



11th Annual  
Art & Science Of Aging Conference



# RESILIENCE

the bright side of aging

Friday, February 19, 2016



GRAND VALLEY  
STATE UNIVERSITY™

# About the Art and 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 provide an educational forum for those individuals who are 'aging' and the professionals who work with (and for) them. To achieve this goal, the Conference planners identify a theme for the conference - a current timely topic in the field of aging. They also invite a national expert speaker to present the latest research and best practices in this area, and also to translate these into personal and professional practices which can be used to enhance the lives of older adults.

Knowledgeable and skilled faculty and practitioners present workshops that draw on research and evidence-based practices related to the theme of the year. They focus on issues that are relevant to health professionals, such as social workers, nurses, therapists, and other professionals who interact with older adults in their practice. We believe that all the information offered should benefit those persons facing the multifaceted challenges and opportunities of aging, as well as their family and friends. The sessions of the Art & Science of Aging Conference promote inter-professional and inter-agency collaboration. Student researchers, both undergraduate and graduate, also present their own research on aging topics in a poster format; community providers of services to older adults offer educational and other helpful resources to participants; and the participants enjoy a luncheon and other opportunities for networking.

This year we offer to our audience a series of 17 workshops, bookended 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](http://www.gvsu.edu/gerontology)]. Nurses, social workers, occupational therapists, activity therapists and nursing home administrators can obtain continuing professional education units for their participation.

The theme for this year is **Resilience: The Bright Side of Aging** - to promote the ability to respond to life challenges in a positive way, and to ensure that the choices made fit one's current abilities and interests. We offer workshops on physical, social, and spiritual practices that promote aging long and well, managing risks such as falls and scams and caring for others, in sometimes difficult circumstances such as dementia care. We have a range of topics that will enable individual participants to achieve personal wellness and, as professionals, to facilitate the same for their older clients.

“Man never made any material as resilient as the human spirit.”



## Acknowledgments

The annual Art & Science of Aging Conference is sponsored by Grand Valley State University. This is done with the support of our sponsors - local organizations committed to serving older adults. This year we have a Diamond sponsor and others at the EMERALD, RUBY, SAPPHIRE, and PEARL levels. We also have several organizations and individuals who have joined us as Friends of the Art & Science of Aging Conference. We encourage you to thank them for their sponsorship.

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

- Cynthia Beel-Bates, GVSU, Kirkhof College of Nursing
- Jing Chen, GVSU, Psychology (Student Research Poster Coordinator)
- Susan Cleghorn, GVSU, Occupational Therapy
- Dawn DeVries, GVSU, Therapeutic Recreation
- Cheryl Edwards-Cannon, Clear Path Choices
- Lisa Ellens, Rethinking Dementia/Accelerating Change
- Anne Ellermets, Area Agency on Aging of Western Michigan
- Dianne Green-Smith, GVSU, School of Social Work
- Lihua Huang, GVSU, School of Social Work
- Sok Kean Khoo, GVSU, Cell and Molecular Biology
- Priscilla Kimboko, GVSU, School of Public, Nonprofit and Health Administration (Conference Coordinator)
- Linda Keilman, Geriatric Education Center of Michigan, MSU
- Marenta Klinger, Holland Home
- Christopher Kurby, GVSU, Psychology
- Julie Lake, Senior Neighbors/Senior Odyssey
- Tamara Mohr, GVSU, Kirkhof College of Nursing
- Sherry Moyer, GVSU, School of Public, Nonprofit and Health Administration (Conference Services and Registration)
- Jennifer Muñoz, AARP MI
- Heather Wallace Renter, GVSU, Public Health (Volunteer Coordinator)

## Partner Organizations Participated in Conference Planning

- AARP Michigan
- Area Agency on Aging of Western Michigan
- Holland Home
- Senior Neighbors/Senior Odyssey

## Featured Speaker



Karl Pillemer, Ph.D., is one of America's leading family sociologists and specialists on aging. He is Professor of Human Development at Cornell University and Professor of Geriatrics at the Weill Cornell Medical College. He is the founder and Director of the Cornell Institute for Translational Research on Aging, a center that conducts research and develops programs to improve the quality of life for older people.

Throughout his career, a focus of Dr. Pillemer's research has been how family relationships develop and change throughout their members' lives. Indeed, much of Dr. Pillemer's career has been spent studying families. He is co-leader of the ground-breaking Within-Family Differences Study (WFDS), a multi-million dollar research project funded by the National Institutes of Health. In this study, nearly 600 mothers (age 65-75 when the study began in 2003) were interviewed about relationships with their husbands and with all of their adult children; additionally over 1000 of their

children have been interviewed. This is only one of a number of major studies he has conducted on marital and parent-child relationships throughout life.

Dr. Pillemer's research takes place in the real world of families and professionals who work with them. He has created many model programs designed to help address the problems of families, such as projects that reduce the burden and stress on family caregivers, and developing prevention programs for family conflict. He has authored more than 100 scientific publications, is a Fellow of the Gerontological Society of America and has served in leadership roles in a number of scientific organizations. He received the Gerontological Society's Lawton Award, a distinguished honor that recognizes a significant contribution in gerontology that has led to an innovation in treatment, practice or service that improves the lives of older persons.

Dr. Pillemer counts among his greatest accomplishments his work translating research findings to non-academics. He has published ten books for non-academic audiences. The best known of these is *30 Lessons for Living: Tried and True Advice from the Wisest Americans*. Other popular volumes are advice books for direct-care workers in the elder service field. He wrote a series of "Survival Guides," for nurses, nursing assistants, and for family members who have placed a relative in a nursing home, which have sold a total of over 100,000 copies. His *Solving the Frontline Crisis in Long-Term Care* has been called the "Bible" for nursing home administrators. (All are published by Delmar Cengage Learning). He has created the Evidence-Based Living web site, which provides non-technical reports on aging research for lay people (<http://www.agingresearchtranslator.com/blog.php>). Dr. Pillemer has spoken widely throughout the U. S. and internationally on issues of successful aging, family relationships, and elder care, among other topics. His work has received extensive media attention throughout his career.

“TOUGH TIMES DON'T LAST;  
TOUGH PEOPLE DO.”



# Conference Program Detail

8:15 am

**Registration Table Open** .....Hager-Lubbers  
Registration Tables [pick up packets and name badges] Exhibition Hall  
Continental Breakfast

CEU Check In Tables .....DEV 121E

- Social Work
- Nursing
- Occupational Therapy
- Therapeutic Recreation

**Crown Jewel Sponsor Displays** .....Hager-Lubbers  
(Open 8:15 am until 1:15 pm) Exhibition Hall

**Diamond**

Mercy Health

**Emerald**

Beacon Hill at Eastgate  
AARP MI

**Ruby**

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

**Sapphire**

Area Agency on Aging of Western Michigan  
College of Health Professions  
Gauthier Family Home Care  
Gentiva Hospice  
Great Lakes Health Connect  
Holland Home  
Pilgrim Manor  
Porter Hills

**Pearl**

Crossroads Eldercare Planning  
Encore Grand Rapids  
Kirkhof College of Nursing

**Friends of the Art & Science of Aging  
Conference**

Beth Swagman Estate Planning  
Pine Rest Christian Mental Health Services  
Rethinking Dementia/Accelerating Change  
Senior Advisory Services, PLLC  
Seniors Moving Smarter  
Senior Neighbors  
Unity of Grand Rapids  
Nicolette McClure  
Donijo Robbins, PhD

**“Resilience is  
very different  
than being numb.  
Resilience  
means you  
experience, you  
feel, you fail, you  
hurt. You fall. But,  
you keep going.”**

9:00 am

Opening Session .....Loosemore Auditorium

**Welcome - Conference Overview and Introduction**

Welcome - Dr. Roy Olsson, Jr., Dean, College of Health Professions  
Conference Overview - Dr. Priscilla Kimboko

**KEYNOTE PRESENTATION.....Loosemore Auditorium**  
***Advice for Living from the Oldest (and Wisest) Americans***

**[N, O, S, T]**

Can our elders serve as “experts” on how to live our lives? To answer this question, Dr. Karl Pillemer, decided to seek advice on how to live from the oldest Americans. In the Cornell Legacy Project, he surveyed over 1200 elders, asking them for their most important lessons for living on topics like marriage, career, parenting, aging, regrets, happiness, and overcoming loss. In this talk, he highlights some of the key findings from the project, focusing on practical advice from the “Greatest Generation” for living a happier, healthier, and more fulfilling life.

**Keynote Speaker, Dr. Karl Pillemer**

Karl A. Pillemer, PhD is a professor of Human Development at Cornell University and Professor of Gerontology at the Weill Cornell Medical College. An internationally renowned gerontologist, his research examines how people develop and change throughout their lives. He has authored five books and over 100 scientific publications, and speaks throughout the world on aging-related issues. In a recent set of studies, Dr. Pillemer decided to find out what older people know about life that the rest of us don't. This project led to the book: *30 Lessons for Living: Tried and True Advice from the Wisest Americans*, published by Hudson Street Press/Penguin in 2011. His second book, *30 Lessons for Loving: Advice from the Wisest Americans on Love, Relationships and Marriage* was published in January 2015.

**Learning Objectives**

1. Gain an understanding of the value of elder wisdom in the lives of younger people.
2. Learn about the problem of ageism, and how seeking the lessons of older people can be an effective way to combat age stereotypes.
3. Gain an understanding of methods of interviewing older people about their lessons for living and engaging young people in elder wisdom activities.

10:15 am

**BREAK**

10:30 am

**MORNING WORKSHOPS**

**SESSION 1.....DEV 111D**

***Grace as Resilience: Lessons from Ancient Eastern and Western Philosophers***

**[N, O, S, T]**

One popular view about the elderly in America is that they can only feel fulfilled as long as they continue to be actively productive in their community. This view presupposes that, although there are qualitative changes in lifestyle choices from childhood into young and middle adulthood, the elderly adult is just an older adult trying to ‘cope’ with the aging process. But old age is also qualitatively different from young and middle adulthood. It is an age of less productive but more

**“ Persistence and resilience only come from having been given the chance to work through difficult problems. ”**

contemplative activity, where the problems posed are no longer how to raise families or take care of their elderly, but self-reflectivity about the meaning of life, death, personal loss, and personal not material legacy. Ancient Eastern and Western philosophers help to explain how the aging process, which culminates in old age, is filled with unique richness and wisdom.

**Presenters: Teresa Castelão-Lawless, PhD; Geling Shang, PhD, Professors of Philosophy, Grand Valley State University**

**Teresa Castelão-Lawless:** PhD in history, philosophy, and sociology of science and technology (expertise on French epistemology and the dissemination of natural philosophy in Portugal during the 18th century). Teaches courses on history and philosophy of science, ethics (including Late Roman moral philosophy) and existentialism.

**Geling Shang:** Ph.D. in philosophy, religious study, and comparative philosophy East and West. Teaches courses on Eastern philosophy (Taoism, Confucianism and Buddhism), Nietzsche and 19th century German philosophy.

**Learning Objectives:**

Participants in this session will learn:

1. How Late Roman philosophers reflected on the spiritual value of the elderly, and the contributions they can make to society other than being productive (in the broader sense of the term as ‘always doing’).
2. How Ancient Eastern thinkers such as Confucius and Lao Tzu examined the spiritual life and the unique wisdom of the elderly.
3. How the articulation by these philosophers of what the elderly ‘need’ from others and especially what they can give to others may help young and middle adults change their perceptions of what makes the elderly fulfilled and happy.

**SESSION 2.....DEV 136E**

***The Green House® Project: A Proven Prescription for Success***

**[N, O, S, T]**

The Green House® model restores elders to a home in the community with power, autonomy and natural rhythms as the basis of daily life. It combines small homes with the full range of personal care and clinical services by transforming three core elements: environmental redesign, person-directed philosophy of care, and workforce transformation. This session will describe the structures and outcomes of the model while highlighting the practices to be applied across care settings. Data on the financial viability of the model and current research on the roles of nurses, and Shahbazim (direct care workers), workflow analysis, quality indicators will be shared. The goal of the model is to create places where elders want to live and staff want to work. Three key topics to be discussed: (1) The overall philosophy and elements of The Green House model; (2) Data showing financial viability of Green House homes; (3) Recent research regarding workflow analysis and clinical care outcomes.

**Presenters: Marla DeVries, BA, Director of Resource Development, The Green House Project; Cheryl Van Bemden, BA, ADN, NHA, Director of Residential Living, Porter Hills**

**“Never throw in the towel.  
Use it to wipe off the  
sweat. Then keep on going.”**

**Marla DeVries** is the Director of Resource Development at The Green House Project. She has over twenty years’ experience advocating for change and working to create person directed organizations where elders and those working with them can thrive. Beginning as a long term care ombudsman and later as a culture change advocate, Marla utilizes her skill set to educate, support, and impact eldercare.

**Cheryl Van Bemden** is the Director of Residential Living at Porter Hills Village in Grand Rapids. Her extensive background in health services led to her previous role as the Guide at the Porter Hills Green House® homes. Cheryl was involved in the program development, obtained her Nursing Home Administrator's license and was responsible for coaching, directing and monitoring the quality of care and life of the elders.

#### **Learning Objectives:**

The learner will:

1. Identify the core elements of a transformed culture as demonstrated in THE GREEN HOUSE® Model which include; environmental redesign, workforce transformation and person-directed care philosophy.
2. Explore current research results related to workflow, clinical outcomes, quality of life and workforce redesign
3. Review workforce systems that propel change
4. Discuss case examples of successful practices

**SESSION 3.....DEV 138E**

#### ***Optimizing Healthy Aging by Being Physically Active***

**[N, O, T]**

The health benefits of physical activity have long been recognized. However, there are a number of misperceptions in the aging population regarding an active lifestyle and health benefits/risks. Therefore, this workshop will clarify recommendations for the amount of physical activity to engage in, and strategies on how to promote a more active lifestyle. The health benefits of exercise will also be covered, while also refuting commonly believed health risks.

**Presenter: Chris Dondzila, PhD, Assistant Professor - Department of Movement Science, Grand Valley State University**

**Dr. Chris Dondzila** is both an alumni and current faculty member at GVSU, with the primary focus of his graduate degrees being physical activity and health in the aging population. He teaches courses pertaining to the role that physical activity/exercise can improve the human body’s functioning and reduce the impact of chronic diseases. Based on his research, he has authored numerous peer-reviewed articles and provided national/international presentations.



### Learning Objectives:

Participants of the workshop will:

1. Know how much daily physical activity should be engaged in.
2. Be made aware of resources in the community that promote a physically active lifestyle.
3. Learn some common health benefits of exercise, while clarifying risks of exercise.

### SESSION 4.....DEV 209E

#### ***Taking cover in the Superdome: Thriving beyond Hurricane Katrina***

**[N, O, S, T]**

After ignoring the alert to evacuate the city, two 77 year old elderly black men, neighbors and friends who lived one block from one another, thought they could ride out the storm. One initially was leaving the city with members of his family, but decided to return to his home after traveling 4 hours for a distance that normally covered 20 minutes, and the other chose not to leave with his family prior to the major's recommendation. However, noticing everyone was evacuating, waving and shouting "see you later Mr.", reality about their plight set in. Both men, unbeknownst to the other until a day or two afterwards, were at the Superdome, a place of chaos and trauma. Both men experienced major losses, but survived with resolve: each resolving differently. This presentation will focus on the man who returned to New Orleans.

**Presenter: Dianne Green-Smith, PhD, LMSW, ACSW Director, School of Social Work, Grand Valley State University**

**Dianne Green-Smith** is the Director of the School of Social Work at Grand Valley State University; teaching since 1999 first as an adjunct professor, a visitor and subsequently at the associate rank. She received her PhD from Loyola University School of Social Work at Chicago, IL in 2007. Prior to teaching, Dr. Green-Smith served as the Director of Grand Rapids REACH and supervised programs such as behavioral health, family reunification, family preservation and adolescent pregnancy at various agencies in New Orleans, LA., Baltimore, MD and Grand Rapids, MI.

### Learning Objectives:

1. To develop a broad definition of resilience by reframing experiences.
2. To gain knowledge on the impact of and challenges in adapting to a life changing disaster.
3. To understand individual response from a bio-psychosocial spiritual perspective.
4. To engage at all levels from a strength based perspective.
5. To advocate for policies related to the elderly from a social justice paradigm.

### SESSION 5.....DEV 207E

#### ***Sunrise and Sunset of the LGBT Aging Community***

**[N, O, S, T]**

There are an estimated 1.5 to 2 million LGBT Americans over the age of 65, with the same requirements from the aging network as other senior citizens. Their circumstances can make successful aging more difficult than for their heterosexual counterparts, however.

Steps must be taken to ensure that LGBT elders are provided with the same quality of care as the rest of the population, that they feel genuinely welcome, and that they can expect to be free from fear or discrimination in their interaction with health care institutions, retirement communities, and service agencies. This is a call for all participants in the elder care system to examine their assumptions and operations, their policies and procedures, and learn to follow the best standards of practice.

**Presenter: Grace Huizinga, EdD, MSN, BSN, RN, Assistant professor, Kirkhof College of Nursing, Grand Valley State University**

**Dr. Huizinga** is a member of the Milton E. Ford LGBT Resource Center Advisory Board and is currently focusing on planning strategies for the implementation of pre-exposure prophylaxis (PrEP) as a component of HIV prevention within the primary care setting as well as health disparities within LGBTQ populations. In addition, she is constructing equity and inclusion components to nursing curriculum and admissions.

#### **Learning Objectives:**

1. To raise awareness of potential discrimination against LGBT senior citizens and to stimulate greater cultural competence in senior care institutions through education and training.
2. To facilitate the awareness of history and resilience of individuals within the older LGBT community.
3. To promote discussion related to strategies to bridge gaps for LGBT older adults in the West Michigan environment.

#### **SESSION 6.....Loosemore *Dementia and Mindfulness-Based Intervention in Parkinson's Disease* Auditorium**

#### **[N, O, S, T]**

Although Parkinson's disease is predominantly a movement disorder, it has been frequently associated with dementia which progressively reduces a patient's quality of life. Mild cognitive impairment in Parkinson's disease (PD-MCI) has been suggested to be a predictor for the development of PD dementia (PDD). Thus, it is important to accurately diagnose PD-MCI at an early stage so that patients can benefit from appropriate treatment to prevent or delay PD-MCI from progressing to PDD. There is also an increasing interest in the use of mindfulness-based interventions as an adjuvant therapy to improve the quality of life of PD patients.

**Presenters: Sok Kean Khoo, PhD, Distinguished Associate Professor of Molecular Genomics, Grand Valley State University; Barbara Pickut, MD, Mercy Health Saint Mary's Hauenstein Neuroscience Center**

**Dr. Sok Kean Khoo** has 20 years of experience in genetics and genomics research. Her ongoing research focus includes developing biofluid-based molecular biomarkers for Parkinson's disease (PD). Accurate biomarkers may be used to detect, differentiate (e.g. PD-dementia from PD-mild cognitive impairment), and monitor disease progression to improve management and treatment.

**Dr. Barbara Pickut** is a leader in the Grand Rapids medical, neuroscience, and academic communities. A graduate of the University of Michigan for her bachelors and masters degrees, with an M.D. from the University of Antwerp, Belgium, Dr. Pickut has completed 38 clinical trials related to Parkinson's disease since 1992. She studies the role of mindfulness and mind-body interventions in movement disorders to improve patients' overall quality of life.

“ Don’t give up...Today’s mighty oak is just yesterday’s nut that held its ground. ”

**Learning Objectives:**

1. Distinguish PD-MCI from PDD.
2. Understand why accurate diagnostic is important.
3. Describe how molecular biomarkers can assist in trial decisions.
4. Describe and practice mindfulness training.
5. Discuss neurobehavioral effects of PD patients with mindfulness intervention.

11:15 am

**Student Research Posters** .....West Hallway

11:45 am - 1:00 pm

**Luncheon** .....Regency Room,  
Hager-Lubbers  
Exhibition Hall,  
Gordon Gallery

## Student Research Posters

### UNDERGRADUATE STUDENT RESEARCHERS

1. **Presenters:** Valerie Ahee, Psychology, Hannah Schweikart, Bachelors, Allied Health

**Faculty Advisor:** Jing Chen, Ph.D., Psychology

**Title:** *Aging and Wisdom Acquisition*

**Abstract:** In this study, we used two different measures to assess the wisdom of both young (20-23 years old) and older adults (66-91 years old). One measure was a self-report and the other is a procedural measure. Both measures assessed wisdom-related knowledge across three dimensions (cognitive, reflective, and affective). Our results revealed that age was not correlated with wisdom and procedural measures showed a higher level of wisdom than self-report measure.

2. **Presenter:** Ellie Barrett, Bachelors, Psychology

**Faculty Advisor:** Jing Chen, Ph. D., Psychology

**Title:** *Treatment of Depression in the Elderly: Which Therapeutic Approach Works Best?*

**Abstract:** In this poster, I will review different therapeutic approaches that have been used in treating depression in the elderly. Among the various approaches, I mainly compare the humanistic therapies (specifically Existential Therapy and Person-Centered Therapy) with other approaches (specifically Cognitive-Behavioral Therapy and Interpersonal Therapy) and discuss the outcomes associated with these therapeutic approaches.

3. **Presenter:** Sydney Cody, Bachelors, Psychology  
**Faculty Advisor:** Christopher Kurby, Ph.D., Psychology  
**Title:** *Aging and the Effects of Hollywood Editing in the Perception of Events in Narrative Film*  
**Abstract:** Viewers of narrative film segment the movie into separate events, in a process called event segmentation. Research has shown that there are age-related changes in event segmentation for naturalistic experiences, such as washing clothes, yet research has also found that narrative experiences show an age-preservation in segmentation. A possibility for this discrepancy is that contrary to everyday life, in narrative film, Hollywood editing techniques help guide viewers' attention to events. We hypothesize that age-related differences in event understanding will be reduced for the films shot with Hollywood editing compared to those that are not. Preliminary results will be reported.
4. **Presenter:** Sydney Cody, Bachelors, Psychology  
**Faculty Advisor:** Jing Chen, Ph.D., Psychology  
**Title:** *Processing Speed Differences in Older and Young Adults*  
**Abstract:** Older adults show many declines as they age. This project examines the difference between older and younger adults processing speed on two different processing speed tasks. The results are discussed in terms of the relationship between other cognitive abilities and processing speed.
5. **Presenters:** Victoria Katerberg, Bachelors, Allied Health Sciences, Pre-PA, Anna Banister, Bachelors, Allied Health Sciences, Pre-PA  
**Faculty Advisor:** Julia VanderMolen, Ph.D., Allied Health Sciences  
**Title:** *Processes to be Implemented in Long Term Care to Improve the Quality of Life for Elderly Patients: A Systematic Review of Literature*  
**Abstract:** This poster will highlight the prominent processes implemented in long-term care situations for the betterment of the elderly population receiving it. Both institutional and in-home care settings will be addressed. Prominent issues include financial struggles, understaffing, and emotional and emotional instability. Possible interventions described in the review included assigning a care manager, altering certain government policies, and choosing the right type of long-term care setting.
6. **Presenter:** Abby Kate Karafa, Bachelors, Social Work  
**Faculty Advisor:** Cray Mulder, Ph.D., Social Work  
**Title:** *Low Sensory Stimulation Techniques of Patients with Late Stage Dementia*  
**Abstract:** This poster will discuss low sensory stimulation interventions based on research for patients with late stage dementia in a nursing home setting. A few different interventions will be discussed.

“Life doesn’t get easier or more forgiving;  
we get stronger and more resilient.”



7. **Presenters:** Emma Hahs, Bachelors, Cell & Molecular Biology, Brooke Armistead, Bachelors, Cell & Molecular Biology, Sarah Brown, Bachelors, Cell & Molecular Biology

**Faculty Advisor:** Sok Kean Khoo, Ph.D., Cell & Molecular Biology

**Title:** *Dementia in Parkinson's Disease*

**Abstract:** Parkinson's Disease (PD) is a movement disorder primarily caused by depletion of dopamine neurotransmitters in neuron cells. In addition to four cardinal symptoms of tremor, rigidity, bradykinesia, and postural instability, PD patients also experience various non-motor features such as those corresponding with gastrointestinal and neuropsychological deficits. Dementia, a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language, occurs in ~30% of PD patients, and is a major cause of disability. Mild cognitive impairment in PD (PD-MCI) has been suggested to be a predictor for development of PD with dementia (PDD).

8. **Presenters:** Brittany Fleming, Bachelors, Allied Health Science-Speech Language Pathology, Lindsay Hunt, Bachelors, Allied Health Science-Speech Language Pathology, Nicole Houskamp, Bachelors, Allied Health Science-Speech Language Pathology

**Faculty Advisor:** Julie VanderMolen, Ph.D., Allied Health Sciences

**Title:** *Elderly Abuse: A Systematic Review of Vulnerability and Prevention*

**Abstract:** The authors conducted a systematic review focusing on elder abuse. The poster aims to reveal if there are correlations between elderly patients with dementia and the vulnerability to elder abuse in long-term care facilities. In addition, they were also interested in finding out if there are intervention methods that could prevent the abuse.

## GRADUATE STUDENT RESEARCHERS

1. **Presenters:** Sapana Shinde, Masters, Cell & Molecular Biology, Aaron Ripley, Masters, Cell & Molecular Biology

**Faculty Advisor:** Sok Kean Khoo, Ph.D., Cell & Molecular Biology

**Title:** *MicroRNA Expression Studies in Rotenone-induced Cellular Model for Parkinson's Disease*

**Abstract:** Parkinson's disease (PD) is a neurodegenerative disorder characterized by presence of alpha-synuclein (aSyn) protein aggregation in the midbrain dopamine neurons. One potential disease-modifying strategy is drug development, targeting aSyn to reduce its accumulation. microRNAs (miRNAs) are small regulatory RNAs involved in many important biological processes. miRNA-34b/34c are known to target and alter the expression of aSyn. Here, we aim to establish a feasible study to evaluate the expression of miRNA-34b/34c in a differentiated SH-SY5Y cell line induced with rotenone that mimics PD phenotypes. This cell model can eventually be used to investigate the effects of specific miRNAs on aSyn aggregation.

**“ Everything will be  
okay in the end.  
If it's not okay,  
it's not the end. ”**

“People tend to overstate my resilience,  
but of course, I hope they’re right.”

2. **Presenters:** Karolina Mazan, Masters, Public Administration, Zuzanna Zapiórkowska, Masters, Public Administration

**Faculty Advisor:** Priscilla Kimboko, Ph.D., Public, Nonprofit and Health Administration

**Title:** *Grandparent-Grandchild Communication in Long-Distance Familial Relationships*

**Abstract:** The student poster covers literature research on the topic of communication between the grandparents and college-age grandchildren in the geographically-distanced familial relationships. Various communication channels facilitate such relationships: telephone, traditional mail and Internet-based communication media. The poster describes the challenges and opportunities of these communication channels, as well as proposes suggestions for maintaining healthy family relationships through effective use of these channels.

3. **Presenter:** Elizabete Saukas, Masters, PA-Health Administration

**Faculty Advisor:** Priscilla Kimboko, Ph.D., Public, Nonprofit and Health Administration

**Title:** *Aging with Disabilities*

**Abstract:** The idea of “aging in place” is to allow older adults to live independently in their own homes. Most American seniors desire to stay in their homes for the rest of their lives, but, unfortunately, this is not always possible for all seniors. Therefore, the goal of this paper is to look into some of these challenges faced by older adults with impairments or unimpaired to age in place. Mainly, when population aging is likely to raise the number of households with disabled residents.

4. **Presenters:** Allison Staley, Masters of Public Health

**Faculty Advisor:** Jody Vogelzang, Ph.D., Public Health

**Title:** *Exploring Mindfulness Among Primary Grandparent Caregivers*

**Abstract:** Due to changes in family structures many grandparents act as the primary caregiver to their grandchild (Ellis & Simmons, 2014). Grandparent health may suffer as a result (Neely-Barnes, Graff, & Washington, 2010). The Mindful Parenting Program has the potential to improve overall caregiver health and family functioning (Bogel & Restifo, 2014). Feedback from seven primary grandparent caregivers and one health provider with 25 years' experience working with the target population revealed the potential effectiveness, utility, and feasibility of the intervention among grandparent caregivers. Several aspects of the program need to be changed to be useful and feasible to target population.

**EARLY AFTERNOON WORKSHOPS****SESSION 7 .....DEV 138E*****Changes in memory and thinking with age: What can be done about it?*****[N, O, S, T]**

In the first half of this presentation, we will review the most recent research on neuroplasticity of the aging brain followed by a discussion of various factors that may help reduce the risks of cognitive declines and development of dementia. In the second, we will discuss the current research on cognitive training procedures that may help improve working memory functioning and long-term memory. We will also discuss boundaries on the effectiveness of such interventions and whether they produce long-term gains.

**Presenters: Jing Chen, PhD; Chris Kurby, PhD, Associate Professors, Department of Psychology, Grand Valley State University**

**Jing Chen** is an Associate Professor of Psychology at GVSU. She earned her PhD in experimental psychology/cognitive aging from Washington University. She teaches developmental courses including Perspectives on Aging and Lifespan Developmental Psychology.

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

**Learning Objectives:**

1. Get to know some research studies that explore the boundary of plasticity in the aging brain.
2. Become familiar with difference ways that can help maintain older brain's functionality.
3. Become familiar with the research on memory training
4. Understand the benefits and shortcomings of memory training procedures.

**SESSION 8 .....DEV 136E*****The Value of the Older Adult Worker*****[N, O, S]**

As today's 50+ population is redefining aging and eroding the negative stereotypes, today's 50+ workforce is adding value by exhibiting traits that are highly sought after in today's economy. The business case for workers 50+ is stronger than ever and recruiting and retaining workers age 50+ is critical to the success of high performing businesses. In today's business environment, the most important capital a company possesses is its human capital. This session will debunk many of the widely held misperceptions about the 50+ worker and make the case for the value of experience.

**Presenter: Jennifer Muñoz, BAA, Associate State Director, AARP**

**Jennifer Muñoz** is a community organizer, activist, public speaker, and writer on issues related to older adults. She is the Associate State Director for AARP Michigan. Her work involves helping older adults live their best lives and advocating on their behalf. She writes for various publications including Faith Grand Rapids and West Michigan Woman magazines on topics related to aging. While she is a Grand Rapids' native, she works and travels across the state on behalf of the 1.4 million AARP members in Michigan.



### Learning Objectives:

1. Understand how the changing demographics of the workforce impacts business.
2. Understand how the 50+ population is a viable solution to meeting workforce needs.
3. Debunk negative stereotypes and age discrimination that exists in the workplace.
4. Learn the traits and values that the older adult worker brings to the workplace.

### SESSION 9 .....

DEV 111D

#### ***Hope and Strength Surround Even the Dying***

[N, O, S, T]

It is a common myth that becoming a hospice patient causes an individual to give up hope. Hopes, strengths and fears were examined in this qualitative study involving five triads - hospice patients, their caregivers and their providers. Researchers explored whether, after accepting hospice care, hope was maintained, whether fear existed, and what were the unique strengths that may have affected hope and fear. Multi-dimensional hopes and relationships as a source of strength emerged among the participants and suggest a resilience that informs care on many levels.

**Presenter: Theresa Lynn, PhD, LMSW, RN, BSN, BA, Executive Director, Wings of Hope Hospice, Instructor, Western Michigan University**

**Dr. Lynn** is the Executive Director of Wings of Hope Hospice in Allegan, MI. She is also the director of the 4-bed Wings Home, a home for hospice patients. Dr. Lynn teaches an online course in Western Michigan University's Holistic Health Program called Understanding Grief and Loss. The presentation is from a chapter in her dissertation research entitled *Choices to Maximize Quality of Life at End of Life*.

### Learning Objectives:

1. Differentiate between the hopes, strengths and fears of hospice patients, their caregivers and their providers.
2. Define different kinds of hope and how hope changes related to end of life.
3. Describe the importance of relationships related to end of life.
4. Assess the value of knowledge about hope, strength, and fear and how it might inform the way providers care for individuals with life-limiting illness and their caregivers.

### SESSION 10.....Loosemore

#### ***The Housing Dilemma: Backup is Here***

Auditorium

[N, O, S]

Seniors and their families in West Michigan are not alone as they journey through the normal process of asking questions regarding resources, education, and housing options that are appropriate for their needs and fits their personality. There are resources available to help navigate through these and many other situations that may be carefully planned or many times, unexpectedly required. Questions that can be confusing or daunting to some can be explored by experts that not only help answer these questions, but respectfully listen to your heart and desires to carefully explain and show available housing options. These resources are free to seniors and their families focusing on the promotion of appropriate independent living within our community through exploration of senior housing, home care, and senior resources.



“The oak fought the wind and was broken,  
the willow bent when it must and survived.”

**Presenters: Elizabeth Harrell, Senior Living Consultant, Crossroads Eldercare Planning; John Farrington, Housing Coordinator, Senior Neighbors; Chad Sutcliffe, MHA, MEd, NHA, Assistant Professor, Grand Valley State University**

**Elizabeth Harrell** is the founder and President of Crossroads Eldercare Planning, an eldercare referral agency created to serve seniors and their families by educating on options for housing, home care, and senior resources. Elizabeth is an enthusiastic MSU Spartan and lives in East Grand Rapids with her two teenage sons. She is the President of the Council on Aging of Grand Rapids, Secretary of the West Michigan Healthcare Network, and a board member of Senior Neighbors.

**John Farrington** is the Housing Coordinator for Senior Neighbors. The Housing Program started in January 2015 with the goal of serving 150 seniors; however their goal has been surpassed having served over 200 seniors. John's goal is to assist seniors in finding safe, stable, and affordable housing within subsidized and independent apartments along with addressing evictions, and other housing needs. We serve any senior age 60 and above that lives in Kent County.

**Chad Sutcliffe's** background includes health care administration, clinical research, and educational leadership. Before joining GVSU's faculty, Chad transitioned into health care starting at Spectrum Health where he earned his Nursing Home Administrator's license and experienced long term care administration, consulting, and research in non-profit and for-profit environments focused on access and quality of care. Chad earned a BA from Cornerstone University, MEd and MHA from GVSU, and is currently working on his PhD in Organizational Leadership.

#### **Learning Objectives:**

Participants in this workshop will:

1. Be able to know the various resources available for seeking appropriate housing options that meet their physical, emotional, and financial needs.
2. Understand an overview of the different levels of senior care, including home care and various senior living environments.
3. Learn of the financial resources that may be available to assist seniors in obtaining the services or living environment that is appropriate for them to maximize their quality of independence and life.

**SESSION 11.....DEV 207E**

***Better Planning for Longer Lives: preparing now for a longer life lived well***

**[O, S]**

Estate planning is a guide for future living and gifting. When people wait too long to make an estate plan, they find themselves under stress to complete it. Younger and healthier planners have more options and experience peace of mind by knowing their plans are in place whatever the future may bring.

**Presenter: Beth A. Swagman, JD, MSW, ACSW, Estate Planning and Elder Law Attorney, Beth A. Swagman, PLLC**

Social worker and attorney for combined 41 years of experience. Public speaker for nearly 25 years on a variety of topics in law, family violence, and ecclesiastical misconduct. Co-author of article "An Overview of Dementia and Competency" published in State of Michigan Bar Journal, November 2014. Author of three books on abuse. Member of State Bar of Michigan Probate and Elder Law sections; member of the Elder Law and Disability Rights council; certificate of completion from Probate and

Estate Planning Certificate Program; member of Grand Rapids Bar Association - Probate/Estate Planning Steering Committee; board member of Georgetown Harmony Homes; volunteer at Mel Trotter Legal Assistance Clinic; adjunct professor at Western Michigan Cooley Law School teaching Estate Planning course.

**Learning Objectives:**

1. Identify the legal documents that comprise an estate plan.
2. Identify the risk of financial exploitation to elderly person when estate planning.
3. Identify the legal and ethical issues of estate planning with person with dementia symptoms.
4. Identify impact of family dynamics on estate planning.

**SESSION 12.....DEV 209E**

***Planes, Trains and Automobiles: Traveling with a Disability***

**[O, S, T]**

This session will focus on providing essential information and tips for caregivers and individuals with disabilities on how to make travel more accessible. Don't cancel that trip to Florida to escape the Michigan snow or miss that grandchild's graduation. There are steps you can take to make traveling a reality.

**Presenter: Jenny Baweja, CTRS, Recreational Therapist, Mary Free Bed Rehabilitation Hospital**

**Jenny Baweja** is a recreational therapist on Mary Free Bed's Stroke Team but also works with individuals who have experienced a stroke, amputations, deconditioning, and orthopedic issues. She serves as adjunct faculty at Calvin College. She graduated from GVSU in 2006. Jenny is professionally involved with the Michigan Therapeutic Recreation Association, and the Recreational Therapy Foundation.

**Learning Objectives:**

Attendees will be able to:

1. Identify three common barriers to travel and strategies to overcome them.
2. State two questions that should be explored regarding accessibility prior to travel.
3. Explain the rights of an individual with a disability related to travel accommodations.

**2:00 pm**

**BREAK**

**2:15 pm**

**MID AFTERNOON WORKSHOPS**

**SESSION 13.....DEV 136E**

***Helping to Prevent Financial Exploitation: New Assessments in Financial Decision Making among Older Adults***

**[N, O, S]**

Cognitive impairment in older age contributes to vulnerability in two ways; loss of skills such as financial management and judgment, and the ability to protect oneself from risky situations. Using a person centered approach, along with 20 expert panelists, we created two financial decision making scales; one comprehensive scale for mental health professionals and a screening scale for Adult Protective Service professionals and professionals in the financial industry. We will examine these scales and the empirical findings associated with the scales' validity and usage.

**Presenter: Peter A. Lichtenberg, PhD, Director and Professor, Institute of Gerontology, Wayne State University**

A clinician and researcher throughout his career Dr. Lichtenberg, one of the first board certified Clinical Geropsychologists in the nation, has made contributions to the practice of psychology across a variety of areas including in Alzheimer's disease, medical rehabilitation and with those suffering from late life depression. He is particularly interested in the area of intersection between financial capacity and financial exploitation; finding ways to balance autonomy and protection for older adults.

**Learning Objectives:**

1. Examine the 6 domains of financial exploitation.
2. Critique the traditional approach to financial capacity.
3. Describe the use of a person centered approach to creating a new financial decision making instrument.

**SESSION 14.....DEV 209E**

***Emotional Flexibility: Increasing Resiliency in Older Adults***

**[N, O, S, T]**

Older adults experience many stressors as they age. What makes some more able to cope than others? How can we as practitioners encourage, support and strengthen the older adults with whom we work? Learn ways to encourage and increase resiliency in older adults.

**Presenters: Kelly Purdue, LMSW, ACSW, Clinical Social Worker, Association for the Blind and Visually Impaired; Amy VanDorp, LMSW, Clinical Social Worker, Faith Hospice**

**Kelly Purdue** is a MSW with 24 years of experience in geriatric social work, with specialties in the areas of grief and loss. She has worked with older adults almost exclusively in her practice. She has provided social work services in hospice residences, nursing homes, assisted living centers, private homes and clinic settings. She currently works for the Association for the Blind and Visually Impaired as a clinical social worker and teaches master's level social work students at WMU and MSU as an adjunct instructor.

**Amy VanDorp** graduated from Calvin College with her bachelor's degree in social work and from Western Michigan University with her master's degree in social work. She has worked for five years as a nursing home social worker and fourteen years as a hospice social worker. She specializes in older adults, loss, grief and end of life issues.

**Learning Objectives:**

1. Recognize stress and trauma in older adults.
2. Recognize the role of older adult's coping mechanisms and styles in their ability to manage stressful events.
3. Gather resources to develop a toolbox of clinical interventions to identify and strengthen resiliency.
4. Help older adults find resolution and fortitude, despite stress and trauma, in order to build resiliency.

**“Defeat is in your mind,  
resilience is in your soul. ”**

**[O, S, T]**

Please put your seats in the upright position and prepare for take-off! You're about to soar with the "Encore" movement and be inspired as Jane and Mary and Tom share stories of people and organizations re-inventing themselves to share precious gifts that, like fine wine, develop over time. You'll get a bird's-eye view of Encore as a living, breathing entity. And you'll be introduced to more than a dozen people who have launched their second acts, leaning on grace and wisdom to connect with others and develop a deep sense of community and belonging. Your itinerary includes meeting a man who makes caskets for people who can't afford 'em...a photographer who takes final family portraits that include kids in Hospice care...a man who hunts for dinosaur bones...a woman who's volunteered at the same place for 57 years...and much more! The only thing you won't get are frequent flyer miles and a tiny package of peanuts; maybe next time! :)

**Presenters: Tom Rademacher, Tera Wozniak Qualls, Jane Royer & Mary McLoughlin, Encore Innovation Fellows with the Grand Rapids Community Foundation, Grand Rapids Community Foundation**

**Mary McLoughlin** has over 30 years' experience in providing communications, public relations and fund development counsel for a variety of clients throughout Michigan and the Midwest, 23 of those years as owner/principal of McLoughlin Communications & Public Relations. Currently she is President of the Children's Assessment Center Board of Directors, Member of the Frederik Meijer Gardens & Sculpture Park Board of Directors and Executive Committee, and recent Board Secretary and member of the Michigan Women's Foundation Board of Directors.

**Jane Royer** has been a leader in the field of volunteer management for the past 18 years. Through her recent work as Volunteer Center Director at Heart of West Michigan United Way, she connected hundreds of nonprofits with volunteers to make a difference. She has a record of success in bringing diverse groups together to improve social conditions. At the heart of her work is the belief that creative collaborations transform people and communities.

**Tera Wozniak Qualls, M.P.A.** is founder of Momentum, a nonprofit consulting firm focusing on plan and program implementation, and talent development. Most recently Tera served as the Director of Communications and Advancement for the College of Community and Public Service at Grand Valley State University and Communications Manager for the Dorothy A. Johnson Center for Philanthropy at Grand Valley State University, where she implemented a variety of social media and brand management strategies for the organization. Tera serves as an adjunct professor of nonprofit administration in the School of Public, Nonprofit and Health Administration at Grand Valley, where she teaches introduction to nonprofits and volunteerism for undergraduate students.

**Tom Rademacher** is a professional storyteller who spent more than 35 years at The Grand Rapids Press, and now freelances for clients whose work has taken him around the corner and as far away as Africa. A former factory worker, taxicab driver and swim coach, his hardscrabble connections have endeared him to readers seeking inspiration through the stories of everyday people.

**Learning Objectives:**

1. Understand aging as part of our biological identity and distinct from disease and decline.
2. Engage older adults in practices which are based on their diverse strengths and needs.



**“ Whatever you do will be insignificant,  
but it is very important that you do it. ”**

3. Respect and appreciate the contributions of older adults to civic and economic life.
4. Advance the rights of older adults to fully participate in society as a social justice issue.

**SESSION 16.....DEV 207E**

***The Resilience Myth; Ways to Boost Resilience***

**[N, O, S, T]**

Psychological resilience is defined as an individual's ability to properly adapt to stress and adversity and includes the ability to “bounce back” after experiencing life's challenges. For the aging; stress and adversity may come in the form of medical problems, death of loved one, financial worries or moving into a new home. It is a common belief in our society that some people have an innate higher capacity to withstand more stress than others. But this is a misconception. These individuals are not born with a higher threshold to cope with adversity or to persevere through trials. What's the secret?

**Presenter: Tracy Ryks, BES, Community Outreach & Development, Seniors Moving Smarter**

**Tracy Ryks** specializes in business development through integrated communications. As a member of the “sandwich generation” she’s been a care giver to her mother with Alzheimer's and has worked with clients with traumatic brain injuries. Coupled with her 16 moves in her lifetime when joining Seniors Moving Smarter she became a natural addition to their team. She enjoys sharing how to boost resilience and how to thrive through transitions especially in later years.

**Learning Objectives:**

1. Participants will be able to understand what psychological resilience is and how it relates to living a fulfilling life especially as one age and experience adversity from the death of a loved one, financial stress or moving to a new home.
2. The “Resilience Myth” will be exposed and examples will be provided so participants can recognize if they or their clients have bought into the myth.
3. The importance of boosting psychological resilience will be examined and participants will take away applicable tips based on the latest research to help aging as they transition later in life.

**SESSION 17.....DEV 138E**

***Exploring the Potential of Intergenerational Mentorship in Health and Resilience***

**[N, O, S, T]**

Intergenerational mentorship is the intentional process of transferring and building knowledge, ideas, and information from one generation to another. This workshop will provide a comprehensive exploration of the various ways that intergenerational mentorship can enhance well-being, quality of life, resiliency and learning in late life. In addition, the types of mentorship relationships that have been successfully used in wellness programs, caregiving, and health care will be reviewed.

**Presenter: Heather M. Wallace, PhD, Grand Valley State University**

**Dr. Wallace** is a Family Gerontologist interested in exploring the impact of intergenerational relationships on overall health and wellness across the life course and particularly in the management of adverse health. She has recently developed and taught courses on aging and public health that incorporate intergenerational approaches to learning. In addition, her recent research has explored the benefits of intergenerational mentorship on overall life satisfaction among older, community dwelling adults.

**Learning Objectives:**

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

1. Describe the benefits of intergenerational mentorship upon health and wellness in late life.
2. Explore and identify ways in which they or their organizations may promote intergenerational mentorship and or intergenerational relationships.
3. Understand how intergenerational mentorship and or relationships can be developed toward the enhancement of lifelong learning and personal resiliency.

3:15 pm

**BREAK**

3:30 pm

**CLOSING SESSION**.....Loosemore

***What Will It Take to Become a Dementia Friendly Community?***

Auditorium

**[N, O, S, T]**

This session will combine instructive teaching with interactive discussion to provide a context for the term “dementia friendly community” and an opportunity to share ideas on how this concept can be applied in West Michigan. Audience members will be asked to provide input on what might make for a better living experience for people with dementia. A panel of cross-sector experts will speak to the importance of “dementia friendliness” in a variety of aspects of community life and discuss current efforts towards becoming so. The goal of the audience and panel discussion is to spur action on the part of professionals and community members towards becoming more competent when encountering people with dementia and their caregivers in every day work and life.

**Moderator: Lisa Ellens, MSW, Director, Rethinking Dementia: Accelerating Change**

**Lisa Ellens** 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 educating the community about health topics including dementia, current aging policy issues, and services for older adults.

**Speakers:**

**Elizabeth Zeldes, CPA, Owner, Senior Advisory Services, PLLC**

**Elizabeth** is a graduate of the University of Tennessee College of Business and has been a Certified Public Accountant for over 30 years. She is the owner of Senior Advisory Services, PLLC, providing in-home accounting and trust services to seniors. Elizabeth is a member of the Caregiver Resource Network, Dementia Friendly Grand Rapids, Council on Aging of Kent County, Porter Hills Foundation Board, Advocates for Senior Issues, the American Institute of CPAs, the Michigan Association of CPAs and the American Association of Daily Money Managers.

**“ If you’re tired of starting over,  
stop giving up.**

**”**

**Suzann Ogland-Hand, PhD, Geropsychologist, Ogland-Hand Consulting, LLC**

**Dr. Ogland-Hand** completed her bachelor’s in psychology at the University of Northern Iowa, and her doctorate in clinical psychology at Fuller Graduate School of Psychology in Pasadena, CA. She completed her fellowship In Geropsychology at the Palo Alto VA. She has been a geropsychologist for over 20 years focusing on family caregiving and mental health issues. She currently works at Ogland-Hand Consulting, LLC.

**Chris Simons, BS, CTRS, Director of Dementia Services, Clark Retirement Community**

**Chris Simons** is the Director of Dementia Services and Life Enrichment at Clark Retirement Community. She is a Certified Therapeutic Recreation Specialist and a graduate of Central Michigan University. Chris has received the Distinguished Alumni Award from CMU Department of Recreation, Parks, and Leisure Services for her work in dementia. She has 40 years’ experience working with individuals with dementia and their families. She has done numerous presentations throughout the state and has taught at Lansing Community College and Central Michigan University. Her innovative programs have received three Innovative Program Awards through Leading Age of Michigan. She is very pleased to be an educator for Dementia Friendly Grand Rapids.

**Joy Spahn, MPA, Regional Director, Alzheimer’s Association - West Michigan Region**

**Joy** has been the Regional Director for the Alzheimer’s Association, Greater Michigan Chapter for 10 years and has over 35 years’ experience in geriatric care management including developing and directing both community and facility based programs for persons with dementia. She is a frequent speaker and trainer on Alzheimer’s disease, dementia and caregiver issues.

**Iris Boettcher, MD, Internist, Spectrum Health Medical Group**

**Dr. Boettcher** received her medical degree from the University of Iowa, College of Medicine. She is a board certified physician in Internal Medicine, in Geriatric Medicine and in Hospice and Palliative Care. Dr. Boettcher is the Division Chief of Geriatric and Specialty Care for Spectrum Health Medical Group. The Group provides medical care to seniors across West Michigan. She also holds her certification as a Medical Director (CMD) from the American Medical Directors Association. Dr. Boettcher currently holds several Medical Directorships including Chief Medical Advisor for Porter Hills Retirement Communities and Services, Medical Director for Freedom Village, Associate Medical Director for Priority Health, and Medical Director of the Acute Care of the Elderly Unit at Spectrum health. She is also a clinical associate professor for the Department of Medicine for Michigan State University College of Human Medicine. Dr. Boettcher has worked for many years in geriatric medicine. She has authored many articles and presentations related to geriatrics. Most notably being the principal investigator and author of a system of person-centered care for people with dementia.

## **George Heartwell, Mayor Emeritus, City of Grand Rapids, MI**

Mayor Emeritus **George Heartwell** served three terms as Mayor of Grand Rapids, taking office on January 1, 2004. During his tenure, City government has implemented a variety of environmental measures, including purchase of renewable resource energy, use of alternative fuels in city vehicles, continued attention to water quality in the Grand River, and widespread implementation of energy conservation measures.

### **Learning Objectives:**

1. Audience members will be able to identify at least two elements of dementia friendliness.
2. Audience members will be able to discuss the importance of dementia friendliness and competence in a variety of community sectors.
3. Audience members will be able to instruct someone else on where to go for information or help for people with dementia.

## **Continuing Education Credits**

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

### **Nursing [N]**

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

### **Occupational Therapy [O]**

The National Board for Certification of Occupational Therapists, NBCOT, states the following about CEU's: Attending workshops, seminars, lectures, professional conferences approved by one of the following: 1) Regionally accredited college or university; 2) State regulatory board for licensure renewal; 3) Continuing education providers; 4) Third party entity. **Required documentation:** A certificate of attendance or letter from sponsor/employer verifying contact hours or CEU, 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-Provided MICEC-0004. This program is approved for up to 5.0 hours.

### **Therapeutic Recreation [T]**

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





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**RETHINKING DEMENTIA**  
*Accelerating Change*



*Senior*  
**NEIGHBORS**



A positive path  
for spiritual living.



**Beth Swagman**  
**Estate Planning**



**Donijo Robbins**



“

I can be changed by  
what happens to me  
but I refuse to be  
reduced by it.

”



**Nicolette McClure**





**“ One who falls and gets back up is so much STRONGER than one who has never fallen.**

**Less coordinated, obviously - but STRONGER.**

**”**



# Books on the Bright Side of Aging

## 11th Annual Art & Science of Aging Conference



### ***Aging Populations, Globalization and the Labor Market: Comparing Late Working Life and Retirement in Modern Societies***

Blossfeld, Hans-Peter; Buchholz, Sandra; Kurz, Karin  
Edward Elgar Pub, 2011  
ISBN 9781849803724

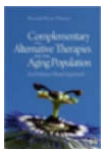
An analysis of late career and retirement within 9 European societies and the USA, examining how social inequality structures have developed in an era of globalization and aging populations.



### ***Aging Well: Surprising Guideposts to a Happier Life from the Landmark Study of Adult Development***

Vaillant, George E.  
Little, Brown and Company, 2003  
ISBN 9780316090070

This Book illustrates the surprising factors involved in reaching happy, healthy old age.



### ***Complementary and Alternative Therapies in the Aging Population***

Watson, Ronald R.  
Academic Press, 2011  
ASIN B0048EJVTO

This book presents a revolutionary overview of how to treat or ameliorate diseases by using innovative alternative therapies.



### ***Dementia Arts***

Glazner, Gary  
Health Professions Press, 2014  
ISBN-13 9781938870118

A guide to use poetry and the arts to facilitate communication with people with dementia.



### ***Evidence-based Counseling and Psychotherapy for an Aging Population***

Glick, Morley D.  
Academic Press, 2009  
ISBN 9780123749376

The book provides practitioners with a state-of-the-art compilation of evidence-based practices in the assessment and treatment of elderly clients.



### ***Health at Older Ages: The Causes and Consequences of Declining Disability Among the Elderly***

Cutler, David M. and Wise, David A.  
University of Chicago Press, 2009  
ISBN 9780226132310

Economists analyze disability decline and propose ways to accelerate future improvements in the health of our most elderly populations.



### ***Is Ambient Assisted Living the Panacea for Ageing Population?***

d'Angelantonio, M. and Oates, J.  
IOS Press, 2013  
ISBN 9781614991908

This book documents the results of the DREAMING (eIDeRly-friEndly Alarm handling and MonitorING) project.



***New Frontiers in REsilient Aging  
Life-Strengths and Well-Being in  
Late Life***

Fry, Prem S. and Keyes, Corey L. M.  
Cambridge University Press, 2013  
ISBN 978107412491

This book dispels the common conception of aging as 'decline' and replaces it with a vision of aging as a period of continual growth and enrichment.



***Physical Activity and Sport in Later Life: Critical Perspectives***

Tulle, Emmanuelle and Phoenix, Cassandra  
Palgrave MacMillan, 2015  
ASIN B0161IX761

This book invites readers to question their own assumptions about physical activity and sport in later life.



***Resilience and Aging : Research and Practice***

Helen Lavretsky  
John Hopkins University Press, 2014  
ISBN 9781421414980

Lavretsky summarizes the most up-to-date research on resilience, neurobiology, and preventive care and includes clinical cases from her practice.



***Resilience and Mental Health: Challenges Across the Lifespan***

Southwick, Steve M.; Litz, Brett T.; Charney, Dennis  
Cambridge University Press, 2011  
ISBN 9780521898393

This book provides a comprehensive, multidisciplinary and integrated understanding of resilience that is written by leading experts in the field.



***Resilience in Aging: Concepts, Research, and Outcomes***

Resnick, Barbara; Gwyther, Lisa P.; Roberto, Karen  
Springer 2011  
ISBN 9781441902313

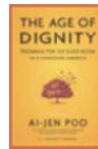
This book provides the current scientific theory, clinical guidelines, and real-world interventions with regard to resilience as a clinical tool.



***Strategies for Therapy with the Elderly: Living with Hope and Meaning***

Brody, Claire and Semel, Vicki  
Springer Publishing Company, 2005  
2nd ed.  
ISBN 9780826180117

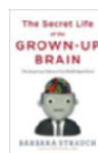
Brody and Semel share how meaningful and successful therapy can be accomplished with an aging population.



***The Age of Dignity: Preparing for the Elder Boom in a Changing America***

Poo, Ai-jen  
The New Press, 2015  
ISBN 9781620970386

This book maps an integrated set of solutions to address America's new demographic and economic realities.



***The Secret of the Grown-up Brain: The Surprising Talents of the Middle-Aged Mind***

Strauch, Barbara  
Vikin/Penguin Group, 2011  
ISBN 9780143118879

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

# Perspectives on Resilience

Resilience is the virtue that enables people to move through hardship and become better. No one escapes pain, fear and suffering. Yet from pain can come wisdom, from fear can come courage, from suffering can come strength if we have the virtue of resilience...

We all need resilience to live a fulfilling life. With resilience you'll be more prepared to take on challenges, to develop our talents, skills, and abilities so you can live with more purpose and joy...

Resilience is a virtue. We are born with the ability to practice a virtue. Virtue is an excellence that we can develop like any other excellence. When it comes to virtue, practice makes a very great difference or rather all the difference. Resilience is an excellence we build. We can practice it in the choices we make and the actions we take. After enough practice, resilience becomes part of who we are...

Virtues that are not practiced die. Resilience that is not practiced weakens. The only way to keep resilience alive - through success, through temporary comfort, through the challenges of AGE - is to engage ourselves in purposeful learning at every step of life. Every master must still have a master. Every good teacher must still be a student.

Excerpts from Resilience: Hard won wisdom for living a better life.  
By Eric Greitens

# Personal Conference Planner

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

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

TIME/SESSION #	CE's	PRESENTER	SESSION TITLE	ROOM	ATTEND
8:15-9:00 AM			Registration/Sign In	Hager-Lubbers Exhibition Hall	
8:15 AM-1:15 PM			Sponsor Displays		
9:00-10:30 AM	N, O, S, T	Karl A. Pillemer, PhD	Advice for Living from the Oldest (and Wisest) Americans	Loosemore Auditorium	
10:30-11:30 AM	1 N, O, S, T	Teresa Castelaño-Lawless, PhD Geling Shang, PhD	Grace as Resilience: Lessons from Ancient Eastern and Western Philosophers	DEV 111D	
	2 N, O, S, T	Marla DeVries, BA Cheryl Van Bemden, BA, ADN, NHA	The Green House Project: A Proven Prescription for Success	DEV 136E	
	3 N, O, T	Chris Dondzila, PhD	Optimizing Healthy Aging Being Physically Active	DEV 138E	
	4 N, O, S, T	Dianne Green-Smith, PhD, LMSW, ACSW	Taking Cover in the Superdome: Thriving Beyond Hurricane Katrina	DEV 209E	
	5 N, O, S, T	Grace Huizinga, EdD, MSN, BSN, RN	Sunrise and Sunset of the LGBT Aging Community	DEV 207E	
	6 N, O, S, T	Sok Kean Khoo, PhD Barbara Pickut, MD	Dementia and Mindfulness-Based Intervention in Parkinson's Disease	Loosemore Auditorium	
11:30 AM-12:30 PM			Student Researcher Posters	West Hallway	
			LUNCH		
1:00-2:00 PM	7 N, O, S, T	Jing Chen, PhD Chris Kurby, PhD	Changes in Memory and Thinking with Age: What Can Be Done About It?	DEV 138E	
	8 N, O, S	Jennifer Muñoz, BAA	The Value of the Older Adult Worker	DEV 136E	
	9 N, O, S, T	Theresa Lynn, PhD, LMSW, RN, BSN, BA	Hope and Strength Surround Even the Dying	DEV 111D	
	10 N, O, S	Elizabeth Harrell, John Farrington Chad Sutcliffe, MHA, MEd, NHA	The Housing Dilemma: Backup is Here	Loosemore Auditorium	
	11 O, S	Beth A. Swagman, JD, MSW, ACSW	Better Planning for Longer Lives: Preparing Now for a Longer Life Lived Well	DEV 207E	
	12 O, T, S	Jenny Baweja, CTRS	Planes, Trains and Automobiles: Traveling with a Disability	DEV 209E	
2:15-3:15 PM	13 N, O, S	Peter A. Lichtenberg, PhD	Helping to Prevent Financial Exploitation: New Assessments in Financial Decision Making Among Older Adults	DEV 136E	
	14 N, O, S, T	Kelly Purdue, LMSW, ACSW Amy VanDorp, LMSW	Emotional Flexibility: Increasing Resiliency in Older Adults	DEV 209E	
	15 O, S, T	Tom Rademacher, Mary McLoughlin, Jane Royer, Tera Wozniak Qualls, MPA	It's My Party and I'll Fly if I Want To	Loosemore Auditorium	
	16 N, O, S, T	Tracy Ryks, BES	The Resilience Myth; Ways to Boost Resilience	DEV 207E	
	17 N, O, S, T	Heather M. Wallace, PhD	Exploring the Potential of Intergenerational Mentorship in Health and Resilience	DEV 138E	
3:30-4:30 PM Closing Session	N, O, S, T	Lisa Ellens, MSW (Moderator) Elizabeth Zeldes, CPA, Joy Spahn, MPA Suzann Ogland-Hand, PhD Iris Boettcher, MD, Chris Simmons, BS, CTRS George Heartwell, Mayor Emeritus	What Will It Take to Become a Dementia Friendly Community	Loosemore Auditorium	