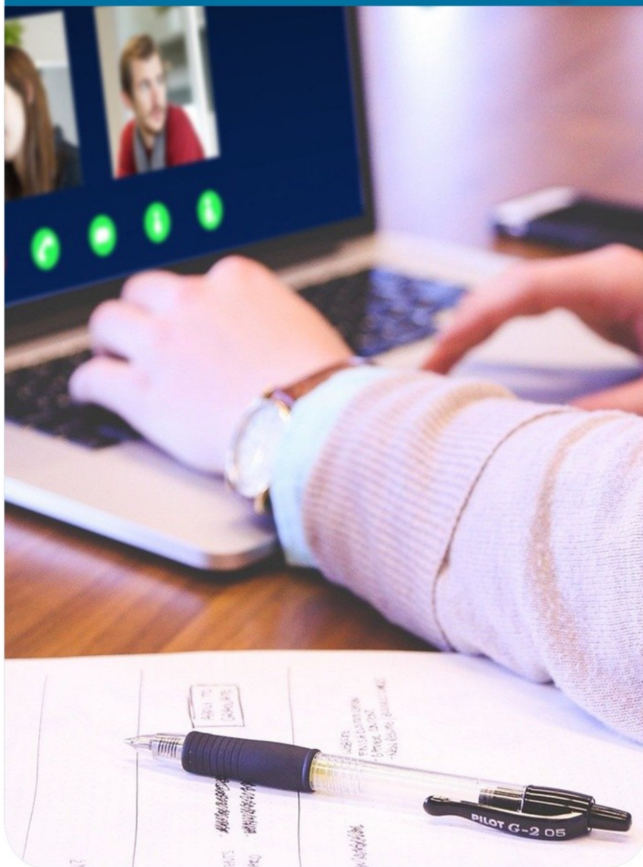




PCA Regional Conference on Aging

Sept. 20-23



2022



PCA

PHILADELPHIA CORPORATION FOR AGING
Enriching lives, preserving dignity.™

**An In-Person
Conference for 2022**

<https://pca-regional-conference-on-aging-2022.coursestorm.com>

 **Always Best Care**
senior services

INTRODUCTION

The 2022 Regional Conference on Aging, presented by Philadelphia Corporation for Aging, will be an in-person event this year. All sessions will be presented at PCA's offices - 642 North Broad Street, September 20th – 23rd, 2022.

MASKS WILL BE REQUIRED FOR EVERYONE ENTERING THE BUILDING!

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. The conference is a cost-effective and convenient way to increase your knowledge and skills and get the CE credits you need.

Cost of each one hour plenary session will be **\$20.00**. Cost of each two hour session will be **\$40.00**.

CEU Credits for those who require them will be provided at **NO CHARGE** this year. A **session evaluation is required** in order to issues any CEUs.

Program Planning Committee

Thomas Shea, M.Ed. - Conference Chair

Philadelphia Corporation for Aging

Stephanie Cole

Pennsylvania Department of Aging

Brian Duke, MHA, MBE

Main Line Health

Lois Hayman-El, MSW, LSW

Philadelphia Corporation for Aging

Connie Jones, RN

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Wanda Mitchell, MSW

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Christie Scott, BSW

Montgomery County Office of Senior Services

Susan Meyer, MSW

Philadelphia Corporation for Aging

Margaret Stevens, MSW

Independent Consultant

Katie Young, MSG

Philadelphia Corporation for Aging

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
- Diversity Issues
- Population Health Management Strategies
- Health and Wellness
- Long-Term Care Issues
- Pandemic Issues and Lessons Learned
- Public Policy and Public Entitlements
- Social Determinants of Health, 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 **2.0 Social Work CEUs**:

- WE01** – Homelessness Among Older Adults: Health Impacts – Housing Solutions
- WE02** – First Contact After COVID – Returning to Face-to-Face
- WE03** – Reimagining Wellness for Immigrant and Refugee Elders
- WE04** – 5 Innovations and Promising Practices for Supporting Family Caregivers
- WE06** – Help! I’m Close to the Edge! Spiritual Selfcare for Trauma & Burnout
- WE07** – Clinical Depression in Seniors
- WE08** – Trauma-Informed Interventions for Pandemic Related Behavioral Health Issues
- TH01** – Older Adults as Co-Victims of Homicide & the Impact of Gun-Violence-Related Fear
- TH02** – Behavioral Health of Older Adults During the Pandemic: Strategies to Promote Resilience ...
- TH03** – Social Connection as a Key Social Determinant of Health
- TH04** – Getting Grants: A Roadmap to Success
- TH06** – Racial and Ethnic Disparities in PA Nursing Homes
- TH07** – Activating Allies: Creating Excitement Around LGBTQ Inclusion
- TH08** – Recruiting and Retaining Staff – Challenges and Strategies
- TH09** – Buds, Guns & Drugs – Safety in the Field and in Institutional Settings
- FR01** – Understanding Health Disparities and Finding Community Solutions
- FR02** – African Americans Grieving in a New Land: COVID-19
- FR03** – The Pandemic & Racial Disparity – Awareness & Understanding

Nurses

The following sessions may be submitted for **2.0 Nursing CEUs**:

- WE01** – Homelessness Among Older Adults: Health Impacts – Housing Solutions
- WE02** – First Contact After COVID – Returning to Face-to-Face
- WE03** – Reimagining Wellness for Immigrant and Refugee Elders
- WE04** – 5 Innovations and Promising Practices for Supporting Family Caregivers
- WE06** – Help! I’m Close to the Edge! Spiritual Selfcare for Trauma & Burnout
- WE07** – Clinical Depression in Seniors
- WE08** – Trauma-Informed Interventions for Pandemic Related Behavioral Health Issues
- TH01** – Older Adults as Co-Victims of Homicide & the Impact of Gun-Violence-Related Fear
- TH02** – Behavioral Health of Older Adults During the Pandemic: Strategies to Promote Resilience ...
- TH03** – Social Connection as a Key Social Determinant of Health
- TH04** – Getting Grants: A Roadmap to Success
- TH06** – Racial and Ethnic Disparities in PA Nursing Homes

TH07 – Activating Allies: Creating Excitement Around LGBTQ Inclusion
TH08 – Recruiting and Retaining Staff – Challenges and Strategies
TH09 – Buds, Guns & Drugs – Safety in the Field and in Institutional Settings
FR01 – Understanding Health Disparities and Finding Community Solutions
FR02 – African Americans Grieving in a New Land: COVID-19
FR03 – The Pandemic & Racial Disparity – Awareness & Understanding

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:

You must complete an evaluation for each session that is offering CEUs in order to receive them. The last question on the evaluation form, labeled **Identification for CEU Certificate**, must be completed so that your CEU Certificate can be e-mailed to you after the conference has concluded. 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: CEUs are being provided at no cost to participants this year.

Registration Payment for 2022 Regional Conference on Aging

You may use a credit card to pay for all sessions directly on the registration site. If your agency historically pays by check, please contact Tom Shea (thomas.shea@pcacares.org) to make arrangements to do so. The cost per session this year is only \$40.00 per 2 hour session and \$20.00 for 1 hour plenary sessions.

Please complete your conference registration(s) on-line to reserve your space in the sessions of your choice.

MASKS WILL BE REQUIRED FOR EVERYONE ENTERING THE BUILDING!

If you are feeling sick, please stay home. Payments will be refunded. Let's be safe!

Free parking will be available, on a first-come basis, in PCA's lot on 15th Street. From BROAD St., proceed west on NORTH Street (one way) for one block. At the stop sign at 15th Street, go left, then a right into the chain-link fenced in parking lot on 15th Street.

There is **no parking** in the wrought iron fenced in lot on North St.

Instructions for On-Line Registrations

The Conference Registration Site URL is:

<https://pca-regional-conference-on-aging-2022.coursestorm.com>

Step 1. You may select “browse all classes” or browse by a specific date.

Step 2. When you arrive at a session you wish to register to attend, click on the underlined title of the session. That will take you to a full listing of the session.

Step 3. Scroll down the listing until you see the REGISTER button on the right – click on it.

Step 4. You will be asked to click on the person to attend – options are “you” and “another person”. Choose “you”.

Step 5. You will have the option to “add another session” or “check out”. To add another session, click on the **LARGE GREEN +** at the top of the screen and type in the code # for your next session. When it comes up click on it, then click on the “you” icon to add it. When you are finished adding sessions, scroll down and select “Check Out”.

Step 6. First you will enter your e-mail address, then click continue.

Step 7. Next you will put in additional contact information and create a password – Please write it down. You will need it to re-enter the registration site.

Step 8. Next please identify your agency or organization, and your job title.

Step 9. You will see a screen titled “Review” and you will prepare to pay for your sessions.

If you are paying with a credit card, enter the information under “Online Payment”.
If you are paying by check, click or pay by check.

Step 10. Click on “Complete Order.”

Step 11. You will receive an e-mail confirmation on your sessions, and you should have a “0” balance if you paid by credit card. If you are paying by check, please send a check for the balance and include a copy of the registration to:

Philadelphia Corporation for Aging
642 North Broad Street
Philadelphia, PA. 19130
Attn: Tom Shea – 2022 Regional Conference

Step 12. Your e-mail confirmation is your ticket to the conference. Please print it out and bring it with you.

Feel free to contact Tom Shea at thomas.shea@pcacares.org if you have any questions.

Opening Session: Panel of Pundits: Tuesday, 9/20/22 – 1:30 – 3:30 PM

Each day: General Session: 9:00 – 10:00 AM
Sessions 1-4: 10:15 AM – 12:15 PM
Lunch: 12:15 – 1:30 PM
Sessions 6-9: 1:30 pm – 3:30 PM

CODE	SESSION TITLE	PRESENTER(S)
TU06	The Panel of Pundits Discuss Aging Issues	Robert Blancato; Nora Dowd-Eisenhower; Brian Duke; Teresa Osborne; Secretary Robert Torres
WE-GEN	Age Futurism – Lessons Learned from Afro-Futurism	Dr. Norma Thomas; Dr. Raina J Leon
WE01	Homelessness Among Older Adults: Health Impacts-Housing Solutions	Dr. Rebecca Brown; Velma Carter Dryer
WE02	First Contact After COVID – Returning to Face-to-Face	Shani Gilmore-Hall (PCA); Joanna King (COSA); Elliott Smith (MONTCO); Carin Tinney, (BUCKS)
WE03	Reimagining Wellness for Immigrant and Refugee Elders	George Choe (Jaisohn); Phillip Lai (Phila. Sr. Center) Thoi Nguyen (SEAMMAC); Kenneth Yang, Esq, (PASSi)
WE04	5 Innovations and Promising Practices for Supporting Family Caregivers	Barry Jacobs, PsyD
WE06	Help! I'm Close to the Edge! Spiritual Selfcare for Trauma & Burnout	Rev. Dr. Chris Kimmenez; Rev. Paula Burnett-Kimmenez
WE07	Clinical Depression in Seniors	Judy Benjamin Henderson
WE08	Trauma-Informed Interventions for Pandemic Related Behavioral Health Issues	Sharon White
TH-GEN	Population Health Management Strategies – A National Perspective	Dr. Edwin Walker, Deputy Assistant Secretary for Aging – Administration on Community Living
TH01	Older Adults as Co-Victims of Homicide & The Impact of Gun Violence-Related Fear	Lisa Christian, LCSW; Nekisha Walters; Myra Maxwell
TH02	Behavioral Health of Older Adults During the Pandemic: Strategies to Promote Resilience, Enhance Coping and Manage Loneliness	Joel Streim, Md.; Paula Defrancis, MSW; Elizabeth Grecco, MSW; Brena Hong, LSW
TH03	Social Connection as a Key Social Determinant of Health	Nancy Morrow, MSW
TH04	Getting Grants: A Roadmap to Success	Caitlin Seifritz
TH06	Separate and Unconscionable: Racial and Ethnic Disparities in PA Nursing Homes	Jessica Hartfield; Diane Menio; Pam Walz
TH07	Activating Allies: Creating Excitement Around LGBTQ Inclusion	Terri Clark, MPH
TH08	Recruiting and Retaining Quality Staff with Current Realities	Deborah Russell - Associate Director, Washington DC Workforce Investment Council
TH09	Bugs, Guns & Drugs – Safety in the Field and in Institutional Settings	Constance M. Jones, RN, BSN
FR-GEN	The Future of Healthcare: Meeting Population Health Needs for Philadelphia and Beyond	Jermaine Bromell, MBA
FR01	Understanding Health Disparities and Finding Community Solutions	Linda K. Shumaker, R.N.-BC, M.A.
FR02	African Americans Grieving in a New Land: COVID-19	Rev. Dr. Rita Milburn-Dobson
FR03	The Pandemic & Racial Disparity – Awareness & Understanding	Lisa Kennedy
FR04	Serving Latino Seniors at Such a Time as This	Dr. Hector Colon-Rivera; Dr. Robert J. Motley; Yawei Song, MSW;

Tuesday, September 20, 2022

1:30 pm – 3:30 pm **CONFERENCE KICK OFF**

TU06 – The Panel of Pundits Discuss Aging Issues

2022 is shaping up to be a year like no other that we have seen. Our panel will discuss a variety of issues impacting the lives of older and other-abled adults, including:

- In the wake of COVID-19, what health disparities have emerged and what strategies have been or should be utilized to combat those disparities?
- What are the “lessons learned” or emerging ideas that show promise for positively impacting our lives going forward?
- Identify policy changes that have been made or proposed and the potential impact on the lives of our constituents?

Robert “Bob” Blancato is the Executive Director of the National Association of Nutrition and Aging Services Programs. He is also President of Matz, Blancato and Associates, the National Coordinator of the bipartisan 3000-member Elder Justice Coalition, and the National Coordinator of the Defeat Malnutrition Today coalition.

Bob has long been recognized as a national advocate with policy expertise on behalf of older adults. In 2019, he was invited by both the Senate Finance Committee and House Ways and Means Committee to testify on a range of issues. His prior work history includes 17 years as a staffer in Congress and an appointment by President Clinton to be the Executive Director of the 1995 White House Conference on Aging, one of four in which he has participated. He is a member of the Senior Executive Service.

As a volunteer, he currently serves on the National Board of AARP and the board of the National Hispanic Council on Aging. In 2019, Bob began a four-year term on the National Advisory Committee on Rural Health and Human Services, appointed by HHS Secretary Azar. Bob holds a BA from Georgetown University and an MPA from American University. He has won numerous awards for advocacy, most recently the American Society for Aging’s ASA Hall of Fame Award awarded in April 2021.

Nora Dowd-Eisenhower is Executive Director for the Mayor's Commission on Aging (MCOA), which leads the development of policy and strategies to support health, safety and security for Philadelphians ages 55 and older. MCOA also operates the Senior Community Service Employment Program and APPRISE, a Medicare insurance counseling program.

Nora has served as the Director of Pro Bono Action at SeniorLAW Center. She was the Assistant Director for the Office of Older Americans at the Consumer Financial Protection Bureau from 2013-2016. Before that, Nora was the Vice President for Economic Security at the National Council on Aging (NCOA).

She served as the Secretary of the Pennsylvania Department of Aging from 2003-2009. She also served as the AARP Pennsylvania State Director. She began her career as a Deputy Attorney General with the Pennsylvania Attorney General in the Consumer Protection Division.

Brian Duke, MBE, MHA is System Director, Senior Services at Main Line Health, a hospital-based health system in suburban Philadelphia, PA. In his current position Brian joins with colleagues to create and implement population health strategies to improve the care of older adults.

Prior to this he served as Secretary of the Pennsylvania Department of Aging. Brian began his career in hospital administration, then transitioned to the field of aging inspired by his caregiver experiences with his late mother who lived with Alzheimer's Disease. His journey in aging includes work with passionate leaders and colleagues in academic medicine, public media, philanthropy, advocacy, caregiver support, innovation and public service.

Teresa Osborne is currently the Manager of Advocacy and Outreach for AARP Pennsylvania. Prior to joining AARP, Ms. Osborne served as Chairperson of the Pennsylvania Civil Service Commission.

She served as Pennsylvania's 10th Secretary of Aging from 2015-2018. As head of the Department of Aging, Osborne managed Pennsylvania's senior pharmaceutical assistance program, along with an extensive network of home and community-based services that are provided under the Older American's Act.

Scranton native Teresa Osborne has spent more than two decades advocating for older Pennsylvanians and other vulnerable populations at the state and local government levels. She began her career as a care manager for Meals on Wheels of Northeastern Pennsylvania before serving as Executive Director of the Luzerne/Wyoming Counties AAA, Executive Director of the Lackawanna County Department of Human Services, and Executive Director of the Lackawanna County AAA.

Secretary Robert Torres was appointed by Governor Tom Wolf, to serve as Secretary of Aging on January 5, 2019, after serving as Acting Secretary of the Commonwealth since October 11, 2017. He was confirmed by the Pennsylvania Senate on June 4, 2019.

As Secretary, Mr. Torres is responsible for the administration of aging programs and services in the Commonwealth and is committed to ensuring that the department is being responsive to older adults, a population that is growing significantly and becoming more diverse. He believes that strategic partnerships and collaborations will be essential to help meet the demand for services for older adults over 60 years of age; a demographic that currently makes up 25% of the Commonwealth's population and is projected to increase to 30% over the next 10 years.

Mr. Torres is also concerned with the level of fraud, abuse, exploitation and neglect impacting older adults and has made that a priority to address. He is emphasizing the effective use of data and data driven management to help guide priorities and the effective use of resources.

Mr. Torres is focused on working to improve aging services to ensure Pennsylvania is a welcoming, safe and quality environment where older Pennsylvanians can age, in a setting they choose, with the dignity and respect that they deserve.

Mr. Torres is an attorney who holds a Bachelor of Business Administration degree from Pace University and a law degree from Widener University School of Law.

Wednesday, September 21, 2022

9:00 am – 10:00 am

WE-GEN – Age Futurism – Lessons Learned from Afro-Futurism

Age Futurism is based on the concept of Afro-Futurism. Afro-Futurism means using the intersectionality of race, innovation and technology to visualize a future where people of African descent are liberated fully and integrally part of society with full equity. Age Futurism supports the same outcomes, applying them to older adults across the diverse spectrum. In addition, it is viewing our older adults as walking ancestors who are fully engaged in society. This encourages us to be aware of our intergenerational responsibilities and live with a generosity that dismantles individualism. When we do that, we broaden our vision of the possibilities of what growing older in our society can and should be.

This workshop is designed to assist participants in constructing a future they want to see for themselves in their older years and to change the communities now so that older adults are engaged at all capacity levels. It encourages us to be proactive and visionary versus reactive.

Learning Objectives:

Participants who attend this workshop will:

- Understand the theoretical framework of age-futurism and how it can be used to dismantle ageism so that, regardless of capacity, older adults can contribute to their communities
- Expand their vision of how to create livable communities for all society members
- Expand the concept of walking ancestors in order to promote well-being, innovation and inclusion.

Dr. Norma Thomas received her bachelor's degree in social work from Penn. State University. She then went on to obtain her master's degree in social work from Temple University's School of Social Administration and her doctorate degree in social work from the University of Pennsylvania.

Dr. Thomas began as the MSW Program Director at California University of Pennsylvania in the fall of 2007 and retired in January 2017. She was promoted to full professor in 2014. From 1994-2004 she worked for the Widener University Center for Social Work Education where she achieved tenure as an Associate Professor, also holding positions as Assistant Director and Baccalaureate Program Director. She worked from 1975-1984 for the Delaware County Office on Services for the Aging and from 1984-1992 for the Philadelphia Corporation for Aging. In addition, she was the co-founder and President of the Center on Ethnic & Minority Aging, Inc., Philadelphia, PA from 1995-2008. She is currently an online instructor for the Center for Social Work Education, Widener University.

Dr. Raina J. Leon, Cave Canem graduate fellow (2006) and member of the Carolina African American Writers Collective, Canto Mundo and Macondo, has been published in over 100 publications in poetry, fiction, nonfiction and academic scholarship.

She is currently a full professor of education in the Kalmanovitz School of Education at St. Mary's College of California. She came to St. Mary's from the Department of Defense Education Activity, where for three years she taught military dependents in Bamberg, Germany.

Leon received her BA in Journalism from Pennsylvania State University with minors in African American Studies, English, International Studies and Spanish, graduating with honors in English with a poetry manuscript supervised by Dr. William J Harris and Dr. Aldon Nielsen; MA in Teaching of English from Teachers College Columbia University; MA in Educational Leadership from Framingham State University; and PhD in Education under the Culture, Curriculum and Change strand at the University of North Carolina – Chapel Hill. She recently completed her MFA in Poetry at St. Mary's College of California.

10:15 am – 12:15pm

WE01 – Homelessness Among Older Adults: Health Impacts-Housing Solutions

Social determinants of health are areas that area agencies on aging have been addressing for years in their efforts to improve quality of life for seniors. The primary categories are social, economic, and environmental conditions. Since the pandemic, inequities within these areas have been brought to the forefront, especially on how they impact seniors of color.

During this session the presenters will focus on housing issues which include homelessness and housing options as well as physical and mental health issues. They will also engage the audience in discussion on the role that AAA staff play in helping seniors, areas that they have found challenging, and ideas on what can help bring about systemic change within the aging network.

Learning Objectives:

Participants who attend this workshop will:

- Understand aging trends in the homeless population
- Identify the health needs of older adults experiencing homelessness
- Describe promising approaches to housing for this population

Dr. Rebecca Brown is a geriatrician and Assistant Professor in the Division of Geriatric Medicine at the University of Pennsylvania and the Philadelphia VA Medical Center. The goal of Dr. Brown's research is to improve functional status and quality of life for socio-economically vulnerable older adults, including people experiencing homelessness.

Velma Carter Dryer is a licensed social worker with more than 40 years of experience in the fields of mental health, aging, healthcare and advocacy. Since retirement, she is continuing to work in several areas of interest including aging; diversity, equity & inclusion and as a healthcare advocate.

WE02 – First Contact After COVID – Returning to Face-to-Face

One of the buzz words of the pandemic has been “pivot”, with good reason. Almost overnight Area Agencies on Aging had to go from face-to-face contact with participants to a variety of “contactless” connections to continue to provide services and supports to our vulnerable populations. For almost 18 months services were delivered that way – not ideal but at least being able to maintain the critical connections our aging and disabled populations needed to survive.

Recently, we began to return to face-to-face visits with our participants, which brought a new set of challenges and opportunities. In this workshop, agency leaders from four counties will discuss the challenges addressed, the concerns of staff and participants alike, and ongoing strategies to deliver services and supports in the most effective, efficient and safe way possible.

Shani Gilmore-Hall is currently the Executive Administrator of Long-Term Care at the Philadelphia Corporation for Aging. Gilmore-Hall has over 20 years of experience in the social services field and 14 years in the aging network. She earned a Doctor of Podiatric Medicine degree from Temple University School of Podiatric Medicine and holds a bachelor’s degree in biology with a minor in psychology from Rowan University. She began her career at PCA as a Care Manager and moved from there to a Waiver Supervisor, Assistant Director of Assessment, then Director of Assessment before assuming her current role.

Joanna King is Deputy Director at COSA, the Delaware County Office of Services for the Aging. Joanna has been living in Delaware County and working in the aging services field for over 30 years. She began as an Options Care Manager with Senior Community Services, has worked as an assessor and was the Unit Director of the Assessment Unit for over 10 years. Joanna was the Coordinator for the LINK to Aging and Disability Resources (ADRC) for Delaware County since it began in Delaware County over 10 years ago. She holds a bachelor’s degree in Psychology from West Chester University.

Elliott Smith is the current Deputy Administrator of Direct Care Services in the Montgomery County Office of Senior Services. Elliott has worked in the Pennsylvania AAA network for over a decade in various programs and roles. Elliott is a longtime advocate for older adults and is knowledgeable in aging services available across Montgomery County and the commonwealth. He received his BSW from Temple University and is currently pursuing a Master’s of Public Administration at West Chester University.

Carin Tinney has worked at the Bucks County Area Agency on Aging for just under three years as its Deputy Director of Long Term Care Services. Prior to joining Bucks, Carin was Chief Program Development Officer for the NYC Department of Aging, developing and redesigning programs and services for NYC’s older adult population. Carin has worked with and on behalf of older adults for over thirty years as a nursing home social worker, an advocate, grant administrator and a trainer/curriculum developer. She has her MSW from Kean University and a Bachelor’s Degree in Sociology and Women’s Studies from Livingston College, Rutgers University.

WE03 – Reimagining Wellness for Immigrant and Refugee Elders

This workshop explores the complexity and nuances that informs the best practices in serving immigrant and refugee seniors. The discussion will be led by practitioners from four leading Asian senior service agencies in Philadelphia: The Jaisohn Center, PASSi, Philadelphia Senior Center and SEAMAAC.

Learning Objectives

Participants in this workshop will:

- Learn best practices in delivering high quality and impactful programs and services to socially and linguistically isolated elders, particularly immigrant and refugee elders
- Identifying, beyond linguistic needs (interpretation and translation, how do providers meet the needs of LEP (Limited English Proficient) clients by preparing their staff, programming and services to be attuned to the cultural needs of LEP seniors
- Understand the requirements under Title VI of the Civil Rights Act of 1964, in language access accommodations for LEP elders
- Learn advocacy and organizing approaches to bring more equitable resources to immigrant and refugee elders.

“George” Jung Soo Choe, President and CEO, Philip Jaisohn Memorial Foundation (Jaisohn Center). George Choe joined the Philip Jaisohn Memorial Foundation as the President and CEO early 2018 after 35 years including commercial/engineering executive career in a Fortune 300 multinational corporation. Philip Jaisohn is a 501(c)3 nonprofit healthcare organization with 3 Jaisohn Center operations in Philadelphia and Montgomery County along with the Philip Jaisohn Memorial House in Media.

The Jaisohn Center businesses include the medical center, home health care, home care, mental health, health insurance, social services, etc. His vision for the Jaisohn Center operation is to serve and lead the Asian-American community in the health and human services, particularly in NE Philadelphia and Montgomery County and Bucks County region. Jaisohn Center recently led approximately 80 COVID-19 vaccine clinics and distribution of 2,500 rapid home test kits for the underserved, including APA communities.

In addition, he serves as the Founder/Chair of the Asian American Coalition for Health and Human Services, Governor’s Advisory Commission for APA Affairs, Board of Trustee Member for Jefferson Health-Abington, Advisory Board Member for Penn State Abington, etc. He also served as the Co-Chair of First Korean Congress Centennial Celebration in 2019, President of Montgomery County Korean American Association, etc. His awards included the Global Korea Award from the Council of Korean Studies, Michigan State University, 13 U.S. Patents, etc.

DingShun Philip Lai, or Philip Lai, has been working for Philadelphia Senior Center since early 2002. He has been manager of the Coffee Cup Branch of Philadelphia Senior Center

from that time, serving Asian immigrant seniors. He remained to be the manager of the Coffee Cup Branch when it moved from the 10th Street site to the present location inside the Arts Branch in October of 2016.

At Coffee Cup Philip and his staff, over those years, helped over 1,700 immigrant seniors with services that improved their lives. Philip and his staff love to work with each individual senior to understand his/her problems or needs and find ways to improve their lives.

Philip has received awards from the American Cancer Society, Chinese Benevolent Association and PCA. He also volunteers for different community organizations, including AARP and as co-chair of PCA Community Relations Asian Advisory Committee and the Mayors Commission on Aging. He has a Bachelor's degree and a Master's degree in Electrical Engineering and Mathematics.

Thoai Nguyen, CEO of SEAMAAC for the past 17 years, is a first generation Vietnamese refugee who came to the United States in 1975. Thoai is a long time community organizer and an advocate for the civil rights of all people. Thoai has worked on advocacy, community organizing and community development projects to address the economic and social inequities in many communities across the United States and throughout Africa, Southeast Asia, Eastern Europe and Central and North America, including Mexico.

Thoai was a recipient of the Thomas J. Watson Foundation Fellowship in 1988, and the Charles Bannerman Fellowship in 1995. He was a 2008 recipient of Harvard Business School Asian American Alumni Association's scholarship to Harvard Business School's Strategic Management Program, and has been honored by Bread & Roses, Penn Asian Senior Services (PASSi), 6ABC News and HIAS PA for his anti-poverty, immigrant rights and social justice work. Since 2008, Thoai has served as Commissioner for five City Commissions under Mayors Nutter and Kenney.

Kenneth Yang, Esq. is the CEO of Penn Asian Senior Services (PASSi), a provider of aging services based in southeastern Pennsylvania whose mission is to promote the well-being of Asian-American seniors and other adults who are disadvantaged by language and cultural barriers.

Working within the community to affect positive change has been a through line of Ken's professional pursuits. A Philadelphia-area native, after earning an undergraduate degree from the University of Pennsylvania and a law degree from Temple University, Ken has been able to apply aspects of these learnings in leadership roles at community-based nonprofit organizations that provide a variety of services designed to assist diverse communities of low and moderate income individuals.

At PASSi, informed by his own Korean American experience, born in the US but with many Korean cultural ties, Ken finds great meaning in being able to facilitate programs that enable and empower a diverse group of older adults to age independently in the communities of their choice. In his free time, Ken enjoys head-clearing runs on local trails.

One effect of the pandemic has been to increase public awareness of and appreciation for the crucial role family caregivers play in supporting home-bound and other medically complex older adults. As a result, Area Agencies on Aging, Medicaid/Managed LTSS health plans and vendors around the country have been bringing new ideas and energies to support family caregivers and better enable them to help older adults to age in place.

In this session, Barry J. Jacobs, Psy.D., a clinical psychologist and healthcare consultant, will describe the five most interesting, promising and evidence-based initiatives, using new technologies and innovative care management programs, to care for caregivers. Illustrations will be used throughout.

Learning objectives:

Participants in this session will be able to:

- Describe family caregiving in America and the impact of caregiver support on the clinical outcomes of medically complex older adults
- Outline 5 caregiver support innovations and their research outcomes
- Discuss ways of applying new caregiver support innovations to Area Agencies on Aging caregiver support programs.

Barry J Jacobs, Psy.D., is a clinical psychologist and Principal in the Philadelphia office of Health Management Associates, a national healthcare consulting firm. He is also the author of *The Emotional Survival Guide for Caregivers* (Guilford 2016), co-author of *AARP Meditations for Caregivers* (Da Capo, 2016), and writes a monthly self-help column for family caregivers for AARP.org. He also maintains a psychotherapy practice in Media, PA.

Wednesday, September 21, 2022

1:30 pm – 3:30 pm

WE06 – Help! I’m Close to the Edge! Spiritual Selfcare for Trauma and Burnout

There are tons of evidence-based research on the importance of establishing effective selfcare practices. They prevent burnout, mental fatigue, are effective protective factors for mental illness and trauma, and contribute to positive physical health outcomes.

These practices are equally effective for PLWHA and those serving them in helping positions. So why is it so many people, particularly those in helping positions, neglect selfcare or have unhealthy coping strategies? We will explore this as well as explore interactive activities to help the audience identify selfcare that they can put into practice.

Learning Objectives

Participants in this workshop will be able to:

- Identify the importance of positive and effective selfcare practices
- Compare and contrast the effects of positive selfcare versus negative or non-existent coping strategies on physical, mental, emotional and spiritual health
- Develop or expand their personal selfcare practice

Rev. Dr. Chris Kimmenez, is a dynamic, sought after ordained Baptist minister, pastor, chaplain, psychologist, trainer, public speaker, consultant and a medically-retired marine combat veteran from Washington, DC, residing in Philadelphia, PA. After a car accident, struggling with addiction, physical disability, PTSD, and a criminal record, he entered recovery in 1995 and ministry in 1996. He founded the Pastor's and Preacher's Support Network serving 506 pastors and is President of Recovery Christian Centers Urban Community Development Corporation. He is a Trauma Instructor and member of the Faith & Spiritual Affairs Advisory Board with the City of Philadelphia Department of Behavioral Health and Intellectual Disabilities.

Rev. Paula Burnett-Kimmenez, is a sought after trainer, speaker and ordained Baptist minister, and serves as Vice President of the Recovery Christian Centers Urban CDC in Philadelphia, PA; as the Women & Family Chaplain of Delaware Valley Stand Down, a homeless veterans organization, and as Associate Pastor of the People's Baptist Church. She is a person in long term recovery since 2000. She also serves as a Certified Peer Specialist and WRAP Facilitator at Inglis Foundation/Journeys and is a graduate of CCP with a degree in General Studies and is currently pursuing a B.S. in Psychology at Colorado Christian University. She currently serves the City of Philadelphia Department of Behavioral Health and Intellectual Disabilities as a contract Mental Health First Aid Instructor.

WE07 – Clinical Depression in Seniors

Clinical depression is never a “normal” response. It is a serious medical illness that should be treated at any age.

According to a Mental Health America survey, approximately 68% of adults aged 65 and over know little or almost nothing about depression even though it affects more than 19 million Americans every year, regardless of age, race, or gender. While depression is not a normal part of the aging process, there is a strong likelihood of it occurring when other physical health conditions are present. For example, nearly a quarter of the 600,000 people who experience a stroke each year will experience clinical depression. Symptoms of depression are often overlooked and untreated when they coincide with other medical illnesses like COVID-19, or life events that commonly occur as people age (e.g., loss of loved ones, having to move to a new residence for safe care).

Learning Objectives

Participants in this workshop will:

- Understand the most common cause of depression in adults
- Learn facts about depression in the elderly
- Know how to spot the signs and detect depression in elderly people
- Understand the link between COVID-19 and Depression
- Acknowledge the challenges in delivering mental health services to the elderly
- Articulate treatment options for depression

Judy Benjamin Henderson is the Founder & CEO of Empowerment Resources Associates, Inc. (ERA) a licensed community based outpatient mental and behavioral health clinic. ERA is the first African American female owned and outpatient clinic in Southeastern Pennsylvania. The Philadelphia and Chester County offices serve as community education sites for practicum, volunteer and work study opportunities for various Pennsylvania universities. She is also the founder of the Resource Initiatives Giving Hope through Training (RIGHT) foundation; a community based 501(c)(3) social services agency dedicated to preventing the spread of chronic degenerative diseases namely HIV/AIDS, hypertension and diabetes through education.

WE08 – Trauma-Informed Interventions for Pandemic-Related Behavioral Health Issues

The social determinants of health (SDOH) include 5 domains which influence a wide range of health factors. Understanding how each of these SDOHs impacts an older adult informs the delivery of care to these individuals.

Learning Objectives

Participants in this workshop will be able to:

- Verbalize how the five (5) domains of the SDOH impact on the quality of life of older adults.
- Identify five (5) factors that impact the Built Environment for older adults.
- Recognize how access to primary care providers affects the SDOH for older adults.
- Identify how the roles of public health and the provision of services for older adults can work collaboratively to improve the SDOH for older adults.

Sharon D. White, MSS, LCSW, is Director of Clinical Bases Services for Merakey since 2021. Prior to that she was Program Director, Older Adults Counseling Services from 2008 to 2021. She received her BSW in Social Work from Eastern College in 1983, and her Masters of Social Science (MSS) in 1997 from Bryn Mawr College.

Thursday, September 22, 2022

9:00 am – 10:00 am

TH-GEN – Population Health Management Strategies

A community health needs assessment was recently conducted in the southeastern region of Pennsylvania. The identified social determinants of health include poverty, housing, education levels reached, employment, underemployment, language barriers and access to health care and resources particularly affecting older adults and immigrant communities.

Further, the pandemic revealed social injustices and the effects of long term trauma. There also has been increased social isolation, stress and fear among older adults. Additionally, chronic disease management continues to be problematic.

Dr. Edwin L. Walker, as the Deputy Assistant Secretary for Aging, leads the Administration on Aging in advocating on behalf of older Americans. In this capacity, he guides and promotes the development of home and community-based long-term care programs, policies and services designed to afford older people and their caregivers the ability to age with dignity and independence and to have a broad array of options available for an enhanced quality of life. This includes the promotion and implementation of evidence-based prevention interventions proven effective in avoiding or delaying the onset of chronic disease and illness.

Prior to joining HHS in 1992, Mr. Walker served as Director of the Missouri Division of Aging, responsible for administering a comprehensive set of human service programs for older persons and adults with disabilities. He received a Juris Doctor degree in law from the University of Missouri-Columbia School of Law and a Bachelor of Arts degree in Mass Media Arts from Hampton University

10:50 am – 12:15 pm

TH01 – Older Adults as Co-Victims of Homicide & The Impact of Gun Violence-Related Fear

This interactive workshop will explore the ways in which the co-victimization of homicide has impact on the health and well-being of older adults. Issues of trauma, social determinants of health, grief/loss as well as intersectionality and social location will be addressed.

Moreover, this training will help participants expand their understanding of the significance that gun violence-related fear has on their relationships, their roles within their families, communities and larger society. Coping strategies as well as resource information will be discussed.

Learning Objectives

As a result of this training, participants will:

- Explore issues of gun violence as a public health issue through a trauma focused lens
- Identify three social determinants of health
- Define one aspect of disenfranchised loss and the way it impacts grief.

Lisa Christian, LCSW, is Director of Counseling Services for the Anti-Violence Partnership of Philadelphia.

Myra Maxwell is a bi-vocational leader, serving as Lead Pastor of Trinity United Methodist Church in South Philadelphia. Myra also serves as the Executive Director of the Victim Support Services Division at the Philadelphia District Attorney's Office. Her former positions include the Director of Community Engagement at Bethanna, Inc., a Christian-based child welfare organization. Director of Victim Services for the Anti-Violence Partnership of Philadelphia, West/Southwest Victim Services Program, and Transitional Services for families and co-victims of homicide and other violent crimes. She was formerly the Urban Ministry Coordinator for the Eastern Pennsylvania Conference of the United Methodist Church. Myra was honored to be selected to meet privately with Pope Francis in September 2015 during the "World Meeting of Families" in Philadelphia, PA as one of the five survivors of childhood sexual abuse.

Nekisha Walters is Director of Counseling Services for the Anti-Violence Partnership of Philadelphia.

TH02 – Behavioral Health of Older Adults During the Pandemic: Strategies to Promote Resilience, Enhance Coping and Manage Loneliness

This session will begin with a lecture that reviews findings from research on the response of older adults to various stressors encountered during the COVID-19 pandemic. Heterogeneity across geriatric subpopulations will be described; and protective factors associated with positive outcomes as well as risk factors associated with negative mental health consequences will be discussed. The program will then engage the audience of learners in an interactive forum of clinical case vignettes and examples, which will focus on specific strategies to mitigate the risk of poor mental health outcomes, such as promoting resiliency, enhancing coping, and managing loneliness.

Learning Objectives

As a result of participation in this session, learners will be able to:

1. Recognize at least 3 risk factors for poor mental health outcomes and 3 protective factors for positive mental health outcomes in older adults during COVID-19;

2. Identify drivers of resiliency and loneliness in elders living in the community versus those residing in long-term care facilities; and
3. Describe specific strategies to mitigate the risk of poor mental health outcomes among older adults.

Joel E. Streim, MD is a geriatric psychiatrist and Professor of Psychiatry in the Perelman School of Medicine at the University of Pennsylvania, where he served as Director of the Geriatric Psychiatry Fellowship Training Program for over 25 years. He is currently the Medical Director of the PENN-PACE geriatric collaborative care program, which supports geriatric patients and their primary care providers in the provision of mental health care within the primary care setting. The program has been continuously funded by the Pennsylvania Department of Aging since 2007. Dr. Streim's research, teaching and clinical activities have focused on older adult populations with medical and psychiatric co-morbidities and disabilities, both in primary care and long-term care settings. He has served as a consultant to the Centers for Medicare and Medicaid Services (CMS) and has testified in Congress and before the Senate Special Committee on Aging on topics related to quality of mental health care for geriatric populations. Dr. Streim is a Past President of the American Association for Geriatric Psychiatry.

Paula DeFrancis, MSW, holds a master's degree in clinical social work with a specialization in healthcare from the University of Pennsylvania's School of Social Policy & Practice. She is a practicing licensed social worker in the Philadelphia area, specializing in geriatrics and integrative behavioral healthcare. Paula currently works in psychiatry at the Perelman School of Medicine at the University of Pennsylvania as a behavioral health provider. She has prior internship experience at the Behavioral Health Lab at the VA Medical Center in Philadelphia, PA using the integrative healthcare model for veterans receiving mental health care within the primary care setting. Paula's areas of interest include mindfulness interventions, cognitive behavioral therapy, and creative arts therapies.

Elizabeth Grecco, MSW, received a master's degree in clinical social work from Bryn Mawr College. She is a practicing social worker and psychotherapist in the Philadelphia area, specializing in geriatrics, grief, and collaborative mental health care. Elizabeth currently works in psychiatry at the Perelman School of Medicine at the University of Pennsylvania, as a clinical research training specialist and behavioral health provider. She is the co-chair of the Pennsylvania Society for Clinical Social Work (PSCSW) Education Committee and has made presentations to physician trainees and other mental health practitioners. Elizabeth also maintains a small psychotherapy practice with a focus on grief and relationship challenges.

Brena Hong, LSW is a licensed social worker providing behavioral health services to community-dwelling older adults across Pennsylvania. She graduated from the University of Pennsylvania with a Bachelor of Arts in Health and Societies, and later graduated from Penn's School of Social Policy and Practice with her Master's in Social Work. Brena has prior experience in crisis work with victims and survivors of domestic violence, as well as internship experience as a medical social worker in an intensive care unit. She currently works at the University of Pennsylvania Perelman School of Medicine's Department of Psychiatry as a behavioral health provider. Brena specializes in grief and loss, geriatrics, and the Whole Health Model with a particular interest in working with caregivers of those with dementia.

TH03– Social Connection as a Key Social Determinant of Health

Lack of social connection has major impact on health and is identified today as a key social determinant of health. In recent decades, people in the United States and around the world have experienced soaring rates of social isolation, with profound impacts on health and well-being. These impacts are felt most acutely by people who are marginalized because of their age, race, income, location, sexual orientation, and gender identity. In Philadelphia, half of our low-income seniors live alone and an astonishing number of those 60+ report depressive symptoms!

These high rates of depression and living alone made social isolation a public health crisis before COVID-19. Today, isolation among seniors has reached epic proportions. The virus has exacerbated health disparities and shuttered many of the gathering places that had served as antidotes to isolation. Lack of social connection has extreme consequences.

Researchers believe social determinants such as loneliness drive more than **80%** of health outcomes! Social isolation impacts health as much as smoking, hypertension, and obesity. In fact, research finds the **health risk of isolation is equivalent to smoking 15 cigarettes a day. Strong social connections and networks can boost a person's lifespan by 50 percent!**

This session will look at the impact of social isolation on the well-being of older adults and families. We will explore how trusting and meaningful relationships enhance our mental, physical, and emotional health, and look at the importance of creating socially connected communities.

Learning Objectives

Participants in this workshop will:

- Understand the impact of social isolation on the older person's well-being and health
- Understand social isolation as a social determinant of health (SDoH)
- Explore the importance of social inclusion and socially connected communities
- Identify new strategies to reduce social isolation and better understand how ageism and other systems of oppression drive social isolation

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.

TH04 – Getting Grants: A Roadmap to Success

Join Caitlin Seifritz, Nonprofit Services Supervisor at the Regional Foundation Center, for an informative workshop on the grant seeking process. During our time together we will cover what funders are looking for from nonprofits seeking grants, how to find potential funders, and how to write a standard project proposal. The workshop will include activities that will build on information learned in the session to help set you up for grant seeking success!

Learning Objectives

Participants in this workshop will:

- Identify potential funding sources in the region
- Understand what funders expect from a nonprofit seeking funding
- Learn to write a proposal that meets funders' expectations

Caitlin Seifritz is the Nonprofit Supervisor at the Regional Foundation Center (RFC), a nonprofit resource center at the Free Library of Philadelphia. In her role, Caitlin informs the local nonprofit sector about the resources available at the RFC, teaches workshops, and conducts research appointments. She has been with the Free Library for almost 10 years in various roles. Before becoming a librarian, Caitlin worked as a Special Projects Coordinator for a small Brooklyn-based nonprofit that worked with seniors and technology.

Thursday, September 22, 2022

1:30 pm – 3:30 pm

TH06 – Separate and Unconscionable: Racial and Ethnic Disparities in PA Nursing Homes

The COVID pandemic both shone a light on and exacerbated the poor living conditions in nursing homes. It also starkly illuminated the longstanding history of inequalities in our society that have led to disparate outcomes in communities of color. Though quality of care problems and COVID impact all nursing home residents, systemic race-based inequity has created a crisis within a crisis for Black and Hispanic nursing home residents.

This workshop will highlight the work of the Center for Advocacy for the Rights and Interests of Elders (CARIE), Community Legal Services of Philadelphia (CLS) and other advocates to address racial disparities in nursing homes. Participants will learn about research and a groundbreaking report released in 2021 that centers the unequal impact of COVID on Black and Hispanic nursing home residents, as well as the underlying quality of care crisis affecting the same populations. Discussion will include advocacy efforts to address race-based disparities and the systemic inequities from which they arise. Participants will learn what is needed to improve care, access, and outcomes to begin to eliminate racial and ethnic disparities and inequities in nursing homes.

Learning Objectives

Participants in this workshop will:

- Explore underlying quality of care crisis affecting Blacks and Latinos in nursing homes
- Review the 2021 report on the impact of COVID-19 and systemic race-based inequity on Black and Latino nursing home residents
- Examine strategies to begin to eliminate racial and ethnic inequities and disparities in nursing home access and care.

Jessica Hartfield received a Bachelor of Social Work (BSW) degree from the University of Mansfield and a Master of Social Work (MSW) degree from the University of Pennsylvania. She is also a fellow graduate of the Ann Nolan Reese Hartford Geriatrics Program from the University of Pennsylvania. Jessica has committed her professional career to advocate for older adults as a Philadelphia Long-Term Care Ombudsman Program at the Center for Advocacy for the Rights and Interests of Elders (CARIE). As an Ombudsman, Jessica manages the programs Volunteers who visit with residents in long-term care facilities and helps them address problems and concerns. She also coordinates the Pennsylvania Empowered Expert Residents Program (PEER), which are long-term care residents trained by the Ombudsman to self-advocate and empowers other residents to improve their quality of care.

Diane Menio is the Executive Director for the Center for Advocacy for the Rights and Interests of Elders (CARIE) where she has worked since 1989. 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 locally and nationally in the detection and prevention of abuse in the home as well as in institutional settings, long-term care, guardianship, and other issues impacting older adults and their caregivers. She has co-authored several articles on elder abuse and neglect and is co-author along with Karl Pillemer and Beth Hudson Keller of the book, Abuse Proofing Your Facility and recently co-authored a chapter in the book, Ethics & Vulnerable Elders: The Quest for Individual Rights and a Just Society. 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 for the Office of Elder Justice in the Courts, the Pennsylvania Council on Long-Term Care and the Philadelphia Mayor's Commission on Aging.

Pamela Walz is a Supervising Attorney in the Health and Independence Unit at Community Legal Services (CLS) in Philadelphia, where she represents low-income older adults and individuals with disabilities in matters involving nursing home and personal care home residents' rights, access to home and community based long term services and supports, public benefits and guardianship. In addition to representing clients, Ms. Walz engages in administrative and legislative policy advocacy and provides community education on elder law issues. She is an appointed member of the Pennsylvania Supreme Court's Advisory Council on Elder Justice in the Courts. She also serves as a consumer advocate on the Department of Human Services' Medical Assistance Advisory Committee's Long Term Services and Supports Subcommittee. Ms. Walz is currently the Chair of the Pennsylvania Bar Association's elder law section. She received her J.D. from Harvard Law School and graduated from the University of California, San Diego with a degree in English Literature.

TH07 – Activating Allies: Creating Excitement Around LGBTQ Inclusion

While older lesbian, gay, bisexual, and transgender (LGBT) adults confront many of the same issues when it comes to aging, the reality for LGBT people can be drastically different from their non-LGBT peers. Additionally, the current COVID-19 health crisis impacts their health, safety, and well-being in unique ways. LGBT older adults have experienced lifetimes

of discrimination and mistreatment, contributing to an array of social, financial, emotional, and physical health needs.

LGBT seniors aging without familial support networks are more likely to have to rely on the aging network for care, yet too often these systems of care are unprepared to serve the unique and complex needs of LGBT older adults. This workshop will provide an overview of the intersection of social isolation and LGBTQ aging enhance understanding of the additional impact of COVID-19. Participants will learn how to address the disparities through best practices that are grounded in cultural awareness, humility, and responsiveness.

Learning Objectives

Participants in this workshop will be able to:

- Name two benefits of understanding the unique needs of LGBT older adults
- Understand why LGBT older adults are more at risk for social isolation
- Identify the differences between social isolation and loneliness and learn ways to reduce social isolation
- Explore the resilience of LGBT communities in times of crisis
- Discuss at least 3 best practices as they relate to responding to the intersection of COVID-19 and implementing LGBT inclusive policies and programs.

Terri Clark, MPH is an accomplished public health advocate, trainer, program planner, and facilitator with nearly 30 years of experience. She currently works for the Philadelphia Dept of Public Health as a Training and Outreach Coordinator in the COVID-19 Containment Division. Her areas of focus include human sexuality, with a specialty in LGBTQ issues, HIV prevention, sexual health, and older adult sexual expression. Terri manages a portfolio of projects that aim to improve understanding of these topics among diverse community member to bring the knowledge gap and ensure inclusivity. Her portfolio includes projects that advance the field of sexuality and aging, including the sexual health of older adults and working with aging services providers to insure inclusive, responsive services for LGBTQ older adult communities.

Terri is also a consultant trainer, which includes her work as a certified trainer with SAGE, the world's largest and oldest organization dedicated to improving the lives of LGBT older people. She is an advisory board member of Philadelphia Corporation for Aging's Health and Wellness Committee. Her community service includes serving on the PA COVID Health Disparities LGBT subcommittee along with being a member of the Aging Workgroup of the Governor's LGBT Commission.

Terri is co-author/editor of "25 Great Lesson Plans about Sexual Orientation" and the expanded version, "Orientation: Teaching about Identity, Attraction and Behavior". She 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.

TH08 – Recruiting and Retaining Quality Staff with Current Realities

The world of work has been changing but that change was accelerated by a world-wide pandemic. Businesses were forced to manage, maintain, and retain a predominantly virtual workforce. For those who were employed as front-line workers, their job locations closed, which forced them to find alternate ways to maintain income (many entering gig and entrepreneur-like jobs). This allowed many families to balance children who were attending school from home or assisting with caregiving of aging parents with work.

As the nation and the economy has opened back up for business and service, the expectation was that many workers would come back to work as unemployment and other safety net deadlines were nearing. In fact, the opposite occurred. Employees had two years to find alternate employment opportunities that better fit their needs and employees demanded better quality and safer work environments.

It's a jobseeker's market. The competition for talent is fierce.

- The rise of skills-based hiring is putting a greater emphasis on what potential employees can do rather than on their degrees and where they got them.
- The Great Resignation, also known as the Big Quit and the Great Reshuffle, is an ongoing economic trend in which employees have voluntarily resigned from their jobs en masse, beginning in early 2021.
- Employees expect more equity in the workplace, particularly those who are part of a racial minority or persons with disabilities.

This "Great Resignation" poses real risks, particularly in hiring qualified talent, but employers are taking action. Join in the discussion on learning ways businesses are finding new strategies for recruiting and retaining quality staff in this current economic environment.

Deborah Russell serves as the Associate Director of Performance and Impact for the District's Workforce Investment Council. Performance and Impact oversees the one stop system and ensures policies and processes are in place to effectively support the workforce system and the residents and businesses they serve.

Prior to joining the DC WIC, Deborah served as the Chief Operating Officer for the Anne Arundel Workforce Development Corporation, overseeing programs, operations and Human Resources.

As Director of Workforce Issues for AARP, Deborah is credited with establishing the Best Employers for Workers Over 50 award. Deborah is an international speaker and executive management consultant on organizational development and talent management working with Fortune 500 CEOs.

TH09 – Bugs, Drugs and Guns – Safety in the Field and in Institutional Settings

Palpitations as you turn the corner or knock on the door or walk to the parking lot? Safety is a major concern for workers in the community and in 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 interactive workshop will learn how to increase awareness of potential dangers in the field and institutional settings. Information about COVID-19 and Monkeypox

will also be shared. Precautions regarding exposure to communicable diseases will be discussed.

Learning objectives:

Participants in this session will:

- Understand ways to promote personal safety in various settings
- Learn how to react if you are involved in an attack or robbery attempt
- Understand the importance of trusting your instincts regarding your personal safety
- Learn how 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 PCA 5 years ago, after 32 years with the agency. Most recently, she was the Nurse Supervisor for the Long Term Care Access department. This department provides assessments for persons seeking community services or nursing facility placement in the County of Philadelphia. Prior to moving to LTCA, Connie was the Nurse Supervisor in the Options Program at PCA. Her background includes 8 years as a Community Health Nurse, 2 years as a Coordinator of a Medicare Certified Home Health Agency and 5 years as a Health Specialist for the Head Start Programs in Philadelphia.

Friday, September 23, 2022

9:00 am – 10:00 am

FR-GEN – The Future of Healthcare: Meeting Population Health Needs for Philadelphia and Beyond

This presentation will address the following questions:

- What is Population Health?
- Why is Population Health the future of healthcare?
- How is Tandigm Health helping providers achieve better outcomes for their patients?
- Why increasing patient engagement and patient education is critical to achieving better outcomes (especially in underserved population)?
- Approaches to increasing engagement and education through non-clinical paths: the role of faith- and community-based organizations

Jermaine Bromell, MBA Health Equity – Project Leader & Strategic Network Solutions – Associate Director - Tandigm Health, has twenty years of experience in healthcare, including extensive experience in population health and health equity. He served as a partner with the Obama, Trump and Biden Administrations' Departments of Health and Human Services

and Center for Medicare and Medicaid Services. Jermaine has partnered with regional payers, providers, faith-based organizations and community-based organizations to help support consumer health and health insurance education.

Currently, Jermaine provides consultative support for twenty-five primary practices in Northeast Philadelphia, Lower Bucks and Montgomery County. Furthermore, he is working with providers, faith-based organizations and community-based organizations to expand infrastructure to address the needs of underserved Philadelphians. Jermaine is a Philadelphia native and holds a Bachelors in Business Administration from Villanova University and a Master of Business Administration with a Marketing Concentration from Temple University.

10:15 am – 12:15 pm

FR01 – Understanding Health Disparities and Finding Community Solutions

Addressing inequalities and health disparities has acquired greater meaning as the pandemic has exposed our society's health care vulnerabilities and areas of neglect. Health disparities have been well-documented for many years, yet it was during the beginning of the pandemic that they became a regular news headline. The Center for Disease Control (CDC) identifies health disparities as "preventative difference[s] in the burden of disease, injury, violence or opportunities to achieve optimal health that are experienced by socially disadvantaged populations."

Though the Affordable Care Act was purposefully designed to address some of the most pressing health disparities in our country, it has suffered ongoing assaults. Addressing health disparities is not only the key to correcting financial burdens within our health care system, but also serves as a means for individuals to ensure their "overall health."

Learning Objectives

Participants who attend this session will be able to:

- Define the social determinants of health.
- List examples of health disparities in different populations.
- Cite evidence-based practices that have attempted to address health disparities.
- Explain how a "community network" could address health disparities.

Linda Shumaker, RN-BC, MA is a gerontological certified registered nurse who is a private consultant as well as currently in clinical practice in Harrisburg, PA. She has previously served as Outreach Coordinator of the Pennsylvania Behavioral Health and Aging Coalition. In 2005, as founding Executive Director of the Coalition, she advocated for funding and received over \$325,000 to outreach and educate older adults with behavioral health issues.

She has worked at the Central Pennsylvania Psychiatric Institute, Penn State College of Medicine in Hershey, PA. She has extensive clinical experience working in community mental health, geriatric assessment teams and in long term care.

FR02 – African Americans Grieving in a New Land: COVID-19

African American faith communities experienced an unusually high number of deaths due to COVID-19. Pandemic restrictions prevented Celebrations of Life/funerals, home goings, and memorial services. How do people of faith grieve when there are limited or no communal grief expressions?

At the early stages of the pandemic, houses of worship were closed, but even as some began to open, funerals were still restricted and limited – resulting in unresolved grief. It is traditional and expected for African Americans to have funeral services in a church. The lack of communal support can lead to unresolved grief and challenges for Pastors and Clergy in generations to come.

This pandemic has been different than any other experience in recent world history. There was collective grief in the USA (9/11/2001) and a coordinated communal response. While COVID-19 was devastating for all, COVID-19 has been particularly impactful in the African American community because of the communal event death has historically been. This workshop will discuss the lack of communal grief's impact on African American families and religious leaders. It will provide creative ways of incorporating new memorialization rituals while building on some traditions.

Learning Objectives

Participants in this session will be able to:

- Identify two rituals for funeral services that were restricted during COVID-19
- Define the critical elements for a funeral service
- Name two types of communal support
- Describe collective grief

Rev. Dr. Rita Milburn-Dobson; has over 35 years of healthcare experience as a Registered Nurse, Bereavement Coordinator, and Hospice and Palliative Care Chaplain. She is a clinically trained and ordained chaplain in the Church of God in Christ and Precious Gems Supportive Services founder. This non-profit agency provides bereavement support and grief counseling to vulnerable populations (primarily children and teens) regardless of their ability to pay.

She has received advanced grief support and counseling training from the Association of Death Education and Counseling. She has obtained the highest certification in the field, Fellow in Thanatology, the study of dying, death, and bereavement. She is a nationally certified End of Life Trainer and a Critical Incident Stress Management Counselor (CISM). She is an author, end-of-life doula, church musician, and frequent international lecturer on grief and loss and end-of-life-related topics to professional staff, churches, and the community.

FR03 – The Pandemic and Racial Disparity – Awareness and Understanding

Have you struggled identifying the difference between equality and equity? Are you ever challenged in thinking about how race impacts you in the workplace or personal life? Have you considered how race has played a role for others during the pandemic? Have you built connections with others who walk through life with different experiences than yourself?

Join us for an in-depth and critical conversation to begin to unpack how race affects outcomes for families. We will also, through conversation, potentially challenge current

norms and reflect on our need to be more thoughtful and inclusive. Learn the distinct ways diversity, equity and inclusion are uniquely different but necessary to increasing intentional engagement. This session will allow participants to go on a personal reflective journey while gaining some unique tools to more effectively serve ALL families.

Learning Objectives

Participants in this session will:

- Discuss the impact of COVID-19 on families as it relates to race
- Define some key terms for foundational purposes of conversation
- Learn the critical difference between equality and equity
- Engage and potentially challenge core beliefs about diversity, equity and inclusion
- Expand thoughts and critically consider the impacts of race on the many facets of daily living
- Consider the potential challenges our aging population may encounter

Lisa Kennedy is a Family Peer Support Specialist with the York County Department of Human Services in York, PA. She has been serving families in this role for over three years and remains focused on working with families for over 25 years. Lisa transitioned from the corporate world of hospital administrative management into human services when she became a foster parent many years ago. Through her time learning the needs of her children and serving others, Lisa has successfully created several programs to serve families in meaningful ways. The Parent Network Series is a training arm of her FPSS role, which informs families on navigating systems and empowers them with tools to make the best choices for their families. In addition, the state of Black and Brown mental health is fast becoming some of the most rewarding work in intersecting the world of mental health and all systems to focus on the impact of communities of color specifically.

FR04 – Serving Latino Seniors at Such a Time as This

Health inequities and disparities have existed among vulnerable populations for many years. The pandemic has brought the social determinants of health into sharper focus for seniors in general. This workshop will highlight experiences Latino seniors. Synergies to support successful aging in place and better care with sustainable resources for older adults will be discussed. The interaction of physical health and mental health will be explored to provide ways to improve the well-being of older adults.

Participants who attend this workshop will:

- Recognize areas of overlap and opportunities for communication/cooperation between those caring for older adults in the community
- Explore innovative/hybrid approaches in serving vulnerable populations and available resources that are being implemented as a result of the pandemic
- Discuss tools to help us recognize and address health issues including depression, anxiety, and memory loss in older adults
- Understand the importance of the annual Medicare Wellness Visit

Hector Colón-Rivera, MD, CMRO, Board Certified in General Psychiatry and Neurology, Addiction Psychiatry, & Addiction Medicine, APM Medical Director www.apmphila.org UPMC Attending Physician and Telemedicine Clinical Advisor for the Department of Drug and Alcohol for the State of PA, President of the APA Hispanic Caucus. Dr. Colón-Rivera is a distinguished quadruple board-certified adolescent, adult, and addiction psychiatrist in the Pennsylvania medical community. He has broad experience in community-based programs, emphasizing those that help increase access to severe mental illness and substance use disorders treatments in minorities.

He is the Medical Director of the Asociación Puertorriqueños en Marcha, Inc Behavioral Health Program (APM), a non-profit organization dedicated to improving Hispanic communities' quality of life through direct behavior and substance use disorder services in the Philadelphia region. APM has functions related to education, health, human services, and community, foster homes, & economic development

Robert J. Motley, MD, MHCDS, Ellen M and Dale W Garber Professor of Family Medicine, Vice Chair, Community Medicine, Director, Physician Shortage Area Program, Department of Family & Community Medicine - Thomas Jefferson University & Sidney Kimmel Medical College.

Dr. Motley is a family medicine doctor in Philadelphia, Pennsylvania and is affiliated with Jefferson Health-Thomas Jefferson University Hospitals. He received his medical degree from Sidney Kimmel Medical College at Thomas Jefferson University and has been in practice for more than 20 years.

Yawei Song, MSW, Project Manager, Community Outreach and Engagement, Sidney Kimmel Cancer Center (SKCC) - Jefferson Health. Ms. Song received medical training in China and completed a Master of Social Work degree at the University of Pennsylvania. She is passionate about addressing social determinants of health and improving access to healthcare services for marginalized communities.

Registration Fees

The cost for all two-hour 2022 conference sessions will be **\$40.00**. The cost for the one-hour plenary sessions will be **\$20.00**.

Registration Deadlines

You must register ONLINE any time from August 26th through the day of your session(s). Credit card payments may be made right on the registration site. If your agency historically pays by check, there is a place to do that on the registration site as well. Please contact Tom Shea to make arrangements.

thomas.shea@pcacares.org

To register on-line, please go to:

<https://pca-regional-conference-on-aging-2022.coursestorm.com>

Cancellation Policy

Your registration fees, less a \$15.00 administrative fee, will be refunded for cancellation requests received in writing by **September 19, 2022**. 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 2021 Regional Conference on Aging.

MASKS WILL BE REQUIRED FOR EVERYONE ENTERING THE BUILDING!

If you are feeling sick, please stay home. Payments will be refunded. Let's be safe!