Aging Well in
Mind, Body, & Spirit

June 6, 2017
Presented by
the Beard Center on Aging
at Lynchburg College

CENTRA
At Home With Centra
HOME HEALTH | HOSPICE | PACE
REHABILITATION & PHYSICAL THERAPY

Lynchburg College
Ageism is prevalent in America. This prejudice toward aging and older adults is expressed through actions, behaviors, attitudes, beliefs, and values. It is perpetuated through the common use of certain words and phrases that normalize age-based prejudice into culturally accepted, everyday discourse. It is also contagious.

In this program, Dr. Ayn Welleford, Chair of the Department of Gerontology at Virginia Commonwealth University and her colleague and instructor Jenny Inker will talk about challenging society’s longstanding view of aging, while sharing how subtle language impacts it, and how we can eradicate ageism in America. These presenters bring a breadth of knowledge and experience to the table as they offer their perspectives on the phenomenon and share how Virginia Commonwealth University is taking a major role in eradicating ageism in Virginia and around the nation.

3:40-4:45 p.m.
Blue Zones: Secrets for Living Longer, Better

Nick Buettner
Community and Corporate Program Director, Blue Zones

To find the path to long life and health, the Blue Zones team studies the world’s “Blue Zones” – places that have the greatest life expectancy and where more people reach age 100 than anywhere else in the world. In this program Nick Buettner will share the nine common diet and lifestyle habits – Power 9R – that have kept people spry past age 100. Using a dynamic, storytelling delivery and National Geographic photography, Nick will help us learn what we should be doing to live a longer life while debunking the most common myths. He will also offer a science-backed blueprint for the average American to live another twelve quality years.
CONFERENCE INFORMATION

10:45-11:45 a.m.

• The Secrets of Convincing Mom to take One More Bite: Combating Malnutrition in Seniors
  Tonya C. Price, MS, RDN, Instructor, Health Promotion Studies, Lynchburg College

• Alzheimer’s Disease: Is There Hope on the Horizon?
  Aubrey L. Knight, MD, Medical Director, Inpatient Palliative Care, Carilion Clinic and Associate Dean for Student Affairs and Director of Geriatric Fellowships, Virginia Tech Carilion School of Medicine

• The Role of Sleep on Health and Cognition
  Ei Hlaing, PhD, Assistant Professor of Psychology, Lynchburg College

• The Street Smart Senior: Scams and Frauds – the Myths, Truths and Resources
  Deborah Bell, Community Outreach Coordinator, Virginia Office of the Attorney General

• Living with Chronic Pain Without Opioids
  Andrea A. Stutesman, MD, Centra Medical Group Physical Medicine & Pain Management Center

• A Healthy Life IS a Laughing Matter- At Home and in Residential Care
  Kyle Edgell, Certified Laughter Yoga Leader, Caricature Artist/Humorist

1:15-2:15 p.m.

• The State of Aging in Virginia
  Marcia C. DuBois, Director, Division for the Aging, Virginia Department for Aging and Rehabilitative Services
  Devin Bowers, MPH, Dementia Services Coordinator, Virginia Department for Aging and Rehabilitative Services
  David Hominik, Legal Services Developer, Virginia Department for Aging and Rehabilitative Services
  Kathy Miller, Director of Programs, Virginia Department of Aging and Rehabilitative Services

• Long-Term Care Ombudsmen and Coordinated Care Advocates at Work: How Do Long-Term Care Recipients and Those Who Support Them Obtain Advocacy and Resources
  Linda J. Hamrick, Commonwealth Coordinated Care Advocate, Virginia Department for Aging and Rehabilitative Services
  Sharon Carter, Certified Long-Term Care Ombudsman and Certified Psychiatric Rehabilitative Practitioner, Central Virginia Alliance for Community Living

• Living with Alzheimer’s
  Sharon DeBoever, MEd, BS, Community Educator, Alzheimer’s Association and Licensing Specialist, Virginia Department of Social Services

• Rethinking the Fat Heart Hypothesis: Nutrition, Health and Cancer
  Michael James O’Neil, MD, Centra Alan B. Pearson Cancer Center

• A Vision With Endless Possibilities: What We Can Learn from Orange County, North Carolina – An AARP Age-Friendly Livable Community
  Janice Tyler, BA, Director, Orange County Department on Aging

SCHEDULE OF EVENTS*

8-8:45 a.m.
  Registration, Drysdale Student Center

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

9-10 a.m.
  Keynote Address, Hall Ballroom

10-10:45 a.m.
  Refreshment Break, Educational Exhibits, Drysdale Student Center

10:45-11:45 a.m.
  Concurrent Sessions, Drysdale Student Center

11:45 a.m.-1:15 p.m.
  Conference Luncheon and Awards Ceremony, Burton Dining Hall

1:15-2:15 p.m.
  Concurrent Sessions, Drysdale Student Center

2:15-2:30 p.m.
  Refreshment Break, Educational Exhibits, Drysdale Student Center

2:30-3:30 p.m.
  Concurrent Sessions, Drysdale Student Center

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

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

- **Living with and Caring for a Person with Arthritis**
  Daniel J. Acevedo, PA-C, Physician Assistant, OrthoVirginia

2:30-3:30 p.m.

- **Dementia Conversations: Driving, Doctor Visits, Legal and Financial Planning**
  Jessica Lynne Nolan, MSW, LSW, CDP, Family Services Manager, Alzheimer’s Association

- **How Hobbies Can Impact Our Health: The Power of Aromatherapy, Pet, Music, Art, and Horticulture Therapies**
  Colby M. Takacs, MPH, CHES, Adjunct Professor, Health Promotion Studies, Lynchburg College
  Sue Ellen Clark, CTRS, Director of Therapeutic Recreation, Westminster Canterbury of Lynchburg
  Susan Carol, CCM, Clinical Musician, Harmony and Serenity Music Care, St. Paul’s Episcopal Church and Westminster Canterbury of Lynchburg
  Megan Coleman, CTRS, Assisted Living Activities Coordinator, Westminster Canterbury of Lynchburg

- **Special Considerations when Working with Older Adults Impacted by Intimate Partner Violence**
  Summer Tetterton, MEd LPC, NCC, Director, Campbell County Youth, Adult and Community Services
  Elizabeth Farnsworth, PhD, LPC, LMFT, CT, Private Practice Counselor

- **A Person-Centered Care Toolkit for Teaching Care Concepts in Healthcare Settings**
  Beverly K. Lunsford, PhD, RN, FAAN, Director, Center for Aging, Health and Humanities, George Washington University School of Nursing

- **REFRESH: Adapting the Best Marketing Practices for Today’s Consumers**
  Amanda Jo Wickert-Hoden, NC ALA, CDP, North Carolina

- **Project EngAGE: An Innovative, Peer-to-Peer, Older Adult Volunteer Model to Maximize Quality of Life and Aging in the Community**
  Yvette Garcia, JD, MPH, Manager, Volunteer Connect 55+ Division, Orange County Department of Aging and Project Manager, Project EngAGE
REGISTRATION FORM

Early Registration Deadline: May 12, 2017

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 12, 2017 for early registration discount. Workshops will be filled on a first-come, first-served basis. Registration deadline is May 22, 2017 or until all spaces are filled.

Conference Fee (includes lunch)
- Member, Gerontology Center Consortium – Early registration discount (before May 12, 2017) ............ $65
- Member, Gerontology Center Consortium – Late registration (after May 12, 2017) ................... $90
- Non-Member, Gerontology Center Consortium – Early registration discount (before May 12, 2017) ........ $85
- Non-Member, Gerontology Center Consortium – Late registration (after May 12, 2017) ................ $110
- Full-Time Student or Senior Citizen ..................................................... $45

Optional Fees
- I would like Lynchburg College CEUs for the conference (June 6) ....................... $15
- Post Session: NCCDP Alzheimer’s and Dementia Class – Consortium Conference Attendees (June 7) .... $120
- Post Session: NCCDP Alzheimer’s and Dementia Class – Conference Attendees (June 7) .......... $150
- Post Session: NCCDP Alzheimer’s and Dementia Class ONLY – Non-Conference Attendee (June 7) ...... $185
- I would like Lynchburg College CEUs for the NCCDP Alzheimer’s and Dementia Class (June 7) ....... $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 20th. No refunds will be granted after this date. Substitutions, however, are permitted.

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.
2017 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
Amerilife and Health Services of Virginia
Amherst County Department of Social Services
Amherst County Recreation and Parks Department
Appomattox County Department of Social Services
Appomattox County Parks and Recreation
Charlotte Arbogast, Department for Medical Assistance Services (DMAS)
Bank of the James – Mortgage Division
Beard Center on Aging at Lynchburg College
Bedford Community Health Foundation
Bedford County Department of Social Services-APS
Bedford County Parks and Recreation
Bedford Ride
David Benson
Bentley Commons
Linda Brake
Campbell County Department of Social Services
Campbell County Recreation Senior Programs
Campbell County Retired Senior Volunteer Program
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 and Senior Services
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.
Deaf and Hard of Hearing Services Center
The Elms of Lynchburg
Elizabeth Farnsworth, PhD
Kay Fielder
First Dominion Home Health Care Generation Solutions
Gentle Shepherd Hospice
David F. Graves
Ann McGee Green, Anderson, Desimone and Green
Heartland of Lynchburg
Heritage Green Assisted Living Communities
Heritage Hall – Blackstone
Heritage Hall – Brookneal
Heritage Hall – Dillwyn
Home Instead Senior Care
Kumar Financial and Insurance Services
Leading Age Virginia
Liberty Ridge Health and Rehabilitation Center
Glenda Lilly
Lynchburg Area Center for Independent Living (LACIL)
Lynchburg College
Lynchburg Department of Social Services
Lynchburg Health and Rehabilitation Center
Lynchburg Parks and Recreation
Master’s Estate and Financial Services
Meals on Wheels of Greater Lynchburg
Joyce Morrison
Older Adult Ministries, United Methodist Church, Lynchburg District
Susan Oliver, Esq
OrthoVirginia
Our Lady of the Valley
Nancy Overstreet, DNP, GNP-BC, CWOCN, CDP
Personal HomeCare, Inc.
Piedmont Medicare Advantage
Fumiko Radile
Raspberry Hill Adult Daytime Center
Seniors Guide
Senior Independence
Senior Navigator/Virginia Navigator
Senior News
Senior Remodeling Experts
Stratford House Retirement Community
Team Nurse
Valley View Retirement Community
Virginia Neuropsychology Associates, Inc.
Virginia United Methodist Homes
Western and Central Virginia Council for Aging in Place
Westminster Canterbury of Lynchburg
Rev. Curtis Wheeler
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 is comprised of individuals, organizations, older adults, faith communities, government, business, and non-profit organizations working together to promote positive aging. Members stay abreast of educational opportunities, research, and events through email updates. They 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 7, 2017

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, 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; 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, ten 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 ...........................................$120
Non-Consortium Member Conference Attendees ...................................$150
Dementia Class ONLY – Non-conference Attendee ................................$185
Lynchburg College CEUs for the NCDDP (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.ncddp.org.

DISCOUNTS ARE AVAILABLE FOR MULTIPLE REGISTRATIONS
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. Call 434.544.8456 for more information.

LODGING INFORMATION

La Quinta Inn and Suites at Liberty University
3320 Candlers Mountain Road, Lynchburg
434.847.8655 • www.lq.com

This non-smoking, award-winning hotel is conveniently located and offers a full buffet breakfast, complimentary Wi-Fi, a state-of-the-art fitness center and outdoor pool. Come relax and unwind around our outdoor fire pit. Special rate for conference attendees for June 5th is $99/night plus tax. To receive the group rate, please call the front desk and reserve your room under the Conference on Aging Group Block prior to May 15, 2017.

Acorn Hill Lodge
2134 Old Forest Road, Lynchburg
434.528.0983 • www.acornhilllodge.net

This award-winning home away from home is situated minutes away from Lynchburg College and offers a cozy Bed & Breakfast atmosphere. A free, hot, made-to-order breakfast is included. A limited number of rooms are available on June 5th and 6th at a rate of $119/night plus tax. To receive the group rate, please call the front desk and reserve your room under the Conference on Aging Group Block prior to May 20, 2017.

Craddock Terry Hotel and Event Center
1312 Commerce Street, Lynchburg
434.455.1500 • www.craddockterryhotel.com

This turn-of-the-century shoe factory turned residential-style boutique hotel, located in downtown Lynchburg, offers complimentary shuttle service, two award-winning on-site restaurants, an in-room complimentary continental breakfast, a microbrewery, and more. A limited number of rooms are available for June 5th at $129/night plus tax. To receive the group rate, please call the front desk and reserve your room under the Conference on Aging Group Block prior to May 5, 2017.
WORKING TOGETHER TOWARD A COMMUNITY FOR ALL AGES

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