Aging Well in Mind, Body, & Spirit

June 4, 2019

Presented by the University of Lynchburg Beard Center on Aging and Centra Health

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2019 ANNUAL CONFERENCE ON AGING
KEYNOTE SPEAKERS

9-10 a.m.  
*The State of Aging in Virginia*

Kathryn Hayfield  
Commissioner, Virginia Department for Aging and Rehabilitative Services

Kathryn A. Hayfield was appointed commissioner of the Department for Aging in Rehabilitative Services (DARS) in 2018. As commissioner, she leads the agency’s advocacy efforts to improve the employment rate, quality of life, security, and independence of older Virginians, Virginians with disabilities, and their families. Prior to being appointed commissioner, she served as assistant commissioner and director of the Division of Rehabilitative Services at DARS. She holds a BS in social work from Lock Haven University and an MS in rehabilitation counseling from Virginia Commonwealth University, and began working at DARS in 1989.

In this program, she will share information about the proposed 2019-2023 state plan, including problems and issues impacting Virginia caregivers and older adults, and initiatives that are being implemented to address them.

3:40-4:45 p.m.  
*If Not Now, When? Making the Most of Your Life, Your Relationships, and Your Work*

Ron Culberson, MSW, CSP, CPAE  
Speaker, Author, and Humorist

Ron Culberson, MSW, CSP, CPAE, spent the beginning of his career working in a large hospice organization as a clinical social worker, middle manager, and later, a senior leader. As a speaker, author, and humorist, he is a recognized expert on the benefits of humor and laughter. He’s on a mission to change workplace culture and was inducted into the CPAE Speaker Hall of Fame in 2014 while doing so.

In this program, he will provide an insightful (and hilarious) presentation designed to show us how to make our lives, work, and relationships less stressful, more fulfilling, and more fun.
CONFERENCE INFORMATION

10:45-11:45 a.m.
• Geriatric Mental Health in Rural Communities: Challenges and Opportunities
  Andrew Heck, PsyD, ABPP, Licensed Clinical Psychologist, GeroPartners, LLC
• Life Happens, Then What? Understanding and Working with New Normals After Stroke, Brain Injury and other Serious Health Events
  Angela Medina-Bravo, MD, Medical Director, Acute Rehabilitation Center, Virginia Baptist Hospital
• Self Neglect and Older Adults
  Angela Mountcastle, Piedmont Regional Consultant, Virginia Adult Protective Services
• Protecting Yourself Against Scams and Fraud
  Carl Wilkins, MS, Volunteer Community Ambassador, AARP Virginia
• Forgetfulness, Should I Be Worried?
  Brian K. Unwin, MD, Section Chief, Geriatrics and Palliative Medicine, Virginia Tech Carilion School of Medicine
• Potential Dangers are as Close as Your Medicine Cabinet
  Charlotte Guynes, PhD, MEd, CHES, Department Chair and Professor, Health Promotion Studies, University of Lynchburg
• The Role of Faith Communities in Meeting the Needs of Caregivers and Older Adults
  Martha Stokes, Director, Church and Community Relations, Pinnacle Living; Coordinator, Virginia Faithful Aging Initiative

1:15-2:15 p.m.
• Turning CNAs Into Stars
  Greg Dowdy, Chief Operating Officer, American HealthCare, LLC
• When Dementia isn’t Alzheimer’s: Understanding Frontotemporal, Lewy Body, and Vascular Dementias
  Tina R. Thomas, MSHP, CDP, CADDCT, CMH, Director of Programs and Services, Alzheimer’s Association
• When Elders Are Sweet as Pie: Managing Diabetes Mellitus in Later Life
  Lakeshia A. Entzminger, MD, Centra PACE
• The Opioid Epidemic and Older Adults
  Kerry Gateley, MD, Director, West Piedmont Health District, Virginia Department of Health
• Home for Life: Preparing our Homes for Aging in Place
  Ashley Glover Jarrett, PT, DPT, GCS, Geriatric Clinical Specialist, Senior Independence Home Health and Hospice
• Strategies for Living to a Happy and Healthy 100 Years and Beyond
  Colby M. Takacs, MPH, CHES, Adjunct Professor, Health Promotion Studies, University of Lynchburg

SCHEDULE OF EVENTS*

8-8:45 a.m.
Registration
Schewel Hall

8:45-9 a.m.
Welcome and Announcements
Lobby, Schewel Hall

9-10 a.m.
Keynote Address
Sydnor Performance Hall, Schewel Hall

10-10:45 a.m.
Refreshment Break
Educational Exhibits, Schewel Hall

10:45-11:45 a.m.
Concurrent Sessions
Schewel Hall

11:45 a.m.-1:15 p.m.
Conference Luncheon
Burton Dining Hall, Drysdale Student Center

1:15-2:15 p.m.
Concurrent Sessions
Schewel Hall

2:15-2:30 p.m.
Refreshment Break
Educational Exhibits, Schewel Hall

2:30-3:30 p.m.
Concurrent Sessions
Schewel Hall

3:40-4:45 p.m.
Keynote Address
Schewel Hall

The exhibit hall will be open until 2:30 p.m.
New exhibitors are welcomed and encouraged to contact the Beard Center on Aging at the University of Lynchburg for additional information about exhibiting opportunities.

* The complete schedule, registration form, and directions to the event are available on the University website at www.lynchburg.edu/beard.
2:30-3:30 p.m.

- **Navigating the Challenges of Caring for a Parent**  
  Chris Nufer, MA, LMHC, LPC, Geriatric Mental Health Counselor

- **Building a Dementia-Capable and Dementia-Friendly Virginia**  
  George Worthington, MS, Dementia Care Coordinator, Virginia Department for Aging and Rehabilitative Services

- **Poverty and Aging: Understanding and Responding to This Growing Challenge**  
  Denny Huff, Executive Director, Bedford Community Health Foundation

- **The Basics of Estate Planning**  
  Peter Holstead Davies, Esq.  
  Jonathan E. Davies, Esq.

- **Using Music to Improve Our Mind, Body, and Spirit**  
  Becky J. Watson, MBA, BCMT, Owner and CEO, Music for Wellness, LLC

- **Developing Future Administrators to Survive and Thrive in Long Term Care**  
  Carey H. Peerman, PhD candidate, LNHA, FACHE, Jefferson College of Health Sciences at Carilion Clinic

- **Valuable Internet Resources and Apps for Older Adults, Caregivers, and Professionals**  
  Bonnie Scimone, Community Specialist, Virginia Navigator  
  Sharon Carter, MEd, Assistant to the Director, Beard Center on Aging

### About the Beard Center on Aging at the University of Lynchburg

The Center, named in honor of Lynchburg College alumna and gerontologist Belle Boone Beard, opened in 1982. Since then, the award-winning Center has been recognized for its accomplishments locally, regionally, and nationally. The Center serves over 3,000 people annually while promoting positive aging and intergenerational interaction through educational programming, information and referral services, health-related activities, dementia training for professionals, and more.

Director Denise Scruggs provides leadership for the Center, and the Center provides leadership for Region 2000’s Consortium on Aging, a group of businesses, nonprofits, and governmental agencies working together to promote a community for all ages. For more information, please visit www.lynchburg.edu/beard or call 434.544.8456.

### FOR MORE INFORMATION

For detailed program descriptions, scholarship information, or to register and pay by credit/debit card, call 434.544.8456 or go to www.lynchburg.edu/beard

### CONFERENCE FEATURES

#### Silent Auction

To raise funds for conference scholarships, a silent auction will be held throughout the day. The auction features items generously provided by Consortium on Aging members and local businesses.

To make a donation for the auction, call 434.544.8456 or email us at scruggs.drl@lynchburg.edu

#### Exhibitors

Over 50 vendors from around Virginia will be available to share information and answer questions about their products and services.

#### Discounts for Multiple Registrations

Group discounts and scholarships are available for this conference. Please call 434.544.8456 for more information.

In addition, the Alzheimer’s seminar can be offered on-site at a discounted rate for corporate training, or you may serve as an agency host to bring the class to your area. Host sites receive a limited number of discounted and/or free registrations.
REGISTRATION FORM

Early Registration Deadline: May 1, 2019

Note: You may also register online at www.lynchburg.edu/beard

Mail to:
Beard Center on Aging
1501 Lakeside Drive
Lynchburg, VA 24501-3113

Last Name ____________________________ First Name ____________________________

Position/Title __________________________________________________________________

Company/Organization _________________________________________________________

Phone ____________________________ Fax ____________________________

Street Address __________________________________________________________________

City ____________________________ State __________ Zip __________

Email __________________________________________________________________________

How did you hear about this program? ______________________________________________

Please check the appropriate box(es) below and submit payment and registration form by May 24, 2019 or until all spaces are filled.

Conference Fee (includes lunch)

☐ Member, Gerontology Center Consortium – Early registration discount (by May 1, 2019) ……………………………………… $70

☐ Member, Gerontology Center Consortium – Late registration (after May 1, by May 24, 2019) …………………………………… $95

☐ Non-Member, Gerontology Center Consortium – Early registration discount (by May 1, 2019) ………………………………… $90

☐ Non-Member, Gerontology Center Consortium – Late registration (after May 1, by May 24, 2019) ………………………………. $110

☐ Full-Time Student or Senior Citizen …………………………………………………………………………………………………….. $45

Optional Fees

☐ I would like University of Lynchburg CEUs for the conference (June 4, 2019) ……………………………………………………… $15

☐ Post Session: NCCDP Alzheimer’s and Dementia Class – Consortium Conference Attendees (June 5, 2019) ……………… $130

☐ Post Session: NCCDP Alzheimer’s and Dementia Class – Conference Attendees (June 5, 2019) ………………………………… $160

☐ Post Session: NCCDP Alzheimer’s and Dementia Class ONLY – Non-Conference Attendee (June 5, 2019) ………………… $185

☐ I would like University of Lynchburg CEUs for the NCCDP Alzheimer’s and Dementia Class (June 5, 2019) …………… $15

Total Amount Enclosed $ _________________________

(Make check or money order payable to the Beard Center on Aging. Credit and debit card payments may be made online at www.lynchburg.edu/beard or by phone. Purchase orders also accepted by phone. Call 434.544.8456.)

Cancellation Policy

Refunds are available, minus a $30 handling fee, if received in writing/by email prior to May 15, 2019. No refunds will be granted after this date. Substitutions, however, are permitted. We regret that refunds will not be given for no-shows.

Continuing Education Credits (CEUs)

Persons attending the entire conference and who meet the requirements for CEUs can earn .5 CEU credits from the University of Lynchburg. The fee is an additional $15. CEUs will also be offered separately for the post-conference session.

CONCURRENT SESSIONS

If you are registering for the conference, please indicate which concurrent session you wish to attend for each time period by checking the appropriate box(es) below. Please check only one box for each session.

10:45-11:45 a.m.

☐ Mental Health in Rural Communities

☐ Self-Neglect and Older Adults

☐ Scams and Fraud

☐ Forgetfulness, Should I Be Worried?

☐ Medication Dangers

☐ The Role of Faith Communities

1:15-2:15 p.m.

☐ Turning CNAs Into Stars

☐ When Dementia isn’t Alzheimer’s

☐ When Elders are Sweet as Pie

☐ The Opioid Epidemic and Older Adults

☐ Home for Life

☐ Strategies for Living to 100

2:30-3:30 p.m.

☐ Navigating Caring for a Parent

☐ A Dementia-Capable and Dementia-Friendly Virginia

☐ Poverty and Aging

☐ Basics of Estate Planning

☐ Using Music to Improve Our Mind, Body, and Spirit

☐ Valuable Internet Resources and Apps

☐ Developing Future Administrators in LTC
2018-19 CONSORTIUM ON AGING MEMBER LIST

2-1-1 Virginia
AARP Virginia
ActiKare of the Blue Ridge
Aging and Caregiving Resource Center – University of Lynchburg
Amherst County Adult Protective Services
Amherst County Department of Social Services
Amherst County Recreation and Parks Department
Appomattox County Department of Social Services
Appomattox County Adult Protective Services
Appomattox County Parks and Recreation
Charlotte Arbogast, Department for Medical Assistance Services (DMAS)
Bank of the James – Mortgage Division
Beard Center on Aging – University of Lynchburg
Bedford Community Health Foundation
Bedford County Adult Protective Services
Bedford County Department of Social Services – APS
Bedford County Nursing Home
Bedford County Parks and Recreation
Bedford Ride
David Benson
Campbell County Adult Protective Services
Campbell County Department of Social Services
Campbell County Recreation Senior Programs
Care OPTIONS Plus, LLC
Sharon Carter
Centra Health and Rehabilitation Centers
Guggenheimer
Fairmont Crossing
Oakwood
The Summit
Centra Home Health
Centra Hospice
Centra Mental Health Services
Centra PACE
Centra Rehabilitation and Senior Services
Center for Community Development and Social Justice – University of Lynchburg
Central Virginia Alliance for Community Living
Cresswell Group, LLC, Kathleen Cresson
Davies and Davies
Deaf and Hard of Hearing Services Center
Patricia Davis
Elizabeth Farnsworth, PhD
Epsilon Kappa Zeta Chapter, Zeta Phi Beta Sorority
Kay Ellen Fielder
First Dominion Home Health Care
F.R.E.E. Foundation
Generation Solutions
Rev. C. Randall Harlow
Gentle Shepherd Family Caregiving Resources
Gentle Shepherd Hospice
Heartland Lynchburg
Heritage Green Assisted Living Communities
Home Instead Senior Care
Integrity Health Management
Glenda Lilly
LeadingAge Virginia
Lynchburg Adult Protective Services
Lynchburg Area Center for Independent Living (LACIL)
Lynchburg Department of Social Services
Lynchburg Parks and Recreation
Don Manning
Meals on Wheels of Greater Lynchburg
Joyce Morrison
Susan Oliver, Esq.
OrthoVirginia
Personal Home Care, Inc.
Pinnacle Living
Fumiko Radile
Raspberry Hill Adult Daytime Center
Malvina Sandidge
Seniors Guide
Senior Independence
Senior Navigator/Virginia Navigator
Senior News
Southern Gerontological Society
TCV Trust and Wealth Management
Team Nurse
Tracie Greer
University of Lynchburg
Valley View Retirement Community
Western and Central Virginia Council for Aging in Place
Westminster Canterbury of Lynchburg
Rev. Curtis Wheeler – Fairview Christian Church
Williams Home, Inc.
Woodhaven Nursing Home
Rachel Ziegler

Join the Consortium on Aging
The Consortium on Aging is comprised of individuals, organizations, older adults, faith communities, government, business, and nonprofit organizations working together to promote positive aging. Members stay abreast of educational opportunities, research, and events through email updates. Members also receive discounts on Beard Center training events and sponsorship opportunities.
For more information, call 434.544.8456 or go to www.lynchburg.edu/beard
POST-CONFERENCE WORKSHOP • JUNE 5, 2019

Alzheimer’s Disease and Dementia Care Seminar
(8 contact hours)
8:30 a.m. – 5 p.m. (Registration begins at 8 a.m.)
Hornet Hive, First Floor, Drysdale Student Center, University of Lynchburg

The intensive curriculum includes: an overview of dementia; diagnosis, prognosis and treatment options; effective communication techniques; understanding feelings and depression; repetitive and aggressive behaviors, paranoia, hallucinations, wandering, hoarding and catastrophic reactions; intimacy and sexuality; personal care — bathing, dressing, toileting, nutrition; pain; activities; environmental issues; staff and family support; cultural competence and diversity; spiritual care; and end-of-life issues.

Who should attend: nurses, CNAs, social workers, activity professionals, geriatric care managers, licensed nursing home and assisted living administrators, pastoral care staff, caregivers, and others working with persons diagnosed with dementia.

INSTRUCTORS

Denise Scruggs, CDP, ADC, CADDCT, is a Certified Alzheimer’s Disease and Dementia Care Trainer for the International/National Council of Certified Dementia Practitioners. Denise has more than 20 years of personal and professional experience in dementia care in a variety of community and residential settings spanning activities management, social work, family caregiving, consulting, and memory support program management. Denise has also been an invited speaker at the I Advance Senior Care National Memory Care Forums in Texas and California.

Virginia Simmons, CTRS, CDP, CADDCT, is a Certified Alzheimer’s Disease and Dementia Care Trainer for the International/National Council of Certified Dementia Practitioners and a trainer with Living Active Dementia. She has almost 20 years of experience in healthcare, 10 of those years working hands-on with persons diagnosed with dementia. She is also director of activities at Cardinal Senior Communities. She has worked in long-term care, skilled care, assisted living, memory care, and community settings.

COST

Consortium Member Conference Attendees.............................................$130
Non-Consortium Member Conference Attendees.....................................$160
Dementia Class ONLY – Non-conference Attendees..................................$185
University of Lynchburg CEUs for the NCCDP (additional cost)..............$15

This class meets ONE of the requirements for becoming a Certified Dementia Practitioner. For more information on certification and other eligibility requirements, go to www.nccdp.org
University of Lynchburg Beard Center
and Consortium on Aging

WORKING TOGETHER TOWARD A COMMUNITY FOR ALL AGES

Through community service, individual support and referrals, leadership, and education