



# 2023 PHILADELPHIA CORPORATION FOR AGING REGIONAL CONFERENCE ON AGING

OCTOBER  
**24-26**  
2023

**PCA**  
**642 North Broad Street**  
**Philadelphia, PA 19130**

*An in-person conference*



PHILADELPHIA CORPORATION FOR AGING

## INTRODUCTION

**The 2023 Regional Conference on Aging, presented by Philadelphia Corporation for Aging, will be an in-person event again this year. All sessions will be presented at PCA's offices – 642 North Broad Street, October 24<sup>th</sup> – 26<sup>th</sup>, 2023.**

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 for all other sessions will be \$40.00 each.**

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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**

Independent Consultant

**Lois Hayman-El, MSW, LSW**

Philadelphia Corporation for Aging

**Connie Jones, RN**

Philadelphia Corporation for Aging - Retired

**Wanda Mitchell, MSW**

Philadelphia Corporation for Aging

**Susan Meyer, MSW**

PCA Care Connections

**Margaret Stevens, MSW**

Main Line Health

**Carin A. Tinney, MSW**

Bucks County Area Agency on Aging

**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
- Aging-in-Place
- Public Policy and Public Entitlements
- Social Determinants of Health
- Veterans and Homelessness, 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**:

**TU06** – Diversity, Equity and Inclusion

**TU07** – LGBTQ+ in the BIPOC (Black, Indigenous, People of Color) Communities

**TU08** – Non-Traditional Models of Primary Care for Adults 65 and Older

**TU09** – Trauma – The Body Keeps Score

**WE01** – Aging-in-Place Implementing a Naturally Occurring Retirement Community (NORC)

**WE02**– Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue

**WE03** – Activating Allies: Creating Excitement Around LGBTQ Inclusion

**WE04** – Neurological Disorders: Racism, Research and Resources

**WE05** – Aging Women Prisoners Returning to the Community

**WE06** – Preparing Caregivers to Preserve the Future Health of Older Adults

**WE07** – Aging-in-Community: Toward Innovative Solutions for Improved Access to Services

**WE08** – Trauma-Informed Care for Difficult-to-Engage Family Caregivers

**WE10** –Understanding Trauma-Informed Care

**TH01** – Using Oral History to do Assessments

**TH02** – Victim Services – What Every Aging Professional Needs to Know

**TH03** – Is It a Senior Moment or Alzheimer’s Disease?

**TH04** – Dementia Care Management Over the Next Decade: Focus on Caregivers NOW

**TH05** – Social Determinants of Health: Focus on Homelessness, Financial Issues and Health

**TH06** – Understanding Health Disparities and Finding Community Solutions

**TH07**– Veterans and Homelessness – Addressing Behavioral Health Issues

### Nurses

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

**TU06** – Diversity, Equity and Inclusion

**TU07** – LGBTQ+ in the BIPOC (Black, Indigenous, People of Color) Communities

**TU08** – Non-Traditional Models of Primary Care for Adults 65 and Older

- TU09** – Trauma – The Body Keeps Score
- WE01** – Aging-in-Place Implementing a Naturally Occurring Retirement Community (NORC)
- WE02**– Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue
- WE03** – Activating Allies: Creating Excitement Around LGBTQ Inclusion
- WE04** – Neurological Disorders: Racism, Research and Resources
- WE05** – Aging Women Prisoners Returning to the Community
- WE06** – Preparing Caregivers to Preserve the Future Health of Older Adults
- WE07** – Aging-in-Community: Toward Innovative Solutions for Improved Access to Services
- WE08** – Trauma-Informed Care for Difficult-to-Engage Family Caregivers
- WE10** –Understanding Trauma-Informed Care
- TH01** – Using Oral History to do Assessments
- TH02** – Victim Services – What Every Aging Professional Needs to Know
- TH03** – Is It a Senior Moment or Alzheimer’s Disease?
- TH04** – Dementia Care Management Over the Next Decade: Focus on Caregivers NOW
- TH05** – Social Determinants of Health: Focus on Homelessness, Financial Issues and Health
- TH06** – Understanding Health Disparities and Finding Community Solutions
- TH07**– Veterans and Homelessness – Addressing Behavioral Health Issues

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.

### 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(s) you are attending offer CEUs – either for Social Work or Nursing.

**CEU Costs: CEUs are being provided at no cost to participants again this year.**

### **Registration Payment for 2023 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 [Thomas.shea@pcacares.org](mailto:Thomas.shea@pcacares.org) to make arrangements to do so. The cost per session this year is only \$40.00 for each 2 hour or 2.5 hour session and \$20.00 for 1 hour plenary sessions.

**Free parking** will be available, on a first-come basis, in PCA’s lot on 15<sup>th</sup> Street. From BROAD St., proceed west on NORTH Street (one way) for one block. At the stop sign at 15<sup>th</sup> Street, go left, then a right into the chain-link fenced in parking lot on 15<sup>th</sup> 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://register.gtrnow.com/2023PCARegionalConferenceonAging>

### INDIVIDUAL REGISTRATIONS

**Step 1.** Enter your e-mail address and click “sign in”. **Each person registered must have their own e-mail address.** This identifier will generate the QR code that will be sent to you just prior to the conference and used to print out your badge at the Conference Registration Desk.

**Step 2.** Choose your registration type from the drop down menu. Complete the rest of the registration information. Click “next” when finished.

**Step 3.** Choose the session(s) you wish to register to attend each day, **choosing only one session per time slot.** Click “next” at the bottom of each page. The maximum number of sessions for Tuesday is two (2). Wednesday and Thursday the maximum is three (3).

**Step 4.** You will be asked if you wish to register additional person. Choose your answer from the drop down, then click “next”.

**Step 5.** You will be asked to enter a promo code if you have one. Your Supervisor or Manager will have the appropriate code for your registration. If this is a “General Registration” no promo code is required.

**Step 6.** 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 invoice to the address below.

### GROUP REGISTRATIONS

**Step 1.** if registering multiple staff members, **each person registered must have their own e-mail address.** This identifier will generate the QR code that will be sent to all registrants just prior to the conference and used to print out their badge at the Conference Registration Desk. The first person in the group that registers will also receive the **Group Invoice.** Please be sure to give that to you Manager or Center Director.

**Step 2.** Choose your registration type from the drop down menu. Complete the rest of the registration information. Click “next” when finished.

**Step 3.** Choose the session(s) the first person wishes to register to attend each day, **choosing only one session per time slot.** Click “next” at the bottom of each page. The maximum number of sessions for Tuesday is two (2). Wednesday and Thursday the maximum is three (3).

**Step 4.** You will be asked if you wish to register additional person. Choose your answer from the drop down, then click “next”.

**Step 5.** When finished, you will be asked to enter a promo code if you have one. If this is a general registration, you may skip this question and move on the “payment method”. If you have had a payment code in past years, check with your Manager or Agency Director to acquire it.

**Step 6.** For payment method, choose Invoice (if your agency typically pays with a check) or credit card and fill in all the required fields.

**Step 7.** 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 invoice to the address below.

Philadelphia Corporation for Aging  
642 North Broad Street  
Philadelphia, PA. 19130  
**Attn: Tom Shea – 2023 Regional Conference**

Feel free to contact Tom Shea at [thomas.shea@pcacares.org](mailto:thomas.shea@pcacares.org) if you have any questions.

## 2023 PCA Regional Conference on Aging

**Tuesday:      Panel of Pundits – 9:30 AM – Noon**  
**Sessions 6-10: 1:30 PM – 3:30 PM**

**Wednesday - Thursday:      General Session: 9:00 – 10:00 AM**  
**Sessions 1-5: 10:15 AM – 12:15 PM**  
**Lunch: 12:15 – 1:30 PM**  
**Sessions 6-10: 1:30 PM – 3:30 PM**

CODE	SESSION TITLE	PRESENTER(S)
TU01	The Panel of Pundits Discuss Aging Issues	Jean Accius, PhD; Robert Blancato; Rich Browdie; Nora Dowd-Eisenhower; Brian Duke; Secretary Jason Kavulich; Teresa Osborne; Robert Torres
TU06	Diversity, Equity & Inclusion	Chris Bartlett; Michelle Davis; Sherry Thomas
TU07	LGBTQ+ in the BIPOC Communities	Matthew A. Myrick, PhD, LSW; Shana Williams, MHS
TU08	Non-Traditional Models of Primary Care for Adults 65 +	Neil Patel, MD
TU09	Trauma: The Body Keeps Score	Sharon D. White, MSS, LCSW
WE-GEN	The Future of Healthcare: Meeting Population Health Needs for Philadelphia and Beyond	Jermaine Bromell, MBA
WE01	Aging In Place: Implementing a Naturally Occurring Retirement Community (NORC)	Liliana Barbour; Brenda Edelman; Naadiya Muhammad; Michael Priole
WE02	Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue	Nora Brier; Jane Eleey; Lynette M. Killen
WE03	Activating Allies: Creating Excitement for LDBTQ Inclusion	Terri Clark; Linda Marucci
WE04	Neurological Disorders: Racism, Research and Resources	Molly Cincotta, MD; Wendy Lewis, MNPL; Frederica Waugh; Lance Wilson
WE05	Aging Women Prisoners Returning to the Community	Ivy Johnson; Reuben Jones
WE06	Preparing Caregivers to Preserve the Future Health of Older Adults	Dr. Jerry Johnson; Dr. Leslie Carson; Dr Joshua Uy; Wanda Mitchell
WE07	Aging-in-Community: Toward Innovative Solutions for Improved Access to Service Delivery	Kristin Kingery
WE08	Trauma-Informed Care for Difficult-to-Engage Family Caregivers	Barry Jacobs, PsyD
WE09	PDA's Master Plan for Older Adults	Kevin Hancock
WE10	Understanding Trauma-Informed Care	Jessica Molavi, BS, MA, ACRPS
TH-GEN	Age Futurism – Lessons Learned from Afro-Futurism	Dr. Norma Thomas; Dr. Raina J. Leon
TH01	Using Oral History to do Assessments	Dr. Norma Thomas; Dr. Raina J. Leon
TH02	Victim Services – What All Aging Professionals Needs to Know	Brendan Corbalis, ESQ.; Megan Flanagan, MSW; Mariel Lorenz; Jen Norman; Pam Walz, Esq.
TH03	Is it a Senior Moment or Alzheimer's Disease?	Cherian Verghese, MD, MRCPsych
TH04	Dementia Care Management over the Next Decade: Focus on Dementia Caregivers NOW!	Joel E. Streim, MD; Paula DeFrancis, MSW; Elizabeth Grecco, MSW; Brena Hong, LSW
TH05	Social Determinants of Health: Focus on Homelessness, Financial Issues and Health	Rebecca Brown; Velma Carter-Dryer; Max Holdsworth
TH06	Understanding Health Disparities and Finding Community Solutions	Linda K. Shumaker, RN-BC, MA
TH07	Veterans and Homelessness – Addressing Behavioral Health Issues	Sonyaa Kitchen; William McBride; The Honorable Patrick Murphy



Tuesday, October 24, 2023

9:30 AM – Noon

## Conference Kickoff

### TU01 – The Panel of Pundits Discuss Aging Issues

2023 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:

- 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?

**Jean C. Accius, PhD** is an accomplished leader and innovator in health equity, longevity, health systems transformation, and building equitable systems.

As President & CEO of CHC: Creating Healthier Communities, Jean is dedicated to breaking down the barriers to health so communities may thrive. Dr. Accius has a proven record of accomplishment of collaborating across public, private, and nonprofit sectors.

Prior to CHC, Dr. Accius served with the Centers for Medicare & Medicaid Services plus spent 15+ years at AARP, most recently serving as SVP of International Affairs and Global Thought Leadership. Dr. Accius has been widely recognized: Next Avenue’s Influencer in Aging Award (2020); Black Enterprise magazine’s Modern Man of Distinction (2018); Florida State University’s Distinguished Black Alumni of the Year (2021); Fast Company Impact Council since 2021.

He is a sought-after author and speaker; featured in The New York Times, The Boston Globe, Forbes, TIME Magazine and Politico. He has facilitated sessions at the World Economic Forum in Davos and engaged leaders at the United Nations. Under his leadership, his previous team’s Growing with Age program, was recognized by Fast Company World Changing Ideas.

**Robert “Bob” Blancato** has long been recognized as a national policy advocate on behalf of older adults. Currently, he is the President of Matz Blancato and Associates. In that capacity, he serves as the Executive Director of the National Association of Nutrition and Aging Services

Programs, the National Coordinator of the bipartisan 3000-member Elder Justice Coalition, and the National Coordinator of the Defeat Malnutrition Today coalition. Bob's prior work history includes 17 years as a staffer in Congress mostly on the House Select Committee on Aging and an appointment by President Clinton to be the Executive Director of the 1995 White House Conference on Aging, one of four he has participated in. He is a member of the Senior Executive Service.

As a volunteer, he currently serves on the National Board of AARP and the AARP Foundation and the board of the National Hispanic Council on Aging. In 2019, he 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. Bob has won numerous awards for advocacy, including the 2021 the American Society for Aging's ASA Hall of Fame Award. In July 2023, Bob was awarded the Jack Ossosky Award from Generations United, its highest advocacy award.

**Richard Browdie** retired from the role of President and CEO of the Benjamin Rose Institute on Aging, a nationally recognized leader in service, research and advocacy addressing issues of aging. Immediately before joining Benjamin Rose, he served as Pennsylvania's Secretary of Aging and Executive Director of the National Association of Area Agencies on Aging. He also served at the PA Department of Aging as Deputy Secretary and as an executive at two Area Agencies on Aging in Pennsylvania.

He recently served as Chairman of the Board of the National Council on Aging, is a Past-President of the American Society on Aging, recently ended his term as Chair of ASA's Generations Editorial Board. He is a Fellow of the Gerontological Society of America and a Visiting Executive Fellow at GSA and is a member of the US Veterans Administration's Geriatrics and Gerontology Advisory Committee. Browdie currently is consulting with organizations in the field.

**Nora Dowd-Eisenhower** serves as the Executive Director of the Mayor's Commission on Aging in Philadelphia. Prior to her current position, she directed the pro bono project at Senior LAW Center, and before that she directed the Office of Older Americans at the Consumer Financial Protection Bureau in Washington, DC. Nora was also VP for Economic Security at the National Council on Aging.

She served as the Secretary of the Pennsylvania Department of Aging from 2003-2009, where she managed PACE, the senior pharmacy program, and an extensive network of aging services, including a diverse array of home and community-based programs. She also served as the AARP Pennsylvania State Director. She began her career with the Pennsylvania Attorney General in the Consumer Protection Division. She graduated from the Antioch School of Law in Washington, DC. She currently lives in Philadelphia, Pennsylvania.

**Brian Duke, MBE, MHA, FCPP** is an advisor and consultant collaborating with individuals, organizations, government, and communities to foster effective strategies to improve the care of older adults through population health strategies, the support of family caregivers, and community partnerships. He was previously System Director, Senior Services at Main Line Health, a hospital-based health system in suburban Philadelphia, PA. In that position he joined with colleagues to create and implement age friendly health system strategies to improve the care of older adults across the continuum of care.

Before this, he was Secretary of the Pennsylvania Department of Aging. During his term of service, the Family Caregiver Support Act was signed into law and the Pennsylvania State Plan for Alzheimer's Disease and Related Disorders was created. 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.

He is President of the Eastern Pennsylvania Geriatrics Society, Chair of the American Society on Aging Legacy Corps and President of the Advancing States Alumni Leadership Association. Mr. Duke serves as a Board Member with Penn Asian Senior Services, Generations online, Together for West Philadelphia and the University of Scranton Alumni Advisory Board. He is a Fellow of the College of Physicians of Philadelphia.

**Secretary Jason Kavulich** brings 24 years of experience within the human services field to the mission of serving and advocating for Pennsylvania's 3.4 million older adults aged 60 and over. In May 2023, he was unanimously confirmed by the Senate of Pennsylvania to serve as Secretary of Aging. Before being nominated by Governor Josh Shapiro, Jason was the Lackawanna County Area Agency on Aging director. Jason's hands-on experience at the local human services level provides a critical perspective to supporting a 52-agency aging network covering 67 counties where services are delivered locally across diverse populations and geographies.

Secretary Kavulich is committed to leading and advocating for an aging network of quality, sustainable programs that support Pennsylvania's growing older adult population to stay healthy and active, age in their home settings of choice, thrive in their older years with safety and dignity, and contribute to the economic, social, and cultural vibrancy of our communities across the commonwealth. The Shapiro Administration's early, bold action on behalf of older adults has already been reflected in the development of a 10-year master plan to improve the infrastructure of aging services, and in the state's budget for 2023-24, which has delivered increases for in-home services, senior centers, and the largest tax break for older adults in nearly 20 years.

**Teresa Osborne** serves as the Director of State Advocacy for AARP Pennsylvania. Before joining AARP, Ms. Osborne was Chairperson of the Pennsylvania Civil Service Commission and served as Pennsylvania's 10th Secretary of Aging from 2015-2018. While earning her Bachelor of Social Work degree from Marywood University, she began her human services career as a care manager for Meals on Wheels of Northeastern Pennsylvania.

She then earned her master's in health services administration and went on to serve as Executive Director of the Lackawanna County Area Agency on Aging and the Executive Director of the Lackawanna County Department of Human Services, overseeing the county's departments of aging, children and youth and family services, behavioral health and intellectual disabilities, and drug and alcohol programs. A native of Scranton, Osborne has spent the past three decades advocating for the protections and rights of older Pennsylvanians at the local, state, and federal levels of government.

**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, serving until 2023. 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.

**Tuesday, October 24, 2023**

**1:30 – 3:30 PM**

## **TU06 – Diversity, Equity and Inclusion**

Diversity, equity, and inclusion are three closely linked values held by many organizations that are working to be supportive of diverse groups of individuals, including people of different ethnicities, religions, abilities, genders, and sexual orientations. In the aging network these values are important as we serve internal and external customers. This workshop will address how we can improve operations in the workplace and in healthcare, and increase accessibility.

### **Learning Objectives**

Participants in this workshop will:

- Explore conscious and unconscious biases within our workplace and community
- Examine accessibility challenges that are faced by older adults who are LGBTQ+
- Discuss legal issues faced by older adults who have disabilities
- Understand generations in the workplace and embrace ways to reduce/remove the challenges

**Chris Bartlett** is a native of Cheltenham, Pa. He is a graduate of Brown University. He has been an activist concerned with fighting AIDS, promoting PRIDE, reducing isolation of older adults, advocating for end-of-life programs, combatting racism, decrying homelessness, and grooming the next generation of LGBTQ+ for many years. For the past ten years, he has been the Executive Director of the William Way Community Center (WWCC). At WWCC, he created an atmosphere of inclusion and outreach. He recently secured two critical grants setting up the Trans Resources Center and the Leadership Pipeline.

**Michelle Davis**, Chief Diversity Officer, Director of Multicultural Student Affairs - Widener University. Michelle Meekins-Davis has more than 23 years of progressive experience in higher education administration. While serving in Widener University's Multicultural Student Affairs Office, she was a primary resource and facilitator for multicultural competence, social justice, equity, and diversity related programs and workshops for students, faculty, and staff. She is currently the Chief Diversity Officer for Widener University. In that position, she is responsible for all faculty, staff, and student diversity initiatives. She is an ordained elder who serves as pastor of communications and strategic planning at Bethany Baptist Church in Chester, Pa.

**Sherry Thomas** is the Director of the Housing Initiative at Legal Clinic for the Disabled, which provides legal services throughout the Philadelphia region to low-income individuals living with physical and mental disabilities. After several years practicing in family law, domestic violence, estate planning and public benefits, Sherry now concentrates her practice on tenants' rights. She manages a team of housing attorneys who provide direct legal services while championing systemic reform through her work in the Philadelphia Eviction Prevention Project. Immediately prior to focusing her practice on housing law, Sherry worked with lawyers abroad in the fight against human trafficking. She is a graduate of the University of Pennsylvania and Temple University Beasley School of Law.

## **TU07 – LGBTQ+ in the BIPOC Communities**

Often the aging network misses opportunities to better serve Black and Indigenous People of Color (BIPOC). This workshop will acquaint participants with the unique challenges faced by older adults who identify as LGBTQ+ and are members of the BIPOC communities.

### **Learning Objectives**

Participants in this workshop will be able to:

- Verbalize key terms and statistics.
- Identify how racism and discrimination impact LGBTQ+ older people of color.
- Explain why LGBTQ+ older adult of color may have different needs and relationships with their identity
- Discuss best practices for making services more inclusive.

**Matthew A. Myrick, PhD, LSW**, brings a perspective that is testimony to the importance of advocacy for the health in our LGBTQ and the BiPOC community. A Washingtonian, Matthew has worked within the field of social services while holding a BSW from LaSalle University and a MSW from Temple University, with a focus on the medical aspects. From the role of unit social worker, to standing as a director and now professor, Matthew has been involved with the Philadelphia aging population, providing quality care and support. In 2010, Matthew entered teaching, then attained his PhD in Social work with Widener University.

**Shana Williams, MHS**, has her Masters in Human Services from Lincoln University. She is a queer Black therapist with over 15 years experience. She is the Director of Morris Home, the country's first transgender and non-binary specific inpatient substance abuse treatment program. Morris Home is part of Resources for Human Development. Prior to that she served as Associate Director and Clinical Coordinator for Allie Youth Center where she worked with LGBTQ youth and families. She has provided individual, couples, and family therapy specializing in anxiety, depression, and racial trauma. She works with individuals around gender and sexual identity. She also has a background in community mental health, substance abuse, and individuals living with HIV. Her clinical approach encompasses an intersectional awareness along with social justice lens. She takes pride in creating visibility as a Queer, Black, Fat, Femme in the community.

## **TU08 – Non-Traditional Models of Primary Care for Adults 65 and Older**

With an increasingly fragmented and complex healthcare system dominated by rushed, transactional provider visits, change is long overdue for primary care, which is why a relationship-centered primary care model rooted in empathy and personalization is transforming the healthcare experience for adults 65 and older.

In this presentation, Neil Patel, MD and Chief Health Officer at Patina, will discuss the benefits of this 'non-traditional' primary care model in more detail. Attendees will learn the nuts and bolts of how this model works and have the opportunity to hear directly from a Patina patient and caregiver, who will candidly share their journey from what they were looking for in primary care to how an approach like Patina's has successfully addressed their long-standing issues and concerns. We also will include a case worker and social worker in the discussion for a multi-dimensional perspective from various stakeholders.

Other insights from Dr. Patel and co-presenters will include:

- Discussion of how the fundamentals of primary care needs to change:
  - Relationship-based
  - Developed specifically for the needs of older adults
  - A care team built around each patient and focused on the whole person
  - Convenient to the patient, not necessarily the PCP
  - A cohesive, personalized experience
  - Easy access and ongoing communications between patients and providers
- The roles patients, their families and loved ones play in managing their care
- A dive into the technology used to monitor and care for patients from the comfort of their home – or wherever they are

- The resulting impact: increased touchpoints, decreased time to appointments, an overall improved quality of life and a more satisfying experience

This presentation will enlighten attendees about what is possible for primary care and how they can bring new models to their stakeholders, helping them live and age with the dignity they deserve.

**Neil Patel, MD.** As Chief Health Officer for Patina, Neil is responsible for the care Patina provides its patients and their loved ones. Dr. Patel is proud to be a part of a team building a new model of primary care for adults 65+ that honors the wisdom they have accumulated and how they want to experience aging and care.

Prior to joining Patina, Neil was on the founding team of Iora Health, a physician-led primary care company that served tens of thousands of patients in eight states until a \$2.1 B acquisition by One Medical and subsequently Amazon.

## **TU09 – Trauma – The Body Keeps Score**

According to SAMHSA (Substance Abuse and Mental Health Services Administration), research has shown that traumatic experiences are associated with both behavioral and chronic physical health conditions ([www.samhsa.gov](http://www.samhsa.gov)). Therefore, it is critical that professionals working in human service and aging fields understand what trauma is and its impact on those who they provide services to. This workshop will provide a safe place to educate the attendees on the nature of, key concepts and facts on trauma. It is also our hope that attendees will learn appropriate ways to engage and interact with persons who have experienced trauma with the goal of not retraumatizing them.

### **Learning Objectives**

Participants in this workshop will be able to:

- What trauma is?
- The relationship between trauma and physical health conditions.
- The impact of trauma on individuals, families/support systems and communities.
- The difference between trauma therapy and trauma informed care.
- Tips on engaging with persons who have experienced trauma.

**Sharon D. White, MSS, LCSW**, is Director of Clinical Bases Services for Merakey since 2021. Before 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.

Wednesday, October 25, 2023

9:00 AM – 10:00 AM

WE-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' Department 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. 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**

## **WE01 – Aging in Place: Implementing a Naturally Occurring Retirement Community (NORC)**

A Naturally Occurring Retirement Community is a geographic area where a large population of older adults live independently.

A NORC is not a planned community, rather a population that has aged in the same area over the years and is now facing a variety of challenges including access to transportation, maintaining minor home repairs, and staying connected in their community.

The NORC @ JFCS is a fee-based membership program for individuals 60 and over within the Northeast Philadelphia zip codes of 19111, 19114, 19115, 19116, 19149 and 19152. More than 65,000 of Philadelphia's older adults live in this area. The NORC helps members live safely and sustainably in their own homes with supportive services and interventions.

NORC team members will explain more about what a NORC is and how it functions. Each team member will present information on the specific services they coordinate for the clients that are members of the NORC @ JFCS.

### **Learning Objectives:**

Participants who attend this workshop will:

- Learn how a NORC facilitates aging in place.
- Understand the various ways a NORC functions in a community setting.
- Gain knowledge of how to refer clients to the NORC @ JFCS.

**Liliana Barbour, MPH**, is a care manager and program coordinator for older adults at Jewish Family and Children's Service. Liliana has worked in the non-profit realm for over 12 years, providing guidance and assistance in housing and public benefits for underserved populations and creating and coordinating programs to serve the community.

In her role at JFCS Liliana provides services to older adults in Northeast Philadelphia, with the goal of helping clients age safely in their homes, aiding and access to resources and coordinating the various facets of the NORC services including care management, home repair, transportation, and socialization. Liliana also serves as chair for The NORC Community Advisory Committee.

**Brenda Edelman, MSS, LCSW** is a clinical social worker with extensive experience in working with older adults, individuals and families faced with chronic illness and disability. Her clinical background includes employment at Magee Rehabilitation Hospital, ALS Association and is currently at Jewish Family Children's Service as the Director of Older Adult services. Brenda has worked with interdisciplinary teams to assure comprehensive services and resources to patients and caregivers. Her skill set includes providing clinical supervision to staff, counseling and facilitating support groups to a variety of populations. Brenda has presented at numerous conferences and is an annual lecturer at Arcadia University for DPT candidates. Her passion is to advocate for services and resources for all clients.

**Naadiya Muhammad** has dedicated nine years of her professional career to the transportation industry, displaying her expertise in various roles. Naadiya possesses an extensive knowledge of industry regulations, safety protocols, and best practices. Her organizational skills and attention to detail led her to a dispatcher coordinator position at the School District of Springfield Township after gaining valuable experience as a driver. Currently, she is the Transportation Manager for Jewish Family and Children Services. She provides concierge transportation services to clients that are members of the NORC. As transportation manager, she oversees all aspects of the department and provides direct client assistance. Naadiya is keenly aware of the special needs of older adults and enjoys working with that population.

**Michael Priole** is a Certified Home Inspector that has been working in the community with older adults for 8 years. His background includes experience in electrical, plumbing and minor home repair maintenance for over fifteen years. In his role with the NORC, Michael makes daily home visits to ensure clients' needs are met. He also recruits community based certified contractors to support clients who require more major repairs. He oversees these repairs to ensure the work is done correctly. He participates in the NORC Advisory Committee to learn more about the needs of older adults in the community. Michael enjoys working with and helping the older adult population. He feels like his role makes an impact and enhances older adults' safety and quality of life in their homes.

## **WE02 – Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue**

Loneliness and social isolation are risk factors for mental health issues (ex. anxiety, depression...) in older adults. Therefore, the importance of defining, identifying, and addressing these issues is important to both the provider and elder community.

This presentation will be didactic and participative and will include a case study of an elder Philadelphia resident living in the community. Information on interventions will be shared. Interventions may also address other quality of life issues - like food insecurity.

### **Learning Objectives**

Participants in this workshop will be able to:

- Describe age-related loneliness and social isolation.
- Understand impact and inter-connections of social determinants of health and the pandemic on loneliness and social isolation
- Integrate a lens of loneliness and social integration in your assessment and care management practice.
- Identify interventions to address loneliness and social isolation.

**Nora Brier, Psy.D.** is an Assistant Professor of Clinical Psychiatry at the Center for the Treatment and Study of Anxiety (CTSA) in the Perelman School of Medicine at the University of Pennsylvania. Clinically, Dr. Brier is certified in Prolonged Exposure (PE) for PTSD and Exposure and Response (Ritual) Prevention (EX/RP) for OCD and has extensive experience working with individuals across the lifespan with OCD, PTSD, and comorbid anxiety and depressive disorders. Additionally, Dr. Brier has worked extensively with tic disorders, excoriation (skin picking), trichotillomania, and body dysmorphic disorders, and has extensive experience working with adolescents and adults with comorbid emotion regulation difficulties. Dr. Brier’s research interests include the intersection of PTSD and OCD in women, illness anxiety in adults, and the dissemination of evidence-based exposure therapy in the community

**Jane Eleey** is the Executive Director of Penn's Village in Philadelphia, where she directs and coordinates all operations of small, innovative central Philadelphia community-based, volunteer-led organization in which neighbors help neighbors to “age in place”. She Manages service-delivery, membership, volunteers, fund-raising, outreach, committees, and part-time staff.

**Lynette M. Killen** is Executive Director of The Sarah Ralston Foundation, a nonprofit foundation whose mission is to support and enhance the quality of life of vulnerable and underserved older adults residing in Philadelphia. Before transitioning to the Foundation, Killen was Executive Director of the Ralston Center. Prior to the Ralston positions, she was CEO of Chandler Hall Health Services, Inc., a long-term-care residential community and hospice. Previously Killen held four nonprofit leadership roles. She also consulted in the aging and social services field and advises Trumbower Hospital Foundation. As her career developed, Killen earned three master’s degrees. Killen has served on boards and currently is a board member, vice president, and chair of the governance committee at ElderNet of Lower Merion and Narberth. She is also a volunteer for the Inter-Faith Hospitality Network.

### **WE03 – Activating Allies – Creating Excitement Around LGBTQ+ Inclusion**

Many organizations have started training their staff on LGBT inclusion, while also changing various policies and programming to be more inclusive – what is the role of non-LGBT staff and constituents in promoting this important work? How can allies (people who are not LGBT but support LGBT people) help to create more inclusive organizations? Join a group of LGBT advocates and allies as we discuss how to be an effective ally, creating buy-in for training and changing policies, and working with ally older adults to make them change agents for LGBT inclusion.

By participating in this workshop, attendees will:

1. Describe concrete strategies for discussing LGBT inclusion with non-LGBT people, including responses to common pushback and frequently asked questions.
2. Communicate that LGBT inclusion benefits everyone in the community, not just LGBT residents.

**Terri Clark, MPH**, is an accomplished public health advocate, trainer, program planner, and facilitator with 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. 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.

**Linda Marucci** is the Center Counselor at Southwest Senior Center. She helped the center host the first PRIDE Day celebration at a senior center in 2016. The success of that event sparked an LGBTQ+ and Allies support group.

She is currently working with PCA in forming an Advisory Council for LGBTQ+ older adults. She hopes that other agencies and organizations can partner with PCA to enhance the lives of LGBTQ+ older adults.

## **WE04 – Neurological Disorders: Racism, Research and Resources**

Neurological disorders have a significant impact on minority communities. Parkinson's Disease and Alzheimer's Disease are two examples which will be discussed in this workshop. Often the African American community does not know that symptoms of dementia can manifest themselves in neurological diseases like Parkinson's Disease.

### **Learning Objectives**

Participants in this workshop will learn:

- Current information about research resources.

- The latest information about treatment modalities.
- The effects of racism on access to diagnosis and treatment.

**Molly Cincotta, MD**, is a board-certified neurologist and movement disorders specialist from Temple University, where she treats patients with disorders such as Parkinson's Disease, tremors, and dystonia. In addition to her clinical work, she serves as the Clinical Course Director for Neurosciences and Basic Anatomy for students at the Lewis Katz School of Medicine, where she strives to demystify neurology and engender compassionate curiosity in her students. With the help of her colleagues in neurology and neurosurgery, she is building a comprehensive Deep Brain Stimulation program and Neurodegenerative Center with the goal of providing high-quality subspecialty care to the North Philadelphia community and beyond. She is passionate about health education to promote collaborative, patient-centered healthcare.

**Wendy R. Lewis, MNPL**, has over 30 years of experience in the nonprofit sector and 13 years as the CEO of the Parkinson Council. The Parkinson Council, a nonprofit organization, makes financial investments in the Philadelphia region for comprehensive Parkinson's care, education, research, outreach, and quality-of-life programs and services for families impacted by Parkinson's. Wendy and collaborative partners at Jefferson, Penn, Temple, VA, and Cooper launched DIVERSITY PD (Delaware Valley Endeavor for Racial Solidarity in Parkinson's disease) in mid-2020 to create a barrier-free pathway for high-quality Parkinson's care for communities of color. Faith-based partners Salem Baptist Church and Enon Tabernacle Baptist Church later joined the effort to help the group build trust within our most historically vulnerable communities.

**Lance M. Wilson, MSS, LSW, C-SWHC, ASW-G**, is a Neuroscience Medical Social Worker who works with patients, families, and care partners impacted by the diagnoses of movement disorders, such as Parkinson's Disease. Lance works to provide education, assistance navigating healthcare systems, information about benefits, etc. Lance has the skill set to assess patient/care partner dynamics – intervening (as necessary), assisting individuals with building a care team, referring to community/national resources, and conducting brief therapy. Lance acts as a support and guide throughout the course of the disease. Lance has worked professionally in the medical, mental health, and public health fields for over 10 years and is often asked to speak on several topics in both academia and the community. Currently, Lance is pursuing his clinical supervision for his licensure in clinical social work (LCSW) and is currently a Ph.D. student of Social Work at Widener University's College of Health & Human Services where he hopes to add to the research informing best practices for working with individuals within and that work with the Parkinson's community.

**Fredericka Waugh, MSW**, is a successful professional who has worked in non-profit, faith-based, and academic settings. She has used her skills in family therapy, bereavement, suicide, gerontology, sexual orientation, and end of life issues. Before retirement, Fredericka worked over 15 years at the Alzheimer's Association Delaware Valley Chapter, ending her role as the Director of Diversity, Equity, and Inclusion.

## WE05 – Aging Women Prisoners Returning to the Community

Older women who are returning to the community after incarceration face unique challenges. They need support to find resources that will enable them to navigate and manage environments that have changed. This workshop will address the challenges encountered by women who are reintegrating with society. Participants will understand the importance of empowering them to become responsible, economically self-sufficient and contributing members of the community.

### Learning Objectives

Participants in this workshop will:

- Examine unique challenges of establishing safety net issues
- Explore the impact of health issues
- Understand the efforts to resist recidivism

**Reuben Jones**, a Philadelphia native and Lincoln University graduate, is an individual of remarkable success and determination. As the current Executive Director of Frontline Dads Inc., Reuben provides mentorship, leadership development, and comprehensive support to at-risk youth, single fathers, and formerly incarcerated citizens. His advocacy for social justice covers gun violence, voting rights advocacy, bail reform, criminal justice reform and other humanitarian efforts. Through his philanthropy and advocacy, Reuben has provided a sense of grounding for many individuals in the Philadelphia community, resulting in the receipt of several awards and accolades.

**Ivy Johnson**, Outreach Coordinator for SWAG (SISTERS WITH A GOAL) Our goal is to interrupt violence, end racial disparities, address women's health care issues & support women who are both currently & formerly incarcerated. She is a Certified Psychological First Responder, SERV Safe Certified & a Community Activist Against Gun Violence, whom has earned a Senatorial Award for doing so. She spent 18 1/4 years in a State Correctional Facility and was released November 23rd, 2015 .She has appeared on 5 Billboards, a Monument, The New York Post & a Magazine .

Wednesday, October 25, 2023

1:30 pm – 3:30 pm

## **WE06 – Preparing Caregivers to Preserve the Future Health of Older Adults**

There's a lot of evidence-based research on the importance of establishing effective self care 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 self care or have unhealthy coping strategies? We will explore this as well as explore interactive activities to help the audience identify self care that they can put into practice.

### **Learning Objectives**

Participants in this workshop will be able to:

- Identify the importance of positive and effective self care practices
- Compare and contrast the effects of positive self care verses negative or nonexistent coping strategies on physical, mental, emotional and spiritual health
- Develop or expand their personal self care practice

**Jerry Johnson, M.D.**, Emeritus Professor of Medicine, University of Pennsylvania, is nationally recognized for expertise and leadership in aging, faculty development, and minority health care. Dr. Johnson is the former President of the American Geriatrics Society, former Chair of the Clinical Medicine Section of the Gerontological Society of America, and is currently Vice Chair of the Health in Aging Foundation, the public outreach arm of the American Geriatrics Society. As Chief of Geriatric Medicine, University of Pennsylvania from 2001-2018, Dr. Johnson led the Division to prominence in clinical care, education and research. He is past-principal investigator of a Geriatric Workforce Enhancement Program (Health Resources and Services Administration) and has been a principal or co-investigator of multiple research projects aimed at establishing health equity. As a practicing physician for over 40 years, Dr. Johnson was recognized by patients and peers for his combination of clinical excellence and compassion while caring for patients across the spectrum from acute care to nursing facility care.

**Dr. Lesley Carson** is a specialist in geriatric medicine. She has over 45 years of experience in the field. She is a graduate of Harvard University Medical School. She works at Penn Geriatric Medicine Ralston Penn Center and 5 other locations. She is affiliated with the Hospital of the University of Pennsylvania.

**Dr. Joshua Uy** is a board-certified geriatrician in Philadelphia Pennsylvania, who has been practicing for over 20 years. Dr. Uy holds affiliation with many of the area hospitals, including

Pennsylvania-Penn Presbyterian. Dr. Uy is also a fellowship program director and professor at the University of Pennsylvania School of Medicine.

Dr. Uy earned a degree in Biomedical Sciences and Doctor of Medicine with the University of Michigan Medical School. Dr. Uy Also served with the MacNeal Family Practice and held a position as a Geriatric fellow with the Robert Wood Johnson Medical School. Dr. Uy specializes in chronic diseases, cognitive loss, Alzheimer's disease, Aging and polypharmacy.

**Wanda Mitchell. MSW**, has worked at PCA for 25 years and currently serves as the Director of Community Engagement, providing leadership and direction to multiple operations within the department; the Meal Distribution Center and two PCA-owned senior centers; Southwest Senior Center and Firehouse Active Adult Center. She also provides guidance to the various teams within the department: Program Management, Health Promotion and Nutrition, Community Relations, Transportation, and the Volunteer Services' teams. Having served as a caregiver to her parents, caregiving is something Wanda holds near to her heart. She has served on several caregiving panels and recently as a panelist for the Alzheimer's Association Black/African American Caregiver Symposium.

## **WE07 – Aging-in-Community: Toward Innovative Solutions for Improved Access to Service Delivery**

Older adults (and/or their adult children) face many decisions and challenges as they age and care needs change. Where to live and the quality of that life are constrained by medical conditions, mental or physical acuity, financial resources, nutrition, geography, transportation availability, environment, and the needed and available support systems. Categories of services may be similar between individuals, however, specific service mix needs may vary significantly.

What is the optimal approach to assure the ideal mix of services and supports are easily available and accessible to the older adults that need them but may be unable to sift through the information and scheduling overload? What can be done so they can thrive rather than just survive as they age? Whether in an urban or suburban environment, regardless of financial resources, finding and deciding between options that will keep you safe, healthy, and more mentally or physically fit can be challenging for someone with cognitive decline. Shifting demographics and increased number of boomers seeking solutions may exacerbate the gaps, weaknesses, and accessibility of the service/needs continuum.

This session brings together care coordinators, navigators, and service providers to consider innovative and agile ways for the older adult to benefit from the most complete range of services regardless of financial resources or beyond medical need.



## Learning Objectives

Participants who attend this workshop will:

- Expand the vision of how to make accessible a fuller range of services that can extend the age-in-community option to older adults and adult children for whom this is a preference.
- Consider ways to develop agile client-focused service models, encouraging improved collaboration among and between providers, that includes both medical and non-medical components.
- Understand the breadth of the challenges that face older adults, the majority of whom prefer to remain living in their homes or in a chosen community setting as they age.
- Know what planning exists or should be developed for adults to plan for a retirement more fully with aging-in-community as an option.
- Understand differences and similarities beyond the stereotypes between and among urban and suburban residents and their service providers as far as accessibility, challenges and brainstorming innovative solutions that are adaptable.

The format for this workshop will be 2-3 presentations followed by facilitated discussion groups for both urban and suburban dwellers focusing on:

- Navigation/coordination models and possible adaptations to a wider base of need;
- Potential options or programs needed targeted to those in the middle financial strata (Asset-Limited, Income Constrained individuals)
- Transportation options

**Kristin Kingery** currently serves as the Chief Operating Officer for Surrey Services for Seniors, a non-profit helping older adults in Delaware and Chester Counties remain safe, healthy, and engaged in their chosen community. Her responsibilities include operational leadership for the non-medical home care department, membership, volunteers, transportation, senior programming and nutrition. She supports the facilitation and coordination of communication among members, volunteers, staff, and other relevant parties and networks in the community. Kristin also represents Surrey to prospects, donors, and potential partners. Kristin has over four decades of experience working with older adults; and 30 years in leadership positions.

Before joining Surrey, Kristin held various upper management positions at BAYADA Home Health Care and Genesis Health Care, focusing on strategic business development, operational efficiency, and talent development. Kristin is involved with several community organizations including 35 years as a volunteer for the Alzheimer's Association. Kristin has a BSW from Shippensburg University, an MSW from Temple University, a license in Social Work in the State of Pennsylvania, and has successfully completed several trainings in leadership, facilitation, people management, marketing, operational procedure, and customer service.

## WE08 – Trauma-Informed Care for Difficult-to-Engage Family Caregivers

A primary reason why some family caregivers decline aging network services is fear. Past experiences of stigma and mistreatment have made them distrust professionals and avoid them, regardless of how helpful support services might be. In this highly interactive workshop, we'll discuss applying trauma-informed care, an evidence-based approach for increasing emotional safety, to engaging family caregivers with traumatized histories. Case illustrations will be used throughout.

### Learning Objectives

Participants in this workshop will be able to:

- Describe the impact of trauma on the psychological well-being of older adults and their family caregivers
- Outline the 7 principles of trauma-informed care
- Identify means of incorporating trauma-informed care into caregiver outreach and engagement efforts
- Describe the key attributes of trauma-informed organizations.

**Barry Jacobs, PsyD**, is a clinical psychologist, author, and Principal in the Philadelphia office of Health Management Associates, a national healthcare consulting and research firm. For over 30 years, he has specialized in providing psychotherapy for individuals with chronic and serious illnesses and education about caregivers for physicians, nurses, mental health, and social service professionals. He also provides consulting to states, health plans, and provider groups about creating optimal caregiver support services. A former magazine journalist, he is the author of *The Emotional Survival Guide for Caregivers* (Guilford, 2006), coauthor of *AARP Meditations for Caregivers* (Da Capo, 2016), and writes a monthly self-help column for family caregivers on AARP.org. He has given over 700 presentations on family caregiving regionally, nationally, and internationally.

## WE09 – PDA's Master Plan for Older Adults

Kevin Hancock will be providing an overview of the Commonwealth of Pennsylvania's efforts to develop a 10-year Master Plan for Older Adults including the background for the planning efforts and a summary of some of the initial stakeholder suggestions for what should be included in the plan.

**Kevin Hancock** is a multi-faceted healthcare leader with extensive experience in broad system transformation, organizational development, team leadership, strategic planning, program evaluation, and change management.

Kevin works in the Pennsylvania Department of Aging as a Special Advisor to the Secretary and the Director for the Long-term Care Council. In that role, he is the project lead for the development of Pennsylvania's Master Plan for Older Adults. This is a 10-strategic plan designed to address barriers and improve infrastructure and services to support the enhancement of older adult and adult with disability quality of life across the commonwealth.

His prior roles included work as a Principal Consultant at Health Management Associates focused on Medicare, Medicaid, and Long-term Services and Supports. He also served as the Pennsylvania Department of Human Services Deputy Secretary for the Office of Long-term Living. In that role, he oversaw a major system transformation through the successful implementation of Community HealthChoice (CHC). The implementation of CHC in Pennsylvania is considered to be among the most successful transformations of a Medicaid program from fee-for-service to managed care in the country.

Kevin has now worked for the Commonwealth of Pennsylvania for nearly 20 years. His work history includes serving in operations and project management lead roles for multiple state agencies including the Pennsylvania Higher Education and Assistance Program, the Pennsylvania Department of Aging, the Pennsylvania Department of Community and Economic Development, and previously with the Pennsylvania Department of Human Services.

Kevin earned a bachelor's degree in political science from the University of Pittsburgh and a master's degree in industrial relations from Saint Francis University. He is currently pursuing a PhD in Administration and Leadership and the Indiana University of Pennsylvania.

## **WE10 – Understanding Trauma Informed Care**

This session will provide an overview of Trauma and offer education on what defines trauma, types of trauma, and the signs and symptoms of trauma. We will also look at the impact that trauma has on a person's development, personality, behavior, emotion regulation, perception, and relationships to others.

This will offer insight into what trauma can look like and the negative and ongoing effects this can have on interpersonal skills. The training will offer effective strategies in managing symptoms and behaviors and focus more on understanding the difference between a patient with a traumatic past who has been negatively impacted, therefore struggles with reactivity and reactions towards staff, and someone who is just being difficult and hurtful towards others.

Finally the training will work to better understand a "Healthy Helper" Model of Staff Culture. A recognition that working in healthcare can often cause vicarious trauma on staff, leading to compassion fatigue, burn out and low motivation for their work.

## Learning Objectives

Participants in this workshop will be able to:

- Increase their understanding of what trauma looks like and how it changes a person's growth and development and impacts them in their adult life - to increase compassion and regard for the population treated.
- Work to reduce frustration and reactivity to symptoms and behaviors through a better understanding of what is driving the patient's behaviors.
- Learn to be mindful of trauma triggers and how to manage responses that are unhealthy so they may feel confident in their ability to intervene and assist a patient with processing through in a supportive way
- Learn assessments to determine burn out and stress levels and better understand how to recognize if something from staff's past trauma is being triggered in their work.

**Jessica Molavi, BS, MA, ACRPS** is Clinical Manager of Specialty Services for Mirmont Treatment Center, Clinical Educator & Life Coach and Expert Witness (PA), Executive Director H.E.R.O. (Helping Emergency Responders Overcome). She began her career with Mirmont over 14 years ago as a primary clinician working directly with clients in the Inpatient setting for treatment of Substance Use Disorder, Mental Health, and Trauma. She received a specific certification as an Advanced Certified Relapse Prevention Specialist in 2011, allowing her to focus attention to those patient's struggling with Chronic Relapse Syndrome and work with the staff to build a specific program to support the treatment of relapse.

Her current role as Clinical Manager Of Specialty Services tasks her with continued oversight and program development for all specialty services including Pain Management, Trauma Services, Family Support Services, Programs for Emergency Responders, LBGTQ services and chronic relapse. She will now be available to all MLH Hospital and Program Staff to offer training and education about substance use disorders, and any related topics, such as working with the Addicted Client, Trauma and Addiction, treating relapse and Current Addiction Trends. She will also serve as a liaison for anyone in need of Behavioral Health services, and be available to support referrals, admissions, interventions, resources, and assessment for appropriate levels of care. She is available to meet with you and your staff and present a full overview of all the Behavioral Health Services available within our MLH system and provide support in any way needed. She can also provide training related to trauma informed care and/or workplace wellness or any other related topics to assist with workplace culture and superior customer service.

Thursday, October 26, 2023

9:00 AM – 10:00 AM

### TH-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 – 12:15 pm**

### **TH01 – Using Oral History to do Assessments**

This workshop will explore storytelling, narrative interviewing and other creative practices to enhance the assessment process with older adults. The presenters will use a number of experiential creative means to expand participant assessment skills including the use of poetry as well as genograms with the goal of creating clearer pictures of an older person's life that move us from a deficit perspective to a strengths-based one.

#### **Learning Objectives**

Participants who attend this workshop will:

- Learn about the concept of epigenetics and how we can use this knowledge to understand both generational trauma and its impact on older adults and generational resilience.
- Explore their genealogical trees and lineages (person, professional, spiritual, artistic) to learn how to transfer skills learned to working with older adults.
- Examine oral storytelling, narrative interviewing, poetry, and the use of other creative practices in gathering assessment information that provides a complete picture of an older adult's life which is strength-based.

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## **TH02 – Victim Services – What Every Aging Professional Needs to Know**

In 1987, the Older Adult Protective Services Act made it possible for organizations around the nation to designate resources for older adults who may be subjected to abuse, neglect or exploitation. The following year, Philadelphia Corporation for Aging (PCA) created its Older Adult Protective Services (OAPS) unit to investigate reports of elder abuse in Philadelphia. In 2018, PCA was awarded a Victims of Crime Act (VOCA) grant, creating the Victims Services Program (VSP)

The program's primary goal is to serve Older Adults who have been the victim of a crime. PCA Victim Support Coordinators are here to help victims navigate areas that include: The legal system; social services; healthcare; interpretation services; emergency assistance; shelter; food and much more. Since 2018, PCA's VSP has worked with older adult crime victims identified in approximately 400 cases.

In this session, members of the PCA's VOCA Advisory Board will explain the types of services that may be provided, ways to recognize an older adult in need of assistance, and how key members of the community work together to lower the risk of recurring victimization.

**Megan Flanagan, MSW**, has been a Supervisor at PCA for eighteen (18) months. Megan was an Older Adult Protective Services Supervisor and transitioned to the role of VOCA Victim Support Program Supervisor in June 2023. She is a graduate of the University of Pittsburgh School of Social Work. Her career has been focused on vulnerable populations.

**Mariel Lorenz** manages the elder victim services and supports program (PAVE) at the Center for Advocacy for the Rights and Interests of Elders (CARIE). The program provides elder victims of crime in Philadelphia a variety of services including informing victims of crime their rights, accompaniment at court, and counseling.

**Jennifer Norman, MPH**, has been an Assistant Director at PCA for over 18 years. Jenn began in the Long-Term Care Access Department and is now in the Older Adult Protective Services Department. Jenn is a graduate of both Purdue University and Temple University and has worked consistently in the non-profit arena.

**Pamela Walz, Esq.** is a Supervising Attorney in the Health and Independence Unit at Community Legal Services (CLS) in Philadelphia, providing representation to 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 the immediate past 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.

**Brendan Corbalis, Esq., MSW**, serves as Director, Victim Services at Senior LAW Center. He leads an incredible team of attorneys and legal advocates who provide legal assistance and support to victims of elder abuse and financial exploitation. In addition to serving older adults in Philadelphia, the team also provides extended representation in Bucks, Chester, Delaware and Montgomery counties. Dr. Corbalis is a graduate of NYU, Yale and the Villanova school of Law.



## TH03 – Is it a Senior Moment or Alzheimer’s Disease?

What tv show was that? Where are the car keys? When was that doctor’s appointment? These are questions that crop up sometimes. This presentation will discuss varying degrees of cognitive impairment and the changes that can and may take place in the brain as we age. We will discuss:

- Difference between Dementia and Alzheimer’s Disease
- Risk factors (age, race, prior health conditions)
- Role of lifestyle and health related behaviors
- Brain changes and mechanisms of Alzheimer’s Disease
- Symptoms of Early Alzheimer’s Disease (Mild Cognitive Impairment)
- Medical treatments based on the different brain mechanisms of disease
- Role of clinical trials for Alzheimer’s Disease
- Recently published data on medications to treat Alzheimer’s Disease

**Cherian Verghese, MD, MRC Psych (UK)** is a physician-investigator, who has dedicated his career to developing new medications to treat neuropsychiatric disorders. After his medical degree in Bombay, India, he completed training in Psychiatry and Neurology, and received Board Certification in India, UK and USA. The early part of his career at the Medical College of Pennsylvania was in academic psychiatry, with a Fellowship in Psychopharmacology Research, funded grants and publications in peer-reviewed journals on the neuroendocrinology of polydipsia-hyponatremia in persons with schizophrenia. He served as Inpatient Director and Associate Chair of psychiatry at the Albert Einstein Medical Center in Philadelphia.

He founded Keystone Clinical Studies (KCS) in 2003 as an independent clinical trial site with his brother Tom Verghese as co-founder and continued to grow the site after Tom passed away in 2019. He has been the Principal Investigator on 114 clinical trials to date. KCS has been instrumental in the FDA approval of medications in 10 different indications, and worked on many more compounds that did not make it to approval. KCS has an excellent team of clinical trial professionals and is now a highly regarded clinical trial site, with Catalyst Site and Partner Site status with major CROs, Syneos Health and IQVIA, respectively.

Dr Verghese is deeply involved in the science behind clinical trial methodology and execution, to help make drug development more efficient and focused on the needs of patients and doctors who would use these medications. He is a founder member of CNS Summit and was honored for 10 years of contribution to this society. He works on the Scientific Advisory Group for Syneos, which helps to refine clinical trial protocols before implementation. He is a respected attendee and contributor at major international meetings like CNS Summit, ISCTM, AAIC, CTAD and ASCP.

## TH04 – Dementia Care Management over the Next Decade: Focus on Dementia Caregivers NOW!

This session will begin with a brief lecture providing an overview of available treatments for Alzheimer disease, with a focus on the demonstrated efficacy and safety of drugs recently approved by the FDA. The limits of treatment effectiveness will be described, and the implications for dementia caregivers will be emphasized. Next, a description of key elements of successful care management programs will be presented, and the PENN-PACE CREST (Caregiver Resources, Education and Support) program will be described. The audience of learners will then be engaged in an interactive forum of clinical case vignettes that focus on managing challenging behaviors and caring for the caregiver. Finally, information will be provided on making referrals from Area Agencies on Aging to CREST, with opportunities for questions and discussion of referral coordination.

### Learning Objectives

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

1. Describe the stages of Alzheimer disease at which the clinical course might be modified by recently FDA-approved drug treatment;
2. List at least 3 key elements of successful dementia care management programs; and
3. Identify patients and caregivers that may benefit from referral to the CREST program

**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 the Medical Director of the PENN-PACE geriatric collaborative care program, which supports geriatric patients and their primary care providers. 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**, holds 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.

## **TH05 – Social Determinants of Health: Focus on Homelessness, Financial Issues and Health**

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. Many older adults face challenges and the inequities identified within these areas have been brought to the forefront, especially when focusing on how they impact seniors of color.

During this session the presenters will focus on housing issues which include homelessness and housing options, physical and mental health issues, and concerns related to financial insecurity. An update on potential policy changes and efforts to improve ways to help seniors will also be discussed.

## Learning Objectives

Participants in this workshop will:

- Understand the impact of homelessness on the older person's physical and mental health.
- Understand the role financial insecurity plays.
- Explore the housing options can provide a positive impact.

**Rebecca Brown** is a geriatrician and an Associate 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 socioeconomically vulnerable older adults, including people experiencing homelessness.

**Velma E. Carter-Dryer, MSW, LSW, ACSW**, has spent her career in the field of aging. She is former Associate Regional Director of AARP, Executive Director of the Pennsylvania Council in Aging, and Senior Associate for KPMG. She has expertise in physical and behavioral health care; counseling for transplant patients; diversity, equity and inclusion education; and community organization.

**Max Holdsworth** is a research associate at United For ALICE. He is responsible for collecting data, creating data visualizations, and developing new ways to measure the problems ALICE households face. Max holds an MA in Public Policy from the University of Delaware.

Thursday, October 24, 2023

1:30 pm – 3:30 pm

## **TH06 – 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 \$325,000.00 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.

## TH07 – Veterans and Homelessness – Addressing Behavioral Health Issues

Serving older adult veterans is an integral part of what the aging network does. The challenges of behavioral health, aging, and homelessness frequently intertwine. In addition, there are unique issues that older female veterans face. Systems can be fragmented. Thus, collaboration among the helpers would produce better service for veterans who have multiple needs. Participants in this workshop will address access to resources available.

### Learning Objectives

Participants in this workshop will :

- Explore what the Veterans Assistance Multi-Service Center provides
- Discuss the unique challenges faced by older adult veterans as they try to access systems to meet their needs
- Explore issues that older female veterans experience
- Discuss behavioral health issues that complicate service plans for older veterans.

**Sonyaa Kitchen** is a Navy veteran. As the Veteran Outreach Program Specialist, she is responsible for coordinating, spearheading, and participating in community resource events within her designated area. This includes traveling throughout Philadelphia County (PA), Delaware County (PA), Camden County (NJ), and Gloucester County (NJ). Her outreach efforts in these areas connect the Vet Center with Veterans and community partners. Ms. Kitchen provides outreach to Active Duty Servicemembers, Reservists, National Guardsmen/Women, Veterans, and their families. This includes those that are seeking counseling and assistance with navigating other VA benefits and services.

**William McBride** is Program Manager for New Day Outreach Program and Staff Sargent for Suicide Prevention Program at the Veterans Multi-Service Center in Philadelphia, PA. The New Day Program is a mobile substance abuse outreach program that assists veterans access appropriate recovery programs. It also assists with housing referrals. The Staff Sargent Fox Suicide Prevention Program provides supportive case management and peer support for those who are at risk of suicide.

**The Honorable Patrick J. Murphy** is a former U.S. Secretary of the Army. He served two terms in the United States Congress. While he was in Congress, he introduced critical consumer protection measures and legislation to eliminate fraud in the U.S. healthcare system. He is a passionate advocate for veteran entrepreneurship. He is an author, film producer, and champion for services for veterans. He is now a Wharton Business School lecturer.

## Registration Fees

The cost for the one-hour plenary sessions will be **\$20.00**. The cost for all other 2023 conference sessions will be **\$40.00**.

## Registration Deadlines

You must register ONLINE any time from September 15<sup>th</sup> 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](mailto:thomas.shea@pcacares.org)

To register on-line, please go to:

<https://register.gtrnow.com/2023PCARegionalConferenceonAging>

## Cancellation Policy

Your registration fees, less a \$15.00 administrative fee, will be refunded for cancellation requests received in writing by **October 20, 2023**. 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 thirty (30) days of the conclusion of the 2023 Regional Conference on Aging.