

Sixth Annual
**Mid-America
INSTITUTE
MAIA on Aging**



Thursday and Friday
August 8 and 9, 2013

University of Southern Indiana
Evansville, Indiana

Featuring this year...



Day One Keynote:

Chris Hogan

The Keys to Financial Advantage



Day One Plenary:

Renée Dugger

DNP, RN, GCNS-BC

Life is Tough...So Laugh Hard



Day Two Keynote:

Teepa Snow

MS, OTR/L, FAOTA

*Best Practices in Dementia Care:
The Basics About Dementia and Alzheimer's
Symptoms and How to Help*



Day Two Plenary:

Elaine K. Sanchez

*Finding Hope and Humor in Caregiving...
"And for THIS I take VITAMINS!"*



Living Long... Living Well...



Sixth Annual Mid-America Institute on Aging

PURPOSE

This inter-professional gerontology conference will provide practical tools and ground-breaking information related to successful aging and gerontology. Topics will include inspirational keynotes as well as multiple sessions ranging from healthy aging to coping with illness.

TARGET AUDIENCE

Older adults, family members, caregivers, nurses, social workers, employees working in long-term care settings, nursing home administrators, occupational therapists, physical therapists, dental professionals, and case managers.

COURSE OBJECTIVES

After attending this conference participants will be able to:

- Demonstrate knowledge, interest, and commitment in working with older adults.
- Describe ground-breaking ideas for improving the lives of older adults.
- Assist elders, families, and their caregivers to successfully navigate health issues important to older adults.
- Describe options available for elders to pursue a more active and enjoyable lifestyle.
- Describe the magic and power of caring for the caregiver and the recipient of care.
- Identify how a sense of humor induces physical and mental changes in the body.

EXHIBIT HALL

Join your colleagues, friends, and over 30 area organization representatives in the exhibit area throughout this conference. Use this opportunity to network with sales representatives from healthcare technology, equipment companies, senior health services, home healthcare settings, long-term care settings, assisted living settings, rehabilitation services, and acute care hospitals.

Co-Providers



ST. MARY'S

Seniors

Schedule At-A-Glance

Thursday, August 8

7–8 a.m.	Registration Preconference
7:30–8 a.m.	Enjoy sounds of the harp
8–8:15 a.m.	Yoga
8:15–8:30 a.m.	Welcome
8:30–10 a.m.	Keynote
10–10:30 a.m.	Break and Exhibits
10:30–11:30 a.m.	Six Concurrent Sessions
11:30–12:30 p.m.	Lunch and Exhibits
12:30–1:30 p.m.	Six Concurrent Sessions
1:30–1:45 p.m.	Break and Exhibits
1:45–2:45 p.m.	Six Concurrent Sessions
2:45–3 p.m.	Break and Exhibits
3–4 p.m.	Plenary
4–4:15 p.m.	Closing and Evaluation

Friday, August 9

7–8 a.m.	Registration Preconference
7:30–8 a.m.	Enjoy sounds of the flute
8–8:15 a.m.	Thai Chi
8:15–8:30 a.m.	Welcome
8:30–10 a.m.	Keynote
10–10:30 a.m.	Break and Exhibits
10:30–11:30 a.m.	Six Concurrent Sessions
11:30–12:30 p.m.	Lunch and Exhibits
12:30–1:30 p.m.	Six Concurrent Sessions
1:30–1:45 p.m.	Break and Exhibits
1:45–2:45 p.m.	Six Concurrent Sessions
2:45–3 p.m.	Break and Exhibits
3–4 p.m.	Plenary
4–4:15 p.m.	Closing and Evaluation

FEATURING

Chris Hogan

The Keys to Financial Advantage

Keynote Address

Thursday, August 8, 2013
8:30–10 a.m.



Chris Hogan will explain the key steps to establishing a financial foundation for retirement and provide practical advice on managing the resources you already have available to help ensure financial advantage during retirement.

As the vice president of a banking institution, Hogan was overwhelmed at the number of families affected by money issues. When he met Dave Ramsey, nationally-known financial expert, Hogan changed careers to help spread the message of financial hope. Mr. Hogan, a former All-American college football player at Georgetown College, has a master's degree from California University of Pennsylvania. An engaging and humorous speaker, he conducts on-site training sessions at companies and helps his clients develop financial strategies to protect their wealth and secure their futures. In addition to retirement planning, his areas of expertise are mortgages, healthcare, and investing.

Renée Dugger, DNP, RN, GCNS-BC

Life is Tough...So Laugh Hard

Closing Plenary

Thursday, August 8, 2013
3–4 p.m.



Daily life is fraught with challenges and depressing news. Day after day we experience a seemingly unrelenting stream of serious information. Is laughter even an appropriate response to life in 2013? The answer is a resounding "YES!" Not only is humor an appropriate response, it also is a healthy one, according to Renée Dugger, associate professor of nursing at the University of South Carolina Beaufort. During her presentation, Dugger will describe four health-related outcomes to laughter and help her audience assess and improve their "humor quotient."

Dugger was formerly an assistant professor of nursing at the University of Southern Indiana (USI). During her years at USI, she developed and coordinated Care of Elders and Families, a clinical nursing course for junior-level students which was recognized by the American Association of Colleges of Nursing with a National Innovations in Curriculum Award in 2008. Since 1991, she has been a Board Certified Gerontological Clinical Nurse Specialist. Previously, she held a joint appointment with Middle Tennessee Medical Center and Middle Tennessee State University as a clinical teaching associate in Gerontology. She served as a consultant for the American Academy of Nursing for the Geropsychiatric Initiative to assist graduate and undergraduate nursing programs in curriculum development in the areas of gerontology and geropsychiatric classroom and clinical experiences.

FEATURING

Teepa Snow, MS, OTR/L, FAOTA

Best Practices in Dementia Care: Seeing It from the Other Side – The Basics about Dementia and Alzheimer’s Symptoms and How to Help

Keynote Address

Friday, August 9, 2013
8:30–10 a.m.



How do you tell the difference between normal aging and dementia? What is the difference between dementia and Alzheimer’s disease? Why should I worry about getting it identified or diagnosed? Teepa Snow, a renowned occupational therapist currently working as a dementia care/dementia education specialist, will use role play, DVD clips, simulations, and audience participation to describe common behaviors that are symptoms of dementia and also highlight ways caregivers can help.

Snow has an independent practice in central North Carolina and clinical appointments with Duke University’s School of Nursing and the University of North Carolina School of Medicine. She has over 33 years of experience in geriatrics and works closely with a variety of dementia specialty service providers in both the United States and Canada to develop and improve services for people living with dementia. She earned an undergraduate degree in zoology from Duke University and a master’s degree in occupational therapy from the University of North Carolina in Chapel Hill. She has worked collaboratively to conduct clinical research in a variety of geriatric settings throughout her long career.

Elaine K. Sanchez

Finding Hope and Humor in Caregiving....

“And for THIS I take VITAMINS!”

Closing Plenary

Friday, August 9, 2013
3–4 p.m.



Based on her book, *Letters from Madelyn, Chronicles of a Caregiver*, Elaine Sanchez shares real-life caregiving stories that touch the heart and tickle the funny bone. People say she is a cross between Garrison Keillor and Erma Bombeck, but don’t let the entertainment value fool you. Her message about recognizing and coping with caregiver anger, guilt, depression, and grief is profound. Sanchez helps audience members learn the importance of caring for themselves first in order to care for others.

Sanchez’s passion for helping others cope with the emotional stress of caregiving grew out of her own experience with aging family members. She is the co-founder of CaregiverHelp.com, a video-based, online support group for caregivers. She also hosts a one-hour weekly radio program, Caregiver Help Radio. Prior to her speaking and writing career, she worked as a sales manager for network television affiliates in Colorado and New Mexico. She now lives in Salem, Oregon.

Thursday, August 8, 2013

7–8 a.m.	Registration and Continental Breakfast		
7:30–8 a.m.	PRE-CONFERENCE • CARING FOR SELF Relax to Sounds of the Harp <i>Cyndi Bickel</i>		
8–8:15 a.m.	Experience Yoga <i>Jill C. Mohn</i>		
10–10:30 a.m.	BREAK • EXHIBITS OPEN		
TRACKS	FINDING BALANCE	STAYING SAFE	MONEY MATTERS
CONCURRENT SESSIONS 1 10:30–11:30 a.m.	One-pot Wonders Healthy meals for one that you will love <i>Natasha McKinney, DFS</i> <i>Michelle Hart, DFS</i>	Women! Protect Yourselfs Learn tips and techniques for women's self defense From RAD (Rape Aggression Defense Program). <i>Jeff Chestnut, MA, BS</i>	Life After 50 Hear the exact steps to plan for retirement including getting out of debt and saving. <i>Chris Hogan</i>
11:30–12:30 p.m.	LUNCH • EXHIBITS OPEN		
CONCURRENT SESSIONS 2 12:30–1:30 p.m.	Pack Your Bags! Explore those Bucket List locations and how to enjoy them the most on your own time and monetary budget. <i>Shelly Copeland</i>	Women! Protect Yourselfs (repeat) Learn tips and techniques for women's self defense From RAD (Rape Aggression Defense Program). <i>Jeff Chestnut, MA, BS</i>	What's New with Community Based Care Avoid long-term institutionalization through community resources and home-based community services. Reduce hospital admissions through the Care Transitions program. <i>Carolyn Conners, BS</i> <i>Michael Halling</i>
1:30–1:45 p.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:45–2:45 p.m.	Releasing, Rejuvenating, and Quietening: Rhythm, Sound, and Drumming for Health and Healing Experience the healing power of rhythm and sound through a drumming session. <i>Helen Emge Shymanski, CYI, RYT</i>	Bed Bugs: A "New" Normal Just how bad is the problem of bed bugs? What should you do if you encounter this disturbing pest? <i>Scott Robins, A.C.E.</i>	VA Benefits for Veterans and Families: Panel Discussion Veterans and their families are entitled to VA benefits. Beneficial to seniors, their family members, and professionals who work with them. <i>Moderator:</i> <i>Vaughn DeCoster, MSW, PhD, ACSW, LCSW</i> <i>Panel:</i> <i>Emma Meredith, MSW, LCSW</i> <i>Catherin Pearce, LCSW, CCM</i> <i>Elizabeth Vertin, PSA</i>
2:45–3 p.m.	BREAK • EXHIBITS OPEN		
PLENARY 3–4 p.m.	Life is Tough ... So Laugh Hard Daily life seems to be fraught with challenges and depressing news. Day after day we expect response to life in 2013? The answer is a resounding YES! Not only is it an appropriate resp <i>Renée Dugger, DNP, RN, GCNS-BC</i>		
4–4:15 p.m.	Closing & Evaluation		

8:15–8:30 a.m.

Welcome and Introductions

Mayoral Proclamation • August 8, 2013, A Celebration of Aging

8:30–10 a.m.

**Keynote
The Keys to Financial Advantage**

Practical advice on managing the resources you have available now to ensure a financial advantage during retirement years.

Chris Hogan

HARD TO TALK ABOUT TOPICS	MEDICAL MATTERS	SAYING GOODBYE
<p>Sexuality in Elders</p> <p>Sexuality does not disappear as we age, but “things” do change. Explore these changes, as well as examine myths about sexuality in aging.</p> <p><i>Renée Dugger, DNP, RN, GCNS-BC</i></p>	<p>Update on Geriatric Orthopaedic Trauma</p> <p>Learn new joint replacement techniques for bone injury in the elder population.</p> <p><i>Dennis Beck, MD</i></p>	<p>Dying a Good Death</p> <p>Learn the meaning of a “good death” and the components necessary to assist the patient and family in maximizing the quality of their final days.</p> <p><i>Kristel Swan, RN</i></p>

<p>Elder Abuse and Mistreatment: The Equal Opportunity Transgression</p> <p>Learn about risks and protective factors of elder abuse and what professionals and lay persons can do about it.</p> <p><i>Amanda E. Sokan, PhD, MHA, LL.B</i></p>	<p>There’s a Doc in the House</p> <p>Learn about how full-time, on-site nursing home physician model of care is improving care in the long-term care setting.</p> <p><i>Scott Uloth, MD</i></p>	<p>Dying a Good Death (repeat)</p> <p>Learn the meaning of a “good death” and the components necessary to assist the patient and family in maximizing the quality of their final days.</p> <p><i>Kristel Swan, RN</i></p>
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<p>Elder Abuse and Mistreatment: The Equal Opportunity Transgression (repeat)</p> <p>Learn about risks and protective factors of elder abuse and what professionals and lay persons can do about it.</p> <p><i>Amanda E. Sokan, PhD, MHA, LL.B</i></p>	<p>Symptoms and Treatment of Benign Prostatic Hypertrophy (BPH)</p> <p>Clinical symptoms and treatments for symptomatic BPH will be discussed in this session.</p> <p><i>Phillip Gilson, MD, FACS</i></p>	<p>There’s No Wrong Way to Grieve</p> <p>Learn about the stages, expressions, and challenges of grief; paths to healing; and how to be supportive of those who are grieving.</p> <p><i>Sister Jenny Miller, MA</i></p>
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onse, it also is a healthy one.

Friday, August 9, 2013

7-8 a.m.	Registration and Continental Breakfast		
7:30-8 a.m.	PRE-CONFERENCE • CARING FOR SELF Relax to Sounds of the Native American Flute <i>Doug Luzar</i>		
8-8:15 a.m.	Experience Tai Chi <i>Ron Weatherford</i>		
10-10:30 a.m.	BREAK • EXHIBITS OPEN		
TRACKS	CAREGIVING	THERAPEUTIC APPROACHES	TRANSITION PLANNING
CONCURRENT SESSIONS 1 10:30-11:30 a.m.	Why Am I Angry? Let Me Count the Ways! How caregivers can cope with the unpleasant emotions triggered by people, events, and situations <i>Elaine K. Sanchez</i>	Building Hands-On Caregiving Skills for Dementia Learn to use what remains while acknowledging what is changing. Hear effective strategies for helping persons with dementia reduce resistance to care. Learn to recognize and intervene effectively when behavioral challenges occur. <i>Teepa Snow, MS, OTR/L, FAOTA</i>	Understanding Social Security Entitlement factors for SSA retirement; spouse, survivors, and disability benefits will be explained, including effects of age and work on benefits. Includes demonstration of numerous online tools. <i>Cynthia F. Whitaker</i>
11:30-12:30 p.m.	LUNCH • EXHIBITS OPEN		
CONCURRENT SESSIONS 2 12:30-1:30 p.m.	Guilt - What a Trip! How to recognize guilt-tripping behavior and how the caregiver can change their vocabulary to diffuse the impact of painful emotions. <i>Elaine K. Sanchez</i>	Swallowing Problems Encountered in Aging Learn about swallowing problems encountered in aging and therapeutic methods to assist individuals. See video of swallowing problems. <i>Steven W. Fosnaugh, MA, CCC/SLP</i>	Understanding Social Security (repeat) Entitlement factors for SSA retirement; spouse, survivors, and disability benefits will be explained, including effects of age and work on benefits. Includes demonstration of numerous online tools. <i>Cynthia F. Whitaker</i>
1:30-1:45 p.m.	BREAK • EXHIBITS OPEN		
CONCURRENT SESSIONS 3 1:45-2:45 p.m.	I'm Down and I Can't Get Up! Hear about depression and preparatory grief, a process of continual adjustments to ongoing losses and changes when caring for someone with a degenerative disease. <i>Elaine K. Sanchez</i>	Hip Fractures and Fall Prevention With increased age, individuals are at risk for falls and potential hip fractures. Identify and reduce risks while still focusing on independent lifestyles and aging in the home. <i>Melissa Emge-Beverly, OTR</i>	Community Patient Safety Coalition of Southwestern Indiana/Kentucky, Inc. (CPSC) Learn about the coalition's mission and its structure and initiatives. <i>Beverly Walton</i>
2:45-3 p.m.	BREAK • EXHIBITS OPEN		
PLENARY 3-4 p.m.	Finding Hope and Humor in Caregiving ... "And for THIS I take VITAMINS" Real-life caregiving stories that touch the heart and tickle the funny bone. Don't let the entanglements of guilt, depression, and grief be profound. <i>Elaine K. Sanchez</i>		
4-4:15 p.m.	Closing & Evaluation		

8:15–8:30 a.m.

Welcome and Introductions

8:30–10 a.m.

Keynote

Best Practices in Dementia Care: Seeing It From the Other Side – The Basics about Dementia and Alzheimer’s Symptoms and How to Help

This session is designed to help healthcare providers appreciate some of the newer information available in understanding dementia so you can work more effectively with people living with the condition, and with their caregivers.

Teepa Snow, MS, OTR/L, FAOTA

CHALLENGES & SOLUTIONS

LOST IN TRANSLATION

CONNECTING TO THE WORLD

Walking Through Grief

What to expect and how to cope with the many aspects surrounding the death of a spouse.

Betty Dillingham, ACSW, LCSW

Best Practice Strategies for Patient Education with Older Adults

What is being done and how can we improve? What is health literacy and strategies to improve education for seniors?

*Chiung-ju (CJ) Liu, PhD, OTR
Sharon Pape, MS, OTR*

CarFit: Do I Really Fit My Vehicle?

Designed to help elder drivers determine how well they fit their personal vehicle, highlight actions one can take to improve their fit, and promote conversations about driver safety and community mobility.

*Sherri Mathis, DOT, OTR/L
Jessica Schultheis, OTR, CDRS*

OCD and Hoarding: But, I Might Need It Someday

Identify the thinking styles and problems that make it difficult for hoarders to sort, discard, and organize and learn ways to help them slowly gain control over their belongings.

Brenda Meyer ACSW, LCSW, LMFT

Alzheimer’s Disease: How to Deal with the Epidemic

The impact of Alzheimer’s disease on families and the nation’s economy. Receive information on available community resources for families and healthcare providers, as well as legal and financial planning

Teri J. Shirk, MBA

Journaling: Fun and Exciting New Look

New ways to look at journaling for long-time journalists as well as those new to journaling who want to incorporate this tool into their life.

Janice Coffing, MDiv, BCC

How Much Clutter Is Too Much?

Explore the “Clutter-Hoarding Scale” and how it relates to working with seniors. Learn organizing strategies to help seniors with clutter issues and identify when to involve a professional organizer.

Amy Payne

Alzheimer’s Disease: How to Deal with the Epidemic (repeat)

The impact of Alzheimer’s disease on families and the nation’s economy. Receive information on available community resources for families and healthcare providers, as well as legal and financial planning.

Teri J. Shirk, MBA

eBooks and Other Library Resources

There is more to the library than just books! Hear about a vast treasure trove of resources, including eBooks, online databases, and accessible software programs.

*Amy Mangold, BS
Shaun Davis, MLS*

si!”

inment value fool you; the message of recognizing and coping with caregiver anger,

Day 1–August 8, 2013

Concurrent Session 1 Presenters (10:30 – 11:30 a.m.)

One-pot Wonders

Natasha McKinney, DFS
Michelle Hart, DFS

Trilogy Health Services, LLC, Louisville, Kentucky

Natasha McKinney is the director of food services at West River Health Campus, Evansville.

Michelle Hart is director of food services at River Pointe Health Campus, Evansville.

Women! Protect Yourselfes

Jeff Chestnut, MA, BS
University of Evansville, Evansville, Indiana

Jeff Chestnut is director of the Fitness Center at the University of Evansville. He is a certified rape aggression defense instructor who received his bachelor of science degree in physical education from Indiana State University and master's degree in counseling from the University of Evansville.

Life After 50

Chris Hogan

See Thursday Keynote description for information about presenter.

Sexuality in Elders

Renée Dugger, DNP, RN, GCNS-BC

See Thursday Closing Plenary description for information about presenter.

Update on Geriatric Orthopaedic Trauma

Dennis J. Beck, Jr., MD
Orthopaedic Associates, Evansville, Indiana

Dr. Dennis J. Beck is an orthopaedic surgeon specializing in total joint replacements and trauma reconstruction. He received his medical degree from Indiana University School of Medicine and completed post-doctoral education in orthopaedic surgery and trauma at the University of Louisville School of Medicine.

Dying a Good Death

Kristel Swan, RN

SouthernCare, Inc., Evansville, Indiana

Kristel Swan is a registered nurse with SouthernCare, Inc. She has worked in the hospice field for 13 years caring for and educating patients and their families. She also has worked as a national trainer and community educator at SouthernCare, teaching healthcare providers throughout the country on various topics related to end-of-life care and hospice services.

Concurrent Session 2 Presenters (12:30–1:30 p.m.)

Pack Your Bags!

Shelly Copeland

Haynie Travel Service, Evansville, Indiana

Shelly Copeland is an independent travel consultant with Haynie Travel Service. She can draw on the agency's 75 years of travel history to plan almost any kind of vacation imaginable. Certified by The Travel Institute, Copeland has chosen travel consulting as her own retirement career of choice.

Women! Protect Yourselfes (repeat)

Jeff Chestnut, MA, BS

See Concurrent Session 1 for information about presenter.

What's New with Community-based Care

Carolyn Conners, BS

Michael Halling

SWIRCA & More, Evansville, Indiana

Carolyn Conners is vice president of Social Services at SWIRCA & More. She has 27 years of experience working with the elderly and disabled in Southwestern Indiana and coordinating case management and in-home services to assist clients who wish to remain in the community setting.

Michael Halling is the coordinator for SWIRCA & More's Aging and Disability Resource Center (ADRC). He has been with SWIRCA for five years and has extensive knowledge on community and government resources available to elderly and/or disabled individuals.

Elder Abuse and Mistreatment: The Equal Opportunity Transgression

Amanda Sokan, PhD, MHA, LL.B

Kentucky State University, Lexington, Kentucky

Dr. Amanda Sokan is assistant professor of gerontology at Kentucky State University with who conducts research and speaks on elder abuse, mistreatment, and provider behavior.

There's a Doc in the House

Scott Uloth, MD

Parkview Care Center, Evansville, Indiana

Dr. Scott Uloth is a nursing home specialist employed full-time by Parkview Care Center. He has been in medical practice for 21 years and is board certified in family medicine and geriatrics.

Dying a Good Death (repeat)

Kristel Swan, RN

See Concurrent Session 1 for information about presenter

Concurrent Session 3 Presenters (1:45–2:45 p.m.)

Releasing, Rejuvenating, and Quietening: Rhythm, Sound and Drumming For Health and Healing

Helen Emge Shymanski, CYI, RYT

Women's Wellness Center & Hope Resource Program

St. Mary's Medical Center, Evansville, Indiana

Helen Emge Shymanski is health and wellness program coordinator at St. Mary's Medical Center's Women's Wellness Center and Hope Resource Program. A graduate of Duke University, she is trained in multiple integrative, mindfulness-based, and healing energy modalities. She has been a practitioner and teacher in the field of body-mind-spirit programming for over 12 years.

Bed Bugs: A "New" Normal

Scott Robins, A.C.E.

Action Pest Control, Evansville, Indiana

Scott Robins is technical quality director at Action Pest Control, overseeing all training and quality assurance activities. An associate certified entomologist with over 16 years of experience in structural pest management, he also serves as vice-president of the Indiana Pest Management Association.

VA Benefits for Veterans and Families: Panel Discussion

Moderator:

Vaughn DeCoster, PhD, MSW, ACSW, LCSW

University Southern Indiana

Panel:

Emma Meredith, MSW, LCSW

Evansville VA Clinic

Catherine Pearce, LCSW, CCM

Veterans Administration-Evansville Healthcare Center

Elizabeth Vertin, PSA

Department of Veterans Affairs – Evansville Healthcare Center

Dr. DeCoster is an associate professor of Social Work, an Iraq combat veteran, and recently directed a VA Center prior to joining USI.

Emma Meredith is a social worker at the Evansville VA Clinic, serving area veterans for over 20 years.

Catherine Pearce is a social work manager with the Veterans Administration – Evansville Healthcare Center.

Elizabeth Vertin is an eligibility and registration clerk with the Department of Veterans Affairs – Evansville Healthcare Center.

Elder Abuse and Mistreatment: the Equal Opportunity Transgression (repeat)

Amanda Sokan, PhD, MHA, LL.B

See Concurrent Session 2 for information about presenter.

Symptoms and Treatment of Benign Prostatic Hypertrophy (BPH)

Phillip Gilson, MD, FACS

Urological Associates, Inc., Evansville, Indiana

Dr. Phillip Gilson is a Fellow of the American College of Surgeons and a member of the American Urological Association, Indiana State Medical Association, Vanderburgh County Medical Society, and the American Medical Association. He received his doctorate in medicine from the Medical College of Wisconsin and completed his internship and urology residency at St. Louis University Hospital. Dr. Gilson has been published in scientific journals and books, and his research in urologic oncology has been presented at national and international meetings.

There's No Wrong Way to Grieve

Sister Jenny Miller, MA

VNA Plus, Evansville, Indiana

Sister Jenny Miller, the spiritual care coordinator with VNA Plus, has more than 30 years of experience ministering to the sick and dying and their families. She coordinates grief counseling and support groups and is a frequent presenter on this topic.

Day 2–August 9, 2013

Concurrent Session 1 (10:30–11:30 a.m.)

Why am I Angry? Let Me Count the Ways!

Elaine K. Sanchez

See Friday Closing Plenary description for information about presenter.

Building Hands-on Caregiving Skills for Dementia

Teepea Snow, MS, OTR/L, FAOTA

See Friday Keynote description for information about presenter.

Understanding Social Security

Cynthia F. Whitaker

Social Security Administration, Evansville, Indiana

Cynthia F. Whitaker is the Evansville Social Security Administration's (SSA) district manager. She manages the Evansville and Vincennes SSA offices. Her 27 years of experience have given her excellent working knowledge in all areas of the Social Security Programs (Medicare, Retirement, Survivors, and Disability Insurance Benefits, Supplemental Security Income).

Walking Through Grief

Betty Dillingham, ACSW, LCSW

Gibson General Hospital, Princeton, Indiana

Betty Dillingham manages behavioral services at Gibson General Hospital and has worked in the area of social service for 42 years. She completed her master's degree in Social Work in 1977 and LCSW in 1993. Ms. Dillingham works with seniors who are experiencing depression, anxiety, and grief.

Best Practice Strategies for Patient Education with Older Adults

Chiung-ju (CJ) Liu, PhD, OTR

Indiana University, Department of Occupational Therapy

Sharon Pape, MS, OTR

Indiana University School of Health and Rehabilitation Sciences, Department of Occupational Therapy, Indianapolis, Indiana

Dr. Chiung-ju Liu is assistant professor at Indiana University Department of Occupational Therapy. She received her PhD in gerontology. Her expertise includes health literacy and patient education for seniors.

Sharon Pape is a lecturer/academic fieldwork coordinator at Indiana University Department of Occupational Therapy. In collaboration with Dr. Liu, Pape has advised graduate student research to investigate how rehabilitation practitioners address patient education for seniors.

CarFit: Do I Really Fit my Vehicle?

Sherri Mathis, DOT, OTR/L

University of Southern Indiana

Jessica Schultheis, OTR, CDRS

Easter Seals Rehabilitation Center, Evansville, Indiana

Dr. Sherri Mathis, assistant professor at USI, teaches in the Occupational Therapy Program in the College of Nursing and Health Professions. She has 13 years of experience providing occupational therapy services to the elder population through home health, nursing homes, and assisted living facilities and has 14 years of experience with the pediatric population.

Jessica Schultheis provides driver rehabilitation services at Easter Seals Rehabilitation Center. She completes safety evaluations with seniors to determine modifications that may be necessary to maintain good, safe, and independent driving.

Concurrent Session 2 (12:30–1:30 p.m.)

Guilt – What a Trip!

Elaine K. Sanchez

See Friday Closing Plenary description for information about presenter.

Swallowing Problems Encountered in Aging

Steven W. Fosnaugh, MA, CCC/SLP

St. Mary's Medical Center, Evansville, Indiana

Steve Fosnaugh is a senior staff speech pathologist at St. Mary's Medical Center with over 32 years of experience in providing diagnostic and therapeutic services to persons with communication and swallowing disorders. He has additional specialized training with electrical-stimulation and Modified Barium Swallow (MBS) assessment training for swallowing.

Understanding Social Security

Cynthia F. Whitaker

See Concurrent Session 1 for information about presenter.

OCD and Hoarding: But I Might Need It Someday

Brenda Meyer, ACSW, LCSW, LMFT

Southwestern Behavioral Health Care, Inc., Evansville, Indiana

Brenda Meyer, staff therapist at Southwestern Behavioral Health Care, Inc., has worked in community mental health since 1974 as a therapist, supervisor, and administrator. She is particularly interested in patient populations that are underserved or seen as difficult to treat: the homeless, and persons with bipolar disorder, OCD, or social phobia.

Alzheimer's Disease: How to Deal with the Epidemic

Teri J. Shirk, MBA

Alzheimer's Association of Greater Kentucky and Southern Indiana, Louisville, Kentucky

Teri J. Shirk, executive director of the Alzheimer's Association of Greater Kentucky and Southern Indiana, has over 20 years of experience in the non-profit management sector, including five years in her present position.

Journaling: Fun and Exciting New Look

Janice Coffing, MDiv, BCC

The Women's Hospital, Newburgh, Indiana

Janice Coffing is a Deaconess Hospital staff chaplain serving at The Women's Hospital. Her background in theology, psychology, and writing makes any journaling exercise an adventure.

Concurrent Session 3 (1:45–2:45 p.m.)

I'm Down and I Can't Get Up!

Elaine K. Sanchez

See Friday Closing Plenary description for information about presenter.

Hip Fractures and Fall Prevention

Melissa Emge-Beverly, OTR

HealthSouth Deaconess Rehabilitation Hospital, Evansville, Indiana

Melissa Emge-Beverly has been an occupational therapist at HealthSouth Deaconess Rehabilitation Hospital for the past 17 years. She specializes in evaluating and treating patients with orthopaedic conditions, amputations, and spinal cord injuries.

Patient Safety Coalition

Beverly Walton

Executive Director

Community Patient Safety Coalition of Southwestern Indiana/Kentucky, Inc. (CPSC) Evansville, Indiana

Beverly Walton, executive director of the Community Patient Safety Coalition of Southwestern Indiana/Kentucky, Inc., has over 24 years of experience in the health administration field. Areas of expertise include operational management, oversight, customer service, system implementation, and marketing information technology to healthcare agencies and insurance plans.

How Much Clutter Is Too Much?

Amy Payne

Lasting Order, Evansville, Indiana

Amy Payne is a professional organizer and owner of Lasting Order, a company that specializes in teaching people how to get organized and stay organized. She is passionate about helping people discover their purpose and getting rid of the clutter that distracts them from living life on purpose. Payne is a member of the National Association of Professional Organizers and the Institute for Challenging Disorganization (ICD), and has earned a Chronic Disorganization Specialist Certificate from ICD.

Alzheimer's Disease: How to Deal with the Epidemic (repeat)

Teri J. Shirk, MBA

See Concurrent Session 2 for information about presenter.

eBooks and other Library Resources

Amy Mangold, BS

Shaun Davis, MLS

Evansville Public Library, Evansville, Indiana

Amy Mangold and Shaun Davis have worked for the Evansville Public Library for several years and have extensive knowledge of library resources and services. Their knowledge of eBooks, electronic resources, and library events enables them to convey a multitude of benefits for a variety of audiences, including seniors, educators, healthcare professionals, and others.

Registration Form

Mid-America Institute on Aging, HPR 812

4
easy
ways
to
register



Mail completed form with check or money order payable to USI to Continuing Education, 8600 University Boulevard, Evansville, IN 47712.

Using VISA, MasterCard, Discover, or American Express, call Outreach and Engagement at 812/464-1989 or 800/467-8600.

Using VISA, MasterCard, Discover, or American Express, fax to 812/465-7061.

Register online at health.usi.edu.

First _____ MI _____ Last _____

Institution _____

Address _____

City _____ State _____ ZIP _____

Telephone(H) _____ (W) _____

Email _____

Do you have any special requirements of which we should be aware? _____

DAY 1

Concurrent Session 1 • Choose One

- One-pot Wonders
- Women! Protect Yourself
- Life After 50
- Sexuality in Elders
- Update on Geriatric Orthopaedic Trauma
- Dying a Good Death

Concurrent Session 2 • Choose One

- Pack Your Bags
- Women! Protect Yourself *(repeat)*
- What's New with Community Based Care
- Elder Abuse and Mistreatment
- There's a Doc in the House
- Dying a Good Death *(repeat)*

Concurrent Session 3 • Choose One

- Releasing, Rejuvenating, and Quieting: Rhythm, Sound & Drumming For Health & Healing
- Bed Bugs: A "New" Normal
- VA Benefits for Veterans and Families
- Elder Abuse and Mistreatment *(repeat)*
- Symptoms and Treatment of Benign Prostatic Hypertrophy
- There's No Wrong Way to Grieve

DAY 2

Concurrent Session 1 • Choose One

- Why Am I Angry? Let Me Count the Ways!
- Building Hands-On Caregiving Skills for Dementia
- Understanding Social Security
- Walking through Grief
- Best Practice Strategies for Patient Education with Older Adults
- CarFit: Do I Really Fit My Vehicle?

Concurrent Session 2 • Choose One

- Guilt – What a Trip!
- Swallowing Problems Encountered in Aging
- Understanding Social Security *(repeat)*
- OCD and Hoarding: But, I Might Need It Someday
- Alzheimer's Disease: How to Deal with the Epidemic
- Journaling: Fun and Exciting New Look

Concurrent Session 3 • Choose One

- I'm Down and I Can't Get Up!
- Hip Fractures and Fall Prevention
- The Community Patient Safety Coalition
- How Much Clutter is Too Much?
- Alzheimer's Disease: How to Deal with the Epidemic *(repeat)*
- eBooks and Other Library Resources

Cost (includes continental breakfast, lunch, and materials):

Register by July 26

- \$170 for both days
- \$90 for one day
- \$60 for retirees and students for both days
- \$35 for retirees and students for one day

After July 26

- \$190 for both days
- \$100 for one day
- \$70 for retirees and students for both days
- \$45 for retirees and students for one day

Payment Information

- Check or Money Order (payable to USI)
- Credit Card: VISA MasterCard Discover American Express

Card # _____ Card Verification Digits _____

Billing ZIP _____ Exp Date: Mo. _____ Yr. _____ (three digit code on back of card)

Name as it appears on card _____

Continuing Education Credit

Nurses, social workers, health facility administrators, health education specialists, case managers, occupational therapists, occupational therapy assistants, and dental hygienists will receive up to 5.75 contact hours each day with submission of documentation of sessions attended and completed program evaluation.

University of Southern Indiana College of Nursing and Health Professions is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

University of Southern Indiana is an approved provider of continuing education for social workers, marriage and family therapists, psychologists, occupational therapists, occupational therapy assistants, and other professionals licensed in the state of Indiana.

Approved by the Indiana Division of Aging for up to 5.75 contact hours each day.

Applied to The Commission for Case Manager Certification to provide continuing education credit to CCM® board certified case managers.

Sponsored by the University of Southern Indiana, designated a provider of continuing education contact hours (CECH) in health education by the National Commission for Health Education Credentialing, Inc. This program is designated for Certified Health Education Specialists (CHES) to receive up to 11.5 entry level Category 1 CECH in health education, Provider Number: SEP4172.

The University of Southern Indiana has been approved by the Indiana State Board of Health Facility Administrators as a sponsor of continuing education programs for health facility administrators. (License #98000033A)

The University of Southern Indiana is an approved provider for continuing education credits by the Indiana Health Professions Bureau and the Illinois Board of Dentistry.

Registration Information

Date & Time: Thursday and Friday, August 8 and 9, 2013

Registration: 7:00–8:00 a.m. each day

Location of Conference: The conference will be held in the University Center on the campus of the University of Southern Indiana, Evansville, Indiana. USI is located on Highway 62 approximately two miles west of Evansville.

Hotel Accommodations: Hotel accommodations in proximity to the University include:

Fairfield Inn West (812/429-0900)

Holiday Inn Express (812/421-9773)

Mention attendance at a USI program to receive the USI rate.

Refund Policy: Registration fees are refundable, less a \$20 service charge, through August 7, 2013. No refunds will be made after that date.

Questions?

Call 812/464-1989 or 800/467-8600

Email: extserv@usi.edu

health.usi.edu





University of
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College of Nursing
and Health Professions
8600 University Boulevard
Evansville, Indiana 47712



Sixth Annual

Mid-America INSTITUTE MOOA ON Aging

Thursday and Friday
August 8 and 9, 2013

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