables on aging processes. Does mindset towards age influence actual aging? In the first half of the presentation, we will discuss the role of perceived age on aging processes. In the second half of the presentation, we will discuss the age stereotype embodiment theory proposed by psychologist Levy from Yale University and some empirical studies that investigate how self-perception of aging and age stereotypes may potentially affect the health of our mind and body during the aging process.

Presenters:

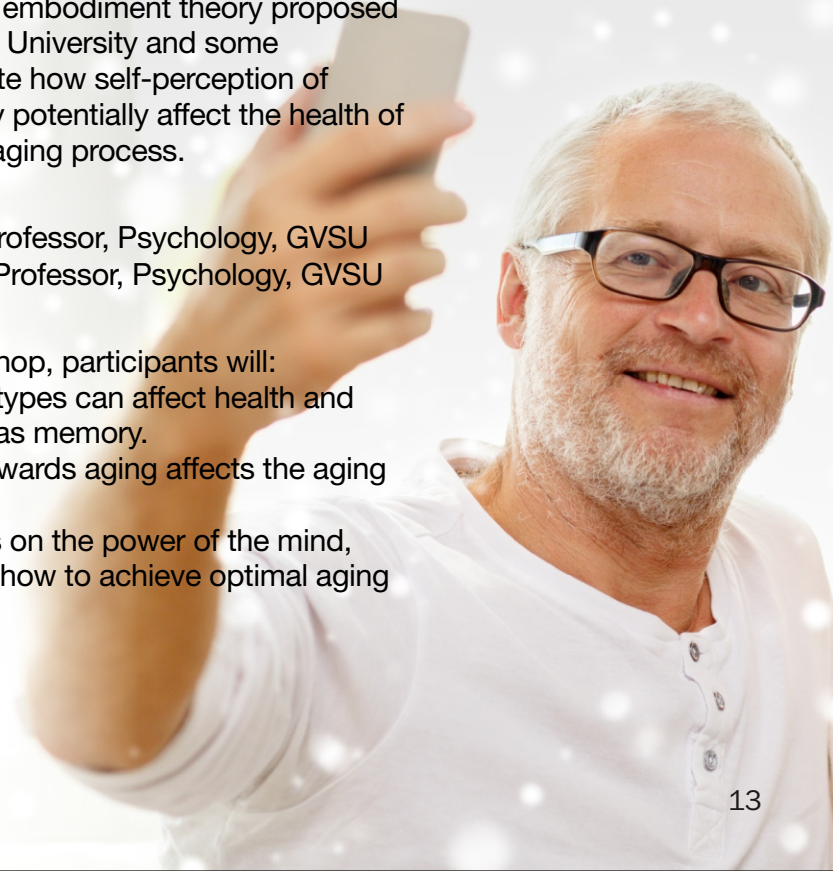
Jing Chen, Ph.D., Associate Professor, Psychology, GVSU

Chris Kurby, Ph.D., Assistant Professor, Psychology, GVSU

Learning Objectives

Upon completion of this workshop, participants will:

1. Describe how age stereotypes can affect health and cognitive functions such as memory.
2. Describe how mindset towards aging affects the aging process.
3. Identify empirical findings on the power of the mind, that provide evidence on how to achieve optimal aging



**12 Staying Upright Following Hospitalization:138E DEV
Rehabilitation Strategies [N, OT]**

Presenters:

Kristine M. Todd, DNP, FNP-BC, RN-BC, Mercy Health Saint Mary's

Steven E. Brodnicki, PT, MS, GCS, CBIS, Mary Free Bed, Mercy Health Saint Mary's, Great Lakes Specialty Hospital

Learning Objectives

Upon completion, participants will be able to:

1. Describe the key concepts with the physical design of a patient care area related to maintaining functional capacity.
2. Describe the physical changes associated with aging that affect mobility and balance.
3. State patient activities/exercises essential to improve balance and mobility.
4. Define recommendations of future level of care at discharge to prevent further decline in balance and mobility.

2:00 pmBREAK

2:15 pmMID AFTERNOON WORKSHOPS

13 So You Think You Can't Sing Outside the Shower?!!! [SW, OT, TR]Loosemore Auditorium

This session will engage all attendees in learning some music reading basics and singing some songs, with the purpose of breaking down the 'senior' barriers that learning to sing a new song is difficult. Singing has been shown to improve self-esteem at any age. The session will demonstrate through music the ability to process new information in a unique way that everyone can relate to and understand. Techniques can be used with groups of all ages.

Presenter: Nellie Blue, B.S., MA, doctoral coursework; Retired Supt of Schools, Crossroads Charter Academy Director and teacher, and Assistant Pastor, First Baptist Church

Learning Objectives

Upon completion, participants will:

1. Recognize basic written music elements: notes, treble and bass clefs, vocal parts, complete with harmony
2. Join in singing two new songs by the end of 1 hour workshop
3. Understand how singing can contribute to self-esteem
4. Understand that singing is universal
5. Understand that singing can relieve stress, make work easier, and make one happy

**14 Proceed with Caution: Scams, Schemes 109D DEV
& Swindles [OT, SW, TR]**

Recent studies indicate as many as 1 in 5 Americans over age 65 have been victims of financial fraud. This workshop will offer “cautionary tales” of scams and frauds targeting seniors (including how to avoid them) in the following areas: Recent scams in West Michigan; Telemarketing/Internet/Postal frauds; Medical fraud, Investment fraud. Phony Charities, Products targeted to seniors, Junk credentials

Presenters:

Elizabeth Zeldes, BS in Accounting, Certified Public Accountant, Owner, Senior Advisory Services, PLLC
Trooper Marty Miller, Rockford Post/Grand Haven Detachment, 6th District, Michigan State Police
Glen Sweeney, BA, 1st Vice President, Chemical Bank, Loss Prevention

Learning Outcomes

Upon completion, participants will be able to:

1. Identify the most common recent scams in Michigan
2. Recognize a scam phone call or e-mail
3. Verify credentials
4. Know where/how to report incidents of fraud or attempted fraud
5. List ways to protect vulnerable adults at home and in care facilities

Old age only
occurs when
regrets take
the place of
dreams.
-Unknown

**15 Preventing Falls through Better 111D DEV
Balance [N, OT, SW, TR]**

Learn ways to improve your balance, prevent falls and protect your bones. Understand how and why our sense of balance changes through the years and what resources are available to help prevent falls. You will have an opportunity to try balance and core exercises to increase coordination.

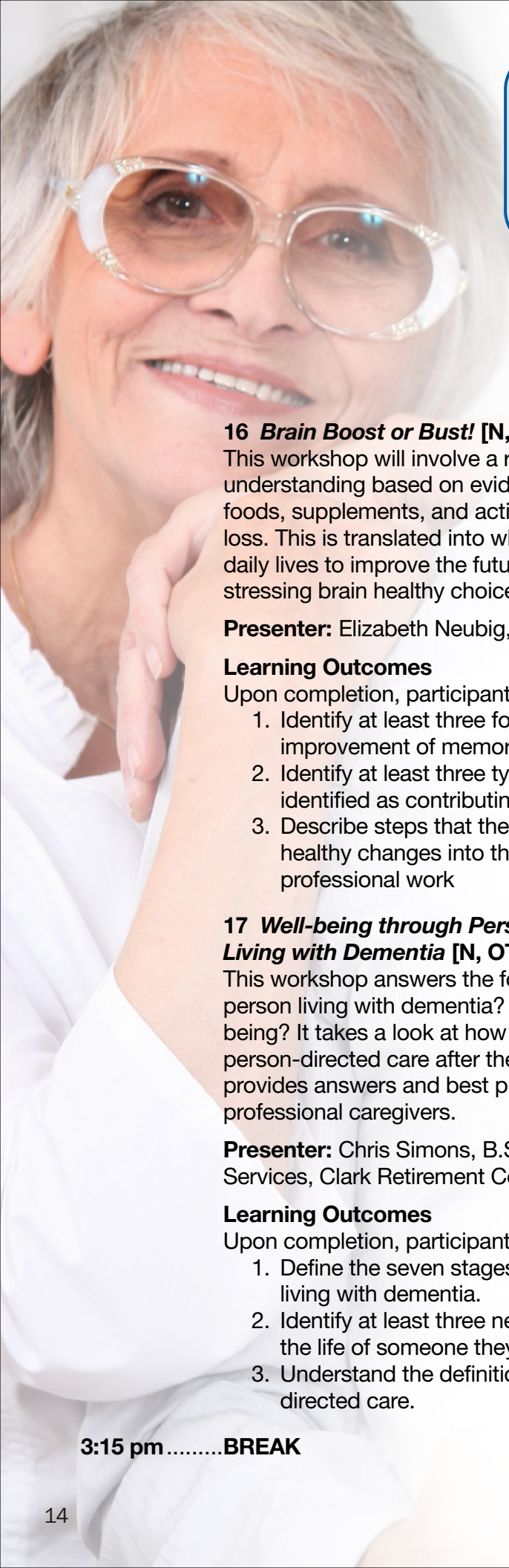
Presenters:

Julie Lake, MPA, CTRS, Health and Wellness Coordinator, Senior Neighbors
Nancy Mason, BS, Cert In PT; MM, Licensed Physical Therapist, Survivorship Training and Rehabilitation Program (STAR) at the Spectrum Health Regional Cancer Center, Lemmen-Holton Cancer Pavilion

Learning Outcomes

Upon completion, participants will be able to:

1. Describe common risks for falls
2. List ways they can limit their risk of falls
3. Name community resources available for falls prevention



The best classroom in the world is at
the feet of an elderly person.

-Andy Rooney

16 *Brain Boost or Bust!* [N, OT, SW, TR]138E DEV

This workshop will involve a review of the current understanding based on evidence-based practices on what foods, supplements, and activities may help prevent memory loss. This is translated into what individuals can do in their daily lives to improve the future health of their brains, stressing brain healthy choices

Presenter: Elizabeth Neubig, M.D.

Learning Outcomes

Upon completion, participants will be able to:

1. Identify at least three foods that contribute to improvement of memory
2. Identify at least three types of activities that have been identified as contributing to brain health and memory
3. Describe steps that they can take to incorporate brain-healthy changes into their own life and health-related professional work

17 *Well-being through Person-directed Care for Person's Living with Dementia* [N, OT, SW, TR]136E DEV

This workshop answers the following questions: Who is the person living with dementia? How can we improve their well-being? It takes a look at how life can be enhanced through person-directed care after the diagnosis of dementia. It provides answers and best practices for family and professional caregivers.

Presenter: Chris Simons, B.S., CTRS, Director of Dementia Services, Clark Retirement Community

Learning Outcomes

Upon completion, participants will be able to:

1. Define the seven stages of "well-being" for a person living with dementia.
2. Identify at least three new ways that they can enhance the life of someone they know living with dementia.
3. Understand the definition and significance of person-directed care.

3:15 pmBREAK

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

Life Reimagined: Finding What's Next [N, OT, SW, TR]

Your world is full of possibilities: New passions to pursue, work that's rewarding, people to connect with, healthier ways to live. Sometimes you know exactly what you want and how to get it and sometimes the answer isn't as clear, or feels out of reach. But when you look ahead with curiosity and courage, the possibilities are endless. Life Re-imagined offers you a fresh, personalized, authentic and thought-provoking approach to help you navigate the next phase of your life. And you'll be inspired by people just like you who've re-imagined their lives in extraordinary ways. Life Re-imagined is the perfect way to help you figure out what you really want to do and how to get there. More importantly, it's a mind-set that turns your possibilities into your reality.

Presenter: Jennifer Feuerstein, MM, BAA, Certificate in Aging, AARP MI Associate State Director

Learning Objectives

Upon completion, participants will be able to:

1. Discover their personal potential at any age
2. Learn how they can live life to the fullest using a personal roadmap to guide the
3. Work with the Life Reimagined workbook/questions to go deeper and find more meaning in their lives.

Conference Evaluation

WHEN YOU LEAVE, Complete and return your conference evaluations and any related paperwork, including your required CE documentation. Leave at the REGISTRATION table!

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outlived enthusiasm.

-Henry David Thoreau



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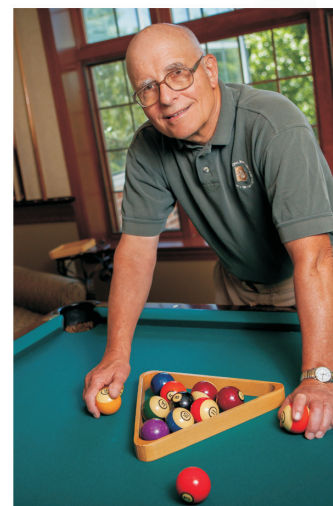
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Upcoming events

Grand Valley Writers Series

Jamaal May and Tarfia Faizullah
February 16, 7.30 to 8.45 pm
University Club (GVSU Pew Campus)

Samuel Park
March 12, 6.00 to 7.30 pm
Cook DeWitt Center (GVSU Allendale campus)

Theatre at Grand Valley
Restoration Comedy by Amy Freed
March 20 - 29, 2015, Louis Armstrong Theatre (Allendale)

**The Chemistry Department Announces the Arnold C. Ott
Lectureship in Chemistry**, April 16 & 17, 2015 .
Prof. Wilson Ho, Donald Bren Professor of Physics and
Astronomy & Chemistry, University of California, Irvine. [http://
www.gvsu.edu/chem/arnold-c-ott-lectureship-in-chemistry-94.htm](http://www.gvsu.edu/chem/arnold-c-ott-lectureship-in-chemistry-94.htm)

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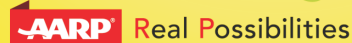


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Why doesn't somebody
wake up to the beauty
of old women.

-Harriet Beecher Stowe



Get to Know More About our Presenters

(alphabetical order)

Ashton Applewhite - Author and journalist Ashton Applewhite has been writing about aging and ageism since 2007 in a blog at *[This Chair Rocks](#)*. During this period, she's become a Knight Fellow, a *New York Times* Fellow, and a Columbia Journalism School Age Boom Fellow. The voice of *[Yo, Is This Ageist?](#)*, Ashton has been recognized by the *New York Times* as an expert on ageism. In 2013, eminent cultural critic Margaret Gullette described her as "a public intellectual with a fresh voice in age studies". Risa Breckman, Executive Director of the NYC Elder Abuse Center, says, "Applewhite's thinking is deep, her passion infectious, and her cogent message is spot on: we urgently need to have a national conversation about ageism to raise awareness about it and to stop it."

Ashton is the author of *Cutting Loose: Why Women Who End Their Marriages Do So Well*, an examination of egalitarian marriage in a patriarchal society, among other books. She is media liaison to the board of the Council on Contemporary Families and a staff writer at the American Museum of Natural History.

Jill Banka, PTA, Physical Therapy Assistant, Covenant Village of the Great Lakes - Jill has 15 years experience as a PTA and has worked in various settings that focused on improving balance, muscle strength and ambulation of patients that have had falls causing fractures. She also plays an integral role in the Balance Program, completing the Balance Assessment portion of the program and then guiding participants in to the proper level of Balance Class.

Scott Berlin, Ph.D., MSW, Associate Professor, GVSU School of Social Work - Scott received his Master of Social Work (MSW) degree from Wayne State University in 1994 and received his PhD in Social Work from Michigan State University in 2007. His research interests include aging, social work with LGBT clients, health care discussions of diversity and assessment of student learning.

Nellie Blue, B.S., MA, doctoral coursework, Former Superintendent of Schools, Crossroads Charter Academy director and teacher, and Assistant Pastor, First Baptist Church - Nellie has spent over 25 years in the field of education as a K-12 classroom teacher, educational consultant, administrator, and served most recently as the Executive Director of Crossroads Charter Academy. She was a music instructor at Grand Valley State University, and was a director at Taylor University. She has also led a musical ministry for many years, and has performed world-wide in church ministry and mission work. Her talents have been highly praised by those who have benefitted from her instruction, guidance, leadership and ministry. She currently continues as a classroom instructor, pastor, and choir director of the multi-generational group - Voices of Grace.

Phyllis Boone, MSN, ANP-BC, Nurse Practitioner, NEPQR Weight Management Program - Phyllis earned her MSN from GVSU to provide health care to adult and geriatric patients who struggle with acute and chronic illness. She strives to promote optimal health and wellness habits with clients through collaboration with various professionals, incorporating and coordinating their broader perspectives to provide patient-focused care.

Steven E. Brodnicki, PT, MS, GCS, CBIS, Mary Free Bed, Mercy Health Saint Mary's, Great Lakes Specialty Hospital - Steven graduated from GVSU with a Masters of Science in Physical Therapy. Steven has practiced as a Physical Therapist for 14 years in a variety of settings that include the older adult population in hospital, home healthcare, inpatient rehabilitation and outpatient settings. He has a geriatric specialty certification through the American Physical Therapy Association. Steven is presently employed by Mary Free Bed Hospital and currently works in a management position for Rehabilitation Services at Mercy Health Saint Mary's and Great Lakes Specialty Hospital.

Jing Chen, Ph.D., Associate Professor, Psychology - Dr. Jing 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.

Dawn DeVries, DHA, MPA, CTRS, Assistant Professor, Therapeutic Recreation, GVSU - Dawn 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.

Jodi Douglas, B.S, CTRS, CDP, Recreation Therapy Director, The Woods at Maple Creek - Jodi obtained her Bachelor of Science degrees in Therapeutic Recreation and Psychology from Grand Valley State University. She has worked in memory care for the past 5 years, and is currently the Director of Recreation Therapy at The Woods at Maple Creek in Grand Rapids. She serves on the Board of Directors for the Michigan Therapeutic Recreation Association. Jodi is a Certified Therapeutic Recreation Specialist, and a Certified Dementia Practitioner.

Cheryl Edwards-Cannon, BBS, MM, Certificate in Gerontology (in process), Lead Consultant, Clear Path Choices; Field Representative, GVSU Charter Schools Office - Cheryl earned her BS in Secondary Education from CMU and her Masters in Management from Aquinas. She is the Lead Consultant for and founder of Clear Path Choices, LLC, a consulting organization that provides direction and support for families facing elder care challenges. The work of this firm is based on a seminar series: *Decision TIME: Planning Life Choices*, developed by Cheryl, that guides participants through the process of recording critical life decisions such as legal documents, financial assessments, end of life choices, and caregiving, all in one document, that can then be shared with family and friends. Known for her sense of humor and great storytelling, one of her stories is included in the latest version of *Chicken Soup for the Soul: Living with Alzheimer's and Other Dementias* (2014).

Lisa Ellens, MSW, Advocacy Coordinator, Advocates for Senior Issues, Area Agency on Aging of Western Michigan - Lisa earned her Master's degree in Social Work with a concentration in aging from the University of Michigan. She has extensive experience educating the community about issues pertaining to aging, including current policy issues, services for seniors, and health issues such as dementia. She currently serves as Advocacy Coordinator at the Area Agency on Aging, where she helps a variety of volunteer groups reach the community with their positive aging messages.

Jennifer Feuerstein, MM, BAA, Certificate in Aging, AARP MI Associate State Director - Jennifer has a wide variety of experience working in media and marketing, public relations, communications, event planning and fundraising. She is especially active in public speaking, writing and community education and legislative advocacy on behalf of older adults in our community. As AARP Associate State Director, she engages 1.4 million AARP members in the state of Michigan by providing outreach and educational opportunities related to financial security, social security, fraud, caregiving, work at 50+ and Life Reimagined. She leads a statewide team of AARP volunteers who actively participate in community events and educational presentations. At the same time, she writes a monthly column and feature articles focused on seniors, aging and spirituality for Faith Grand Rapids, the magazine of the Catholic Diocese of Grand Rapids. And she writes for West Michigan Woman magazine on topics related to 50+ year olds. She previously worked at Gerontology Network as Director of Marketing, Communications and Development and as Community Outreach Representative for Care Resources PACE.

Stephen Glass, Ph.D., Professor, Movement Science. 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.

Mark Gleason, BS, MPA, MPRTR, Ph.D., Assistant Professor, Hospitality and Tourism Management, GVSU - Dr. Gleason's background includes being a National Park Ranger, an Outward Bound Instructor, a Tall Ship sailor. He has also held positions in the Criminal Justice system. He has an extensive background in operating ROV's (underwater robotics) in the Great Lakes, Caribbean and the Middle East.

Kara Hansen, B.S., Certified Instructor for Arthritis Foundation Aquatic and Tai Chi Programs, Fitness Coordinator, Covenant Village of the Great Lakes - Kara has over 16 years of experience in Rehabilitation and Wellness Center settings, currently serving as a Fitness Coordinator at Covenant Village of the Great Lakes Retirement Community. She teaches several Balance Classes as well as Water Exercises and other land-based classes. Together with the Physical Therapy Department, she has been able to implement a very successful Balance program for their Independent Living residents.

Linda Keilman, DNP, MSN, GNP-BC, Assistant Professor, Gerontological Nurse Practitioner, Michigan State University College of Nursing, and Curriculum Specialist, Faculty Associate, Geriatric Education Center of Michigan - Linda Keilman received her undergraduate degree in education from Concordia Lutheran College; with minors in religion and sociology. She received her MSN as an advanced practice nurse/clinical nurse specialist, with emphases in Gerontology, Primary Care, and Death and Dying. Her master's thesis research focused on spirituality as expressed by family caregivers of individuals with cancer. She served as a paid parish nurse for several years. She has been an active researcher and speaker on topics related to spirituality and aging, as well as many other aging-related topics.

Sok Kean Khoo, Ph.D., Distinguished Associate Professor of Molecular Genomics, Grand Valley State University - Dr. Sok has 20 years of experience in genetics and genomics research. Her current research focus is applied molecular genomics and translational biomarkers in neurodegenerative diseases such as Parkinson's and Alzheimer's. Molecular biomarkers may facilitate early diagnosis and monitor progression of neurodegenerative diseases to improve management and treatment.

Marenta Klinger, MHA, Director of Masterpiece Living, Holland Home, Marenta holds a Master's in Health Administration from Grand Valley State University. Currently, she is the Director of Masterpiece Living for Holland Home where she oversees community efforts to foster a culture of successful aging on the independent living campuses. She has held a variety of other positions across the long term care spectrum and serves on several committees dedicated to the aging field.

Chris Kurby, Ph.D., Assistant Professor, Psychology, GVSU - Dr. Chris Kurby is an Assistant Professor of Psychology at GVSU. He earned his Ph.D. from Northern Illinois University and was a postdoctoral fellow supported by the National Institute on Aging at Washington University. His current research interests include how event perception and memory changes with age. He teaches Advanced Research Methods and Lifespan Developmental Psychology.

Julie Lake, MPA, CTRS, Health Promotion and Wellness Coordinator, Senior Neighbors Julie has worked in the field of aging for over 16 years. In her present position at Senior Neighbors, Inc., she coordinates evidence-based health promotion programs for older adults in Kent County. She has extensive experience coordinating and facilitating the Arthritis Foundation Exercise

Program, Chronic Disease Self-Management/Diabetes Self-Management (locally known as PATH), Enhance Fitness, Life Reimagined, A Matter of Balance, and Healthy Eating for Successful Living in Older Adults as both a leader and a Master Trainer. Julie was the initiator and now project coordinator of the Senior Odyssey of Michigan program. She is involved with many different community collaborations addressing health and wellness among older adults. 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*.

Nancy Mason, BS, Cert In PT, MM, Licensed Physical Therapist - Nancy received her Bachelor and PT training at the University of Michigan and her Master of Management degree from Aquinas. She is passionate about falls prevention, working with a senior advocate coalition of local organizations committed to quality programming for older adults so that they can enjoy healthy aging, without falls. In addition, she teaches classes through the Spectrum Health Healthier Communities *Better Bone and Balance* program including posture retraining and fall prevention. She is also teaches in *A Matter of Balance*, an evidence based national program designed to reduce fear of falling. In her current position with the *STAR* program, she works with oncology survivors to address the many issues that can result from cancer and its treatment.

Mary Mathieu, Ph.D., CTRS, Consultant - Dr. Mathieu's graduate training at the University of Illinois at Urbana-Champaign took place in an interdisciplinary department and focused on the social psychological aspects of aging and meaningful activity. Her clinical work as a Certified Therapeutic Recreation Specialist is grounded in the person-centered approach using activity to help individuals adapt to illness and disability. For the past nine years, she has implemented the Early-Stage programs for the Alzheimer's Association, Greater Michigan Chapter in West Michigan. Dr. Mathieu's expertise is in helping individuals living with dementia, and their care partners, to learn and implement strategies to promote health and quality of life throughout the course of the disease.

Marty Miller, Trooper, Rockford Post/Grand Haven Detachment, 6th District, Michigan State Police - Trooper Miller is a 1999 graduate of the Michigan State Police, and has been assigned to the Rockford Post since December 1999. He has been trained in many specialty assignments. He currently serves as Community Service Trooper handling community outreach to schools, churches, retirement homes, and all other community events. He is also a member of the Kent County Elder Abuse Task Force.

Elizabeth Neubig, M.D., Internal Medicine Physician, St Mary's Hospital; Clinical Assistant Professor, MSU - Dr. Elizabeth Neubig is an internal medicine physician who has worked with geriatric patients for over ten years. She is very interested in the causes and treatment of dementia. She sees a need for a greater focus on prevention of memory loss and brain decline, through diet and activity.

Suzann Ogland-Hand, Ph.D., Clinical Geropsychologist, Pine Rest NE Clinic - Dr. Ogland-Hand completed her bachelor's in psychology at the University of Northern Iowa, and her doctorate in clinical psychology at Fuller Graduate School of Psychology in Pasadena, CA. She completed her fellowship in Geropsychology at the Palo Alto VA. She has been a geropsychologist for over 20 years, focusing on family caregiving and mental health issues. She currently works at the NE Clinic of Pine Rest in Grand Rapids, MI.

Barbara A. Pickut, M.D., MPH, Mercy Health, Hauenstein Neuroscience Center Medical Director, Parkinson's Disease and Movement Disorders Program; Associate Professor, MSU, College of Human Medicine - Dr. Pickut is a leader in the Grand Rapids medical, neuroscience, and academic communities. A graduate of the University of Michigan for her bachelors and masters degrees, with an M.D. from the University of Antwerp, Belgium, Dr. Pickut has completed thirty-

eight clinical trials related to Parkinson's Disease since 1992, co-founded the Belgian Movement Disorders Society, and studied the role of mindfulness and mind-body interventions in movement disorders.

Christen Ridgeway, B.S., CTRS, Life Enrichment Consultant, Metron Integrated Health Systems - Christen is a Certified Therapeutic Recreation Specialist, Certified Brain Injury Specialist, and Certified CPR Instructor through American Heart Association. She has been in the field for 25 years, most recently as a Consultant for 6 skilled nursing facilities for three years, and a Therapist/Supervisor in Rehabilitation for Adults with brain injuries for 19 years. Her experience ranges from working with adolescents to the elderly.

Robert R. Robins, Ed.S., Med, MSA, BBA, CHE, CCM Affiliate Professor, Hospitality and Tourism Management, GVSU - Professor Robins spent over 33 years in the hospitality and private club industry, first as an Executive Chef then as a private club GM/COO. Additionally, he holds a 100 Ton Masters license in the Merchant Marines and is a PADI Master Scuba Diver Trainer. These, and additional qualifications, give Professor Robins a unique perspective on hospitality and tourism.

Kristine Schwab, B.S., CTRS, Owner, Recreational Therapist, Life Therapeutic Recreation Services; Recreation Specialist, Wyoming Parks and Recreation - Kristine has worked in therapeutic recreation since earning her degree in 2000. Currently she is certified as a Recreation Specialist, and also is certified by the Aquatic Therapy and Rehab Institute. She has worked in hospital rehabilitation, community recreation, and in-home settings (Stepping Stones). As a consultant, she offers aquatic therapy and other treatment options to individual clients, and offers consultation to facilities and communities seeking to gain 'accessible recreation' standing.

Chris Simons, B.S., CTRS, Director of Dementia Services, Clark Retirement Community - Chris has been working with persons living with dementia and their families for 39 years/ She has worked at Clark Retirement Community for 11 years. During that time she helped develop three award winning programs including: Friends Swim Club, Chapelside Three Early Dementia Program and the Couples Night Out Program. In addition, she is co-owner of Our Place Cares, an Adult Foster Care Home, in Greenville, Michigan. She has presented for state associations, state surveyors and has taught seminars at Lansing Community College and Central Michigan University.

Lisa Spangler, COTA and FCE Certified, Physical Therapy Department Manager, Covenant Village of the Great Lakes - Lisa has 19 years of experience as a COTA and has worked in various rehabilitative settings that were focused on patients that have needed adaptations in their environment due to surgeries such as hip replacements and other fractures. In these settings, she has also worked on teaching proper body mechanics and work simplification. As the Manager of the Physical Therapy Department at Covenant Village of the Great Lakes, she laid the groundwork for a manual that would allow other Campuses to build a comprehensive Balance Program from scratch.

Paul Stansbie, MBA, Ph.D., Director, Hospitality and Tourism Management Department; Associate Dean, College of Community & Public Service - Paul is faculty member and past Department Chair in the Hospitality and Tourism Management program at GVSU. He has just assumed the role of Associate Dean of the College of Community and Public Service at GVSU. He also has teaching and leadership experience at graduate and undergraduate levels in England, Hong Kong, and the Maldives. Prior to his academic career, he spent a number of years working for Marriott Hotels and Intercontinental Hotel Group (IHG) in both the US and UK. He holds an MBA from the University of Nottingham, England and a Ph.D. in Tourism Business Management from the University of Plymouth, England. His research interests include Experiential Education, Tourism Impact Analysis and more recently the concept of *Voluntourism* (that examines volunteer behavior in tourism related projects).

Glen Sweeney, BA, 1st Vice President, Chemical Bank, Loss Prevention - Glenn has 36 years in financial services, since earning his education at Central Michigan University. He is a member of the International Association of Financial Crime Investigators and Certified Fraud Investigators. In his current position as 1st Vice President and Loss Prevention Manager for Chemical Bank, Sweeney has written and spoken widely throughout lower Michigan on topics of financial crimes, bank fraud, and identify theft.

Kristine M. Todd, DNP, FNP-BC, RN-BC, Mercy Health Saint Mary's - Dr. Kristine has worked with older adult patients for 27 years. She earned her Doctorate of Nursing Practice from Duke University and completed her doctoral work on delirium prevention and detection in older adult post-operative hip fracture patients. She has presented on numerous occasions at national conferences on issues related to older adults. Dr. Todd presently works in a dual role as Clinical Nurse Specialist at Mercy Health Saint Mary's on the Senior Care Unit and as a Nurse Practitioner with Mercy Health Geriatric Practice evaluating patients at multiple skilled facilities in the Grand Rapids area.

Elizabeth Zeldes, BS in Accounting, Certified Public Accountant, Owner, Senior Advisory Services, PLLC - Elizabeth has been a practicing CPA for over 20 years and began working exclusively with seniors in their own homes on a variety of financial issues for the past 10 years. She has attended national eldercare conferences and continues to take courses on topics related to senior finances. She is active in the aging network locally, serving as past president of the Kent County Council on Aging, chair of Professional Advisory Committee of Porter Hills Foundation, member of Caregiver Resource Network, Advocates for Senior Issues, the American Institute of CPA's and the Michigan Association of CPA's. She is passionate about improving financial literacy among consumers and advocating for seniors.





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]

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

Books and Websites to Help Balance Your Life

10th Annual Art & Science of Aging Conference



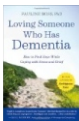
Bell, Howie.

Simple Circles: An Exercise Program for Seniors & Their Families.

Create Space, 2011. Print. Kindle.

ISBN-978-1463653873

Complete exercise program for the sedentary senior; ten simple easy to perform exercises.



Boss, Pauline.

Loving Someone Who has Dementia: How to Find Hope While Coping with Stress and Grief.

San Francisco, CA: Jossey-Bass, 2013. Print. Nook.

ISBN-978-1118002292

Guide to with strategies to help manage stress and grief. This book offers seven guidelines for staying resilient.



Chimsky, Mark.

65 Things to Do When You Retire, 65 Notable Achievers on How to Make the Most of the Rest of Your Life.

Sellers Publishing, 2012. Print. Nook. Kindle.

ISBN-978-1416206545

A book of practical and entertaining advice to help create a fulfilling retirement.



Cruikshank, Margaret.

Learning to be Old: Gender, Culture and Aging.

Rowman & Littlefield Publishers, 2013. Print. Nook.

ISBN 978-1-4422-1365-4

What does it mean to grow old in American today? This book questions social myths and fears.



Eicher, Mike.

Travel for Seniors Made Easy: Staying Alive @ 65.

Tate Publishing, 2013. Print.

ISBN-13:9781625105196

Enlightening and humorous tips to educate the AARP card user on international travel.



[http://www.barnesandnoble.com/c/miranda-esmonde-whiteEsmonde-White, Miranda.](http://www.barnesandnoble.com/c/miranda-esmonde-whiteEsmonde-White, Miranda)

Aging Backwards: Reverse the Aging Process and Look 10 Years Younger in 30 Minutes a Day.

Harper Collins, 2014. Print. Nook. Kindle.

ISBN-9780062313331

Author of Classical Stretch offers the tools to turn back the clock and feel younger with exercise.



Hertz, Frederick, Ralph Warner and Toni Ihara.

Living Together: A Legal Guide for Unmarried Couples.

Nolo, 2013. Print. Nook. Kindle.

ISBN-9781413318319

A book of practical legal advice for seniors who live together.



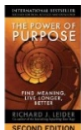
Karpf, Anne.

How to Age.

Macmillan, 2014. Print. Nook. Kindle.

ISBN- 978-0230767751

Take the leap to assuage the deep fear of aging from a new outlook.



Leider, Richard.

The Power of Purpose: Find Meaning, Live Longer, Better.

Berrett-Koehler Publishers, 2014.
Print. Nook. Kindle.

ISBN-9781605095233

Purpose is what makes us human. A book that details the practical and spiritual process to help change the mindset and find meaning to your life.



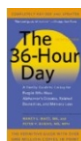
Leider, Richard and Alan Webber.

Life Reimagined: Discovering Your New Life Possibilities.

Berrett-Koehler Publishers, 2013.
Print. Nook. Kindle.

ISBN-9781609949327

A practical guide to approaching new life directions; with examples of others who have reimagined their lives.



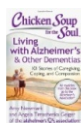
Mace, Nancy & Peter Rabins.

The 36-hour Day: A Family Guide to Caring for a Person with Alzheimer's Disease, Related Dementing Illnesses, and Memory Loss in Later Life.

Grand Central Life & Style Publishing, 2012. Print. Nook.

ISBN-978-1455521159

A realistic guide for families who are caring for a loved one.



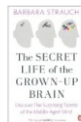
Newmark, Amy and Angela Geiger.

Chicken Soup for the Soul: Living with Alzheimer's & Other Dementias: 101 Stories of Caregiving, Coping and Compassion.

Simon & Schuster, 2014. Print. Nook. Kindle.

ISBN-9781611599343

Support and encouragement for the caregiver.



Strauch, Barbara.

The Secret Life of the Grownup Brain: The Surprising Talents of the Middle-Aged Mind.

Viking/Penguin Group, 2011. Print. Nook. Kindle.

ISBN-9780143118879

The latest findings of high-tech brain scans and psychological tests demonstrate that cognitive expertise reaches a peak in the middle ages of a human's life span.



Thomas, M. D., Bill.

Second Wind: Navigating the Passage to a Slower and More Connected Life.

Simon & Schuster, 2014. Print. Nook. Kindle.

ISBN-9781451667561

Reimagine your life as your grow older.

Senior Store -

<http://www.seniorstore.com/hobbies.html>

Games, puzzles, music and gifts for people 50+.

National Council on Aging-

www.ncoa.org

Retirement Research Foundation-

www.rrf.org/resources

A wonderful list of aging related websites.

Personal Conference Planner

Continuing Education Credits (CEU): N = Nursing O = Occupational Therapy S = Social Work T = Therapeutic Recreation

NOTE: Final approved list will be confirmed on registration day by the appropriate professional CE liaison.

TIME/SESSION #	CE's	PRESENTER	SESSION TITLE	ROOM	ATTEND
8:15-9:00 AM			Registration/Sign In		
8:15-9:00 AM			CE Liaison	117E DEV	
8:15 AM-1:30 PM			SPONSOR DISPLAYS	Hager-Lubbers Exhibition Hall	
9:00-10:30 AM	N, OT, TR	Ashton Applewhite		Loosemore Auditorium	
10:30-11:30 AM	1 OT, TR	Dawn DeVries, DHA, Julie Lake, MPA, Christen Ridgeway, BS, Kristine Schwab, BS	Life Balance and Healthy Aging: Across the Continuum	136E DEV	
	2 N, OT	Sok Kean Khoo, PhD, Barbara Pickut, MD, MPH	Early Detection and Mindfulness Interventions: The Yin and Yang of Parkinson's Disease	111D DEV	
	3 N, O, S, T	Cheryl Edwards-Cannon, MM	Taking Care of Miss Bee Bee	138E DEV	
	4 N, OT, TR	Kara Hansen, BS, Lisa Spangler, COTA, Jill Banka	Building a Better Balance Program is as Easy as 1, 2,... or 3	109D DEV	
	5 OT, TR	Mark Gleason, PhD, Robert Robins, EdS, Paul Stansbie, PhD	Boomer's & Tourism: You Don't Have to Stay Home	107D DEV	
	6 N, OT, SW, TR	Mary Mathieu, PhD, Suzann Ogland-Hand, PhD	Finding Balance in the Early Stages of a Dementia Disorder: Strength-Based Interventions	Loosemore Auditorium	
11:15 AM-12:45 PM			Student Researcher Posters	West Hallway	
11:45 AM-1:00 PM			LUNCH		
1:00-2:00 PM	7 N, OT, SW, TR	Scott Berlin, PhD, MSW Phyllis Boone, MSN, FNP-BC Stephen Glass, PhD	An Interprofessional Approach to a Weight Management	107D DEV	
	8 N, OT, SW, TR	Jodi Douglas, BS, CTRS, CDP	Forgotten But Not Gone: Ambiguous Loss and the Dementia Process	109D DEV	
	9 N, OT, SW, TR	Marenta Klinger, MHA Lisa Ellens, MSW	The Short Lessons on Living Long	111D DEV	
	10 N, OT, SW, TR	Linda J. Keilman, DNP, MSN, PNP-BC	The Spiritual Dimension in Aging	111D DEV	
	11 N, OT, SW, TR	Chris Kurby, PhD Jing Chen, PhD	Aging is a Mindset: How We Think About Age May Influence How We Age	136E DEV	
	12 N, OT	Kristine M. Todd, DNP, FNP-BC, RN-BC Steven E. Brodnicki, PT, MS, GCS, CBIS	Maintaining Functional Capacity During and Following Hospitalization to Improve Mobility	138E DEV	
2:15-3:15 PM	13 SW, OT, TR	Nellie Blue, MA	So You Think You Cant' Sing Outside the Shower	Loosemore Auditorium	
	14 OT, TR	Elizabeth Zeldes, BS, CPA Glen Sweeney, BA, Trooper Marty Miller	Proceed with Caution: Scams, Schemes & Swindles	109D DEV	
	15 N, OT, TR	Nancy Mason, MM, Cert PT Julie Lake, MPA, CTRS	Preventing Falls Through Better Balance	111D DEV	
	16 N, OT, SW, TR	Elizabeth Neubig, MD	Brain Boost or Bust?	138E DEV	
	17 N, OT, SW, TR	Chris Simons, BS, CTRS	Well-being through Person-Centered Care for Persons Living with Dementia	136E DEV	
3:30-4:30 PM Closing Session	N, OT, TR	Jennifer Feuerstein, MM, BBS, Certificate in Aging	Life Re-imagined: What's Next?	Loosemore Auditorium	