Aging Well in Mind, Body, & Spirit

June 7, 2016

Presented by the Beard Center on Aging at Lynchburg College

Lynchburg College
9-10 a.m.

**Even Seniors Get the Blues**

Peter Betz, MD  
Medical Director, Geriatric Psychiatry, Centra

Be happy… or not. Sadness is a normal part of our emotional experience. We should try to embrace it for what it is. However, sadness can lead to something more sinister. It can lead to major depression and marked functional and cognitive decline. This type of sadness needs to be identified and treated. Left untreated, it can even lead to death. In this session, we will discuss how to differentiate normal sadness from major depression. We will also learn about prevention and treatment strategies.

Dr. Peter Betz is a board-certified geriatric psychiatrist and medical director of Geriatric Psychiatry at Centra Health, where he has practiced since 2001. He also serves as psychiatrist at Centra Medical Group Psychiatric Center and consults with nursing homes and assisted living facilities throughout the region. He is a sought-after speaker for his expertise in mental health conditions in the older population. He graduated from the Medical College of Georgia and completed his residency and fellowship in geriatric psychiatry at John Hopkins Hospital.

3:40-4:45 p.m.

**Staying Right Side Up When Everything’s Upside Down**

Linda Larsen, CSP  
Linda Larsen Communications, Inc.

It’s easy to stay right side up when everything is flowing perfectly, you’ve got all the help and money you need and people are totally behaving. But how often does THAT happen? In this fast-paced, fun and informative session, Linda Larsen will give you the tools to help you perform at your best - regardless of external circumstances! You’ll learn how to create the exact results you want, how to stay calm and focused in the turmoil, and how to recover quickly when the rug is pulled out from under you.

Linda Larson is a Certified Speaking Professional and holds a Bachelor of Social Work, a Master of Fine Arts, and a passionate commitment to help people live happier, healthier lives. She is also the author of the best-selling CDs *12 Secrets to High Self-Esteem* and a critically acclaimed book, *True Power*, which is based on her real-life experience of being taken hostage by an escaped convict and held at gunpoint for over five hours. She has delivered her own brand of inspiration, hilarity and practical ideas to people in over 1000 audiences worldwide.
CONFERECE INFORMATION

10:45-11:45 a.m.

- **Mom Needs Medicaid: Where Do I Start?**
  Rebecca Neilans, Supervisor, Adults Services, Virginia Department of Social Services, Lynchburg Division
  Davina Hall, Benefit Program Specialist, Virginia Department of Social Services, Lynchburg Division

- **Improving Dementia Care Without Medications – The Dementia Care Quality Measures**
  Brian K. Unwin, MD, Associate Professor of Medicine and Family and Community Medicine, Virginia Tech-Carilion School of Medicine; Section Chief for Geriatrics and Palliative Medicine; Medical Director, Carilion (Franklin) Hospice; Medical Director, Franklin Health and Rehabilitation, Rocky Mount, VA

- **Bladder Fitness: Secrets your Mother Didn’t Tell You**
  Brandy H. Wilson, PT, DPT, Physical Therapist, Centra Rehabilitation – Center for Pelvic Health
  Kelsey Wood, PT, DPT, Physical Therapist, Centra Rehabilitation – Center for Pelvic Health

- **Is your home FIT for you? (accessibility planning for the years ahead)**
  Ms. Susan Wilson, Community Ambassador/Home Fit, AARP

- **Survival of the Fittest: Nutrition and Exercise as Tools for the Adventure of Life**
  Tonya Price, MS, RDN & Instructor, Health Promotion Studies, Lynchburg College and Student, Doctorate of Health Education, A.T. Still University
  Colby M. Takacs, MPH, CHES, Adjunct Professor, Health Promotion Studies, Lynchburg College

- **Key Elements for Developing a Wellness Program for Older Adults**
  Stacey Judge, Community Wellness Program Director, Springpoint Senior Living
  Co-author, International Council on Active Aging’s White Paper “Key Elements for a Wellness Program for Older Adults”

- **Preventing Suicide in Older Adults**
  Vicki Sandifer, MSW, Executive Director, Mental Health America of Central Virginia & Certified QPR Suicide Prevention Responder

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

1:15-2:15 p.m.

- **Reducing Your Risk for Dementia**
  Eduardo Zilli, MD, Neurologist, Centra Neuroscience Institute

- **Secrets of High Self Esteem**
  Linda Larsen, CSP, Linda Larsen Communications

- **Proof of Heaven: A Neurosurgeon’s Journey into the Afterlife**
  Eben Alexander III, MD, Neurosurgeon, Author, Speaker, Eben Alexander LLC

SCHEDULE OF EVENTS*

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

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

9-10 a.m.
Keynote Address, Schewel 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.
CONFERENCE INFORMATION

1:15-2:15 p.m. (continued)

- **The Ethics of Responding to Patient Preference**
  Mike Gillette, PhD, President Bioethical Services of Virginia, Inc.

- **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

2:30-3:30 p.m.

- **Virginia's Dementia State Plan: Progress & Opportunities for Change**
  Devin M. Bowers, MPH, Dementia Services Coordinator, Department of Aging & Rehabilitative Services

- **Preventing Serious Health Consequences Through Good Oral Care**
  Mark Newman, DDS, Chief Dental Officer, Virginia Elder Care Dentistry, PLLC
  Susan Hudson, RDH, CDP, CADDCT, Director of Operations, Spa Creek Dental & Approved Trainer,
  Alzheimer's Disease & Dementia Care Seminar, International/National Council of Certified Dementia Practitioners

- **Arts Fusion: The Power of Creativity in Dementia Care**
  Sharon Celsor-Hughes, MA, Creative Arts Director, Alzheimer’s Association

- **Evidence Based Guidelines for Preventing, Treating and Managing Hip Fractures**
  Daniel J. Acevedo, PA-C, Physician Assistant, OrthoVirginia

- **Understanding a Power of Attorney**
  Wanda Phillips Yoder, Esq., Fairchild & Yoder, PLLC
  Robin Zimmerman, Adult Services Supervisor, Bedford County Social Services

- **How to Be an Effective Listener**
  Elaine T. Smith, Doctoral Candidate, Cognitive and Instruction, Grand Canyon University

- **Weapons of Fraud – Knowing How to Recognize and Avoid Senior Fraud**
  Brian Jacks, Associate State Director – Community Outreach, AARP

- **How to Pass Personal Possessions, Values and Life Lessons to Future Generations**
  David Hudson, CEP, Master’s Estate and Financial 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.

CONFERENCE FEATURES

Poster Sessions
Join us for poster sessions to learn more about current research conducted in the field of aging. Conference attendees will have the opportunity to meet and talk with the researchers.

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.dr@lynchburg.edu.**

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 an annual conference on aging and provides leadership for Region 2000’s Consortium on Aging.
REGISTRATION FORM

Early Registration Deadline: May 6, 2016

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 6, 2016
for early registration discount. Workshops will be filled on a first-come, first-served basis. Registration
deadline is May 20, 2016 or until all spaces are filled.

Conference Fee (includes lunch)
☐ Member, Gerontology Center Consortium – Early registration discount (before May 6, 2016) ............ $65
☐ Member, Gerontology Center Consortium – Late registration (after May 6, 2016) .......................... $90
☐ Non-Member, Gerontology Center Consortium – Early registration discount (before May 6, 2016) ........ $85
☐ Non-Member, Gerontology Center Consortium – Late registration (after May 6, 2016) ............... $110
☐ Full-Time Student or Senior Citizen .......................................................... $45

Optional Fees
☐ I would like Lynchburg College CEUs for the conference (June 7) .......................... $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.)

Cancellation Policy
Refunds are available, minus a $30 handling fee, if received in writing/email prior to May 23rd. No refunds will
be granted after May 24, 2016. 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
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.
2015-16 CONSORTIUM ON AGING MEMBER LIST

2-1-1 Virginia
AARP Virginia
Adult Care Center of Central Virginia
Alzheimer's Association of Central and Western Virginia
Amherst County Department of Social Services
Amherst County Recreation and Parks Department
Appomattox County Department of Social Services
Appomattox County Parks and Recreation
Appomattox Health and Rehabilitation Center
Charlotte Arboagast, Department for Medical Assistance Services (DMAS)
Avante’ at Lynchburg Beard Center on Aging at Lynchburg College
Bedford Community Health Foundation
Bedford County Department of Social Services-APS
Bedford County Parks and Recreation
Bentley Commons
Berry Hill Health and Rehabilitation
Virginia Burggraf, DNS, RN, FAAN, Radford University
Campbell County Department of Social Services
Campbell County Recreation Senior Programs
Campbell County Retired Senior Volunteer Program
Campbell Rest Home
Care OPTIONS Plus, LLC
Centra Health and Rehabilitation Centers
Guggenheimer
Fairmont Crossing
Oakwood
The Summit
Centra Home Health
Centra Hospice
Centra Mental Health Services
Centra PACE
Centra Rehabilitation
Centra Rosemary and George Dawson Inn
Center for Community Development and Social Justice, Lynchburg College
Central Virginia Alliance for Community Living
City of Danville Department of Parks, Recreation and Tourism
CogniCheck, Inc.
Commonwealth Home Health
Cresswell Group, LLC, Kathleen Cresson
Jessica Crews
Deaf and Hard of Hearing Services Center
Elizabeth Farnsworth, PhD
First Dominion Home Health Care
Kay Fielder
Generation Solutions
Gentle Shepherd Hospice
Genworth
David F. Graves
Harmony (a division of Cabaniss Day Support, Inc.)
Heartland of Lynchburg
Heritage Green Assisted Living Communities
Home Instead Senior Care
InnFadey Care Management of Virginia
Jefferson and Associates Psychological Services
Kumar Financial and Insurance
Marion Kyner
Lake Christian Ministries
Liberty Ridge Health and Rehabilitation Center
Glenda Lilly
Lynchburg College
Lynchburg College Health Training Consortium
Lynchburg Department of Social Services
Lynchburg Health and Rehabilitation Center
Lynchburg Parks and Recreation
Don Manning
Masters Estate and Financial
Helen McClendon
McGurk House
Meals on Wheels of Greater Lynchburg
Mental Health America of Central Virginia
Joyce Morrison
New York Life, Sutton Tinsley
Older Adult Ministries, United Methodist Church, Lynchburg District
Susan Oliver
OrthoVirginia
Nancy Overstreet, DNP, GNP-BC, CWOCN, CDP
Personal HomeCare, Inc.
Piedmont Community Health Care
Proactive Health and Life Insurance
Fumiko Radile
Raspberry Hill Adult Daytime Center
Runk and Pratt Senior Living Communities
Seniors Guide
Senior Independence
Senior Navigator/Virginia Navigator
Senior News
Solid Rock Enterprises
Stratford House Retirement Community
Elizabeth Swygert
Team Nurse
The Summit
The Summit Assisted Living
TowneBank Mortgage/Reverse Mortgage Solutions
Valley View Retirement Community
Virginia Relay Captel
Virginia United Methodist Homes
Western and Central Virginia Council for Aging in Place
Westminster Canterbury of Lynchburg
Joy Whitt
Williams Home, Inc.
Woodhaven Nursing Home
Zeta Phi Beta Sorority- Epsilon Kappa Zeta Chapter

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.
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.

Who should attend: Nurses, C.N.A.’s, Social Workers, Activity Professionals, Geriatric Care Managers, Licensed Nursing Home and Assisted Living Administrators, Pastoral Care Staff, caregivers, and others working with persons 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 spanning activities management, social work, family caregiving, consulting and memory support program management.

Kathleen Cresson, RN, CMC, CDP, CADDCT is a Certified Care Manager, as well as a Certified Alzheimer’s Disease and Dementia Care Trainer 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.

Susan Hudson, RDH, CDP, CADDCT, is a Certified Alzheimer’s Disease & Dementia Care Trainer (CADDCT) for the International/National Council of Certified Dementia Practitioners. She also serves as the Director of Operations for Spa Creek Dental which arranges services throughout the state of Virginia to Senior Living Facilities. She has more than twenty five years of experience working with clients with dementia as a Registered Dental Hygienist in Virginia and South Carolina, including training staff to work with these clients.

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

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.

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