

MATTERS OF the Meant

The Art & Science Of Aging

Grand Valley State University's

4th Annual Multi-Disciplinary Conference Friday, February 20, 2009

> GVSU DeVos Center 401 W. Fulton, Grand Rapids, MI



What is the Art & Science of Ging Conference?

It is an interdisciplinary forum featuring research on aging topics and best practices in working with and for the older adult. Each year there is a theme featured. For 2009, the theme is "Matters of the Heart."

The goal of the annual Grand Valley State University Art & Science of Aging Conference is to broaden the dialogue on aging within West Michigan by providing an interdisciplinary forum where research on aging topics and best practices in working with and for the older adult are presented. To achieve this goal, the conference planners identify a current "hot topic" in the aging field as a conference theme, identify a national speaker to present the research on that them and translate the implications of research for practice.

Faculty and students at GVSU and surrounding educational institutions are invited to submit papers and workshops, or poster sessions on any aging-related research or topic. The invitation is also extended to colleagues at other universities throughout North America. Sessions are grouped into common "tracks." Please see the information to the right for more information on this year's tracks. There are student poster presentations and boxed lunches, and registration costs are minimized (to cover the costs of the lunches and allow the planners to have a better estimate of attendance).

The target audience for this conference is broad: faculty and students from GVSU and the wider community are encouraged to attend, community professionals that deal with older adults in health, social service, as well as housing and aging-network settings. Community members, including older adults themselves, are also a target audience as many are active and interested in learning and contributing.

This year's theme "Matters of the Heart" focuses on the physical, social, and emotional aspects of the heart and health among older adults. To compliment this theme, the conference is also offering general wellness presentations. The visual concept for this year's conference focuses on the 1940's and World War II to highlight the times and places where the current generation of older adults first fell in love. Many individuals from this generation have a great affinity for this era.









The session tracks for 2009 are identified in the program with the following symbols:



Physical: Heart Health & Latest Cardiac Care



🗱 Social: Family, Sexuality & Gender Issues



Psychological: Intimacy & Relationships



General Wellness



You are as young as your faith, as old as your doubt; as young as your selfconfidence, as old as your fear; as young as your hope, as old as your despair.

~Douglas MacArthur

Men do not quit playing because they grow old; they grow old because they quit playing. ~Oliver Wendell Holmes



FEATURED SPEAKER **DR. JOHN MORLEY**

John Edward Morley, M.B., B. CH, completed his medical degree at the University of Witwatersrand in Johannesburg, South Africa in 1972. After completing his internal medicine residency in South Africa. he did a fellowship in endocrinology at UCLA. He was subsequently a staff endocrinologist at the Minneapolis VA Medical Center and the University of Minnesota. In January 1985, he moved to California to become Director of the Geriatric Research, Education, and Clinical Center, Sepulveda VA Medical Center and a Professor of Medicine. University of California. Los Angeles.

He is board certified in internal medicine, endocrinology, and geriatric medicine. He has edited over 20 books including Medical Care in the Nursing Home, Geriatric Nutrition, Endocrinology of Aging, and Principles and Practice of Geriatric Medicine. His most recent book published in 2008 is The Science of Staying Young which focuses on information for the general public. He has published over 1000 papers, with a major research emphasis on the role of neuropeptides in the modulation of hormonal responses and behavior as well as nutrition and hormones in older persons.

For his work in appetite regulation, he received the Mead Johnson Award of the American Institution of Nutrition in 1985. His work has

been cited over 20.000 times. He was the Medical Director of the Year for Life Care Centers of America in 1998. In 1999, he was awarded the IPSEN Foundation Longevity Prize which is one of the most prestigious European awards for research in gerontology. In 2001, he received the Gayle and Richard Olson Prize for Most Outstanding Behavioral Paper Published the Previous Year in the Journal Peptides as well as receiving the Circle Award from the American Dietetic Association. In 2002, he was chosen to receive the American Geriatrics Society's Nascher/Manning Award for his life-long achievements in clinical geriatrics. In November 2004, he was awarded the Joseph T. Freeman Award by the Gerontological Society of America for his work in geriatrics both in research and practice. In June, 2005, he was honored as the recipient of the Marsha Goodwin-Beck Interdisciplinary Award for Excellence in Geriatric Leadership by the Department of Veterans Affairs National Leadership Board.

He has served on the editorial boards of nine journals. He was the associate editor of the Journal of American Geriatrics Society. He edits the geriatrics section of Cyberounds. He served as Editor for the Journal of Gerontology: Medical Sciences from January 2000 through December 2005. He is the Editor for the Journal of the American Medical Director's Association. He has been an invited speaker at numerous national and international meetings. In July 1989, Dr. Morley moved to St. Louis, Missouri, to become the Dammert Professor of Gerontology and Director, Division of Geriatric Medicine at Saint Louis University Medical Center and Director of the Geriatric Research, Education, and Clinical Center at the St. Louis Veterans Affairs Medical Center. He is the medical director of two nursing homes.

Detailed Program

8:00 AM Registration

Continental Breakfast and Coffee

Book Sale-University Bookstore (available

until 10:45 AM)

Social Work CEU Registration (available until

10:30 AM)

Hagers-Lubbers Exhibition Hall

Community Gerontology Resources (available until 1:30 pm) - 307E DeVos Center

9:00 AM Welcome and Poetry Reading - Loosemore Auditorium

Welcome

Dr. Thomas J. Haas, President, Grand Valley State University

Poetry Reading "Thin Places"

Patricia Clark, Ph.D. GVSU Poet-in-Residence

9:15 AM Keynote: The Caring Heart

Dr. John Edward Morley, M.B., B. Ch

In this presentation, Dr. Morley gets to "the heart of the matter" with regard to successful aging and cardiac care. In this discussion, he reaches across disciplines and uses humorous quotes and intriguing artwork to illustrate what aging successfully entails. He uses the results scientific studies, with statistics and graphs, to show seniors and professional caregivers what the elderly should do to avoid some of the illnesses and medical conditions that result from aging. The positive effects of exercise are presented, as are the pitfalls of polypharmacy syndrome. He discusses possible causes, prevention, and treatment of common conditions related to the heart and circulation, such as dizziness, high and low blood pressure, as well as the use of some medications that could exacerbate these conditions. A question and answer period follows Dr. Morley's presentation.

Dr. Morley is the author of *The Science of Staying Young*, which combines Dr. Morley's research on aging, hormones, and disease management with expertise in exercise science and sports nutrition from Dr. Sheri Colberg, Ph.D. *The Science of Staying Young* is not just about aging gracefully, it's about living and feeling your best for the rest of your life.

10:15 AM Break: Refreshments

Book Signing with Dr. Morley Hager-Lubbers Exhibition Hall

Community Gerontology Resources

10:30 AM Breakout Session I (each session is 1 hour)

Session 1: Physical Track: FEATURED SPEAKER Loosemore Auditorium

"The Future of Heart Health Care in Grand Rapids"

David Langholz, M.D.

This presentation will focus on a broad overview of heart disease from a medical perspective. What heart disease

Old age ain't no place for sissies.

~Bette Davis

is and what are its ramifications for healthcare. Misconceptions and reality of heart disease will be covered. What do we need to know about heart disease as a community and what is available in the community? A discussion on where West Michigan stands, what has been done, and what we are going to do next. How has all this new information built a concept of what heart disease is and how has it changed over the past decade?

Session 2: Social Track 136E DeVos Center



"Intimacy Among Gay Men Over 50"

Scott Berlin, Ph.D., LMSW

This presentation will discuss the findings of a study that assessed intimacy among a group of self-identified gay men over fifty years of age in metropolitan Chicago. The presentation will address intimacy and intimacy issues among gay men as discussed in the literature, as well as the importance and implication of these findings to social work and gerontology.

Session 3: Psychological Track 309E DeVos Center



"Ain't I Still a Woman? Aging Women's Sexuality"

Peggy Vandenberg, Ph.D.

Using literature and a Jungian myth perspective, this discussion addresses women's sexuality and its changing expressions, expectations and actuality as they age. Presenter does not make an empirical case for a specific approach to women's aging or sexual identity. Rather She will be weaving a tale of how the internal and external workings of aging and the reality of sexuality and gender identification continue in the hearts and minds of the "crone."

11:30 AM Break: Refreshments



Community Gerontology Resources

11:45 AM Breakout Session II

Session 4: Social Track: FEATURED SPEAKER **Loosemore Auditorium**



Jean McFadden, LMSW, ACSW

Many aging persons reach elderhood having survived a series of losses that would be tragic and overwhelming to a younger person. Others carry unresolved trauma from childhood or earlier adulthood in their hearts. This presentation will reflect a social worker's lived experience with the aging process, and working with elders.

Session 5: Physical Track 136E DeVos Center



"From the Heart: Family Perceptions of Healthcare Provider Communication in the Last Hours of Life in Hospitalized Patients"

Ruth Ann Brintnall, PhD, AOCN, CHPC, APRN-BC

This presentation will list the dominate themes in healthcare provider communication that are disconnecting for family



None are so old as those who have outlived enthusiasm.

~Henry David Thoreau



A kiss makes the heart young again and wipes out the years. ~Rupert Brooke









Do not regret growing older. It is a privilege denied to many. ~Author Unknown

members, as well as the common themes in healthcare provider communication that are connecting for family members. Areas for future research in family-centered communications at the end-of-life will also be identified.

Session 6: Psychological Track 309E DeVos Center



"Patient Goal Setting in Hospice Care - A Case Study"

Judy Kintner, RN

The presenter will discuss a case study about how goal-setting for hospice patients can enhance their hospice experience. The audience will learn about "Ann," an 83-year old cancer patient who received hospice care for two and a half years. She met with staff to discuss the goals she wished to accomplish, one of which was to live through the next Christmas. With the involvement of the hospice center staff and Ann's own family, she was able to rebound from a bout of pneumonia and the challenges of living with cancer to achieve her goal of spending the best Christmas ever with her loved ones.

"The Art of Home Care"

Jean Obermiller, MSW

In this session, the presenter will describe and explore the ways in which home health care enriches the lives of those who are served. In this application to practice workshop, the presenter will illustrate ways that health care providers touch the hearts of those they serve and enhance the sense of dignity and worth that may be diminishing with illness and age. Using case studies, discussion will focus on ways to increase independence and achieve client goals to maximize client outcomes.

12:45 PM Lunch



Hager-Lubbers Exhibition Hall and adjoining hallway



Community Gerontology Resources

1:30 PM Breakout Session III

Session 7: Social Track
Loosemore Auditorium



"Gender and Caregiving: A Population at Risk"

Judy Gabrielse, MSW

What is the role of gender in caregiving? What supports exist for caregivers, and who uses this support? Discussion to include the barriers to supports for caregivers, the role of gender in caregiving, and which gender is at risk in caregiving.

Old age is fifteen years older than Fam. ~Oliver Wendell Holmes

Session 8: Physical Track 136E DeVos Center

"Heart Failure: From Pharmacology to Technology"

Jacquelyn M. Oliai, MSN

This presentation will focus on the economical impact of heart failure on the cost of healthcare. Discussion will also include the diverse complexity of heart failure and the many contributing causes and pathophysiologic origins, as well as therapeutic treatment strategies available today for heart failure.

Session 9: Psychological Track 309E DeVos Center



"Reminiscences of Older Adults"

Jing Chen, Ph.D.

Reminiscences and life reviews have been considered as a late emergence of a cognitive system (Butler, 1963). Across different cultures, telling stories of our lives is a ubiquitous phenomenon accompanied with the aging process. It also serves increasingly more important roles as we age. In this talk, the presenter will review research that investigates the relationship between reminiscences/life reviews and psychological functions of older adults. She will also discuss the practical implications of such research.

2:30 PM Break: Refreshments

2:45 PM Breakout Session IV

Session 10: Social Track 136E DeVos Center

"Chords of Love: Voices of Grandparents Raising Grandchildren"

Ama Agyemang, MSW, Danielle Rudder, LLMSW, Margaret Whalen, Ph.D., Julia Lyskawa

In Michigan, thousands of grandparents are raising grandchildren in need. This sacrificial act of love has prevented many children from entering the child welfare system and has kept children within their family of origin. This workshop will discuss reasons grandparents assume parental roles for children in need, the importance of familial bonding with children and how it can affect their interpersonal development, and resources to assist them as a family.

Session 11: Physical Track 309E DeVos Center

"Getting to the Heart of Medication Counseling"

Sarah Raguckas, PharmD, Margaret de Voest, PharmD

This session addresses the key counseling points to consider when educating patients on commonly prescribed cardiovascular medications. It also outlines important over-the-counter medications to take with caution in patients with cardiac disease. Novel or new medications on the horizon in the treatment of cardiovascular disorders with also be discussed.

Love at first sight is easy to understand; it's when two people have been looking at each other for a lifetime that it becomes a miracle.
~Amy Bloom



Session 12: Psychological Track: FEATURED SPEAKER **Loosemore Auditorium**



"Social Support, Social Integration, and the Physical and Mental Health of Older Adults"

Brian Lakey, Ph.D.

During this session, the presenter will review briefly research on social support, social integration and the physical and mental health of older adults. Social support includes: the perception that others would help during times of stress (i.e., perceived support), as well as, the actual supportive actions that are provided (e.g., advice, reassurance). Social integration primarily involves the number and diversity of different social ties. Research has shown consistently that elders with few social ties and with low perceived support are at greater risk for mortality than controls. In addition, low perceived support is linked to poor outcomes among older adults with coronary artery disease. With regard to mental health, low perceived support is linked consistently with risk for major depression. Nonetheless, interventions designed to improve social support have not been very successful.



going to live so long, I'd have taken better care of myself. ~Bobby Layne

3:45 PM Closing Sessions **Loosemore Auditorium**

"A Matter Of Balance"

Barbara Nelson

Many older adults experience concerns about falling and restrict their activities. A Matter of Balance is an award-winning program designed to manage falls and increase activity levels. The presenter will demonstrate simple techniques to improve balance, that participants can do on their own.

4:15 PM

"Ballroom Dancing Demonstration" 💟



Members from GVSU's Ballroom 0924 Club, Ballroom Club of Calvin College and GVSU Movement Science students get their hearts pumping in a demonstration of various styles of ballroom dance. Experience the moves and styles of American smooth and rhythm and international standard and Latin dance.

5:00 PM End

Presenter Biographies

Ama Agyemang earned her Bachelors degree in psychology from the University of Akron in Ohio and her Masters degree in Social Work from Michigan State University. She is the Coordinator for the Kinship Care Resource Center through the School of Social Work at Michigan State University. Her areas of specialization include kinship care families with a concentration on grandparents raising grandchildren, psychosocial issues of kinship

families, and legal and legislative polices affecting kinship care in Michigan. Her favorite quote, by John Bowring, is: A happy family is but an earlier heaven.

Scott Berlin, Ph.D., LMSW, has been a social worker for the past 15 years, working with the LGBT and HIV/AIDS communities. In addition to his community work, he has conducted research assessing aging issues among gay men as well as other social issues



It takes a long time to become young. ~Pablo Picasso

impacting the LGBT community. He is a full time professor in GVSU's School of Social Work and serves as a faculty advisor to GVSU's LGBT student organization. He is currently working on various diversity and inclusion projects with social service organizations in Grand Rapids. Additionally, he serves on a national committee that advises social work educators how to better teach LGBT content to future social workers.

Ruth Ann Brintnall, PhD, AOCN, CHPC, APRN-BC, is an Associate Professor in the Kirkhof College of Nursing at GVSU. Her past research efforts have included extensive work with the Chicago-based Asian American Cancer Control Study where she worked with Katherine Kim, PhD (Professor Emeritus) to disseminate findings. Her work with vulnerable populations extended to her dissertation work that explored family-healthcare provider communication at the end of life in the hospital setting. Her focal research interests currently center on populations at risk, especially those in the oncology population. She is valued as an expert clinician and continues to partner in the community to improve the delivery of evidence-based cancer care and palliative symptom management. She serves as the State Board of Nursing representative for The State of Michigan Pain and Symptom Advisory Committee.

Jing Chen, Ph.D., is an Associate Professor of Psychology at Grand Valley State University, where she teaches Child Development and Life Span Development Psychology. 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.

Patricia Clark, Ph.D., is a professor in the Writing Department and also the poet-in-residence at Grand Valley State University. Patricia grew up in the Pacific Northwest (Seattle and Tacoma) and has degrees from the University of Washington (B.A.), the University of Montana (M.F.A.), and the University of Houston (Ph.D.). She is the author of two books of poetry: *My Father on a Bicycle* and *North of Wondering*. Her poetry has appeared in *The Atlantic Monthly, Slate, Poetry, The Gettysburg Review*, & elsewhere. She has a chapbook coming out in 2009 and a new book of poems titled *She Walks Into the Sea*.

Margaret de Voest, PharmD, received her Doctor of Pharmacy degree from Ferris State University in 1995. She served as an Adjunct Faculty member at the University of Michigan's College of Pharmacy before taking a position as an Associate Professor of Pharmacy Practice at FSU in 1998. She is also a Critical Care Specialist in the Pharmacy Department at Spectrum Health Butterworth and serves on the Medical Intensive Care Quality Assurance Committee and acts as a Pharmacy Practice Resident Advisor and Preceptor.

Lindsey DesArmo, Health and Wellness coordinator at GVSU, is responsible for implementing and promoting faculty and staff wellness program initiatives. She has had experience in the fitness setting working as a technician at the Campus Recreation Fitness and Wellness Center and teaching a variety of group exercise classes on campus and in the West Michigan area. She is a certified personal trainer through the American College of Sports Medicine and received her Master's in Public Administration from Grand Valley in December 2008.

Judy Gabrielse earned her MSW from Western Michigan University and has over thirty years of professional practice. As a past provider of in-home health services, she is aware of the stressors experienced by caregivers, and particularly for women. Her private practice focuses on services to elders and assessment for guardianships and conservatorships. She is currently an adjunct professor at Grand Valley State University's School of Social Work.

Judy Kintner, RN, has been a nurse for fourteen years. She is originally from Swartz Creek, MI, and received her R.N. from Mott Community College. She worked as a hospital nurse for eight years before coming to West Michigan to work in hospice

care. Judy is currently the Director of Professional Services and Assistant Administrator for Heartland Home Healthcare and Hospice in Grand Rapids.

Brian Lakey, Ph.D., is a professor of psychology at Grand Valley State University, where he teaches Introductory Psychology and Research Methods. He earned his Ph.D. in clinical psychology from Indiana University and has been conducting social support research beginning with his undergraduate honors thesis.

David E. Langholz, M.D., F.A.C.C., received his Medical Doctorate from the University of Illinois College of Medicine and has served as the Medical Director of Noninvasive, Inpatient, and CHF/Transplant services at the West Michigan Heart PC since 1992. Prior to joining the West Michigan Heart, he completed a Cardiology Fellowship at Loyola University Medical Center. He also serves at the Medical Director of Noninvasive Cardiology at Spectrum Health and the Medical Director of Spectrum Health Congestive Heart Failure Program/Transplant Support Program.

Julia Lyskawa is a BA candidate in both sociology and communication at Michigan State University. She is hoping to attend graduate school in Washington D.C. after graduating this May. Julia hopes to obtain her Master's in public policy, while specializing in family, gender, race, and inequality. She has worked for the Kinship Care Resource Center since October 2007, and has valued the experience she has gained by working on the Kinship Caregiving Survey.

Emily Jean McFadden, LMSW, ACSW, is a professor at Grand Valley State University's School of Social Work with 38 years of social work experience. While best known for publications in the area of child welfare, she has re-

searched and worked with kinship caregivers (grandparents raising grandchildren), as well as trauma and loss in various life stages. Currently, she serves on the Michigan Social Work board and volunteers as a therapist with the Center for Women in Transition. She is a mother of four adults, grandmother of 10, and great-grandmother of a toddler.

Barbara Nelson is a Contract Coordinator at Area Agency on Aging of Western Michigan where she has been working with rural CASP agencies in the 9 county region to serve older adults.

Barbara received her Bachelor's in Business and Physical Education Degree from Ferris State University. She has worked with the older adult population for the past 20 years with emphasis in skilled home health care. She was a certified fitness instructor for over 10 years, owning and operating her own fitness business.

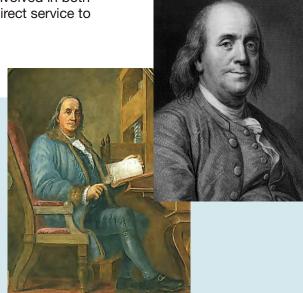
For the past 4 years she has been able to blend her two passions older adults and physical activity by becoming involved in the Evidence Base Health Programs through her work at AAAWM, She is a Lead Trainer for The Matter of Balance Program out of Boston University and the Maine Partnership for Healthy Aging, an EnhanceFitness Instructor, and a Master Trainer for Stanford Chronic Disease Self Management Program (PATH).

Jean Obermiller is a licensed MSW and has been practicing health care social work for over 25 years. She is a native of Grand Rapids, attended Kalamazoo College and received her MSW at Wayne State University in Detroit, Michigan. In her years of practice,

she has been involved in both direct service to

At 20 years of age the will reigns; at 30 the wit; at 40 the judgment.

~Benjamin Franklin, Poor Richard's Almanac





We've put more effort into helping folks reach old age than into helping them enjoy it.

~Frank A. Clark

clients and has also held administrative positions in several hospice health care agencies. At present she is providing direct services to clients for Heartland Home Healthcare and Hospice.

Jacquelyn M. Oliai, MSN, received her Family Nurse Practitioner Certification from Grand Valley State University in 2001. She is currently a Nurse Practitioner and Transplant Coordinator at Spectrum Health Blodgett. She manages a heart failure clinic, telemedicine, lab diagnostics and medication follow-up for inpatients and outpatients with complex heart failure and transplant needs. She recently presented "Life after BiVentricular Pacemakers" at the Spectrum Health Cath Lab conference.

Sarah Raguckas, PharmD, received her Doctor of Pharmacy degree from Ferris State University in 2004 and is currently as Assistant Professor of Pharmacy Practice at FSU, teaching courses such as Pharmacotherapeutics, Ambulatory Care, Vitamins, and Drug Literature Evaluation/Study Design. She as presented on topics related to drug safety, Polypharmacy in community dwelling elderly adults, and linking literacy and health.

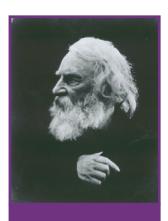
Danielle Rudder, LLMSW, is a Research Specialist in the School of Social Work at Michigan State University. Her position responsibilities include data analysis for grantfunded research projects, drafting research reports and articles, disseminating study findings, and identifying and implementing new projects. She plans to begin her doctoral education in clinical psychology, with a specialization in neuropsychology, in the fall of 2009.

Phyllis (Peggy) Vandenberg, Ph.D., is an associate professor of Philosophy and specializes in the Modern Era (1600-1800) ethical theory particularly that of David Hume. Her casual and nonprofessional interest in Jungian myth analysis informs this talk. Peggy Vandenberg has recently

completed her doctoral studies in Philosophy at the University of Utah. Her doctoral dissertation is on the involvement of relationships with and observations of others in Hume's moral theory and in that of related thinkers, such as Shaftesbury, Hutcheson, and Smith. She also holds an M.A. in Philosophy at Western Michigan University and a B.A. from Marquette University.

Margaret (Peg) Whalen, Ph.D., currently serves as the Alliance for Children and Families Director of evaluation and research services. Dr. Whalen came to the Alliance from Michigan State University School of Social Work where she served as evaluation specialist and assistant

clinical faculty member for social work research since 1998. Prior to joining Michigan State, Whalen was a departmental analyst in the family preservation division of the Michigan Department of Human Services. Whalen's 24 years of experience in research and teaching has been in higher education and public and private human services settings. In 2005, Whalen completed an interdisciplinary Ph.D. in social science and social work from MSU. She received her Master's of Social Work at the University of Michigan in 1994 and her bachelor's degree from Smith College in 1984.



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

Student Posters:



Attention and Wayfinding Performance in Middle Aged and Older Adults

Lyndsie Allen (Nursing)

Spousal Caregivers: Stressors and Coping Mechanisms

Kathy Clawson (Social Work/M.A.) Lindsey Wyma (Social Work/M.A.)

Sibling Relationships Among Older Adults

Caitlin Cross (Pre-Nursing)
Allie Shapiro (Pre-Nursing)
Beckey Sullivan (Pre-Nursing)

Effects of Caregiving on the "Sandwich Generation"

Ishita Das (Pre-Nursing)
Nicole Husen (Pre-Nursing)

Violence in Relationships: Elder Abuse and Neglect

Trisha Dietrich (Biomedical Science)
Catherine Stanecki (Psychology)
Jenna Zimmerman (Health Professions)

Animal Assisted Therapy and the Elderly

Jessica Fluegeman (Occupational Therapy)

The Importance and Meaning of Friendships Among Older Adults

Graham Garrett (Health Professions) Lisa Anne Ondersma (Pre-Nursing) Kelsey Stratton (Psychology)

Aging and Sexuality

Claire Graves (Psychology)

Retirement and Marital Satisfaction

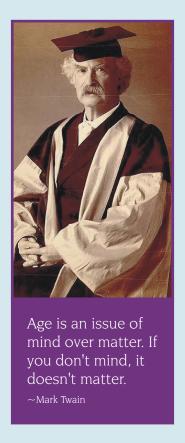
Kari Kline (Pre-Med Img/Radiation Sci)
Josh Thorp (Biopsychology)
Kristyn Wheaton (Pre-Nursing)

Grandparents Raising Grandchildren

Thao Le (Mathematics)
Michelle Piccione (Pre-Nursing)
Stephanie Schrader (Biomedical Science)

Post-Stroke Adjustment of a Spousal Caregiver

Krista Tarrant (Occupational Therapy)



Social Work with the Elderly: Expanding Care During a Time of Cutback

Alison Tegel (Social Work)

Color Cues in Wayfinding for Aging Individuals

Amy Weber (Nursing M.S.N.)

"The Widower Effect" Healthcare Outcomes After The Loss of a Spouse

Briana Loney (Physician Assistant Studies)
Jessica Miller (Physician Assistant Studies)
Laura VanPelt (Physician Assistant Studies)

Heart Tumors

Amanda Herd (Physician Assistant Studies) Ramez Nassri (Physician Assistant Studies)

Relationships After Diagnosis of a Terminal Illness

Marie Nizienski (Physician Assistant Studies) Felicia Slabbekoorn (Health Professions) Michele Vuillemot (Physician Assistant Studies)

Pet Therapy

Bryan Goetz (Physician Assistant Studies)
Colene Srackangast (Physician Assistant Studies)

Senior Olympics

Austin Kuipers (Physician Assistant Studies)
Ashley Wharton (Physician Assistant Studies)

Sexual Health in The Elderly

Ashley Strotbaum (Physician Assistant Studies) Leah Tarrant (Physician Assistant Studies)



First you are young; then you are middle-aged; then you are old; then you are wonderful.

I still have a full deck; I just shuffle slower now. ~Author Unknown









The session tracks for 2009 are identified in the program with the following symbols:



Physical: Heart Health & Latest Cardiac Care

Session 5: "From the Heart: Family Perceptions

of Healthcare Provider

Communication in the Last Hours of

Life in Hospitalized Patients"

"Heart Failure: From Pharmacology to Session 8:

Technology"

Session 11: "Getting to the Heart of Medication

Counseling"



Social: Family, Sexuality & Gender Issues

Session 2: "Intimacy Among Gay Men Over 50"

Session 4: (Featured Speaker) "Riding the

Lifecycle: Losses and Loves"

Session 7: "Gender and Caregiving: A Population

at Risk"

"Chords of Love: Voices of Session 10:

Grandparents Raising Grandchildren"



Psychological: Intimacy & Relationships

Session 3: "Ain't I Still a Woman? Aging Women's

Sexuality"

Session 6: "The Art of Home Care"

"Patient Goal Setting in Hospice Care"

"Reminiscences of Older Adults" Session 9:

Session 12: (Featured Speaker) "Social Support,

Social Integration, and the Physical and Mental Health of Older Adults"

Student Poster Sessions: (During Lunch)



General Wellness:

(Featured Speaker): "The Future of Session 1:

> Heart Health Care in Grand Rapids" Community Gerontology Resources

Community Gerontology Resources

"A Matter of Balance"

"Ballroom Dancing Demonstration"

Continuing Education Credits

Social Work: Social Work CEU's will be offered for those who attend the conference sessions designated as "Social" sessions. The cost is \$15 for up to 4 CEU credits. In order to receive these credits, you will need to register and pay for the CEU's upon arrival at the conference.

Follow the sessions in the R Social Track of the program.

Nursing: Participants in attendance for the complete conference sessions designated as "Physical: Heart Health" sessions may receive a certificate awarding 1.0 contact hour per session, provided by the GVSU Kirkhof College of Nursing (KCON). GVSU KCON is approved as a provider of continuing nursing Education by the Michigan Nurses Association, an accredited approver by the American Nurses Credentialing Center Commission on Accreditation. Completion of the evaluation form for the session is required.

Follow the sessions marked as -



Physical Track in the program.



| Time | Session | Location |
|-------------------|--|-------------------------------|
| 8:00 am - 1:30 pm | Community Gerontology Resources | 307E DeVos Center |
| 9:15 am | Keynote: The Caring Heart | Loosemore Auditorium |
| 10:30 am | Breakout Sessions | Classroom |
| 11:45 am | Breakout Sessions | Classroom |
| 12:45 pm | Lunch - Student Poster Sessions | Hager-Lubbers Exhibition Hall |
| 1:30 pm | Breakout Sessions | Classroom |
| 2:45 pm | Breakout Sessions | Classroom |
| 3:45 pm | Closing Sessions: A Matter of Balance - Ballroom Dance Demonstration | Loosemore Auditorium |

