



LEAVE NO ELDER BEHIND

OVERCOMING BARRIERS TO HEALTHY AGING

13th Annual Art & Science Of Aging Conference

Friday, February 23, 2018, 9:00 am - 4:30 pm



Richard M. DeVos Center | 401 W. Fulton Street | Building E | Grand Rapids, MI 49504 | www.gvsu.edu/geroconference

#ArtScienceAging | #HealthyAging | #AgeFriendly | #LeaveNoElderBehind

About the Art & Science of Aging Conference

The Grand Valley State University Art & Science of Aging Conference is held annually on a Friday in February. The purpose of this conference is to broaden the dialogue on issues of aging within West Michigan and to provide an educational forum for 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, administrators, and other professionals who interact with older adults in their practice. Our goal is for all the information offered to 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; 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's theme ***Leave No Elder Behind: Overcoming Barriers to Healthy Aging*** is intended to bring attention to those older adults in our communities who face social and environmental barriers to healthy aging. They may be vulnerable due to many factors: poverty, race, language, education level, physical and/or mental disabilities, unsafe neighborhoods, rural or suburban setting, inadequate or no transportation, or living alone. All of these older adults deserve the opportunity to thrive. So in this conference, we seek to offer best practices for professionals and individuals to ensure that none of these elders are left behind with sessions that indicate tried and true approaches and alternative pathways to promoting resilience and healthy lifestyles that expands their "health-span." Of course, we also offer workshops on other contemporary issues and topics that relate to aging and professional practice, such as pain management, food justice, addiction, technology in the home and in health care, age-friendly and dementia friendly practices, interprofessional practice, and person-centered care.

Throughout the day participants will select from a series of 18 one-hour 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, recreational therapists and nursing home administrators can obtain continuing professional education credits for their participation.



Acknowledgements



The annual Art & Science of Aging Conference is hosted and coordinated by Grand Valley State University. This is done with the generous support of our sponsors local organizations committed to serving older adults. We describe these as our Crown Jewel Sponsors: Emerald, Ruby, Sapphire, and Pearl and Friends. We encourage you to thank them for their sponsorship and support of this educational event. Check out their services and other resources in the Exhibition Hall displays.

Partner Organization Participated in Conference Planning

Also thanks go to several Partner Organizations that participated in Conference Planning. The list of planning committee members is on the inside back cover.

- AARP
- Area Agency on Aging of Western Michigan
- Covenant Village of the Great Lakes
- GRCF ENCORE
- Holland Home
- Samaritas
- Senior Neighbors

Conference Schedule

8:15 am**REGISTRATION TABLE OPEN**

Hager-Lubbers Exhibition Hall

Pick up packets and name badges

Continental Breakfast

WiFi Access - Use GV-Visitor wireless network for free complementary access without a password

CEU Check In Tables Room 119E

(make sure to register before the opening session)

- Nursing
- Nursing Home Administration
- Occupational Therapy
- Social Work
- Therapeutic Recreation

Crown Jewel Sponsor Displays

Hager Lubbers Exhibition Hall

open until 1:15 pm



Emerald

AARP MI

Beacon Hill at Eastgate



Ruby

College of Community & Public Service (GVSU)

College of Liberal Arts & Sciences (GVSU)

Samaritas



Sapphire

College of Health Professions

Emmanuel Hospice

Gauthier Family Home Care

Great Lakes Health Connect

Holland Home

Pilgrim Manor

Porter Hills

Unity Church



Pearl

Area Agency on Aging of Western Michigan

Care Resources PACE

Grand Rapids Community Foundation ENCORE

Kirkhof College of Nursing

Pine Rest Christian Mental Health Services



Friends of the Art & Science of Aging Conference

Advocates for Senior Issues

CPA for Seniors Rivertown Finance

Donijo Robbins, Ph.D.

Senior Neighbors

9:00 am**OPENING SESSION**
Loosemore Auditorium

Welcome

Jennifer Feuerstein, Associate State Director, AARP MI

Conference Overview & Introduction

Dr. Priscilla Kimboko, Conference Coordinator

KEYNOTE PRESENTATION

Aging in the 21st Century: Overcoming Barriers to Healthy Aging
[N, O, NHA, S, T]

As Americans are living longer the growth of the aging adult population is unprecedented. In 2014, 14.5 million were 65 years or older. By 2060, 23.5% or 98 million will be 65 years or older. With this rapidly expanding population comes both challenges and opportunities. It will no longer enough to provide just healthcare to this population. They are expecting something far greater. And that is HEALTH. Who decides what health looks like and how it can be maintained. In this session, we will examine the issue and the roles from the individual and system perspectives to achieve this important task.

Keynote Speaker: Gwendolyn Graddy-Dansby, MD, 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. She joined the Henry Ford Health System (HFHS) in 1987 and is Board Certified in both Internal Medicine and Geriatrics. She is also a Fellow in the American College of Physicians.



Special interests include: Alzheimer's disease, Nursing Home care, Spirituality, Aging and Wellness, health disparities and cultural competency, the role of women's support groups on stress reduction and improvement of work-life balance just to name a few. She speaks extensively on healthy aging, caregiving and Alzheimer's dementia. She has also begun to study the role that PACE has on facilitating controlling hospital utilization through understanding the role of PACE on care coordination. She is the founder of Daughters of Christ Standing Steadfast (DOCSS).

Hour Detroit Magazine has consistently named Dr. Graddy as "Top Doc" in her field. In 2015, Crain's Detroit Business named her as Healthcare Hero and the Henry Ford Health System presented her with the Diversity Hero Award. She is also a Physician Advisor for Community Catalyst.

Learning Objectives

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

1. Describe key factors that will impact aging adults.
2. Understand how to develop strategies for improving health outcomes both individually and systematically.
3. Include in their own 'tool kit' holistic approaches to improving health outcomes.

10:15 amBREAK

10:30 amMORNING WORKSHOPS

SESSION 1

Loosemore Auditorium

Move It or Lose It: Influence of Physical Activity on Brain Function

[N, O, NHA, S, T]

Parkinson's disease (PD) is a progressive neurodegenerative disorder without a cure. There is emerging evidence that non-pharmacological interventions such as physical exercise have beneficial effects on patients with PD. Regular exercise is known to protect memory and thinking skills, in addition to improve mood and reduce stress. In PD, physical exercise may improve postural control, cognition and overall quality of life.

Presenter: Sok Kean Khoo, PhD, Associate Professor, Grand Valley State University

Dr. Sok Kean Khoo has more than 20 years of experience in genetics and genomics research. Her ongoing research includes identifying and developing molecular biomarkers for neurological disorders, especially Parkinson's disease (PD). Accurate biomarkers may be used to diagnose, differentiate, and monitor disease progression to improve disease management and treatment. She recently expanded her research to investigate molecular changes in PD patients with non-pharmacological interventions such as physical exercise.

Learning Objectives

Upon completion of this session, participants will be able:

1. Describe how PD affects normal functions.
2. Describe neuroplasticity.
3. Discuss how physical activity affects the brain.
4. Practice elderly chair exercise.

SESSION 2

Room111D

Five Things you need to Do Before You Lose Your Mind

[O, NHA, S, T]

An estimated 5.4 million people in the United States have Alzheimer's disease. Too often individuals fail to plan for cognitive decline. From naming individuals to act in the event of incapacity, there are other considerations, including preparing a detailed care plan, addressing housing issues, and learning about prevention, care, and treatment.

Presenter: Catherine Jacobs, JD, Estate Planning and Elder Law Attorney, Cottrell & Jacobs, PLC

Catherine Jacobs is an estate planning and elder law attorney. She is committed to the advocacy for issues important to older adults. Catherine serves on the boards of Elder Law of Michigan, Senior

Neighbors, Council on Aging - Kent County, and is an active member of the Caregiver Resource Network. She frequently speaks to groups and organizations about estate planning, Medicaid, and elder law.

Learning Objectives

Upon completion of this session, participants will:

1. Have a checklist of things that they can do to prepare for possible cognitive decline.
2. Understand why the items on the checklist are important.
3. Have many examples of resources to assist them as they work through the check list.

SESSION 3

Room109D

AARP HomeFit Program: How to Stay in the Home You Love as You Age

[N, O, NHA, S, T]

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. Participants receive information on how to easily evaluate their own home for “livability” should they themselves or one of their family members become unable to use stairs, or must rely on assistive devices. It is designed help individuals plan for independence, choice and dignity as they age.

Presenter: Michael Patrick O'Connor, OTRL, CAPS, CBIST, Occupational Therapist, Executive Director, O'Connor Occupational Therapy Services, PLLC

Michael Patrick O'Connor has worked in the field of rehabilitation since 1988 and completed a Bachelor of Science degree in Occupational Therapy with a minor in Gerontology from Eastern Michigan University in 1994. O'Connor's clinical experience across the continuum of care from acute care and inpatient rehabilitation hospital, sub-acute rehabilitation center, residential brain injury program, home/community based setting as well as traditional home care. Additionally, his experience includes roles as healthcare administrator of both a for-profit national neuro rehab provider and a non-profit Michigan based provider where his responsibilities included program development of home and community based services. ??

O'Connor's credentials include registration with the National Board for Certification in Occupational Therapy and licensure with the State of Michigan (“OTRL”). O'Connor is designated a Certified Aging-In-Place Specialist (“CAPS”), established by the National Association of Home Builders. Additionally he is a Certified Brain Injury Specialist Trainer (“CBIST”) by the Academy for Certification of Brain Injury Specialists.

O'Connor has a long standing commitment to providing education to the community volunteering to provide training and education on topics



I want to age with some dignity. Pete Townshend

related to brain injury, safety and prevention, and rehabilitation to groups such as the Brain Injury Association, Mothers Against Drunk Driving and AARP. Additionally, he is an adjunct instructor for Baker College of Owosso's Health Science Division, where he has taught anatomy and physiology for nursing and allied health students since 2001.?

Learning Objectives

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

1. Describe the purpose and nature of the HomeFit program.
2. Identify strategies that someone can use to evaluate their livability of a person's home for them to age in place.
3. Identify steps that an individual can make to promote their safety and independence in their home.

SESSION 4

Room138E

Montessori: Enriching Lives of Persons Living with Dementia [N, O, NHA, S, T]

Montessori is a philosophy of life that focuses on creating an environment that supports and empowers older adults living with dementia to be as independent as possible and to live fulfilling lives. Having a prepared environment which provides interesting and appropriate levels of stimuli, people living with dementia are able to independently engage in activities of their choosing which aide in development of fine motor skills, sequencing and other skills that transfer to other activities of daily living. By working side by side with the individual, we are able to develop roles based on his or her strengths that provide purpose and meaning.

Presenters: Paula Baughman, BS, Certified Montessori Practitioner, Life Enrichment Specialist, Clark Retirement Community; **Renee Van Y**, BS, CTRS, CMP, Certified Dementia Practitioner, Life Enrichment Specialist, Clark Retirement Community

Paula Baughman graduated from Grand Valley State University with a Bachelor's in Health Professions and Psychology. Paula is a Certified Montessori Practitioner and has a background in long term memory care. Paula is currently working to fully implement the Montessori Program for Aging and Dementia throughout the memory care continuum at Clark Retirement Community.

Renee Van Y graduated from Grand Valley State University with a degree in Therapeutic Recreation, is a Certified Dementia Practitioner and a

Certified Montessori Practitioner. With a background in long term care, Renee focuses on continually developing new programming for older adults living with dementia to provide the highest quality of life. For the past year and a half, Renee has been working with international researchers to implement the first Certified Montessori Program for Aging and Dementia in the United States.

Learning Objectives

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

1. Define the principles of the Montessori Philosophy for those living with dementia at various stages.
2. Identify environmental cues and supports that empower independence in those living with dementia.
3. Participants will understand the key components to person centered living.

SESSION 5

Room136E

Aging in Place to Advance Better Living for Elders in Michigan: An Evidence-Based Model

[N, O, S, T]

Forty-two percent of older adults have a functional limitation or disability. The number of disabled is expected to increase due to obesity and living with chronic conditions longer. Disability can lead to falls, poor quality-of-life, and nursing home placement. Community Aging in Place, Advancing Better Living for Elders (CAPABLE) is a 24-week multi-component model of care aimed to reduce effects of physical function and address individual capabilities and the home environment through OTs, RNs, SWs and home modification. CAPABLE improves function and reduces falls, ED use, hospitalizations.

Presenter: Sandra Spoelstra, PhD, RN, FGSA, FAAN, Associate Dean of Research, GVSU Kirkhof College of Nursing

Dr. Sandra Spoelstra is Nurse Scientist (PhD) with expertise in aging (Fellow Gerontological Society of America) with 40 years of clinical and 10 years of research experience on aging-in-place. Over 30 peer reviewed publications, 200 abstracts, and multiple invited presentations. Currently conducting an implementation project for the State of MI Medicaid program on aging-in-place.

Learning Objectives

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

1. Explain the importance of using evidence-based care to aid aging-in-place.
2. Determine how to implement CAPABLE.
3. Determine how an evidence-based interprofessional intervention reduces falls, hospitalization, and nursing home place in an elderly disabled population in MI.

SESSION 6

Room 117E

Geriatric Population with Mental Illness Impacted by Bias: Are WE All Guilty?

[N, O, NHA, S, T]

This workshop explains the meaning of bias as it relates to mental illness. The participants are introduced to knowledge and empathy to help overcome personal bias toward individuals with mental illness. A brief review of important key historical facts regarding diagnosis and treatment is provided to establish empathy. The reality that mental illness is a medical condition is confirmed. Attendees participate as a group throughout the presentation which allow the development of novice skills to self-identify personal bias.

Presenter: Darleen Hoffert, DNP, RN, AGNP-C, QMHP, LNC, Assistant Professor, KCON, Grand Valley State University

Dr. Hoffert's passion is improving the health outcomes and quality of life for adult/geriatric patients. Over the past 15 years, she served as an RN in acute care, home care, and case management roles focused in the areas of general medical, mental health, and traumatic injury. She is a practicing adult/geriatric NP at the GVSU Family Health Center in Grand Rapids, and an assistant professor at GVSU Kirkhof College of Nursing teaching undergraduate and graduate students in mental health, clinical application, interprofessional education, and advanced assessment.

Learning Objectives

Upon completion of this session participants will be able to:

1. Define bias.
2. Recognize mental illness as a medical condition.
3. Identify various ways media impacts stigma related to mental illness.
4. Verbalize key historical points in the care of mentally ill patients.
5. Perform self-assessment to identify some personal behaviors of bias as a novice.

11:15 amSTUDENT RESEARCH POSTERS

West Hallway, DEV E

1. Presenter: Samuel Afoakwa, Masters, Master in Public Administration

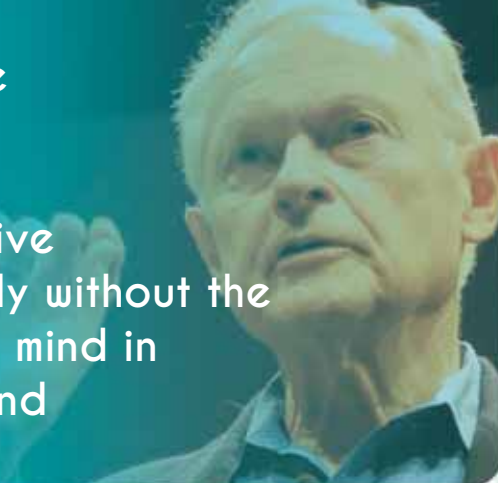
Faculty Advisor: Priscilla Kimboko, PhD, Public, Nonprofit and Health Administration

How Technology Can Influence Aging in Place

The study examines the concept of aging in place and how emerging technologies can aid seniors to age independently in their preferred residence. The paper further addresses some of the circumstances of the aged in developing countries (Ghana) that prevents their successful aging in place with the aid of these same technologies.

Finally, the research explores the usage of advanced technologies that help older adults, aging in place, to transition smoothly into end life.

Too many of the elderly do not have the family or the communal attachments necessary to feel valued; too many are widowed or otherwise alone; too many live in surroundings where they are essentially without the companionship necessary to stimulate a mind in danger of deteriorating. Sherwin B. Nuland



2. **Presenter:** Brooke Armistead, Masters, Cell & Molecular Biology
Faculty Advisor: Sok Kean Khoo, PhD, Cell & Molecular Biology

Alpha synuclein-related microRNAs as biomarkers for Parkinson's disease

Parkinson's disease (PD) is a complex and heterogeneous neurodegenerative disorder. It is characterized by degeneration of dopaminergic neurons and intraneural accumulation of alpha synuclein protein. PD diagnosis relies on presence of motor symptoms. By this time, 50-80% of the patient's dopaminergic neurons have been lost or damaged. Thus, there is a need to develop measurable and unbiased biomarkers for early detection of PD. Here, we examine expression of four microRNAs which regulate alpha synuclein in healthy controls, newly diagnosed and advanced stage PD patients.

3. **Presenter:** Morgan Casault, Bachelors, Biomedical Science & Psychology
Faculty Advisor: Jing Chen, PhD, Psychology

Chronic Pain Management Through Mindfulness Meditation

A literature review detailing the benefits of meditation, specifically mindfulness, on chronic pain in older adults. Mindfulness is the psychological process of bringing one's attention to experiences occurring in the present moment, which can be achieved through meditation practices. This review will also discuss how these practices can be incorporated into the lives of older adults, and how incorporation of certain mindfulness practices, such as body scanning techniques, can improve mental health and quality of life for the individual by promoting relaxation and the release of pent up emotions.

4. **Presenter:** Liza Felix, Masters, Social Work
Faculty Advisor: Joan Borst, PhD, Social Work

A Qualitative Assessment of Saint Joseph County's Response to Dually Eligible Senior's Needs

Dual eligible seniors face unique social challenges regarding access to healthcare and resources within their community. The purpose of

When an individual is protesting society's refusal to acknowledge his dignity as a human being, his very act of protest confers dignity on him. Bayard Rustin



this research was to explore and identify the social determinants dual eligible seniors face when attempting to access vital health care and community resources. Twenty-four face-to-face semi-structured interviews were conducted with twelve dual eligible seniors and twelve Medicare only eligible senior citizens. Key themes were drawn from these interviews, which include dependence on informal supports and locality, dependence on hospitals when in need of a service, and most seniors had no set plan for aging.

5. **Presenter:** Nicole Gustin, Bachelors, Biomedical Science & Nursing
Faculty Advisor: Meridell Gracias, DNP, Nursing

A Literature Review on the Effects of the Opioid Epidemic on Pain Management in Vulnerable Populations

Despite all the recent healthcare advances, older adults continually live in pain that is made tolerable through their opioid prescriptions, yet still undertreated. The current opioid epidemic has these vulnerable patients who suffer from chronic pain fearful that their pain will now be severely undertreated. This poster is meant to serve as a literature review of articles that address the effects of the current opioid epidemic has on vulnerable populations, such as the elderly.

6. **Presenters:** Ashleigh Harrah, Bachelors, Cell & Molecular Biology
Sarah Robertson, Bachelors/Masters, Cell & Molecular Biology
Faculty Advisor: Sok Kean Khoo, PhD, Cell & Molecular Biology

miRNA-34b/c as disease progression biomarkers for Parkinson's Disease

Parkinson's Disease (PD) is a neurodegenerative disorder that causes impaired motor control, tremors, and bradykinesia. Currently, no objective method to track disease progression exists. MicroRNAs (miRNAs) are small, regulatory molecules that decrease protein expression. Using quantitative real-time PCR to evaluate the expression of miRNA34b/c in sera of patients with fast and slow progression PD at time of diagnosis, we found fast progression PD patients have significantly higher expression of miRNA-34b (p-value=0.0025) and miRNA-34c (p-value=0.0156), when compared with slow progression PD patients. Thus, miRNA-34b/c may be used as potential biomarkers to differentiate fast from slow progressing PD.

7. **Presenters:** Michael Hudson, Bachelors, Biomedical Science & Behavioral Neuroscience; Paige Matusiak, Bachelors, Biomedical Science and Behavioral Neuroscience
Faculty Advisor: John Capodilupo, PhD, Biomedical Science

Investigation into the Cellular Processes of the GAP-43 Protein and Association with Learning and Memory in Alzheimer's Disease

Alzheimer's disease is a neurodegenerative disorder marked by cognitive and behavioral impairment that drastically interferes with occupational and general functioning. Although extensive research into β -Amyloid plaques and Neurofibrillary tangles has been conducted, the primary pathogenic factor of Alzheimer's disease, neuronal death and synaptic dysfunction, is often overlooked. The growth associated protein GAP-43 appears to facilitate neuronal pathfinding and branching during development and regeneration. It has been shown that GAP-43 may contribute to presynaptic changes that positively induce neurotransmitter release, spatial memory formation, and learning. We believe the main focus for finding a cure should include restoring normal neuronal synaptic activity.

- 8. Presenter:** Benjamin Kim, Masters, Health Administration
Faculty Advisor: Priscilla Kimboko, PhD, Public, Nonprofit and Health Administration

Healthy Behaviors for the Aging Population

This project focuses on healthy behaviors individuals can adopt in order to increase their health span and decrease their health care expenditures. This research identifies blood sugar problems, reduced oxygen deliverability, systemic inflammation, and hormone imbalances as root causes of accelerated aging. There are three diseases that kill 60% of people: cardiovascular disease, cancer, and neurodegenerative disease. This research identifies tactics to prevent or delay these diseases through adequate micronutrient intake, controlling insulin levels, reducing inflammation, prioritizing gut health, getting enough sleep, and periodizing exercise to optimize for longevity.

- 9. Presenter:** Macie Weiland, Masters, Cell & Molecular Biology
Faculty Advisor: Sok Kean Khoo, PhD, Cell & Molecular Biology

Leucine-rich repeat kinase 2 (LRRK2)-related microRNAs as progression biomarkers for Parkinson's disease

Parkinson's disease (PD), the second most common neurodegenerative disorder, is known to progress at different rates in patients. Currently, there is no objective method to track and stratify progression of PD patients. Thus, it is essential to identify PD progression biomarkers to better monitor the patients. MicroRNAs are small molecules that regulate gene expression and can reflect pathological status specific diseases. Leucine-rich repeat kinase 2 (LRRK2) is a gene involved in the pathogenesis of PD. Here, two LRRK2-related microRNAs, miR-29a and miR-29c, are evaluated in serum with the aim to differentiate slow from fast PD progressors.

11:45 am-1:00 pm.....LUNCHEON

**Gordon Gallery
Hager-Lubbers Exhibition Hall
Regency Room**

SESSION 7

Room117E

**Life Expectancy, Zip Code, and Telomeres
[N, O, NHA, S, T]**

In this talk, Dr. Chen will discuss a very recent study that reported shocking differences (i.e., as many as 20 years) in life expectancy among different areas of the United States over the period 1980 to 2014. The discussion will also be devoted to exploring the socio-economic, physical, and behavioral factors that may potentially contribute to these geographic inequalities in life expectancy. At the end, she will present the research on telomeres, a psychobiomarker of aging, in an effort to search a possible mechanism that may explain these inequalities in life expectancy at the cellular level.

Presenter: Jing Chen, PhD, Associate Professor, Psychology, GVSU

Dr. Chen 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 memory and maternal characteristics that affect early developmental outcomes. She teaches developmental courses including Perspectives on Aging and Lifespan Developmental Psychology.

Learning Objectives

Upon completion of this session, participants will:

1. Be familiar with the most recent research on geographic inequalities in life expectancy in the United States.
2. Be able to identify and discuss factors that contribute to the geographic inequalities in life expectancy.
3. Have a basic knowledge of the research on telomeres and aging.
4. Be prepared to take actions to help reduce the inequalities in life expectancy in the US.

SESSION 8

Room109D

**Older Adults Helping Other Older Adults: Productive Aging Through the Senior Companion Program
[N, O, S, T]**

This session will report the results of Dr. Marta Rodríguez-Galan focus group study of members of the Spanish Language Senior Companion Program in Rochester, NY. A common scenario was being a recent émigré who did not speak English, experienced social isolation, feelings of depression and had a desire to feel connected through volunteer work. Along with Latinos/Hispanics many older adults experience boredom, anxiety and depression. Volunteering can make older adults feel connected, useful and feel a sense of worth through the Senior Companion Program.

Presenters: Marta Rodríguez-Galán, PhD, Associate Professor of Sociology, St. John Fisher College, Rochester, NY; **Deborah Covell**, BS, Senior Companion Director, Senior Neighbors, Inc.

Dr. Marta Rodríguez-Galán is an associate professor of Sociology at St. John Fisher College, where she also directs the Gerontology program. She received her PhD in sociology at Northeastern University in Boston, Massachusetts. In addition, she also holds a Masters in Hispanic Studies and a Certificate in Gerontology. For over a decade now, she has been conducting research on aging and health with a particular focus on Hispanic/Latino communities in the U.S.

Deb Covell is the Director of the Senior Companion Program at Senior Neighbors in Kent County. She has been the director of the program for three years. Her goal is make sure senior never feel lonely and stay independent as long as possible.

Learning Objectives

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

1. Describe barriers to volunteering and other positive aging experiences among older adults.
2. Identify reasons why older adults want to help other older adults.
3. Describe the Senior Companion Program and how it benefits volunteers, their clients, family, friends and communities.

SESSION 9

Room136E

Caring for the Caregiver

[N, O, NHA, S, T]

Caring for the Caregiver describes the situation that many caregivers find themselves in; they end up needing care themselves as there are likely to experience a decline in their physical and mental health when they become a caregiver for a spouse, parent, child or other close relative or friend. Powerful Tools for Caregivers is a statewide, self-management program for caregivers. The workshop will provide the importance of such a program to caregivers in Michigan, some strategies taught during a workshop, and an overview of the curriculum.

Presenters: **Christi Demitz**, MSW, BS, Extension Educator, MSU Extension; **Holly Tired**, MA, BA, Senior Extension Educator, MSU Extension

Christi Demitz is an Extension Educator with Michigan State University Extension. She provides disease prevention and management education in community settings related to diabetes, pain management, fall prevention, and self-management. Christi has worked in public health disease prevention and management since 1996. She currently provides community education in Allegan, Barry, Kent and Ottawa counties.

Holly Tired has been a Family and Consumer Sciences Educator with Michigan State University Extension for the past 16 years. Her focus is on helping people be socially and emotionally healthy so they can lead

Anything that we can do to improve the lives of elderly people is welcome so far as I am concerned. Judi Dench





Sure I'm for helping the elderly.
I'm going to be old myself
someday. Lillian Gordy Carter

satisfying and productive lives. She has taught is a co-author of RELAX: Alternatives to Anger.

Learning Objectives

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

1. Recognize the importance of caregivers and caring for self in long-term caregiving situations.
2. Practice some strategies of positive self-care through sampling Powerful Tools for Caregivers.
3. Determine how the Powerful Tools for Caregivers workshop can complement the programs they currently provide.

SESSION 10

Room111D

Call Me, Maybe!

[O]

Despite an all-out advocacy campaign opposing the move, the Michigan legislature and governor have approved legislation that allows telephone service carriers to discontinue landline services to consumers when the carrier can demonstrate that there is a comparable voice service available to the consumers. This new policy took effect on January 1, 2018 and may catch many seniors and other consumers unaware. In this workshop, the options that are available to consumers will be presented. The session will highlight ways that individuals can protect themselves when they find the lack reliable telephone services.

Presenter: Melissa Seifert, MPA, Government Affairs, AARP Michigan

Melissa Seifert works in Lansing in Government Affairs for AARP Michigan. In this role, she executes AARP Michigan's legislative priorities to both state and federal elected officials. AARP is a nonpartisan 501(c) (4) organization with approximately 1.4 million members in Michigan. AARP advocates on issues that matter the most to people age 50+ and their families, such as health and long-term care services, income security, support for family caregivers, retirement planning, and protection from fraud and financial abuse. Melissa has worked around the capitol for 13 years as a legislative staffer and a multi-client lobbyist. She has worked for AARP for 5 years first as the Associate State Director for Economic Security and Work focusing her attention on financial security, workforce development, and Social Security. Melissa holds a Master's degree in Administrative Science from Central Michigan University.

Learning Objectives

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

1. Define 'comparable' phone services and understand the type of service they currently have.
2. Describe potential consequences of this change on consumers' access to 911 and home security services.
3. Identify the steps involved in a petition to the Public Service Commission when experiencing a lack of reliable phone services without a landline.

SESSION 11

Room138E

Grandy Land: Traveling Towards an Age-Friendly Grand Rapids [N, O, S, T]

Hear the results of innovative community outreach and listening techniques focusing on older adults. A presentation including techniques used, and resulting themes from a recent 20 location city-wide listening tour that included robust conversations and outreach to older adults, including those that may be dealing with issues of race, language, financial insecurity, physical and mental health, housing, literacy, transportation and isolation. Presentation will include emerging themes and proposed solutions.

Presenters: **Ginnie Smith**, Age-Friendly Community Coordinator, City of Grand Rapids Planning Department; **Jeff Steffen**, BS in Landscape Architecture, Assistant Planning Director, City of Grand Rapids Planning Department

Ginnie Smith is currently the project manager for Age-Friendly Grand Rapids, and is a passionate advocate for the needs of older adults and age-friendly communities. She brings to this position more than 40 years of customer service background from single family business to international sales and marketing, including 12 years at Spectrum Health. She says, "Customer service has been an excellent training ground because it has taught me to really stop and listen to the words of others in order to meaningfully understand their needs."

Ginnie also has 8 years as a family caregiver and advocate for older adult family members including independent living, assisted living, skilled nursing and hospice care. More recently she has worked for the Area Agency on Aging of Western Michigan in programs and public outreach with older adults and persons with disabilities. Currently she is conducting research, interviews and outreach for Age-Friendly Grand Rapids including completing a 22 location city wide listening tour including diverse groups of older adults. She was also instrumental in creating Grandy Land, an interactive game about age-friendly communities and Grand Rapids.

Jay Steffen is the Assistant Planning Director for the City of Grand Rapids, Michigan. He leads the Long Range Planning and Community Engagement Division. Recent project management efforts include the Michigan Street Corridor Plan, GRForward Downtown and Grand River Plan of Action and the Age-Friendly Communities listening tour.

Learning Objectives

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

1. Interview older adults about aging obstacles, using innovative techniques, including the newly created game "Grandy Land".
2. Utilize active listening and reflection with older adults from diverse populations to identify practical solutions.
3. Engage older adults in assessing living conditions on 8 different topics and proposing solutions for action.

SESSION 12

Loosemore Auditorium

Later Life Lessons from a Healthcare Provider and Caregiver

[N, O, NHA, S, T]

This workshop will be an open forum to discuss my experiences as a caregiver in terms of what worked, what the surprises were, and what was unresolved or failed. We will review a toolkit that includes pre-planning, such as living wills and durable power of medical decision-making, the values of autonomy and advocacy, and health literacy, and how these were deficient to meet the demands of aging in place. We will discuss how assessment such as Functional Assessment Staging Test (FAST) and the Modified Caregiver Strain Index (MCSI) may be helpful in discussions with family members/caregivers. Lastly, we will discuss the underutilization of hospice.

Presenter: Geraldine Terry, MD, MSN, BSN/MD, RN, Caregiver AND Assistant Professor, KCON, Grand Valley State University

Dr. Terry's expertise originates from her role as caregiver and healthcare liaison to my extended family. Though formally educated as a pediatrician she has spent almost 20 years as a caregiver for aging or dying family members. With the advantage of her medical credentials, she has been invited to a behind-the-scenes view by many healthcare providers and has tried to influence their decision-making, all the while being a patient advocate.

Learning Objectives

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

1. Discuss what it is "to be prepared" for aging in place.
2. Explain what happens when the value of autonomy collides with beneficence and non-maleficence.
3. Describe how to maintain hope and joy as a caregiver.

2:00 pmBREAK

2:15 pmMID AFTERNOON WORKSHOPS

SESSION 13

Loosemore Auditorium

The Power of Resilience in Aging Well

[N, O, NHA, S, T]

This workshop will address building resilience to help us and others deal with adversities we face in all areas of life. The aging process brings

unique challenges, and building resilience throughout a lifetime can help mitigate those difficulties and bring personal growth even through challenging circumstances.

Presenters: **Anne Ellermets**, MPA, Director of Contracted Services and Program Development, AAAWM; **Lisa Misenhimer**, MSW, Director, Rethinking Dementia, Accelerating Change

Anne Ellermets is Director of Contracted Services and Program Development. As such she manages the funding processes for the Area Agency on Aging of Western Michigan [AAAWM] nine-county region and oversees the Caregiver Resource Network and Dementia Friendly Grand Rapids. Her career has focused on providing services and resources to older adults and family caregivers to help them along their journey.

Lisa Misenhimer is the Director of Rethinking Dementia: Accelerating Change, where she oversees a collective impact process to address the needs of people with dementia and those that care for them. She holds a Master's degree in Social Work with a concentration in aging from the University of Michigan. Lisa has experience advocating and creating programs to address the needs of seniors and educating the community about health topics including dementia, current aging policy issues, and services for older adults.

Learning Objectives

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

1. Apply examples of others who have faced adversity to the circumstances of their own lives.
2. Describe six methods for building resilience throughout their own aging journey.
3. Define the “Platinum Rule” of resilience and apply it to helping others through difficult times.

SESSION 14

Room138E

Why What Matters to You Matters to Me – How Person-Centered Advocacy Overcomes Barriers Aging Well

[N, O, NHA, S, T]

The workshop will begin by cultivating participants' understanding of person-centered advocacy. A holistic approach to life management including environment, psychosocial, health, and financial/legal planning will be introduced as a framework for helping older adults consider their current strengths and future opportunities.



Hollywood does not write parts for people like me, an elderly gentleman, and when they find out you're crippled, forget about it. No, I'll never work again. Ricardo Montalban

As the technology is developed, autonomous driving could provide driving opportunities for the physically challenged or enable the elderly to continue driving longer. This will be vital as many nations experience an aging population. William Clay Ford, Jr.



Advocates invite older adults to identify what matters most to them, then share strategies.

Presenters: **Karen Vander Laan**, PhD, MSN, RN, Nurse Advocate, IKOR of North Grand Rapids; **Sanford Freed**, BS, Certified Senior Advisor, Managing Director, IKOR of North Grand Rapids

Dr. Vander Laan brings 32 years of professional nursing experience to her current role as Nurse Advocate for older adults. Her practice roles as a critical care staff nurse, nurse educator, regional burn center nurse manager, clinical nurse specialist for neuroscience, orthopedic, and surgery patients, senior nurse researcher, and ethics consultant provide a strong interprofessional foundation for interacting with clients, their family members, and their health care team members.

Sanford Freed is the Managing Director of IKOR Life Care Management. He began serving older adults and their family caregiver in 1995 when he founded SafeCall Home Medical Alarms. After selling that company in 2015 he opened the first IKOR office in Michigan. Sanford is active with the Caregiver Resources Network, Council on Aging of Kent County, Elder Abuse Coalition of Kent County, Making Choices Michigan, Dementia Friendly Grand Rapids, and holds certification as a Senior Advisor.

Learning Objectives

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

1. Construct a person-centered approach to advocacy.
2. Employ resources to help older adults identify and communicate what matters most to them.
3. Jointly appraise progress toward goals and formulate next steps for change.

SESSION 15

Room136E

I'm Going to Pump You Up: Implementing Exercise Routines for Seniors in Community and Long-Term Care Settings

[N, O, NHA, S, T]

This presentation will explore the benefits of exercise for seniors, but also how exercise is changing as the Baby Boomer generation gets older. It will cover the presenter's experiences of implementing exercise groups in LTC setting, as well as resources used to implement such groups. Community resources will also be discussed, with handouts given of different

opportunities based on preferences of individuals. Lastly, technology and applications will be discussed and their potential benefits for seniors.

Presenter: Nicholas Wahl, BS, CRTS, Recreation Therapist, Brookcrest Rehabilitation and Life Center

Nicholas Wahl holds a BS in Therapeutic Recreation. He has worked in LTC settings for the past 4 years as Director of Life Enrichment, as well as CTRS of Subacute Rehab unit in a skilled nursing facility (SNF). He currently leads high intensity exercise groups 3-5 times per week for persons with physical and/or mental disabilities in SNF facility.

Learning Objectives

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

1. Identify 3 physical or mental benefits of exercise.
2. Identify 3 different interventions/types of exercise.
3. Identify 3 ways to use the internet or technology to search for exercise routines and classes.

SESSION 16

Room117E

HomeSharing: Friendship, Financial Support, and Help Within the Home

[O]

This session will explore the concept of home sharing - opening your home to a housemate, or becoming a housemate yourself - for Grand Rapids seniors. We'll address local senior housing support options, GRHomeShare Program specifically, how to find a compatible, safe housemate, the benefits of home sharing to homeowner and renter alike, and the importance of staying in your own home with supportive, live-in help.

Presenter: Lily Fossel, GRHomeShare Program Manager, New Development Corporation

Lily Fossel is a 3-year veteran of the non-profit sector and a 2-year AmeriCorps alumna specializing in disaster relief, financial education, housing, and senior concerns. She is a MSHDA-certified Homebuyer Educator and Financial Coach. She currently serves as the Program Manager of the GRHomeShare program seeking to match senior homeowners with individuals struggling for housing.

Learning Objectives

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

1. Leverage their home as a source of rental income.
2. Safely find a housemate to share their home and life.
3. Expand their options to stay in their home with supportive options for home maintenance, companionship, safety, and care.
4. Describe how Grand Rapids senior housing options are growing and changing.

SESSION 17

Room109D

Role of Leisure for Veterans Through the Ages

[O, NHA, S, T]

This workshop provides insight into leisure and its purpose for the aging veteran community. How different war eras effected leisure involvement for veterans will be examined. Personal interviews with veterans from various eras will be discussed in detail in regards to their leisure and health. We will discuss how understanding leisure awareness through different war eras allow us to be more versatile in our treatment planning and interventions as recreational therapists. Finally, we will provide personal ideas and recommendations for professionals when working with the growing veteran community.

Presenters: **Stephanie Hamacher**, BS, Certified Therapeutic Recreation Specialist, Grand Rapids Home for Veterans; **Denver Lawrence**, BS, Certified Therapeutic Recreation Specialist, Grand Rapids Home for Veterans

Stephanie Hamacher graduated from Grand Valley State University in 2014 where she was nominated 'Student of the Year.' She received the Peg Connolly scholarship in 2014 allowing her to work the Annual American Therapeutic Recreation Association conference. She spent two years working at a children's psychiatric hospital. Stephanie currently works with elderly veterans in the Grand Rapids area. She develops and implements daily activities, improving the quality of life and overall health for the veterans she serves.

Denver Lawrence graduated with a Bachelors in Health and Human Services specializing in Recreational Therapy from Eastern Michigan University in 2016. During his studies he participated in internships which in physical medicine and rehab, TBI and spinal cord injuries. He has been working at the Grand Rapids Home for Veterans since June of 2017.

Learning Objectives

Upon completion of this session participants will be able to:

1. Understand the purpose and importance of leisure for veterans.
2. Gain insight on how different war eras effected leisure involvement.
3. Knowledge of possible interventions to use when working with aging veterans.

SESSION 18

Room111D

Building Relationships: Caregivers and Loved Ones with Dementia

[O, NHA, S, T]

Leara Glinzak and Tim Tuthill co-led a 6 week therapeutic modality focused on enhancing psychosocial needs through art therapy, connection, mindfulness and spirituality with caregivers and their loved ones living with memory loss in the greater Grand Rapids area. Authentic relationships were created among three categories: caregivers to caregivers, those experiencing Dementia with one another and then between the caregivers and their loved ones with Dementia. Presenters will share the curriculum format designed from a person centered model,



If people can fit their work around caring responsibilities for the elderly, the disabled, then again that's very positive. Theresa May

the outcome of the art pieces as it acted as a direct reflection of bridging those relationships in addition to personal reflection for introspective work and results from participant evaluations.

Presenters: **Leara Glinzak**, MSAT, Owner and Art Therapist, I LIGHT, LLC; **Timothy Tuthill**, MDiv, MSW, Director of Pastoral Care, First United Methodist Church of Grand Rapids

Leara Glinzak has her own practice, I LIGHT, and is an Art Therapist working in the Grand Rapids area. She specializes in grief, dementia, terminal illness and distress. She has research published in the Journal of the American Art Therapy Association and has presented nationally and locally.

Timothy Tuthill has worked in multiple settings with older adults in home, community and residential settings. His approach is to work alongside of people, centering on their human need to find meaning and purpose in the face of life changes and circumstances. He holds a M.Div. from Southern Methodist University and an MSW from MSU.

Learning Objectives

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

1. Identify the benefits of creating connections through positive relationships during a time of grief.
2. Describe effective techniques to build/enhance relationships between caregivers and their loved ones with memory loss.
3. Understand the curriculum developed by the presenters as a basic format on which build, in order to create their own curriculum.

3:15 pmBREAK

3:30 pmCLOSING SESSION

Loosemore Auditorium

Telling Their Stories: Finding Ways to Help Self and Others Overcome Barriers to Healthy Aging
[N, O, NHA, S, T]

Sometimes the topic of 'overcoming barriers to healthy aging' seems to be either too abstract or too personal. Yet the reality is that many of those who face barriers do succeed in overcoming them, usually with the help of others. The goal of this session is to illustrate through personal stories how three very different types of barriers encountered by older adults were overcome. Two stories derive from personal experiences,

while the others are collected through interviews with older adults by a local researcher. Such barriers often seem insurmountable - a life threatening case of sepsis; the sudden death of a spouse resulting in a new widowhood and 'living alone'; and the disconnect from family and friends which can come from changing communication technologies. Hear the panelists' stories as they share how they or others overcame setbacks and barriers, who they turned to for help. Interact with the panelists and participate with the audience to explore what you can do to help yourself, others you know, or those whom you encounter in your daily work and life, when facing such challenges.

Panelists: Lori Dillman, MA; David Rothbart, BS; Veronica Kirin, BA

Lori Dillman was born and raised in the Chicago area. She dropped out of college to get married, but that first marriage did not work out well. However, her second marriage did last for many years until the death of her husband in 1998. Between the two unions, she has seven children, with 23 great grandchildren and six great grandchildren. The family came to Michigan in 1987, when her husband became a professor of English at CMU. Lori worked at CMU as a secretary. She was able to complete both a bachelor's and a master's degree while there, because the credits were free for employees. After she finished her Master's degree in 1999, she retired. As a widow now for nearly 20 years, she has found way to fill her life with her interests and passions quilting, family, exercise, reading, health eating, and more recently service as a coach and participant in Senior Odyssey and a coach for Matter of Balance classes.

Two years ago, **David Rothbart** became gravely ill with septic shock, stroke and open-heart surgery to replace his mitral and aortic valves. He chronicles the event and his will to survive in the book *Game Changer*. He has since become an advocate for sepsis awareness and life after a catastrophic illness. David was born and raised in New Jersey and now, along with his wife, is a resident of Grand Rapids. He and his wife, Janet, married in 1976, have two married sons and two grandsons, whom they adore. David grew up in a multicultural family of Russian and Polish descent which made for a very interesting childhood, which he wrote about in his published book, *Little Jersey Boy*.

David is a 1976 graduate of Fairleigh Dickinson University. He did post graduate work at the Lincoln Graduate Center in environmental studies. After finishing his environmental studies David opened a building inspection business which was bought by US Inspect, a national inspection company outside of Washington, DC. He worked for US Inspect for many years in management as a building consultant. Eventually he became director of the Reserve Study division at USI Commercial until his retirement in 2014. David is a long-time photo artist and has authored and published 4 books, *Game Changer*, *Little Jersey Boy*, *My Zen and Poetic Imagery*, a collaboration with Buffalo poet Fred Whitehead. He is currently collaborating with playwright Ryan Kaminski in developing "Game Changer" into a stage play.

Veronica Kirin is a GVSU alum, Social Anthropologist, Coach to LGBTQ Entrepreneurs, and the author of *Stories of Elders: What the Greatest*

Generation Knows About Technology that You Don't (2018, Identity Publications). In 2015, she traveled 11,000 miles nationwide to interview elders about how technology changed society over their lifetimes. Through this work she discovered some of the common themes in elders' pursuit of healthy aging and the influence of technology on their relationships, health, and access to information. Her forthcoming book tells their stories and takes a hard look at just how technology affects every aspect of our lives. When she is not traveling the world, Veronica can be found residing in her restored historic home in Grand Rapids with her cat, Turbo.

Moderator: Priscilla J. Kimboko, PhD, Professor, School of Public, Nonprofit & Health Administration; Coordinator, Art & Science of Aging Conference

Priscilla Kimboko has nearly 40 years/experience in the field of aging, as a faculty member and leader at the local, state and national levels. She worked with the Wyoming Commission on Aging in the 1980's to develop a care management system throughout that rural state, and has served in an advisory capacity to AAAs in Colorado and Michigan, as well as with nursing homes and retirement communities. She has extensive experience conducting program planning, implementation and evaluations for aging service providers, and leading training programs for the general public around aging issues. She worked as a researcher at the Regional Research Institute for Human Services at Portland State and as an adjunct faculty member and researcher at the University of Denver, Graduate School of Social Work Institute on Aging. She served in the masters and bachelors programs in Gerontology at the University of Northern Colorado, where she taught grant writing, program planning, program evaluation as well as management of aging services and the aging services system.

Priscilla is currently a full professor in the School of Public, Nonprofit and Health Administration in the Masters of Public Administration and the Masters in Health Administration programs, where she teaches courses on aging, long term care organization and administration and public management. She spent nearly 20 years as a higher education administrator, with responsibilities for graduate education and sponsored programs. Currently she serves as Vice-Chair of Advisory Council of the AAAWM, and co-chair of the Dementia Friendly Grand Rapids initiative. With regard to dementia, she was the primary caregiver of her husband with vascular dementia for over 7 years. She has coordinated the annual Art & Science of Aging Conference since 2005.

Learning Objectives

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

1. Understand the wide array of barriers that they and others may encounter in the aging process.
2. Identify who older adults typically turn to for support in overcoming barriers.
3. Describe ways in which each of us can, in turn, help others overcome such barriers in their personal and professional lives.

Continuing Education Credits

Workshops at this conference have all been reviewed and approved for continuing education units for various professionals: nurses, social workers, nursing home administrators, occupational therapists, and therapeutic recreation professionals. While each workshop has been approved for CEUs, you will need to consult the Personal Conference Planner on the back of this brochure for the specific sessions considered applicable to your profession. Each person seeking CE's must also check in with the designated representative prior to the opening session to determine the approval and documentation process for the day. You must also complete the evaluation for each session you attend, and for the entire conference, as partial validation of your participation.

Nursing [N]

Grand Valley State University Kirkhof College of Nursing (KCON), 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. Units earned at this conference have been approved by the KCON.

Nursing Home Administration [NHA]

Grand Valley State University is a Certified Sponsor of professional continuing education with the National Association of Long Term Care Administrator Boards (NAB). The designated educational offerings in this program have been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB). At the time of program printing, these offerings were pending approval.

Occupational Therapy [O]

The National Board for Certification of Occupational Therapists (NBCOT) state the following about CEUs. 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/employers verifying contact hours, or CEU, date, event title, attendee name and workshop agenda, if any.

Social Work [S]

Grand Valley State University School of Social Work is an approved provider within the Michigan Social Work Continuing Education Collaborative, Provider @ MICEC-0004. This program is approved for 5.0 hours.

Therapeutic Recreation [T]

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that every session for this continuing education opportunity will be granted CEUs. The pre-review process identified the sessions that are considered deserving of CEUs, pending final approval by ATRA and NCTRC.



- Independent living offering beautiful, new apartment homes
- Fresh-from-the-garden cuisine
- Activities & amenities that inspire you
- Worry-free living
- On-campus access to a full continuum of care, including:
 - Assisted living
 - Memory support
 - Skilled nursing

Exceptional Living

At Beacon Hill at Eastgate, our attentive, nurturing approach infuses every aspect of our welcoming neighborhood community. Best of all, there is a plan for tomorrow's what-ifs, easing your mind about the future. We invite you to come explore everything Beacon Hill has to offer.

BEACONHILL

AT
Eastgate

COME SEE WHAT'S NEW AT BEACON HILL! CALL (616) 608-8254 TODAY
TO SCHEDULE A VISIT AND EXPERIENCE OUR EXTRAORDINARY HOSPITALITY FOR YOURSELF.

1919 BOSTON STREET SE • GRAND RAPIDS, MI 49506
(616) 608-8254 • BEACONHILLGR.ORG



VIBRANT • WELCOMING • ALWAYS GROWING



In a **Livable Community**,
people of all ages can

GO FOR A WALK

GET AROUND WITHOUT A CAR

SHOP, SOCIALIZE AND BE ENTERTAINED

WORK OR VOLUNTEER

FIND THE SERVICES THEY NEED


LIVE SAFELY AND COMFORTABLY

... and make their town, city or neighborhood a lifelong home.

AARP[®]
Real Possibilities
Michigan


AARP is helping Michigan communities become great, livable places for people of all ages.

To begin advancing age-friendly efforts in your neighborhood, request a free copy of the AARP Network of Age-Friendly Communities booklet by emailing mi@aarp.org or calling toll-free 1-866-227-7448.

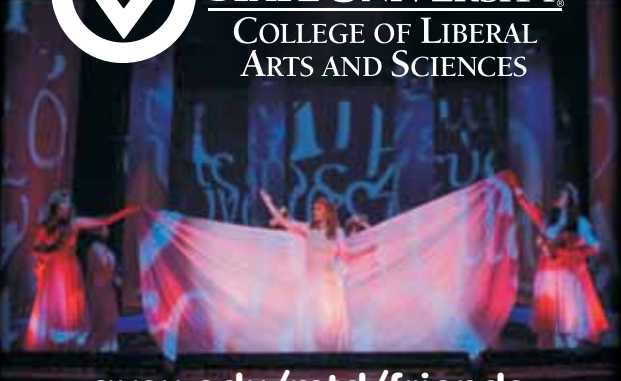


**FRIENDS OF
Music, Theatre, and Dance**


Want to know about upcoming performances featuring GVSU students?
Fill out a simple online form to get notice of upcoming shows in your inbox.




**GRAND VALLEY
STATE UNIVERSITY**
COLLEGE OF LIBERAL
ARTS AND SCIENCES



gvsu.edu/mtd/friends




*Be Yourself
at Samaritas*



Samaritas™
Senior Living

Independent Living | Memory Care | Rehabilitation
Skilled Nursing | Assisted Living | Home Health

Call 616.452.5900 for a tour - or learn more at samaritas.org/seniors




COLLEGE OF COMMUNITY AND PUBLIC SERVICE

**ENGAGE.
ENRICH.
ENHANCE.**

CRIMINAL JUSTICE **POLICE ACADEMY**
HOSPITALITY AND **PUBLIC AND NONPROFIT**
TOURISM MANAGEMENT **ADMINISTRATION**
LEGAL STUDIES **SOCIAL WORK**

Discover the rewarding majors in GVSU's
College of Community and Public Service.



**GRAND VALLEY
STATE UNIVERSITY**
COLLEGE OF COMMUNITY
AND PUBLIC SERVICE

gvsu.edu/ccps/engage

I'm an old, white-haired guy. If I'm not recognized, I'm treated pretty much like every other elderly person. But if people recognize me, it's a whole different thing. Dick Van Dyke



VISION: To create an environment that is recognized and respected for excellence in teaching, scholarship and service to the community, our professions, and the constituents we serve.

We will be recognized for our collegiality, collaboration, evidence based practice, and development of life-long learners.

MISSION: To prepare exceptional professionals who will impact the health and well-being of the larger community.

VALUES

- Professional and ethical behavior
- Respect and appreciation of differences
- Life-long learning
- Excellence in teaching, scholarship, practice
- Appreciation of personal well-being
- Collegiality and collaboration
- Social responsibility



301 Michigan Street NE, Suite 200, Grand Rapids, MI 49503
Phone 616-331-3356 Fax 616-331-5999



gauthier family
HOME CARE

Compassion - Trust - Integrity

www.gauthierfhc.com

616-560-4057

welcome
to the family.



How do you want to live?

Collaborators in Care. Serving the community since 2013, Emmanuel Hospice is a collaborative effort among four of West Michigan's leading senior caregivers.

We serve all who need end-of-life care, partnering with friends, family, neighbors, faith leaders, and the community at large to encircle your loved one with compassion.



Emmanuel Hospice

St. Ann's | Clark | Porter Hills | Sunset

2161 Leonard St. NW, Grand Rapids, MI 49504
616-719-0919 • emmanuelhospice.org



GLHC

GREAT LAKES HEALTH CONNECT

The combination of information systems, clinical data solutions, and outstanding customer service.

Advancing the delivery and coordination of healthcare.

main 844-454-2443
fax 616-588-4710
email info@GL-HC.org
www.GL-HC.org


Creating Care Connected Communities





Holland Home™

A Mission to Serve. A Promise of Care.

For more information call 616.643.2730
or visit us online at
HollandHome.org.






**LIVE
YOUR
best
LIFE**



PORTER HILLS

616-949-4975
www.porterhills.org


**Pilgrim Manor is
transforming aging by
improving the quality of life
for the individuals served in:**

- Assisted Living
- Memory Care
- Long-Term Care
- Fast Track Rehab

Call 616.458.1133
to schedule your tour
of Pilgrim Manor today!
Visit pilgrimmanor.org
for more information



**RUTH FROST PARKER
CENTER FOR
ABUNDANT AGING**

Pilgrim Manor benefits
from United Church
Homes' Ruth Frost
Parker Center for
Abundant Aging.
The center is focused
on innovation and
education through
interdisciplinary
conversations.


Visit abundantaging.org



**PILGRIM
MANOR**

2000 Leonard Street NE | Grand Rapids, MI 49505
616.458.1133 | pilgrimmanor.org | A United Church Homes Community

We do not discriminate based upon race, color, creed, national origin, religion, gender, sexual orientation, gender identity and/or expression, age, disability, genetic information or ancestry.

unity®
of Grand Rapids
A positive path for spiritual living.

1711 Walker Avenue NW
616.453.9909
unityofgrandrapids.org
Service: Sundays at 10:30 AM

God Is!
I Am!
I Think It!
I Pray It!
I Live It!

Discover, explore and apply these principles and many other Unity teachings to your life. We provide opportunities for growing your spiritual understanding through prayer and meditation, weekly worship, continuing education and sacred service.



RESPONDING TO COMMUNITY NEEDS
Interprofessional Certificate in
Palliative and Hospice Care

ENROLLING NOW
www.gvsu.edu/phc




ENCORE

second acts for a greater Grand Rapids

Encore is tapping into the skills and experience of individuals in their midlife and beyond to improve communities and the world.

Learn More!
www.grfoundation.org/encore
Powered by Grand Rapids Community Foundation

**The closest thing to being
cared for is to care for
someone else.**
Carson McCullen

THERE'S NO PLACE LIKE
home.



Helping older adults live independently.



Contact us to learn more:
(888) 456-5664
aaainfo@aaawm.org
www.aaawm.org



Maximize the Golden Years.

Depression is not a normal part of aging.
Call 866.852.4001 to learn about treatment.



pinerest.org/outpatient





CARE RESOURCES
Program of All-inclusive Care for the Elderly

Please remember the real me, when I cannot remember you.

Never Argue. Instead, Agree	Never say "I told you". Instead Repeat
Never Reason. Instead, Divert	Never say, "You can't". Instead say, "Do what you can."
Never Shame. Instead, Distract	Never Command or Demand. Instead, Ask or Model
Never Lecture. Instead, Reassure	Never Condescend. Instead, Encourage and Praise
Never say "Remember". Instead, Reminisce	Never Force. Instead, Reinforce






Donijo Robbins
 Professor of Public Finance
 GVSU
 School of Public,
 Nonprofit and
 Health Administration



**Senior
NEIGHBORS**
 no longer alone

Senior Centers • Volunteerism • Meals
 Health and Wellness • Home Maintenance
 Transportation • Support Services

Senior Neighbors
 678 Front Ave NW, Suite 205 Grand Rapids, MI 49504
 (616) 459-6019 | seniorneighbors.org



CPA for Seniors
 — Rivertown Finance —

Daily Money Management
 Trust & Estate Services
 Conservatorship Accounting

CPAforSeniors.com - 616.528.8128



**ADVOCATES
for Senior Issues**

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?
 Call **616-222-7015** or visit
www.advocatesforseniorissues.org



**It's hard to forget someone
 that gave you so much
 to remember.**

13TH ANNUAL ART & SCIENCE OF AGING CONFERENCE

Books on Overcoming Barriers to Healthy Aging

COMPILED BY ASHLEY ROSENER, GVSU LIAISON LIBRARIAN



Aging: An Apprenticeship

Nan Narboe
Red Notebook Press, 2017.
ISBN: 0692753990

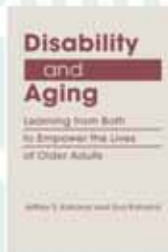
This book is a collection of 56 essays that offer an intimate and lyrical account of aging through the decades.



Getting My Bounce Back: How I Got Fit, Healthier, and Happier (And You Can, Too)

Carolee Belkin Walker
Mango, 2018.
ISBN: 1633537102

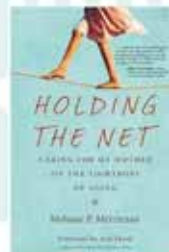
Walker shares how to make the time to exercise and push yourself physically and mentally in order to age well.



Disability and Aging: Learning from Both to Empower the Lives of Older Adults

Jeffrey Kahana and Eva Kahana
Lynne Rienner Publishers, 2017.
ISBN: 1626375909

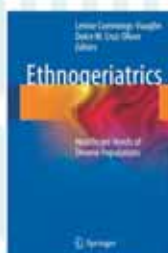
The authors synthesize disability and gerontological perspectives to look at practices and policies to enhance the lives of older adults.



Holding the Net: Caring for My Mother on the Tightrope of Aging

Melanie P. Merriman
Green Writers Press
ISBN: 099870122X

A memoir written for people who have cared for a parent, are currently facing that challenge, or are aging parents themselves.



Ethnogeriatrics: Healthcare Needs of Diverse Populations

Edited by Cummings-Vaughn and Crus-Oliver.
Springer, 2017.
ISBN: 3319165578

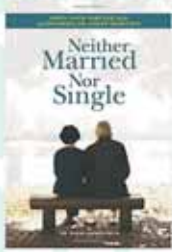
A comprehensive look at ethnogeriatric foundations, research issues, clinical care in ethnogeriatrics, education and policy.



Just Caring: Health Care Rationing and Democratic Deliberation

Leonard M. Fleck
Oxford University Press, 2007.
ASIN: B003EEMG6A

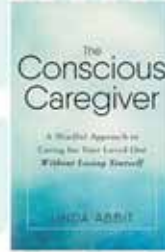
A look at the central moral and political challenges of health reform. Fleck argues we can make health care rationing fair.



Neither Married Nor Single: When Your Partner has Alzheimer's or Other Dementia

David Kirkpatrick
Brush Education, 2018.
ISBN: 1550597280

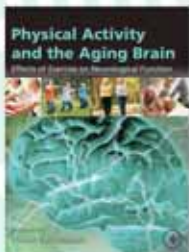
Dr. Kirkpatrick shares his double perspective as both a husband coping with a profound change in his marriage and as a geriatric psychiatrist striving to learn and do as much as possible for his wife.



The Conscious Caregiver: A Mindful Approach to Caring for Your Loved One Without Losing Yourself

Linda Abbit
Adams Media, 2017.
ISBN: 1440597731

Abbit is a veteran of the caregiving industry and shares her advice on taking care of an older parent or loved one.



Physical Activity and the Aging Brain: Effects of Exercise on Neurological Function

Edited by Ronald Ross Watson
Academic Press, 2017.
ISBN: 0128050941

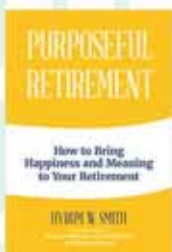
This book provides researchers and students a complete understanding of the role of exercise in healthy brain aging.



The Telomere Effect: A Revolutionary Approach to Living Younger, Healthier, Longer

Dr. Elizabeth Blackburn and
Dr. Elissa Epel
Grand Central Publishing, 2017.
ISBN: 1455587974

A *New York Times* bestselling A *New York Times* bestselling book coauthored by the Nobel Prize winner who discovered telomerase and the telomeres' role in aging.



Purposeful Retirement: How to Bring Happiness and Meaning to Your Retirement

Hyrum W. Smith
Mango, 2017.
ISBN: 1633535037

An award-winning author provides a tested and actionable retirement guide to re-imagining your life and trying new possibilities.



Women and Positive Aging: An International Perspective

Lisa Hollis-Sawyer and
Amanda Dykema-Engblade
Academic Press, 2016.
ISBN: 0124201369

This book looks at the positive aging issues of women from different backgrounds and life situations.

Special Thanks

To all the following individuals who actively participated in the Aging Conference Planning Committee, serving as recruiters of workshop presenters, or editing the conference materials, taking on specialized roles in the event. They represent faculty and staff from across the university, and community professionals from across the aging network, including retirees.

- **Cynthia Beel-Bates**, GVSU Kirkhof College of Nursing
- **Iryna Bilan**, MPA Graduate Student (Assistant to Conference Coordinator)
- **Karen Burchard**, GVSU Information Technology
- **Teresa Castelao-Lawless**, GVSU Philosophy
- **Dawn DeVries**, GVSU Therapeutic Recreation
- **Christopher Dondzilla**, GVSU Movement Sciences
- **Anne Ellermets**, Area Agency on Aging of Western Michigan
- **Raymond Higbea**, GVSU School of Public, Nonprofit & Health Administration (Evaluation)
- **Sok Kean Khoo**, GVSU Cell & Molecular Biology
- **Priscilla Kimboko**, GVSU School of Public, Nonprofit & Health Administration (Conference Coordinator)
- **Linda Kirpes**, Covenant Village of the Great Lakes
- **Marenta Klinger**, Holland Home
- **Christopher Kurby**, GVSU Psychology
- **Julie Lake**, Senior Neighbors/Senior Odyssey
- **Sherry Moyer**, GVSU School of Public, Nonprofit & Health Administration (Registration)
- **Jennifer Feuerstein**, AARP MI
- **M. Lisa Pagnucco**, GVSU Physician Assistant Studies
- **Judy Palmer**, GVSU Continuing Education, Grand Forum
- **Heather Wallace Renter**, GVSU Kirkhof College of Nursing (Volunteer Coordinator)
- **Carol Rausch**, GVSU Nursing - Research and Faculty Development
- **Ashley Rosener**, GVSU University Libraries
- **Jane Royer**, GRCF Encore Program
- **Kathleen Scheuerle**, GVSU School of Social Work
- **Sandra Spoelstra**, GVSU Kirkhof College of Nursing
- **Chad Sutcliffe**, GVSU Allied Health Professions
- **Elliot Talen**, Samaritas
- **Connie Udell**, Retired

PERSONAL CONFERENCE PLANNER

CONTINUING EDUCATION CREDITS (CEU)

N = Nursing, O = Occupational Therapy, S = Social Work, T = Therapeutic Recreation, NHA = Nursing Home Administration

Time/Session	Session Title	CE's	Presenter	Room	Attend
8:15 - 9:00 AM	Registration			Hager-Lubbers Exhibition Hall	
8:15 AM - 1:15 PM	CEU Check-in			119E	
9:00 - 10:30 AM	Sponsor Displays			Hager-Lubbers Exhibition Hall	
10:30 - 11:30 AM	Aging in the 21st Century: Overcoming Barriers to Healthy Aging	N, O, NHA, S, T	Gwendolyn Graddy-Dansby, MD	Loosemore Auditorium	
	1 Move It or Lose It: Influence of Physical Activity on Brain Function	N, O, NHA, S, T	Sok Kean Khoo, PhD	Loosemore Auditorium	
	2 Five Things You Need to Do Before You Lose Your Mind	O, NHA, S, T	Catherine Jacobs, JD	111D	
	3 AARP HomeFit Program: How to Stay in the Home You Love as You Age	N, O, NHA, S, T	Michael Patrick O'Connor, OTRL, CAPS, CBIST	109D	
	4 Montessori: Enriching Lives of Persons Living with Dementia	N, O, NHA, S, T	Paula Baughman, BS, CMP Renee Van Y, BS, CTRS, CMP	138E	
	5 Aging in Place to Advance Better Living for Elders in Michigan: An Evidence-Based Model	N, O, S, T	Sandra Spoelstra, PhD, RN, FGSA, FAAN	136E	
	6 Geriatric Population with Mental Illness Impacted by Bias: Are WE all guilty?	N, O, NHA, S, T	Darleen Hoffert, DNP, RN, AGNP-C, QMHP, LNC	117E	
11:15 AM - 12:45 PM	Student Researcher Posters			West Hallway	
11:45 - 1:00 PM	LUNCH			Regency Room, Gordon Gallery Hager-Lubbers Exhibition Hall	
1:00 - 2:00 PM	7 Life Expectancy, Zip Code and Telomeres	N, O, NHA, S, T	Jing Chen, PhD	117E	
	8 Older Adults Helping Other Older Adults: Productive Aging through the Senior Companion Program	N, O, S, T	Marta Rodriguez-Galan, PhD Deb Covell, BS	109D	
	9 Caring for the Caregiver	N, O, NHA, S, T	Christi Demitz, MSW Holly Tiret, MA	136E	
	10 Call Me, Maybe!	O	Melissa Seifert, MPA	111D	
	11 Grandy Land: Traveling Towards an Age-Friendly Grand Rapids	N, O, S, T	Ginnie Smith Jay Steffen, BS	138E	
	12 Later Life Lessons from a Healthcare Provider and Caregiver	N, O, NHA, S, T	Geraldine Terry, MD, MSN	Loosemore Auditorium	
	13 The Power of Resilience in Aging Well	N, O, NHA, S, T	Anne Ellermets, MPA Lisa Misenhimer, MSW	Loosemore Auditorium	
2:15 - 3:15 PM	14 Why What Matters to You Matters to Me - How Person-Centered Advocacy Overcomes Barriers to Aging Well	N, O, NHA, S, T	Karen Vander Laan, PhD, MSN Sanford Freed, BS, CSA	138E	
	15 I'm Going to Pump You Up! Exercise for Seniors in Community and Long Term Care Settings	N, O, NHA, S, T	Nicholas Wahl, BS, CTRS	136E	
	16 HomeSharing: Friendship, Financial Support and Help Within the Home	O	Lily Fossel	117E	
	17 Role of Leisure for Veterans through the Ages	O, NHA, S, T	Stephanie Hamacher, BS, CTRS Denver Lawrence, BS, CTRS	109D	
	18 Building Relationships: Caregivers and Loved ones with Dementia	O, NHA, S, T	Leara Glinzak, MSAT Timothy Tuthill, MDIV, MSW	111D	
	Telling Their Stories: Finding Ways to Help Self and Others Overcome Barriers to Healthy Aging	N, O, NHA, S, T	Lori Dillman, MA David Rothbart, BS Veronica Kirin, BA Priscilla Kimboko, PhD	Loosemore Auditorium	
3:30 - 4:30 PM CLOSING SESSION					