Aging Well in Mind, Body, & Spirit

June 2, 2015

Presented by the Beard Center on Aging at Lynchburg College in partnership with the Centra Foundation, Centra Mental Health Services and Centra Rehabilitation and Senior Care Services

Lynchburg College
9-10 a.m.
**Choosing to Live a Happy, Balanced, Vibrant Life**

**Kathleen Passanisi**, PT, CSP, CPAE

Good choices are the foundation of living a happier, healthier, more vibrant life. But sometimes we get so bogged down in the craziness of everyday life that we don’t stop to think about the choices we are making — and the disappointing results. When this happens, we live by default and not by design. A sense of balance and contentment comes from having a true understanding of personal values and then using one’s time, energy and talent in ways that add meaning to life. In this program, Kathleen Passanisi teaches us how to do this in ways that benefit us and the lives we touch. Making our happiness a priority is not selfish. It is one of the most responsible things we can do.

Kathleen Passanisi, internationally recognized speaker, humorist and medical professional is the author of *It's Your Life - Choose Well* and contributing author of *Humor Me*. She is an inductee of the National Speakers Association’s CPAE Speaker Hall of Fame and recipient of the AATH Lifetime Achievement Award in the field of therapeutic humor. She is a past-president of the American Association for Therapeutic Humor and has served on the adjunct faculty of the Washington University School of Medicine. Her work has been featured in U.S. News & World Report, New York Times, Working Woman, and England’s Sunday Business.

3:40-4:45 p.m.
**May the Circle be Unbroken: Spirituality, Faith and Aging**

**James L. Brooks**, MDiv

Recent studies have shown what many have long believed — that spirituality, aging and health are linked. Spirituality can have a positive impact on many aspects of life, including personal well-being, relationships, meaning and purpose, healing and hope. This session will explore trends in spiritual development and religious practices through the aging continuum. We will focus on practical ways individuals, families, professionals and communities can support healthy spirituality for all of us as we age.

James L. Brooks is associate state director for AARP Virginia and author of *The Unbroken Circle: A Toolkit for Congregations Around Illness, End of Life and Grief* and *It's About How You Live - In Faith: A Guide for Hospices and End of Life Coalitions on Engaging Faith Communities*. He previously served as the first executive director of Project Compassion, a nonprofit organization in Chapel Hill, N.C., that supports persons coping with serious illness, caregiving, end-of-life issues, and grief. He has also been a hospice clinical manager. The Robert Wood Johnson Foundation profiled him as one of five emerging leaders in end-of-life care. He holds an undergraduate degree from Wake Forest University, a master of divinity degree from Southern Baptist Theological Seminary and is ordained by the United Church of Christ.
CONFERENCE INFORMATION

10:45-11:45 a.m.
• Aggressive Behavior and Older Adults: What Do We Know and What Can We Do?
  Andrew L. Heck, PsyD, ABPP, Clinical Director/Licensed Clinical Psychologist, Piedmont Geriatric Hospital

• Connectivity and Aging: Engaging Mind, Body and Spirit
  Jay White, MS, Gerontologist and Director of Professional Development, Department of Gerontology, Virginia Commonwealth University

• Protecting Your Assets
  Julianne Dalton, Esq., Associate, Anderson, Desimone & Green, P.C.

• Healthy Habits for a Healthier You
  Annette Clark, MSG, Gerontologist and Family Services Director, Alzheimer’s Association, Central and Western Virginia Chapter

• Life Lessons and Post Traumatic Growth: Strategies for Coping with Marathon Caregiving
  Rosemary Rawlins, BS, author of Learning by Accident: A Caregiver’s True Story of Fear, Family and Hope, Editor of BrainLine Blogs, and columnist for Brain Injury Journey

• Dealing with Difficult People
  Margaret Beazley, BA, Mediator, Facilitator, and Trainer, Conflict Resolution Center

• Quality of Care in Long Term Care and Future Perspectives
  Carey H. Peerman, MBA, BSN-RN, LNHA, FACHE, Director of Healthcare Management, Jefferson College of Health Services

• Have you had the Talk? Advance Care Planning and DNR—What You Need to Know
  Verna Sellers, MD, MPh, Geriatrician and Medical Director, Geriatric Services and Programs, Centra PACE, A Program of All-inclusive Care for the Elderly
  Kim M. Williams, MSW, Certified Advance Care Planner and Social Worker, Centra Acute Rehabilitation Center

• Healthcare Financial Assistance Programs for Aging Veterans
  Dana Hawkins, LCSW, C-ASWCM, CDP, Primary Care Social Worker, Department of Veterans Affairs—Lynchburg Community Based Outpatient Clinic

1:15-2:15 p.m.
• Mom Needs Medicaid: Where Do I Start?
  Rebecca Neilans, Supervisor, Adult Services, Virginia Department of Social Services, Lynchburg Division
  Karen Sumner, Senior Benefits Program Specialist, Virginia Department of Social Services, Lynchburg Division

• Life Reimagined (Session 1 of 2)
  Brian Jacks, BS, Associate State Director, AARP Virginia

• Ethics at the End of Life
  Michael Gillette, PhD, President, Bioethical Services of Virginia, Inc.

• Preparing for Prosecution of Elder Abuse and Neglect: From the Hospital to the Courtroom
  Randy C. Krantz, JD, MAR, RN, Bedford County Commonwealth’s Attorney

• Eat to Live: Lifestyle Strategies to Prevent Cancer
  Martie M. Slaughter, FACHE, RD, FAND, CDE, Captain, Medical Service Corps, United States Navy, Retired, Certified Diabetes Educator, Registered Dietician

• Preventing and Resolving Family Caregiving Conflict
  Margaret Beazley, BA, Mediator, Facilitator and Trainer, Conflict Resolution Center

SCHEDULE OF EVENTS *

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

8:45-9 a.m.
Welcome and Announcements, Burton Dining Hall, Drysdale Student Center

9-10 a.m.
Keynote Address, Burton Dining Hall

10-10:45 a.m.
Poster Sessions, 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 and Awards Ceremony, Burton Dining Hall

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

2:15-2:30 p.m.
Poster Sessions, 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 Lynchburg College for additional information about exhibiting opportunities.

* The complete schedule, registration form, and directions to the College are available on the College website at www.lynchburg.edu/beard.
Current Issues for an Aging Society
J. James Cotter, PhD, Associate Professor, Virginia Commonwealth University School of Allied Health Professions, Department of Gerontology

The Healthcare Transformation and the Affordable Care Act (Session 1 of 2)
Barbara J. Connors, DO, MPH, Chief Medical Officer, Center for Medicare and Medicaid Services

“Minding Your Own” – A Documentary about Family Caregivers and the Individuals they Care For
Inaya Graciana Yusuf, MFA, Director, Producer, and Editor, Slow Your Roll Films

2:30-3:30 p.m.

Life Reimagined (Session 2 of 2)
Brian Jacks, BS, Associate State Director, AARP Virginia

The Power of Residual Memory
Lanny D. Butler, MS, OTR/L, Consultant, Educator and Co-Author of “My Past is Now My Future … A Practical Guide to Dementia Possible Care”

Weathering the Storm: Managing Stress and Bringing Balance Back into Your life
Teresa Moore, MD, Centra Medical Group Keysville

Disasters: A Recipe for Preparedness
Elizabeth Jean Harris, Mass Care Lead Volunteer, American Red Cross, Historic Virginia Chapter

Depression in the Elderly
Mohi Baidya, MD, Geriatric Psychiatrist, Centra Piedmont Psychiatric Center

The Aging LGBT Population
Jay White, MS, Gerontologist and Director of Professional Development, Department of Gerontology, Virginia Commonwealth University

Walking in their Shoes: Aging Sensitivity Training
Beverly Craft, RN, BSHA, CMC, CDP, Owner and Senior Care Resource Consultant, Care OPTIONS Plus, LLC

The Silver Tsunami of the Future
Teresa Page, EdS, MSN, RN, FNP-BC, Assistant Professor of Nursing, Liberty University

The Healthcare Transformation and the Affordable Care Act (Session 2 of 2)
Barbara J. Connors, DO, MPH, Chief Medical Officer, Center for Medicare and Medicaid Services

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.

About the Lynchburg College Beard Center on Aging
Named in honor of Lynchburg College alumna and gerontologist Belle Boone Beard, the center strives to promote positive aging through intergenerational activities, educational programs, information and referral services, and professional training. The Center also hosts one of Virginia’s largest annual geriatric conferences and provides leadership for Region 2000’s Consortium on Aging.
REGISTRATION FORM

Early Registration Deadline: May 1, 2015

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

Mail to: Beard Center on Aging at Lynchburg College
1501 Lakeside Drive
Lynchburg, VA 24501

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 1, 2015 for early registration discount. Workshops will be filled on a first-come, first-served basis. Registration deadline is May 15, 2015 or until all spaces are filled.

Conference Fee (includes lunch)

☑ Member, Gerontology Center Consortium – Early registration discount (before May 1, 2015) ........... $65
☑ Member, Gerontology Center Consortium – Late registration (after May 1, 2015) ......................... $90
☑ Non-Member, Gerontology Center Consortium – Early registration discount (before May 1, 2015) ........ $85
☑ Non-Member, Gerontology Center Consortium – Late registration (after May 1, 2015) ................... $110
☑ Full-Time Student or Senior Citizen ......................................................... $45

Optional Fees

☑ I would like Lynchburg College CEUs for the conference (June 2) .......................... $15
☑ Post Session: NCCDP Alzheimer’s and Dementia Class – Consortium Conference Attendees ...... $120
☑ Post Session: NCCDP Alzheimer’s and Dementia Class – Conference Attendees .................. $155
☑ Post Session: NCCDP Alzheimer’s and Dementia Class ONLY – Non-Conference Attendee ...... $185
☑ I would like Lynchburg College CEUs for the NCCDP Alzheimer’s and Dementia Class .......... $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.)

Continuing Education Credits (CEUs)

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

Group Discounts and Scholarships

Group discounts and a limited number of scholarships are available. Call 434.544.8456 for more information.

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.

☐ Aggressive Behavior and Older Adults
☐ Connectivity and Aging
☐ Protecting Your Assets
☐ Healthy Habits for a Healthier You
☐ Life Lessons, Post Traumatic Growth and Caregiving
☐ Dealing with Difficult People
☐ Quality of Care in Long Term Care and Future Perspectives
☐ Have you had the Talk?
☐ Healthcare Assistance for Veterans

1:15-2:15 p.m.

☐ Mom Needs Medicaid: Where Do I Start?
☐ Life Reimagined (Session 1 of 2)
☐ Ethics at the End of Life
☐ Investigating Elder Abuse and Neglect
☐ Eating to Prevent Cancer
☐ Preventing and Resolving Family Caregiving Conflict
☐ Current Issues for an Aging Society
☐ Healthcare Transformation and the Affordable Care Act (Session 1 of 2)
☐ “Minding Our Own, Preview

2:30-3:30 p.m.

☐ Life Reimagined (Session 2 of 2)
☐ The Power of Residual Memory
☐ Weathering the Storm
☐ Disasters: A Recipe for Preparedness
☐ Depression in the Elderly
☐ The Aging LGBT Population
☐ Aging Sensitivity Training
☐ The Silver Tsunami
☐ Healthcare Transformation and the Affordable Care Act (Session 2 of 2)
## 2014-15 Consortium on Aging Member List

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<tr>
<th>2-1-1 Virginia</th>
<th>City of Danville Department of Parks, Recreation and Tourism</th>
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<tbody>
<tr>
<td>AARP Virginia</td>
<td>Jacquelyn Cloud</td>
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<td>Adult Care Center of Central Virginia</td>
<td>CogniCheck, Inc.</td>
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<td>Ageless Woman magazine</td>
<td>Cresswell Group, LLC, Kathleen Cresson</td>
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<td>Alzheimer's Association of Central and Western Virginia</td>
<td>Jessica Crews</td>
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<td>Charlotte Arbogast, Virginia Dementia Services Coordinator, DARS</td>
<td>Deaf and Hard of Hearing Services Center</td>
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<td>Audiology Hearing Aid Associates, Inc</td>
<td>Elks National Home</td>
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<td>Beard Center on Aging at Lynchburg College</td>
<td>Elizabeth Farnsworth, PhD, Lynchburg College</td>
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<td>Bedford Community Health Foundation</td>
<td>Fairmont Crossing Health and Rehabilitation Center</td>
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<td>Bedford County Department of Social Services-APS</td>
<td>Kay Fielder</td>
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<td>Bentley Commons</td>
<td>Generation Solutions</td>
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<td>Yvonne Behrens</td>
<td>Gentle Shepherd Hospice</td>
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<td>Berry Hill Health and Rehabilitation</td>
<td>Guggenheimer Health and Rehabilitation Center</td>
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<td>Virginia Burggraf, DNS, RN, FAAN, Radford University</td>
<td>Harmony (a division of Cabaniss Day Support, Inc.)</td>
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<td>Campbell County Department of Social Services</td>
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<td>Campbell County Recreation Senior Programs</td>
<td>Home Instead Senior Care</td>
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<td>Centra Rosemary and George Dawson Inn</td>
<td>Lynchburg College Health Training Consortium</td>
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<td>Centra Specialty Hospital</td>
<td>Lynchburg Department of Social Services</td>
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<td>Center for Community Development and Social Justice, Lynchburg College</td>
<td>Lynchburg Health and Rehabilitation Center</td>
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<td>Central Virginia Alliance for Community Living</td>
<td>Lynchburg Parks and Recreation</td>
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<td>Don Manning</td>
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<td>McGurk House</td>
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<td>Orthopaedic Center of Central Virginia</td>
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<td>Regional SW Alcohol and Aging Awareness Group</td>
<td>Runk and Pratt Senior Living Communities</td>
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<td>Senior Independence</td>
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<td>Senior Remodeling Experts</td>
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<td>Team Nurse</td>
<td>Susan Oliver, Esq.</td>
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<td>The Summit</td>
<td>Elizabeth Swygert</td>
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<td>The Summit Assisted Living</td>
<td>Team Nurse</td>
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<td>The Summit Health and Rehabilitation Center</td>
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<td>Virginia United Methodist Homes</td>
<td>Western and Central Virginia Council for Aging in Place</td>
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<td>Williams Home, Inc.</td>
<td>Woodhaven Nursing Home</td>
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### Join the Consortium on Aging

The Consortium on Aging comprises individuals, organizations, faith communities, nonprofit businesses and corporations interested in promoting positive aging and addressing the needs of our aging community. Members receive up-to-date information about issues related to aging, resources, community events, training and networking opportunities. Members also receive discounts on Beard Center programs and services. For more information, call 434-544-8456 or go to www.lynchburg.edu/beard.
POST-CONFERENCE WORKSHOP • JUNE 3, 2015

Alzheimer’s Disease and Dementia Care Seminar
(8 contact hours)
8:30 a.m. – 5 p.m. (Registration begins at 8 a.m.)
Schewel Hall, Room 232, Lynchburg College

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 and activities; environmental issues; staff and family support; cultural competence and diversity; spiritual care; and end-of-life issues.

INSTRUCTORS
Denise Scruggs, CDP, ADC is a Certified Alzheimer’s Disease and Dementia Care Trainer (CADDCT) for the International/National Council of Certified Dementia Practitioners. Denise has more than 20 years of personal and professional experience in dementia care spanning activities management, social work, family caregiving, consulting and memory support program management. Denise currently serves as the director of the Beard Center on Aging and is a member of the advisory council for the Lindsay Institute for Innovations in Caregiving.

Kathleen Cresson, RN, CMC, CDP is a Certified Care Manager, as well as a Certified Alzheimer’s Disease and Dementia Care Trainer (CAADCT) for the International/National Council of Certified Dementia Practitioners. She is currently the Health Care Manager/RN at the Adult Care Center of Central Virginia. She has more than 10 years of experience working with persons diagnosed with Alzheimer’s disease and other dementias. In 2013, Kathleen was awarded recognition as the 2013 Outstanding Geriatric Nursing Professional in Region 2000.

COST
Consortium Member Conference Attendees............... $120
Non-Consortium Member Conference Attendees......... $155
Dementia Class ONLY – Non-conference Attendee....... $185
Lynchburg College CEUs for the NCDDP ................. $15

On completion of this course, professionals may apply for CDP certification at a discounted rate of $25, a savings of $75. In addition to successful completion of this course, all NCCDP certification requirements must be met and approved by the NCCDP Certification Council in order to receive professional certification. For more information go to www.nccdp.org.

DISCOUNTS ARE AVAILABLE FOR MULTIPLE REGISTRATIONS
In addition, the class 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. Call 434.544.8456 for more information.
Lynchburg College Beard Center
and Consortium on Aging

WORKING TOGETHER
TOWARD A COMMUNITY
FOR ALL AGES

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