



LEAVE NO ELDER BEHIND

OVERCOMING BARRIERS TO HEALTHY AGING

13th Annual Art & Science Of Aging Conference

Friday, February 23, 2018, 8:30 am - 4:30 pm

9:00 am OPENING SESSION

WELCOME

Conference Attendees/Host/Sponsor

Review of Conference schedule and 'housekeeping'

Priscilla Kimboko - Introduction of Keynote Speaker

KEYNOTE PRESENTATION:

Aging in the 21st Century: Overcoming Barriers to Healthy Aging

Keynote Speaker: Gwendolyn Graddy-Dansby, M.D. FACP, Medical Director for PACE Southeast Michigan

Dr. Gwendolyn Graddy-Dansby completed her undergraduate education at the University of Michigan in 1980. She graduated from the Wayne State University School of Medicine in 1984. She joined the Henry Ford Health System (HFHS) in 1987. She is board certified in Internal

Medicine and Geriatrics and is also a Fellow in the American College of Physicians. Dr. Graddy has been the Medical Director for PACE Southeast Michigan (PACE SEMI) since 2001. PACE SEMI (formerly known as the Center for Senior Independence) was the first Program for All-Inclusive Care of the Elderly in the state of Michigan. Dr. Graddy-Dansby was named 'Top Doc' in her field by Hour Detroit magazine.



10:30 am MORNING WORKSHOPS

- Sok Kean Khoo, PhD: Move it or lose it: influence of physical activity and brain function
- Catherine Jacobs, JD: 5 Things you need to do Before You Lose Your Mind
- Michael Patrick O'Connor, OTRL, CAPS, CBIST: AARP HomeFit Program - How To Stay In the Home You Love As You Age
- Renee Van Y, BD, CTRS, CMP, and Paula Baughman, BS, CMP: Montessori - Enriching Lives of Persons Living with Dementia
- Sandra Spoelstra, PhD, RN, FGSA, FAAN: Aging in Place to Advance Better Living for Elders in Michigan: an Evidence-based Model of Care
- Darleen Hoffert, DNP, RN, AGNP-C, QMHP, LNC: Geriatric populations with mental illness impacted by bias

11:15 am STUDENT RESEARCH POSTERS

1:00 pm EARLY AFTERNOON WORKSHOPS

- Jing Chen, PhD: Life Expectancy, Zip Code, and Telomeres
- Marta Rodríguez-Galán, PhD and Deborah Covell, BS: Older Adults Helping other Older Adults: Productive Aging through the Senior Companion Program
- Christi Demitz, MSW, BS and Holly Tiret, MA, BA: Caring for the Caregiver
- Melissa Seifert, MPA: Call Me, Maybe!
- Ginnie Smith and Jay Steffen, BS: Grandy Land - Traveling Towards an Age-Friendly Grand Rapids
- Geraldine Terry, MD, MSN, BSN/MD, RN: Later Life Lessons from a Healthcare Provider and Caregiver

2:15 pm MID AFTERNOON WORKSHOPS

- Anne Ellermets, MPA and Lisa Misenhimer, MSW: The Power of Resilience in Aging Well
- Karen Vander Laan, Ph.D., MSN, RN and Sanford Freed, BS: Why What Matters to You Matters to Me: How Person-Centered Advocacy Overcomes Barriers
- Nicholas Wahl, BS, CRTS: I'm going to Pump You Up: Implementing Exercise Routines for seniors in Community and Long-term Care Settings
- Lily Fossel: HomeSharing: Friendship, Financial Support, and Help within the Home
- Stephanie Hamacher, BS and Denver Lawrence, BS: Role of Leisure for Veterans through the Decades
- Leara Glinzak, MSAT and Timothy Tuthill, M. Div., MSW: Building Relationships: Older Adult Caregivers and their Loved Ones with Dementia

3:30 pm CLOSING SESSION

- Telling their stories - Ways to help others and oneself overcome barriers to healthy aging
- Panelists: Lori Dillman, David Rothbart, BS, Veronica Kirin, BA, Moderator: Priscilla J. Kimboko, PhD

**For further details and registration
visit www.gvsu.edu/gerontology or call (616) 331-6641.**





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PINE REST
Christian Mental Health
Services

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OF WESTERN MICHIGAN
The Source for Seniors

CARE RESOURCES
Program of All-Inclusive Care for the Elderly

ENCORE
second acts for a greater Grand Rapids

Senior NEIGHBORS
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CPA for Seniors
—Rivertown Finance—

ADVOCATES
for Senior Issues

Donijo Robbins

DRIVING and PARKING INSTRUCTIONS

From HOLLAND and points WEST and southwest of downtown Grand Rapids: Take I-196 toward Grand Rapids all the way to the US-131 South exit. Take US-131 south to the Pearl Street/Downtown exit (#85B). Move to the far right lane as you come off the ramp from US-131. At the first light (Pearl Street) turn right. Go through the light at Winter Street, [note Pearl Street changes to Lake Michigan Drive here] and immediately turn into the left turn lane to enter the Seward Parking Ramp, on the left.

From LANSING and points EAST of downtown Grand Rapids: Take I-196 west to the Ottawa Street exit (#77). Move to the right lane, and turn right onto Michigan Street, going west. Stay in the left lane and turn left onto Mount Vernon (only a left turn is allowed from this lane). Move to the far right lane, and at the first light at Pearl Street (by Big Boy) turn right. Go through the light at Winter Street, [note Pearl Street changes to Lake Michigan Drive here] and immediately turn into the left turn lane to enter the Seward Parking Ramp, on the left.

From MUSKEGON and points NORTH and northwest of downtown Grand Rapids: Take I-196 east to US-131S exit. Continue south to the Pearl Street/Downtown exit (#85B). Move to the far right lane as you come off the ramp from US-131. At the first light (Pearl Street) turn right. Go through the light at Winter Street, [note Pearl Street changes to Lake Michigan Drive here] and immediately turn into the left turn lane to enter the Seward Parking Ramp, on the left.

From KALAMAZOO and points SOUTH of downtown Grand Rapids: Take US-131 north to the Pearl Street exit (#85B). Turn left onto Pearl Street. Continue west on Pearl Street through the light at Mount Vernon. Go through the next light at Winter Street, [note Pearl Street changes to Lake Michigan Drive here] and immediately turn into the left turn lane to enter the Seward Parking Ramp, on the left.

PARKING IS FREE FOR ATTENDEES. NO TICKETS WILL BE ISSUED IF YOU PARK IN THESE DESIGNATED LOTS. ALL OTHER LOTS REQUIRE PARKING PERMITS.