



PCA Regional Conference on Aging

Sept. 25 – 27



2019



PCA

PHILADELPHIA CORPORATION FOR AGING
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642 North Broad St.
Philadelphia, PA 19130

<https://www.regonline.com/2019regionalconferenceonaging>

INTRODUCTION

The 2019 Regional Conference on Aging is being presented by Philadelphia Corporation for Aging at our offices at 642 North Broad Street, Philadelphia, PA, 19130 - September 25th – September 27th, 2019.

Philadelphia Corporation for Aging is again offering a cutting-edge program and continuing education for professionals who work with older adults. Nationally and regionally recognized content experts will present relevant, practical and current information that will be immediately beneficial to anyone working in the aging arena. Designed to help you stretch your education and training budget, the conference is a cost-effective and convenient way to increase your knowledge and skills and get the CE credits you need.

PCA has arranged for **free parking** for attendees from other agencies and counties. Parking will be in the enclosed lot on 15th Street, between North St. and Wallace St. (one block in from Broad Street). To access the lot, turn up North St (between the PCA Building and wrought iron fenced parking lot). Proceed to the stop sign on 15th Street. Turn left, then right into the chain link fenced lot. Entrance should be open by 8:00 AM. Spaces are limited and available on a first-come basis. Please bring your Conference registration to show to the attendant, should one be on duty when you arrive. **There is no conference parking in the wrought-iron fenced in lot.**

Free coffee will be available in Conference Room R – Lobby Level, each morning. **Free water and cookies** will be available there from Noon – 1:00 PM. Please stop by and visit our sponsor and exhibitor tables while you're there.

If you want to bring a lunch, or pick one up locally, there will be seating in the upper atrium of the lobby for you to relax, eat and converse with colleagues before the afternoon sessions. Don't forget to visit our sponsor and exhibitor tables in Conference Room R.

Program Planning Committee

Thomas Shea, M.Ed. - Conference Chair

Philadelphia Corporation for Aging

Lois Hayman-El, MSW, LSW

Philadelphia Corporation for Aging

Jen Norman, MPH

Philadelphia Corporation for Aging

Najja Orr, MBA

Philadelphia Corporation for Aging

Karen Washington, MPA

Philadelphia Corporation for Aging

Katie Young, MSG

Philadelphia Corporation for Aging

In recognition of **Malnutrition Awareness Week** and in support of the **Defeat Malnutrition Today: Philadelphia Coalition**, conference attendees are encouraged to bring a non-perishable food donation to the conference. All donations will be given to Philabundance to be distributed to those in need across the region.

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WHO SHOULD ATTEND?

All professionals who work with older adults and their families and those in related professions will benefit from attending the Regional Conference on Aging. They include:

- Administrators and directors
- Adult daycare personnel
- Activity and recreation therapists
- Assessment workers
- Care/case managers
- Legal and financial professionals
- Home healthcare personnel
- Marriage and family therapists
- Nurses
- Psychologists
- Rehabilitation therapists
- Service coordinators
- Social workers
- Staff developers
- Students

Sessions covering the following subject areas will be featured:

- Behavioral Health and Aging
- Caregiving
- Decision Capacity
- Diversity Issues
- Elder Housing Issues
- Ethical Issues
- Health and Wellness
- Long-Term Care Issues
- Public Policy and Public Entitlements, and More!

Continuing Education Credits

Continuing education credits (CEUs) are available for specific sessions for Social Workers and Nurses. If you are not sure whether your licensing organization will accept conference CEUs, please contact them for clarification.

Social Workers

Pennsylvania:

As a CSWE accredited program, the Bryn Mawr College Graduate School of Social Work and Social Research (GSSWSR) is a pre-approved provider of continuing education for social workers, professional counselors, and marriage and family therapists in Pennsylvania and many other states.

The following sessions may be submitted for **2.5 Social Work CEUs**:

WE02 – Mental Health First Aid – Part 1

WE03 – Armed & Frail: Reducing Gun Violence in Older Adults with Depression and Dementia

WE04 – Fully Living Includes Death

WE05 – Improving the Quality of Services and Supports for LGBT Older Adults **(full day – 5.0 CEUs)**

WE07 – Mental Health First Aid – Part 2

WE08 – High Time for a Discussion: Older Adults and Cannabis Use

WE09 – Serving New & Emerging Populations: Real Cases, Real Issues, Real solutions

TH01 – Ethical Dilemmas in Long Term Care: How to Proceed and What to Decide?

TH02 – Mental Health First Aid – Part 3

TH03 – Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults

TH04 – You in Aging and the Aging You: Understanding How Aging Perceptions Impact Our Experience

TH05 – Caring for the Caregiver: Providing Support to Families Affected by Alzheimer's Disease

TH06 – Diversity – It's More than Just Race and Ethnicity

TH07 – Good "Olde Sexe" – Sexual Health & Functioning Across Sexual and Gender Identity Groups

TH09 – The "Hello Game" – A Conversational Tool about Life Care and End-of-Life Issues

TH10 – Incorporating Faith Perspectives of Older Adults in Practice

FR02 – Ten Essential Skills for Engaging, Supporting and Empowering Diverse Family Caregivers

FR03 – Culturally Sensitive Work with Holocaust Survivors

FR04 – Rolling Out The Rainbow Welcome Mat: Making the Case for LGBTQ Inclusion in Aging Services

FR05 – Elder Abuse and Financial Exploitation

FR07 – Healing Starts at Home: Wellness Practices for Busy Aging Network Professionals

FR08 – Bugs, Drugs and Guns: Safety in the Field and in Institutional Settings

FR09 – Lens of Loss: Ambiguous Loss, Living Loss and Meaning-Centered Grief Therapy

Nurses

The following sessions may be submitted for **2.5 Nursing CEUs**:

- WE02** – Mental Health First Aid – Part 1
- WE03** – Armed & Frail: Reducing Gun Violence in Older Adults with Depression and Dementia
- WE04** – Fully Living Includes Death
- WE05** – Improving the Quality of Services and Supports for LGBT Older Adults (**full day – 5.0 CEUs**)
- WE07** – Mental Health First Aid – Part 2
- WE08** – High Time for a Discussion: Older Adults and Cannabis Use
- WE09** – Serving New & Emerging Populations: Real Cases, Real Issues, Real solutions
- TH01** – Ethical Dilemmas in Long Term Care: How to Proceed and What to Decide?
- TH02** – Mental Health First Aid – Part 3
- TH03** – Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults
- TH04** – You in Aging and the Aging You: Understanding How Aging Perceptions Impact Our Experience
- TH05** – Caring for the Caregiver: Providing Support to Families Affected by Alzheimer’s Disease
- TH06** – Diversity – It’s More than Just Race and Ethnicity
- TH07** – Good “Olde Sexe” – Sexual Health & Functioning Across Sexual and Gender Identity Groups
- TH09** – The “Hello Game” – A Conversational Tool about Life Care and End-of-Life Issues
- TH10** – Incorporating Faith Perspectives of Older Adults in Practice
- FR02** – Ten Essential Skills for Engaging, Supporting and Empowering Diverse Family Caregivers
- FR03** – Culturally Sensitive Work with Holocaust Survivors
- FR04** – Rolling Out The Rainbow Welcome Mat: Making the Case for LGBTQ Inclusion in Aging Services
- FR05** – Elder Abuse and Financial Exploitation
- FR07** – Healing Starts at Home: Wellness Practices for Busy Aging Network Professionals
- FR08** – Bugs, Drugs and Guns: Safety in the Field and in Institutional Settings
- FR09** – Lens of Loss: Ambiguous Loss, Living Loss and Meaning-Centered Grief Therapy

State licensure boards, however, have final authority on the acceptance of individual courses. If you require continuing education credit from a board or association not listed, please contact your state board or association for individual approval. Participants are encouraged to verify acceptability with their board or association prior to paying for continuing education credit.

To receive CEUs:

Select the number of CEUs you wish to purchase [at the end of the registration page online](#), or on the registration form in this brochure. To fill out your session evaluation after attending your session(s), you return to the registration site and click on the blue “**Details**” link at the end of each session listing. Scroll down to the bottom of the session description, and you will see a **web link to the evaluation for that session**. After you complete the evaluation, follow the instructions on the bottom of the last page:

“If you have ordered CEUs for this session, please type your name and your e-mail address in the comment box. Your CEU Certificate will be sent to your e-mail address”.

Please consult the lists above to be certain that the session you are attending is offering CEUs – either for Social Work or Nursing.

CEU Costs: \$20.00 per approved 2.5 hour session, to a maximum of \$60.00 for 3 or more approved sessions, per person.

Each day: **Sessions 1-5 are AM Sessions: 9:30 am – Noon**
Sessions 6-10 are PM Sessions: 1:00 pm – 3:30 pm

CODE	SESSION TITLE	PRESENTER(S)
WE01	The Panel of Pundits Discuss Aging Issues	Jean Accius; Bill Benson; Brian Duke; Sandy Markwood; Allyson Y. Schwartz
WE02	Mental Health First Aid – PART 1	TBA
WE03	Armed & Frail – Identifying and Reducing Gun Violence in Older Adults with Depression and Dementia	Ilene Warner-Maroon, PhD, RN-BC, CWCN, FCPP, CALA, NHA
WE04	Fully Living Includes Death	Tawana Ford Sabbath, MSS, PhD
WE05	Improving the Quality of Services & Supports for LGBT Older Adults (Full Day Session – includes WE10 slot)	Ed Miller
WE06	Early Lessons from the Community HealthChoices (CHC) Program	Kathy Cubit; Diane Menio
WE07	Mental Health First Aid – PART 2	TBA
WE08	High Time for a Discussion: Older Adults and Cannabis Use	Ilene Warner-Maroon, PhD, RN-BC, CWCN, FCPP, CALA, NHA
WE09	Serving New and Emerging Populations – Real Cases, Real Solutions	Wanda Mitchell & Panel
WE10		
TH01	Ethical Dilemmas in Long Term Care: How to Proceed & What to Decide	Nancy Morrow, MSW
TH02	Mental Health First Aid – PART 3	TBA
TH03	Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults	Michelle Brandt, MSW, LSW; Bruce Kinoshian, M.D.; Sanford Pfeffer, Esq.
TH04	You in Aging and the Aging You: Understanding How Aging Perceptions Impact Our Experience	Katie Young, MSG
TH05	Caring for the Caregiver: Providing Support, Education and Resources to Families Affected by Alzheimer's Disease and Related Disorders	Alison Lynn, MSW
TH06	Diversity: It's Way More Than Just Race and Ethnicity	Lois Hayman-El, LSW
TH07	Good "Olde Sexe" – Sexual Health and Functioning Across Sexual and Gender Identity Groups in Later Life	Terri Clark, MPH, CHES
TH08	National Guidelines for Financial Institutions: Working Together to Protect Older Persons from Financial Abuse	Nancy L. Heffer, CRCP; Joe Snyder
TH09	The Hello Game – A Conversational Tool about Life Care & End-of-Life Wishes	Sandy Lawrence; Rhonda Fleming Scarborough
TH10	Incorporating Faith Perspectives of Older Adults in Practice	Rev. Dr. Jade King Bass; Rabbi Gail Glicksman; Father Liam Murphy; Eric Wilden
FR01	Defeating Malnutrition: Advocacy, Resources and Education (Full Day Session – includes FR06 slot)	Amy Goldstein; Najja Orr; Panel Presentations
FR02	Ten Essential Skills for Engaging, Supporting and Empowering Diverse Family Caregivers	Barry J. Jacobs, Psy.D.; Julia L. Mayer, Psy.D
FR03	Culturally Sensitive Work with Holocaust Survivors	Janey Snyder, MSW; Steve Zakusilo, MSS, LSW
FR04	Rolling Out the Rainbow Welcome Mat: Making the Case for LGBT Inclusion in Aging Services	Terri Clark, MPH; Katie Young, MSG
FR05	Elder Abuse and Financial Exploitation	Joanna Jarzebowska, Esq.; Leah M. Finlayson, Esq.
FR06		
FR07	Healing Starts at Home: Wellness Practices for Busy Aging Network Professionals	Barry J. Jacobs, Psy.D.; Julia L. Mayer, Psy.D
FR08	Bugs, Drugs & Guns - Safety in the Field	Constance M. Jones, RN
FR09	Lenses of Loss: Ambiguous Loss, Living Loss and Meaning-Centered Grief Therapy	Felicia Greenfield, MSW, LCSW
FR10	Protecting Your Home Sweet Home: Tips for Tenants & Homeowners	Elizabeth Shay, Esq.; Jacob Speidel, Esq.

Wednesday, September 25, 2019

9:30 am - Noon

WE01 – The Panel of Pundits Discuss Aging Issues

With the 2020 elections looming large on the horizon, what lies in store, particularly for those of us involved with aging and aging issues? How might healthcare change? Will there be changes to Medicaid and other entitlements? How has tax reform affected seniors? What perils face the aging network? Where should advocates focus their attention? Our panel of pundits will share their thoughts, and solicit yours as we try to make sense of it all.

Learning Objectives

After this presentation, participants will:

- Have heard the ideas of aging professionals uniquely in tune with the politics of the issues
- Understand the ramifications of the choices that were made in November on future aging issues
- Participate in the discussion, share ideas with other participants and the experts

Jean C. Accius, Ph.D., is Vice President of the Long-term Services and Supports and Livable Communities Group within the AARP Public Policy Institute. In this role, he provides strategic direction, leadership and technical expertise to create and drive innovative policy solutions that raise awareness, foster meaningful dialogue and spark action to improve the lives of millions of older adults and the families who support them.

Dr. Accius brings deep knowledge and a wealth of experience on aging issues having served in positions across the private, public and nonprofit sectors. He has served at the state level as a senior program lead within the Florida Department of Elder Affairs for the Ambassadors for Aging program, and at the federal level, he worked as a senior policy advisor within the Disabled and Elderly Health Programs Group at the Centers for Medicare & Medicaid Services within the Department of Health & Human Services. Dr. Accius has been quoted by or appeared in numerous media outlets, including Politico, Next Avenue, ESPN's Undeclared, Congressional Quarterly's online arm and the Huffington Post. The National Academy of Social Insurance recently recognized Dr. Accius as one of the new generation of social insurance leaders in the country.

Bill Benson is Managing Principal in Health Benefits ABCs, an organization offering aging and public health policy, educational and strategic planning consulting services. Benson has held senior leadership positions in the U.S. Congress and at the U.S. Administration on Aging. He spent 10 years with the California Department of Aging including as California's State Long-Term Care Ombudsman. For the past 12 years he has been a consultant to CDC's Healthy Aging Program. Other clients include the National Adult Protective Services Association, the AoA-funded National Resource Center for the Senior Medicare Patrol Program, Michigan and Mississippi Public Health Institutes, and many others. Since 2000 Benson has hosted *First Person*, a series of conversations with Holocaust survivors before live audiences at the United States Holocaust Memorial Museum.

Brian Duke, MHA MBE is System Director, Senior Services with Main Line Health, a not-for-profit health system serving portions of Philadelphia and its western suburbs. Senior Services as a population health service line adopts the Age Friendly Health System movement as a framework to provide coordinated care to older adults and families in the most appropriate setting across the entire continuum.

Prior to this he served as Secretary of the Pennsylvania Department of Aging and Director of the Bucks County Area Agency on Aging.

Previous work included leadership positions in health care with Bryn Mawr Rehabilitation Hospital and Saint Mary Medical Center, academic medicine with the University of Pennsylvania Health System and Thomas Jefferson University Hospital and philanthropy with the New Jersey Foundation on Aging.

As a consultant he worked with clients including the US Administration on Aging, the AARP Foundation and Wider Horizons of WHYY, a public media organization in developing collaborative approaches to improving the lives of caregivers and helping people live with chronic conditions.

Mr. Duke served on the National Academies of Sciences, Engineering and Medicine Committee on Family Caregiving for Older Adults which issued the *Families Caring for an Aging America* report.

Sandy Markwood is the CEO of the National Association of Area Agencies on Aging (n4a), which represents the nation's 629 Area Agencies on Aging and serves as a champion for the more than 246 Title VI Native American aging programs. n4a helps its members advocate on behalf of older adults and their caregivers; ensure that communities are equipped to support and enhance the well-being of older adults, persons with disabilities and their caregivers; and serve as the focal point in the community for answers on aging. As CEO, Ms. Markwood forms strategic partnerships with federal agencies and organizations in aging, human service and health care arenas to enhance the role and recognition of Area Agencies on Aging and Title VI programs.

Allyson Y. Schwartz, M.S.S., is President and CEO of Better Medicare Alliance. She is a former member of the U.S. House of Representatives from Pennsylvania who served from 2005-2015, is a nationally recognized leader on health care issues. Throughout her professional life she has worked on issues such as affordability, primary care, coordinated care, and increased access to coverage.

Having worked as a health service executive, Schwartz was elected to the Pennsylvania State Senate in 1990, serving 14 years until her election to Congress. In the state Senate, Schwartz was the driving force behind Pennsylvania's CHIP program, which was a model for the federal CHIP program five years later.

WE02 – Mental Health First Aid – Part 1

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid (MHFA) training helps a layperson assist someone experiencing a mental health crisis. MHFA allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources,

national organizations, support groups, and online tools for mental health and addictions treatment and support.

The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

Learning Objectives

By participating in this workshop, participants will be able to:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Understand the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

NOTE: WE02 is a full-day training session. There will be a break for lunch.

This is a one and one half day workshop that follows the 8 hour curriculum set forth by the National Council for Behavioral Health. To receive certification you must attend all three sessions. You may attend Part 1 as a stand-alone session, if you are simply seeking more information on Mental Health First Aid. You must attend Part 1 in order to attend Part 2. You must have attended both Parts 1 & 2 in order to attend Part 3.

MENTAL HEALTH FIRST AID INSTRUCTORS: This course is taught by nationally certified instructors who have completed a rigorous 40 hour course and selection process, and are re-certified annually to provide quality instruction across the United States. (Certification to instruct is granted by The National Council for Behavioral Health.)

WE03 – Armed and Frail – Identifying and Reducing Gun Violence in Older Adults with Depression and Dementia

Older adults have the highest rates of depression, dementing diseases and successful suicides – while this group is also the largest population of firearms owners. The U.S. Constitution supports the right to bear arms, however there are few interventions available to ensure that people with mental health issues or cognitive dysfunction are able to safely store and use guns.

Learning Objectives

Participants in this workshop will:

- Be able to verbalize the impact of depression, suicide ideation and progressive cognitive dysfunction as factors influencing unsafe gun use
- Identify interventions that can be used for care managers to address gun safety with older adults and their families.
- Be able to verbalize how the Alzheimer's Association's Tool Box for Gun Safety can be incorporated into a care plan

Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA, has been practicing nursing for over 30 years, specializing in the care of geriatric patients. Her clinical practice is directed to the care and treatment of patients with pressure ulcers in a variety of clinical settings. In 2007, Dr. Warner-Maron completed her PhD in Health Policy that included a dissertation on HIV in the elderly, a study of how physicians, nurse practitioners and older adults share information about HIV risk. She provides educational programs for nurses and nursing home administrators.

WE04 – Fully Living Includes Death

In America, where death has been strategically put out of everyday life, we tend not to plan for how we will leave when we depart this life. We plan all aspects of our lives, but often leave end-of-life decisions to others. However, there are tools and resources for you to be in charge of planning for your departure and delineating instructions for those left behind.

This workshop will provide detailed information for end-of-life planning that includes final care, final service planning and legacy concerns.

Learning Objectives

- Understand the details required in making final arrangement plans
- Identify the potential emotional and financial traps to avoid
- Encourage discussions about end of life issues
- Consider death as a natural part of life

Tawana Ford Sabbath, MSS, PhD is a licensed social worker with years of clinical practice in local community mental health clinics. She is a trained family therapist having studied at Philadelphia Family Institute and Philadelphia Child Guidance Clinic. Her practice experience has helped her over the last twenty-six years to provide supportive service to families at the funeral home owned by her husband and herself. At the Walter E. Sabbath, Jr. Funeral Service, her experience as a social worker also allows her to use the inherent administrative skills that are part of the profession. Dr. Sabbath is a member of Enon Tabernacle Baptist Church where she teaches the Women's Sunday School class. She also serves as the Membership Chair person for the Alliance of Black Social Workers. Inc. On the business side, she is Recording Secretary for the West Oak Lane Business Association.

WE05 – Improving the Quality of Services and Supports for LGBT Older Adults

The National Resource Center on Aging (NRC) offers this presentation as part of a more comprehensive training for organizations that want to develop more inclusive services for LGBT elders. The goal of this presentation is to increase awareness and empathy amongst health care and social service providers about the issues and needs of elders who are LGBT (lesbian, gay, bisexual, and/or transgender).

Learning Objectives

Participants who attend this workshop will:

- Receive talking points and tools to create safe and inclusive services
- Gain knowledge of LGBT terms to promote inclusion of LGBT older adults
- Experience case studies and historical events that have had particular impact on the lives of LGBT older adults.

NOTE: WE05 is a full-day training session. There will be a break for lunch.

Ed Miller is the Senior Programs Coordinator at the William Way LGBT Community Center and the Center's national Sage affiliate representative where he oversees and directs the fifty+ social, cultural and educational programs. The programs, activities and events are designed to provide opportunities to reduce isolation, forge friendships and build community. Ed spends part of his time working with residents at the John C. Anderson LGBT Friendly Apartments offering activities, events and access to senior services programs. Ed partners with mainstream organizations, senior services providers and food programs to reduce isolation and to improve inclusion of LGBT seniors. Ed is a certified SageCare Trainer and a member of the Mayor's Office of LGBT Affairs, Elder Advisory Committee.

Wednesday, September 25, 2019

1:00 pm – 3:30 pm

WE06 – Early Lessons from the Community HealthChoices (CHC) Program

Community HealthChoices (CHC) began in Southeast PA on January 1, 2019, and will be state-wide in January 2020. CHC represents a seismic change in the delivery of Long Term Services and Supports (LTSS) and Medicare coverage for adults dually eligible for Medicare and Medicaid.

The Center for Advocacy for the Rights and Interests of the Elderly (CARIE) advocates will provide a brief overview of CHC, describe the impact CHC has had on consumers, and highlight ongoing advocacy issues. Audience members can share CHC-related experiences and leave equipped with advocacy tips.

Learning Objectives:

Session participants will:

- Learn what is working and what problems exist with CHC implementation.
- Be able to identify CHC-related challenges facing participants who are dually eligible for Medicare and Medicaid
- Understand the impact policy changes on access to Medicaid funded LTSS.
- Become knowledgeable about advocacy tips and resources to help resolve and prevent problems for consumers.

Diane A. Menio, MS - Executive Director, CARIE

Diane joined CARIE in 1989 and since 1995 has served as its executive director. CARIE is a multi-service advocacy organization, founded in 1977, assisting frail older adults and their caregivers, advocating for policy changes and providing training and education to improve their quality of life. Diane has trained extensively in the detection and prevention of abuse in the home as well as in institutional settings and other issues affecting older adults. She has co-authored several articles on elder abuse and neglect and is a co-author of the book, "Abuse Proofing Your Facility." Diane spent the first eight years of her professional life working with adults including those transitioning from state facilities and emergency services in Northampton and Lehigh Counties. She has held adjunct positions at St. Joseph's University Master's in Gerontology program and at the School of Social Policy and Practice at the University of Pennsylvania. She received a Master of Science in Gerontology from St. Joseph's University in Philadelphia. Diane serves on numerous boards and workgroups including the Pennsylvania Advisory Council on Elder Justice in the Courts and the Pennsylvania Long-Term Care Council.

Katherina Cubit - Advocacy Manager

Kathy has worked at CARIE in a variety of capacities since 1988. She is instrumental in developing CARIE's systemic advocacy positions and staffs the Dorothy Washburn Legislative Committee/CHC Advocates Alliance Advisory Committee. She serves on the PA Alzheimer's Disease and Related Disorders (ADRD) Task Force, PA's Medical Assistance Advisory Committee (MAAC), and currently chairs the MAAC's Long Term Services and Supports Subcommittee. Her commitment to advocacy was profiled in 2016 in the American Society on Aging's Aging Today and she is a past recipient of the Emergency Fund Coalition for Older Philadelphians' Community Service Award. Kathy is a graduate of Pennsylvania State University

WE07 – Mental Health First Aid – Part 2 (continued from WE02)

WE08 – High Time for a Discussion: Older Adults and Cannabis Use

Medical Cannabis is now legal in Pennsylvania, and dispensaries are opening up throughout Philadelphia County. Older adults with chronic medical issues and pain may believe that cannabis holds the answer to issues affecting their quality of life. This presentation will address the known benefits and risks of cannabis use with conditions and medications used in late life.

Learning Objectives:

After attending this session participants will:

- understand why cannabis research has not been conducted in the past 70 years
- Identify the benefits of cannabis use for chronic aging conditions
- Identify conditions in which cannabis use would be unproductive for older adults

Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA, has been practicing nursing for over 30 years, specializing in the care of geriatric patients. Her clinical practice is directed to the care and treatment of patients with pressure ulcers in a variety of clinical settings. In 2007, Dr. Warner-Maron completed her PhD in Health Policy that included a dissertation on HIV in the elderly, a study of how physicians, nurse practitioners and older adults share information about HIV risk. She provides educational programs for nurses and nursing home administrators.

WE09 – Serving New and Emerging Populations: Real Cases, Real Issues, Real Solutions

At PCA's Lawton Conference, held in May of this year, speakers addressed the challenges to appropriately serve elders and families of African, Caribbean, Indian, Central Asian and other emerging communities. This session will build on the success of that conference and provide the more in-depth, case study approach that a number of attendees requested. Several speakers from the Lawton presentation, who work directly with older adults and their families, will be presented with a series of case vignettes. Each speaker will discuss how the case could be handled if the older adult was a member of the speaker's emerging group.

Session attendees will also have a chance to ask about specific situations they may have seen in the communities they serve, as time permits.

Learning Objectives:

After attending this session participants will:

- Develop a deeper understanding of the nuances needed to appropriately serve elders in the various emerging communities in the Philadelphia area.
- Gain valuable insight into alternatives they may wish to incorporate into their daily practice.
- Identify specific situations from their own experiences and use the resources in the room to develop potential solutions.
- Identify new resources for additional support.

**WE10 – Improving the Quality of Services and Supports for LGBT Older Adults
(Continued from WE05)**

Thursday, September 26, 2019

9:30 am – Noon

TH01 – Ethical Dilemmas in Long Term Care: How to Proceed and What to Decide?

Individuals and Agencies providing home and community-based long-term care encounter challenging ethical dilemmas almost daily. This session will focus on understanding the differences and similarities of a social work model versus a medical model of ethical analysis and decision-making. Participants will review basic bio-ethical principles, social work ethical principles, screening tools and methods of ethical analysis. A primary focus of this workshop will be to help participants analyze actual case examples to enhance their knowledge and skills. Case studies, group activities and exercises will be utilized to allow practical application and stimulate active, lively discussion. Participants are encouraged to bring case scenarios for discussion.

Learning Objectives

Participants in this workshop will:

- Define and discuss ethical principles that affect practice in long-term care.
- Articulate the differences and similarities of the ethical standards of a medical model versus a social work model
- Analyze difficult ethical case situations using the ethical analysis procedures presented.
- Apply ethical principles and processes to everyday practice.
- Discuss the limitations and implications of ethical issues in end of life care and the care of those with chronic illnesses.

Chocolate will be provided during this session to assist with dilemma resolution.

Nancy Morrow, MSW, draws on more than 30 years of experience in a variety of roles in community-based long term care and geriatric behavioral health. She provides training and consultation services in aging, and teaches in the MSW program at the University of Pennsylvania School of Social Policy and Practice. She is also Assistant Director of Field Education for Bryn Mawr College Graduate School of Social Work and Social Research.

TH02 – Mental Health First Aid – Part 3

TH03– Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults

The session will examine the advantages and limitations of available methods of clinical assessment of decision capacity in elders in light of applicable legal standards. We will discuss the following topics: informed consent, surrogate decision-making, and the ethical and professional implications for social work, medical and legal practice.

Learning Objectives

Participants in this workshop will:

- Understand psychiatric and other approaches to assessing decision-making capacity in elders
- Identify situations where it may be appropriate to seek formal evaluation, and improve their ability to guide the examiner in ways that will obtain the most clinically useful information
- Gain awareness of the range of decision-making abilities recognized in the law and the legal solutions and interventions available

Michelle Brandt, MSW, LSW, is Assistant Director of Field Education, Widener University – Center for Social Work Education

Dr. Bruce Kinosian, M.D., Associate Professor, Perelman School of Medicine at the Hospital of the University of Pennsylvania

Sanford Pfeffer, Esq., General Counsel, Philadelphia Corporation for Aging

TH04 – You in Aging and the Aging You: Understanding How Aging Perceptions Impact Our Experience

How does what we believe about aging impact our own experience and that of those we serve? As individuals living in a society that does not always value age and working in a field designed to support older adults, we are often faced with conflicting belief systems. In this session we will explore implicit ageism and its impact on our own aging experiences as well as the impact it may have on the older adults we work with. We will explore positive examples of aging and strategies to combat pervasive ageist stereotypes.

Learning Objectives

Participants in this workshop will be able to:

- Identify ageist beliefs in ourselves and older adults we serve
- Discuss the impact of ageism on the aging process
- Identify ways to help individuals develop a more positive view of aging

Katie Young, MSG is the Planning Manager at Philadelphia Corporation for Aging (PCA). She received her MS in Gerontology from Virginia Commonwealth University. Katie has been working in the aging field since college when she discovered her passion for the population while working in an assisted living facility as a nursing assistant. After earning her MSG, she has worked in a variety of settings including higher education, assisted living, and community programming. She teaches undergraduate courses in gerontology, has provided training for those working with elders, and helped two Alzheimer's Association Chapters create committees for young professionals interested in learning more and supporting those who have dementia. In addition, she has worked supporting families who are

caregiving at home while helping college students gain positive experiences with elders. Katie is the chair of GenPhilly whose mission is to connect and educate members through creative programming and professional development, increase awareness of aging issues, and promote positive aging in Philadelphia.

TH05 – Caring for the Caregiver: Providing Support to Families Affected by Alzheimer’s Disease and Related Disorders

In 2018, family caregivers for those with Alzheimer’s Disease provided 18.5 billion hours of informal care at an estimated value of 234 billion dollars. These caregivers exhibit higher rates of stress, depression, anxiety, and often go unrecognized and unsupported through what is sometimes a 10+ year job. This workshop will introduce professionals to the unique set of issues faced by this caregiving cohort, and will provide the tools needed to support dementia caregivers throughout any stage of disease progression.

Learning Objectives:

As a result of this workshop, participants will be able to:

- Differentiate between normal cognitive aging and dementia, and identify at least three types of dementia and their related symptoms
- Define and learn to recognize caregiver burnout and the importance of self-care for the dementia caregiver
- Identify 3-5 supportive and educational techniques that may be used to improve outcomes for dementia caregivers

Alison Lynn, MSW, LCSW, Alison is the Associate Director of Social Work at the Penn Memory Center, where she works to support patients and family caregivers who have received a diagnosis of Alzheimer’s Disease and related dementias. Alison holds a Master’s in Social Work from the University of Pennsylvania and a BA in sociology from Kenyon College. She completed her clinical training at the Penn Memory Center and Penn Geriatric Psychiatry, and has been working with older adults in a variety of settings for the past 8 years. At the PMC, Alison maintains a small psychotherapy practice, trains and supervises master’s-level social work interns, and supports PMC programs such as its monthly Memory Café, Caregiver Class, and caregiver support groups.

Thursday, September 26, 2019

1:00 pm – 3:30 pm

TH06 – Diversity: It's More Than Just Race and Ethnicity

Working effectively with people from diverse populations is something we must do to be competent in our jobs. We must cultivate knowledge of and experience with those we endeavor to serve as well as those with whom we work. With our internal and external customers we must build bridges. This workshop will define diversity beyond race and ethnicity, explore culture and cultural competence, discuss “isms” that may impede our progress, and examine how to avoid cultural collisions. This workshop is designed to be an interactive experience.

Learning Objectives

As a result of this workshop, participants will:

- Understand the broader definition of diversity beyond race and ethnicity
- Examine the importance of culture and cultural competence in interactions with internal and external customers
- Identify areas of cultural collision
- Explore resources to develop alliances with “others” to collaborate on mutual goals

Lois Hayman-El, MSW, LSW, is PCA’s Training Specialist. She serves on the Planning Committee of PCA’s Leading Up. She has served as a Field Instructor for Bryn Mawr Graduate School of Social Work and Social Research, University of Pennsylvania School of Social Work, Lincoln University, and Temple University School of Social Administration. She is a graduate of the American Society on Aging’s New Ventures in Leadership Program. She has served as an Adjunct Instructor for Eastern University, LaSalle University, and Lincoln University. She serves on the Presbytery of Philadelphia’s Self-Development of People Committee and is the Immediate Past President of the Alliance of Black Social Workers.

TH07 – Good “Olde Sexe”: Sexual Health and Functioning Across Sexual and Gender Identity Groups in Later Life

This workshop will examine sexual functioning and health across a wide spectrum of heterosexual, sexual minority (lesbians, gays and bisexuals), and transgender/gender non-conforming older adults. An overview of the sexual functioning in these older adult groups will be presented, followed by a discussion of sexual health, education, and prevention efforts targeting the older population, and best practices on how to engage older adults around their sexual health.

Learning Objectives

As a result of this workshop, participants will:

- Recognize that older adults remain sexually active well into late adulthood, and factors affecting the level of sexual activity including health, concerns about sexual expression, and partner availability.
- Learn about special considerations when designing and implementing sexual health, education and prevention programs for a diverse older population.
- Understand issues and techniques for addressing issues of sexual health within aging services settings.

Terri Clark, MPH, Terri is an accomplished program planner, trainer and facilitator who has been providing education and training for nearly 30 years. She is currently Prevention Services Coordinator at Action Wellness. Terri is a certified trainer with SAGE (Services and Advocacy for GLBT Elders) and serves on the LAIN Leadership Council of the American Society on Aging. Terri is a member of the Elder Advisory Committee with the Mayor's Office on LGBT Affairs. She also serves as an advisory board member for PCA's Health and Wellness committee. Throughout her career in public health, she has been an advocate for gender equality and sexual health across the lifecycle. Terri's expertise is in the field of sexuality, including LGBT issues, HIV prevention, and aging. Terri is a graduate of Hunter College with a Master's in Public Health, Community Health Education. She received her B.A. in Sociology and Communication from the University of Buffalo.

Mark Brennan-Ing, PhD, is a Senior Research Scientist at the Brookdale Center for Healthy Aging at Hunter College, the City University of New York. Dr. Brennan-Ing's research focuses on psychosocial issues affecting persons living with HIV and older sexual minority and gender diverse adults. They are Past-President of the State Society on Aging of New York (SSANY), a Fellow of the Gerontological Society of America (GSA), a Fellow of Division 44 (Psychology of Sexual Orientation and Gender Diversity) of the American Psychological Association, and past Board Member of the New York Association on HIV over Fifty (NYAHOF). They were the Principal Convener for GSA's HIV/AIDS and Aging interest group, a member of the American Society on Aging's LGBT Aging Information Network Leadership Council, and 2016 Chair of the American Psychological Association's Committee on Sexual Orientation and Gender Diversity. They were an invited member of the NIH Office of AIDS Research Working Group on HIV and Aging in 2011. Dr. Brennan-Ing has been recognized for their work by the Hunter-Brookdale Center on Aging, Pride Senior Network, and the New York State Office for the Aging. In 2017 they received the Walter M. Beattie Award from SSANY.

TH08 – National Guidelines for Financial Institutions: Working Together to Protect Older Persons from Financial Abuse

The project leader and steering committee member will present the second phase of a grant to enhance partnerships between adult protective services and the financial services industry. Phase one was aimed at banks and credit unions and phase two targets the securities industry. A standard form to request financial records and protocols for the financial services industry and adult protective services will be presented.

Learning Objectives

By participating in this program:

- Participants will learn the privacy laws and regulations guiding the securities industry.
- Participants will learn the the exceptions to the laws and regulations that allow for sharing of information and partnerships to form.
- Participants will learn about the latest legislation leading to a "safe Harbor" for financial services yo cooperate and enhance in investigating financial exploitation.
- Participants will be given tools to work with financial entities who are either unfamiliar with adult protective services or reluctant to cooperate.

Nancy L. Heffner, CRCP, Nancy entered the financial services industry in 1985 when she joined Lincoln Investment, a privately held independent Broker/Dealer and Registered Investment Adviser located in Fort Washington, Pennsylvania. Over the years, Nancy has held various positions within the firm and has been the Director of Compliance since 2000. She is primarily responsible to be the liaison for all regulatory inquiries, ensure the firm's policies and procedures are in compliance with various regulatory requirements, oversee the firm's branch inspection program, advertising/sales literature review program, outside business activities and private securities transactions, as well as senior/vulnerable adult exploitation investigations. The firm currently has over 1,100 independent contractor financial advisors located in over 400 branch offices nationwide with over \$36 billion in investor assets.

Joe Snyder, is the former Director of Older Adult Protective Services at Philadelphia Corporation for Aging and former President of National Adult Protective Services Association (NAPSA). Joe is currently the Public Policy Chair for NAPSA as well as an Elder Justice Consultant specializing in bringing together the financial services industry and adult protective services.

TH09 – The Hello Game: A Conversational Tool about Life Care and End-of-Life Wishes

Participants will play the Hello Game as a conversational tool to promote/encourage caregivers and seniors to prepare advance directives and other important forms. The game will encourage quality life care planning and hopefully alleviate the stressors and discomforts of end of life planning. Participants will engage in some life, long term care issues and end of life decisions with a dash of fun!

Participants will leave with the beginnings of actual wishes and preferences for life care and end of life wishes. Game material keepsakes are included for each participant. Ideal for caregivers, seniors, faith leaders, social workers, care managers and healthcare professionals to recognize some cultural and/or religious differences.

Learning Objectives

Participants in this workshop will:

1. Enhance their ability to provide compassionate communication both personally and professionally.
2. Recognize the value of discussing cultural/religious factors that may impact care choices.
3. Learn to motivate individuals to prepare their advance directive and other life care forms.
4. Learn how to empower individuals and clients in their decision making process.

Sandra (Sandy) Lawrence, CEO, recently retired as Interfaith Outreach Coordinator with the Philadelphia Corporation for Aging. She is founder of Intergenerational Community Alliances & Programs Inc. (ICAP INC.), a non-profit humankind services organization. She is a Deaconess at Vine Memorial Baptist Church and actively involved in various ministries. Sandra began her professional career as an educator. She left the field of education and entered Social Work.

Sandra was co-founder and Executive Director of The Black Adoption Consortium, (aka BAC, Inc.), a nationally recognized adoption agency located in New Jersey from 1990-1999. (She retired the agency to become a caregiver when her father was suddenly diagnosed with terminal cancer.) Sandra was introduced during the final weeks of her father's end of life care to hospice services. She spent the most impacting moments of her life sharing in the end life journey of her mother, a cancer survivor of over 20 years, during palliative and hospice care.

Rhonda Fleming Scarborough, LSW, is semi-retired after 25 years at Einstein Medical Center as pediatric/geriatric social worker, where she conducted evaluations and assessments for pediatric and developmentally disabled adults. A member of the Board of Directors for the ICAP INC. non-profit organization, Rhonda has over thirty five years in the field of social work. She is a licensed social worker (LSW), and has extensive professional experience providing multi-level services to a diverse population. She has worked in the foster care and adoption field prior to her years at Einstein. Rhonda has a background as a consultant specializing in grief and family counseling, group facilitation, geriatric and adult crisis intervention and short term counseling including behavioral and mental health diagnosis. She is affiliated with Black Catholics Organization. As a social worker she has concentrated her focus on children and families. Her education includes a Bachelor of Arts in Sociology from Cheyney State University and Master of Social Work from Temple University.

TH10 – Incorporating Faith Perspectives of Older Adults in Practice

Faith and spirituality enables many older people to endure chronic diseases, the increasing needs for assistance with daily tasks, and other challenges. The importance of faith and spirituality to those we serve needs to be included in our practice. As care providers we need to be alert to how our participants want to share their faith journeys, their sense of meaning, acknowledgement of losses and gains, and their relationships with God or a higher power. This workshop will inform attendees about the Buddhist, Christian, Islamic, Judaic, and Roman Catholic faith perspectives they may encounter in their practice and how to incorporate faith information beyond the limitations of forms.

Learning Objectives

Participants in this workshop will be able to:

- Increase awareness of the importance of faith perspectives of older adults
- Explore the influences of religious beliefs on consumer/participant views of chronic illness
- Explore ways to address faith and spirituality with older adults
- Examine how religious perspectives may influence healthcare choices

Rev. Dr. Jade King Bass, member at large - Presbytery of Philadelphia

Rabbi Gail Glicksman, earned her rabbinic ordination from the Reconstructionist Rabbinical College in Wyncote, PA and a Ph.D. from the University of Pennsylvania, where her work considered the sociology of illness. Currently, she works as Assistant Dean for Health Professions Advising at Bryn Mawr College. Rabbi Glicksman has served congregations (with predominately elderly members) and as a visiting chaplain in nursing homes. She has studied the role of chaplains and clergy in end of life care. In addition, she does writing, teaching, and speaking about aging, the experience of illness and health, and the intersections of health, faith and ethics.

Father Liam Murphy, attended Saint Charles Seminary in Overbrook and was ordained a priest in 1990. Most of his priesthood has been dedicated to work in the Hispanic Apostolate beginning with his first assignment to the Hispanic community in Saint Agnes in West Chester. He has also served as coordinator of Hispanic Ministry in Southern Chester County, as parochial vicar at Our Lady of Hope, Philadelphia; at St Mark, Bristol; and at the Cathedral with special care for the Spanish Chapel on Spring Garden Street.

Eric Wilden, Eric Wilden, M.Div. is the Executive Director of Ralston My Way, a nonprofit agency providing in-home services to seniors in Northwest Philadelphia since 2010. He is a graduate of the first Buddhist Master of Divinity program in the US at Naropa University, where he was trained in clinical pastoral counseling and meditation instruction. He has been a practicing Buddhist in the Zen and Kagyu (Tibetan) traditions since 1990.

Friday, September 27, 2019

9:30 am – Noon

FR01 – Defeating Malnutrition: Advocacy, Resources and Education

Roughly one in two people aged 65 and older are malnourished or are at risk for becoming so. Malnourished seniors often suffer from poorer overall health, increased frailty and extra time spent in the hospital. Further, food insecurity and the inability to access healthy food options can increase health disparities already experienced by many seniors in the Philadelphia region.

This full-day workshop will discuss both local and national efforts to reduce hunger and malnutrition among older adults, with a focus on the Defeat Malnutrition Today: Philadelphia Coalition comprised of 54 organizations and convened by PCA. The discussion will include a community resource panel presentation and an update on recent activities from each of the coalition's three sub-committees: Advocacy and Awareness, Resources and Referral and Health Care.

The afternoon session will feature "Food for a Week", an interactive hunger simulation where participants will navigate SNAP, food pantries and the County Assistance Office to get the food they need. Following the simulation, a panel of dietitians will discuss nutritional needs of older adults – specifically those needs related to managing health conditions that are nutrition-related.

Learning Objectives

Participants in this session will be able:

- Discuss the scope of the national Defeat Malnutrition Campaign and Phase I in Philadelphia
- Articulate the components of Phase II of the campaign
- Understand the nutritional needs of older adults that are managing multiple nutrition-related health conditions.
- Identify 3-5 local resources of education & information on ways to defeat malnutrition.

Members of PCA's Program Management staff will serve as moderators for the various panels and simulation.

Amy Goldstein, MPH, RD, LDN is the Nutrition Manager at Philadelphia Corporation for Aging where she works on the Congregate and Home-delivered Meal Programs and is a co-chair of the Defeat Malnutrition Today: Philadelphia Coalition Resources Committee. Amy received her Bachelor of Science in Nutrition and Food Science with a concentration in Dietetics from the University of Maryland, College Park. Amy completed her Dietetic Internship at South Jersey Healthcare, now Inspira Health Network. Amy received her Master of Public Health from New York University - focus in Community Nutrition.

Najja Orr - Chief Strategy Officer is an aging-network leader who is passionate about strategic planning, project management and process improvement. He was hired by PCA in August 2017 to lead the agency's planning department. Prior to coming to PCA, Najja had worked for the Bucks County Area Agency on Aging since 2002, serving as that agency's director since 2011.

NOTE: FR01 is a full-day training session. There will be a break for lunch.

In recognition of **Malnutrition Awareness Week** and in support of the **Defeat Malnutrition Today: Philadelphia Coalition**, conference attendees are encouraged to bring a non-perishable food donation to the conference. All donations will be given to Philabundance to be distributed to those in need across the region.

FR02 – Ten Essential Skills for Engaging, Supporting and Empowering Diverse Family Caregivers

The 32 million Americans who provide care to older adults each year are a heterogeneous group in many respects. They have different relationships with care receivers, different degrees of motivation to be caregivers, and different emotional reactions to it. At the same time, in Philadelphia and other cities that are becoming increasingly diverse - caregivers are bringing different cultural and religious meanings and expectations to the sacrifices they are making for older adults.

In this workshop by two seasoned clinical psychologists who are the co-authors of AARP Meditations for Caregivers (Da Capo, 2016) and frequent presenters on family caregiving at regional and national conferences, we will outline 10 skills for care managers and other aging network professionals for being culturally and psychologically responsive to family caregivers, including:

- approaching caregivers with cultural humility and deep interest
- assessing the cultural/religious, relational and psychological backgrounds of caregivers
- tailoring support, education and resource management plans to match caregivers' backgrounds and expectations
- building relationships as trusted advisors

Role-plays for skill-building will be employed to encourage active learning. Case illustrations will be used throughout.

Learning Objectives

Participants in this workshop will:

- Describe empirical findings on medical and psychological effects of caregiving on family caregivers and cultural differences in caregiving attitudes and practices Learn the unique needs of this population of older adults
- Define cultural and psychological competencies in care management and program development
- Outline brief and in-depth family caregiver assessment strategies
- Identify culturally and psychologically consonant means of empowering caregivers toward greater mastery of family caregiving

Barry J. Jacobs, Psy.D. is a clinical psychologist in private practice in Media, PA and a Principal for Health Management Associates, a national healthcare consulting firm.

Julia L. Mayer, Psy.D., is a clinical psychologist with a private psychotherapy practice in Media, PA. For nearly 30 years, they have treated adults, including many healthcare and social services professionals, for a wide range of individual, couple and family issues.

FR03 – Culturally Sensitive Work With Holocaust Survivors: The Intersectionality of Trauma and Aging

Our presentation will explore the effects of severe childhood trauma on aging adults. Specifically, we will look at who Holocaust Survivors are, the trauma triggers they often experience, the various coping strategies they employ, and useful de-escalation techniques. We are committed to expanding the narrative of who Holocaust Survivors are and the cultural factors affecting Survivors from Western and Eastern Europe.

We will also examine the unique relationships between survivors, their children, and their grandchildren and how intergenerational trauma has shaped these relationships. Lastly, we will share best practices around trauma-sensitive care management and program planning for Holocaust Survivors and older adults.

Learning Objectives

Participants in this session will be able:

- To promote an increased understanding about the impact of severe childhood trauma on aging adults.
- To provide best practices in promoting culturally sensitive health and wellness in older adult populations with historical trauma.
- To increase understanding of complex aging issues and how they often compound trauma at the end of the lifespan.
- To increase knowledge on trauma triggers, coping strategies, and how to de-escalate situations.

Janey Snyder, LMSW is a service coordinator with the Jewish Family and Children's Services' Holocaust Survivors Support Program, where her primary focus is on trauma informed direct advocacy work with Holocaust Survivors from the Former Soviet Union

Steve Zakusilo, LMSW is a licensed, bilingual social worker. He received his undergraduate social work degree from West Chester University where he was principal investigator on a research project looking at older adults' experience living in post-Soviet time from a trauma informed perspective. Steve also earned his Master's degree from Bryn Mawr Graduate School of Social Work and Social Research. Currently Steve is working with Holocaust Survivors at Jewish Family and Children's Service of Greater Philadelphia.

FR04 – Rolling Out the Rainbow Welcome Mat: Making the Case for LGBTQ Inclusion in Aging Services

As the older adult population is growing, so too is the number of LGBTQ adults over the age of 60. The aging network in Pennsylvania is working to identify ways to better serve LGBTQ older adults and increase access to services. To do so, we must understand the unique issues and challenges facing LGBTQ older adults and build a welcoming, competent, and inclusive workforce. In this session we will be discussing the current state of LGBTQ outreach from the aging network and some strategies we can incorporate into practices to best support PA's LGBTQ elders.

Learning Objectives

Participants in this workshop will:

- Recognize the current needs of LGBTQ older adults in Pennsylvania.
- Discuss how incorporating findings from local and state research and best practices can influence local and statewide efforts for LGBTQ inclusion.
- Identify two strategies that providers can implement to support LGBTQ older adults.

Terri Clark, MPH, is an accomplished program planner, trainer and facilitator who has been providing education and training for nearly 30 years. She is currently Prevention Services Coordinator at Action Wellness in Philadelphia. Terri is a certified trainer with SAGE (Services and Advocacy for GLBT Elders) and serves on the LAIN Leadership Council of the American Society on Aging. Terri is an advisory board member for Philadelphia Corporation for Aging's Health and Wellness committee. She is a founding member of the HIV and Aging Task Force. Throughout her career in public health, she has been an advocate for gender equality and sexual health across the lifecycle. Her expertise is in the field of sexuality, including LGBT issues, HIV prevention, and aging.

Katie Young, MSG is currently the Planning Manager at Philadelphia Corporation for Aging (PCA). She received her MS in Gerontology from Virginia Commonwealth University. Katie has been working in the aging field since college when she discovered her passion for the population while working in an assisted living facility as a nursing assistant. After earning her MSG, she has worked in a variety of settings including higher education, assisted living, and community programming. She teaches undergraduate courses in gerontology, has provided training for those working with elders, and helped two Alzheimer's Association Chapters create committees for young professionals interested in learning more and supporting those who have dementia. In addition, she has worked supporting families who are caregiving at home while helping college students gain positive experiences with elders. Katie is the chair of GenPhilly whose mission is to connect and educate members through creative programming and professional development, increase awareness of aging issues, and promote positive aging in Philadelphia.

FR05 – Elder Abuse and Financial Exploitation

An interactive session with lawyers from SeniorLAW Center to learn about (1) how to recognize warning signs of, how to properly respond to, and how to protect against potential financial exploitation, and (2) the legal documents and laws designed to help older adults with life planning decisions affecting their financial security and health care, with special focus on those who are low-income and vulnerable.

Case studies and discussion, review of actual legal documents, and tools for avoiding exploitation and fraud will be featured.

Learning Objectives

Participants who attend this workshop will:

- Understand the critical life planning decisions all older adults will face
- Learn the tools available to help avoid exploitation and fraud
- Discuss case studies to develop a comfort level using the tools

Joanna Jarzebowska, Esq., joined SeniorLAW Center in February 2012. She serves as a staff attorney and as Coordinator of SeniorLAW Center's Pennsylvania SeniorLAW HelpLine. Through the HelpLine, seniors age 60 and older in all 67 counties of the Commonwealth of Pennsylvania are provided with legal advice, brief services, information, and referrals on a wide range of civil legal issues. Joanna conducts outreaches and training and helps oversee the work of interns and externs as well as coordinates staff and volunteer attorneys working on the HelpLine. Joanna also serves as the Assistant Project Director of Model Approaches to Statewide Legal Assistance Systems-Phase II, a federal grant awarded to the Pennsylvania Department of Aging, centered on strengthening legal service delivery systems for older Pennsylvanians with a focus on victims of elder abuse and exploitation. She also plays an integral role in the 20+ life planning clinics SeniorLAW Center holds with pro bono partners each year. Joanna received her Juris Doctorate from Temple University Beasley School of Law in May 2011 and her Bachelor of Arts undergraduate degree from Temple University in May 2008.

Leah M. Finlayson, Esq., joined SeniorLAW Center in August 2016. At SeniorLAW Center, Leah has been focusing her efforts representing Limited English Proficient elders and Veteran seniors who have been the victims of elder abuse and financial exploitation. She enjoys educating the community about the needs of and challenges facing senior victims in Philadelphia. Prior to joining SeniorLAW Center, Leah was the managing attorney of North Penn Legal Services, the local legal aid office for Northampton and Lehigh Counties which had a high poverty population. Leah worked at North Penn for 15 years advocating on behalf of and representing low-income individuals faced with civil legal problems in housing, welfare, unemployment compensation, consumer, guardianship, and family law cases. In 2001, Leah earned her law degree from the City University of New York. She is also a graduate of Temple University.

Friday, September 27, 2019

1:00 pm – 3:30 pm

FR06 –Defeating Malnutrition: Advocacy, Resources and Education (cont.)

FR07 – Healing Starts At Home: Wellness Practices for Busy Aging Network Professionals

We all know we should take care of ourselves better but often put others' needs—whether those of consumers or our family members—ahead of our own. When challenged about it, we frequently shrug our shoulders and say we don't have the time. But living a life of emotional wellness need not be a burden. There are attitudes and simple daily practices that can make big differences in energy and professional outlook over time.

In this workshop by two experienced clinical psychologists, we will practice mindfulness, journaling, and positive self-talk to give attendees a taste of self-replenishment. These are evidence-based techniques for decreasing stress and the likelihood of burnout. Once embraced and integrated, they often become the basis for how we counsel our consumers and their family caregivers to take care of themselves as well.

Large group instruction with demonstrations will be followed by small group practice sessions and then large group reflections. Handouts on the techniques will be provided to encourage long-term practice.

Learning Objectives

Through participation in this lecture, participants will:

- Define professional stress, burnout, mindfulness and wellness
- Outline a sample program of daily self-care
- Practice basic and advanced mindfulness techniques
- Explain the tenets of positive psychology and the importance of positive self-talk

Barry J. Jacobs, Psy.D. is a clinical psychologist in private practice in Media, PA and a Principal for Health Management Associates, a national healthcare consulting firm.

Julia L. Mayer, Psy.D., is a clinical psychologist with a private psychotherapy practice in Media, PA. For nearly 30 years, they have treated adults, including many healthcare and social services professionals, for a wide range of individual, couple and family issues.

FR08 – Bugs, Drugs & Guns: Safety in the Field and in Institutional Settings

Palpitations as you turn the corner or knock on that door or walk to the parking lot? Safety is a major concern for workers in the community and institutional settings. Learn how to be “street –wise”. Concerns may also exist about exposure to such diseases as tuberculosis, Hepatitis, SARS and AIDS in various settings. Learn about interventions when exposed to fleas or bed bugs. Participants in this

intensive will learn how to increase awareness of potential dangers in the field and institutional settings. Precautions regarding exposure to communicable diseases will be discussed.

Learning Objectives

- After participating in this workshop, participants will:
- Understand ways to promote personal safety in the field and institutional settings.
- Learn how to react if you are a victim of an attack or robbery
- Understand the importance of trusting your instincts regarding your comfort level in the field or institutional setting.
- Learn about how communicable diseases are spread and how to employ universal precautions and other techniques to reduce exposure and protect your health.
- Learn how to protect themselves from bedbugs and fleas.

Constance M. Jones, RN, BSN, retired from Philadelphia Corporation of Aging in May of this year, after 30 years. Most recently, she was Nurse Supervisor for the Long Term Care Access Department. This department provides assessments of persons seeking community services or nursing facility placement in the County of Philadelphia. Prior to coming to Long Term Care Access, Connie was the Nurse Supervisor in the Options Care Management Program at PCA. Connie's background includes 8 years as a Community Health Nurse and 2 years as a Coordinator of a Medicare Certified Home Health Agency.

FR09 – Lenses of Loss: Ambiguous Loss, Living Losses and Meaning Centered Grief Therapy

Loss is a crisis in meaning. It shatters our assumptions about the way the world works; it threatens our sense of identity and purpose. Discovering (or rediscovering) meaning in the face of loss can facilitate the healing process.

This workshop will provide an overview of loss. From the perspective of dementia caregiving, we will explore unique challenges experienced with living and ambiguous losses. Additionally, this presentation will cover an overview of Meaning Centered Grief Therapy (MCGT) that bereavement counselors can use as a therapeutic modality for living losses or for complicated bereavement.

Given the important role that meaning plays in adjustment to the loss of a spouse, parent or child, a meaning-focused approach such as Meaning-Centered Grief Therapy may help improve the bereaved person's sense of meaning and grief symptoms. The principles of MCGT, which explore sources of meaning and connection, can be applied to spouses or adult children caring for a spouse/parent with Alzheimer's disease.

Learning Objectives:

As a result of this workshop, participants will be able to:

- Differentiate between living losses, ambiguous loss, and complicated grief.
- Explain unique challenges dementia caregivers face when experiencing grief and loss.
- Describe the core concepts of Meaning Centered Grief Therapy
- Employ therapeutic tools when working with the bereaved.

Felicia Greenfield, MSW, LCSW, Executive Director, Penn Memory Center: Felicia holds a master's in social work from the University of Pennsylvania and completed her clinical training from the University of Pennsylvania's Section of Geriatric Psychiatry. She has more than a decade's worth of experience working with families affected by Alzheimer's and related dementias. Felicia's clinical practice focuses on issues specifically affecting older adults with a particular emphasis on dementia caregivers and bereaved former caregivers. Felicia is also a part-time lecturer in Penn's School of Social Policy and Practice.

FR10 – Protecting Your Home Sweet Home: Tips for Tenants and Home Owners

This presentation will focus on home ownership and tenant issues. Topics will include: property tax diversion court, reverse mortgage problems, updates on mortgage loan modifications, lease signing, tenant rights, and landlord/tenant court.

Learning Objectives

Participants who attend this workshop will:

- Understand the new mortgage Flex Mod rules.
- Learn how to best protect widows and widowers from losing their home.
- Navigating the property tax foreclosure process.
- Learn tenant rights and responsibilities.
- Understand the eviction court process.

Elizabeth P. Shay, Esq. – Homeowners Assistance Program Coordinator. Beth has been practicing law since 1984, starting off in private practice in NYC, moving onto the General Counsel's office at Wayne State University in Detroit and then becoming a public interest attorney in Illinois. As a Staff Attorney for Prairie State Legal Services in Illinois Beth worked primarily with the chronically homeless under a grant from HUD, helping this population gain housing and become financially independent. She represented displaced Hurricane Katrina survivors, veterans and the disabled in a variety of forums including Social Security disability appeals, public housing appeals, special education hearings and domestic violence proceedings. Upon her arrival in Philadelphia in 2007 she became the coordinator of SeniorLAW Center's Homeowners Assistance Program. Beth is responsible for direct legal representation of homeowners in matters involving probate, deed transfer, fraudulent conveyances, wills, home repair contractor fraud and property damage.

Jacob Speidel, Esq. –

Registration Fees

The cost for most 2019 conference sessions will again be **\$40.00/session (except for full-day sessions WE05 and FR01 – which will be \$80.00)**.

Full-time graduate students and seniors 65 + may attend any session for \$20.00 per each 2.5 hour session. Applications must be sent to Tom Shea at PCA for special processing (see mailing instructions).

Registration Deadlines

You may register ONLINE any time from August 19th through the day of your session, using a credit card. However, some sessions fill up quickly, so sooner is much better than later. To register on-line, please go to:

<https://www.regonline.com/2019regionalconferenceonaging>

You may MAIL your registration and check payment any time prior to September 7th. After September 7th, you must register ON-LINE, or in person at the conference. Again, sessions fill fast, and once room capacity is reached, no more participants may be added.

On-Site Registration Hours

On-site registration will be open each day of the conference from 8:30 AM to 2:30 PM.

Do you have special needs?

The conference site is ADA accessible. PCA can arrange for individual needs in accommodations if informed in advance of your needs. Please type your phone number in the box on the form and PCA's conference staff will contact you.

Cancellation Policy

Your registration fees, less a \$15.00 administrative fee, will be refunded for cancellation requests received in writing by September **20, 2019**. Please send cancellation emails and questions to **Thomas.shea@pcacares.org**. All requests must be in writing, without exception.

*If a session you have chosen is cancelled, you will be given your choice of another session or the equivalent refund. All refunds will be processed within 30 days of the conclusion of the 2019 Regional Conference on Aging.

REGISTRATION FORM - 2019 Regional Conference on Aging

First Name: _____ MI: _____ Last Name: _____

Position or Job Title (no degrees/credentials): _____

Organization: _____

Street Address: _____

City: _____ State: _____ Zip: _____

Daytime Phone: _____ Fax: _____

***E-Mail Address (required)** _____

Address is: ☐ Organization ☐ Home

I have special needs: ☐ Hearing impaired ☐ Visually impaired ☐ Other, please contact me

DAY/DATE	TIME	SESSION # (i.e. MO01, TU10)	FEE
Wednesday, 9/25/19	9:30 am - Noon		\$
	1:00 - 3:30 pm		\$
Thursday, 9/26/19	9:30 am - Noon		\$
	1:00 - 3:30 pm		\$
Friday, 9/27/19	9:30 am - Noon		\$
	1:00 - 3:30 pm		\$
Total Registration Fees			
Optional: CEU Certificate (\$20.00 for each 2.5 hr. session)			
Total Due			

IMPORTANT NOTE: Payment is due at time of registration. Please be sure your check accompanies your registration. ANY registration form unaccompanied by proper payment will be considered incomplete and therefore not processed until payment has been made – unless other arrangements have been discuss and agreed upon..

My check (number: _____) in the amount of \$ _____
payable to "Philadelphia Corporation for Aging" is enclosed.

Mailing Instructions:

Please mail registration and payment to:

Philadelphia Corporation for Aging
642 North Broad Street - Philadelphia, PA 19130
Attn: Thomas J. Shea - 2018 Regional Conference on Aging

Phone: 1-215-765-9000 x.5065

2019 Regional Conference on Aging - Travel Information

Location

All 2019 Regional Conference on Aging activities will be held at:

Philadelphia Corporation for Aging (PCA)
642 N. Broad Street
Philadelphia, PA 19130
Telephone: 215-765-9000

Parking near PCA

PCA has arranged for **free parking** for attendees from other agencies and counties. Parking will be in the enclosed lot on 15th Street, between North St. and Wallace St. (one block in from Broad Street – directly behind PCA's building). To access the lot, turn up North St (between the PCA Building and wrought iron fenced parking lot). Proceed to the stop sign on 15th Street. Turn left, then right into the chain link fenced lot. Entrance should be open by 8:00 AM. Spaces are limited and available on a first-come basis. Please bring your Conference registration to show to the attendant, should one be on duty when you arrive. **There is no conference parking in the wrought-iron fenced in lot.**

The nearest public parking lot is on the corner of North Broad and Spring Garden, 3 blocks south of PCA. Limited metered parking is also available, but be sure to note restrictions posted on the signs.

Accommodations

Guestrooms for attendees are available at the nearby Aloft Philadelphia Downtown, which is located less than a mile from the PCA. A 10-15 minute walk up Broad Street will bring you right to our location.

Aloft Philadelphia Downtown

101 North Broad Street, Philadelphia, PA, 19107
215-607-2020
www.aloftphiladelphiadowntown.com

Area Airport

Philadelphia International Airport (PHL) Visit their website for more info <http://www.phl.org>

Train Service

Amtrak service to Philadelphia (PHL) arrives at 30th Street Station, 2955 Market St, Philadelphia, PA (215) 349-2135. PCA would be a cab ride from the station.

Driving Directions to PCA facilities:

From Northeast Philadelphia

Take I 95 S. to Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT on 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That's PCA (Broad and Wallace).

From West Philadelphia

From Schuylkill Expressway: 76 E. to 676 E. Get off Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That's PCA (Broad and Wallace).

From New Jersey (Ben Franklin Bridge)

Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That's PCA (Broad and Wallace).

From New Jersey (Betsy Ross Bridge)

Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That's PCA (Broad and Wallace).

From South Philadelphia

If you take 95 N: get off at Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT onto 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That's PCA (Broad and Wallace).

If you take Schuylkill Expressway 76 W: Take 676 E. Get off at the Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That's PCA (Broad and Wallace).

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