



2024 PHILADELPHIA CORPORATION FOR AGING REGIONAL CONFERENCE ON AGING

OCTOBER
22-24
2024

PCA
642 North Broad Street
Philadelphia, PA 19130

An in-person conference



PHILADELPHIA CORPORATION FOR AGING

Enriching lives, preserving dignity.™

INTRODUCTION

The 2024 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 22nd – 24th, 2024.

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.

CEU Credits for those who require them will be provided at **NO CHARGE** this year.

A **session evaluation is required** in order to issue any CEUs.

Program Planning Committee

Thomas Shea, M.Ed. - Conference Chair

Philadelphia Corporation for Aging

Javella Caines-Phillip

Philadelphia Corporation for Aging

Brian Duke, MHA, MBE

Brian Duke Associates

Lois Hayman-EI, MSW, LSW

Philadelphia Corporation for Aging

Wanda Mitchell, MSW

Philadelphia Corporation for Aging

Nancy Morrow, MSW

Consultant

Susan M. Parks, MD

Thomas Jefferson University

Margaret Stevens, MSW

Main Line Health

Carin A. Tinney, MSW

Bucks County Area Agency on Aging

Lisa M. Walke, MD, MSHA, AGSF

University of Pennsylvania Pearlman School of Medicine

Sharon White, MSS, LCSW

Sharon D. White, Connections, LLC

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, 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** – Filling the Gaps: Mapping the End-of-Life Journey
- TU07** – The Culture of Caring: Examining Healthcare Delivery
- TU08** – Building a Dementia-Friendly Pennsylvania
- TU09** – Five Ways of Reducing Client Anxiety (and Your Own)
- TU10** – Factors That Complicate Grieving a Death
- WE01** – The Psychological Impact of Social Media
- WE02** – Hoarding Disorder: An Overview
- WE03** – It’s All Relative: Increasing Family Engagement While Reducing Family Conflict During Caregiving
- WE04** – Prolonged Grief Disorder: A Distinct Illness That can be Diagnosed and Treated
- WE05** – Share the Legacy Now: A Conversation with Clients/Consumers, Family Members and Ourselves
- WE06** – Stand By Me: Lessons Learned as a Family Caregiver and Caregiving Scientist
- WE07** – Preparing Caregivers to Preserve the Future Health of Older Adults
- WE08** – Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue
- WE10** – Understanding Trauma-Informed Care
- TH01** – Aging Women Prisoners Returning to the Community
- TH02** – The Truth About Hoarding – What Everyone Needs to Know
- TH03** – Social Isolation as a Key Social Determinant of Health
- TH04** – LGBTQ+ in the BIPOC Communities
- TH06** – Aging, Mental Health and Chronic Illness
- TH07** – Trauma – The Body Keeps Score

Nurses

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

- TU06** – Filling the Gaps: Mapping the End-of-Life Journey
- TU07** – The Culture of Caring: Examining Healthcare Delivery
- TU08** – Building a Dementia-Friendly Pennsylvania

- TU09** – Five Ways of Reducing Client Anxiety (and Your Own)
- TU10** – Factors That Complicate Grieving a Death
- WE02** – Hoarding Disorder: An Overview
- WE04** – Prolonged Grief Disorder: A Distinct Illness That can be Diagnosed and Treated
- WE05** – Share the Legacy Now: A Conversation with Clients/Consumers, Family Members and Ourselves
- WE06** – Stand By Me: Lessons Learned as a Family Caregiver and Caregiving Scientist
- WE07** – Preparing Caregivers to Preserve the Future Health of Older Adults
- WE08** – Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue
- WE10** – Understanding Trauma-Informed Care
- TH02** – The Truth About Hoarding – What Everyone Needs to Know
- TH03** – Social Isolation as a Key Social Determinant of Health
- TH06** – Aging, Mental Health and Chronic Illness
- TH07** – Trauma – The Body Keeps Score

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 2024 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 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 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 black 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://cvent.me/950QGG>

INDIVIDUAL REGISTRATIONS

Step 1. Choose your Registration Type from the drop-down menu – depending on your selection, you may be required to enter a Discount Code to complete your registration. If you are a “General Registration”, no code is needed.

Enter your Personal Information **(If you are a PCA or PCACC staff member, you must use your work e-mail address).**

Step 2. Choose the session(s) you wish to attend. Be sure to choose only one session from the morning and afternoon concurrent sessions drop-down list. Once you have made your choice, hit the white “**Select**” button. It will turn blue and indicate “**Selected**”.

The maximum number of sessions for Tuesday is two (2). Wednesday and Thursday the maximum is three (3). Once you have made your selections, click **NEXT**.

Step 3. You will be taken to your registration summary. Since this is an individual registration, scroll down to the ORDER SUMMARY, and enter your discount code (if you have one). If you have a balance, choose your payment method.

Step 4. You may pay by Credit card right on the registration site. If you are paying by check, please select “CHECK” and bring your check with you to the registration desk on the day of your first session. If you wish to mail your check in advance, please address it to:

Philadelphia Corporation for Aging
642 North Broad Street
Philadelphia, PA. 19130
Attn: Tom Shea – 2024 Regional Conference

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 – depending on your selection, you may be required to enter a Discount Code to complete your registration. If you are a “General Registration”, no code is needed.

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 an additional person. Choose your answer from the drop down, then click “next”.

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

Step 6. For payment method, choose CHECK (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
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Feel free to contact Tom Shea at thomas.shea@pcacares.org if you have any questions.

2024 PCA Regional Conference on Aging

Tuesday: **Panel of Pundits: 9:30 PM – 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 II; Rich Browdie; Brian Duke; Nora Dowd-Eisenhower; Secretary Jason Kavulich; Teresa Osborne
TU06	Filling the Gaps: Mapping the End-of-Life Journey	Isabel Knight; Morgan Everitt; Belle Sandella
TU07	The Culture of Caring: Examining Healthcare Delivery	Dr. Kiplee Bell
TU08	Building a Dementia Friendly Pennsylvania	Anneliese Perry, MS, NHA, CECM; Stacie Bonenberger, MOT, QTR/L
TU09	Five ways of Reducing Client Anxiety (and Your Own)	Barry Jacobs, PsyD; Julie Mayer, PsyD
TU10	Factors That Complicate Grieving a Death	Tawana Sabbath
WE-GEN	PDA's Master Plan for Older Adults	Gabrielle Szymanski
WE01	The Psychological Impact of Social Media	Jessica Molavi, BS, MA, ACRPS
WE02	Hoarding Disorder: An Overview	Gabriel Halperin-Goldstein; Dara Leinweber; Courtney Owen
WE03	It's All Relative: Increasing Family Engagement While Reducing Family Conflict During Caregiving	Barry Jacobs, PsyD
WE04	Prolonged Grief Disorder: A Distinct Illness That can be Diagnosed and Treated	Dr. Joel Streim; Elizabeth Grecco, MSW; Paula DeFrancis, MSW; Brenda Hong, MSW
WE05	Share the Legacy Now: A Conversation with Clients/Consumers, Family Members and Ourselves	Dr. Norma Thomas; Dr. Raina J. Leon
WE06	Stand by Me: Lessons Learned as a Family Caregiver and Caregiving Scientist	Allison J. Applebaum, Ph.D., FAPOS
WE07	Preparing Caregivers to Preserve the Future Health of Older Adults	Dr. Jerry Johnson; Dr. Leslie Carson; Dr Joshua Uy; Wanda Mitchell
WE08	Loneliness and Social Isolation: Identifying, Understanding and Addressing the Issue	Nora Brier, Psy.D; Jane Eleey; Lynette Killen; Lynda Sue Gwon Lemisch
WE09	Our Assumptions About Older People	Dr. M. Kathryn Jedrzewski
WE10	Understanding Trauma Informed Care	Jessica Molavi, BS, MA, ACRPS
TH-GEN	The Future of Healthcare – 2024 Update	Jermaine Bromell, MBA
TH01	Aging Women Prisoners Returning to the Community	Ivy Johnson; Reuben Jones
TH02	The Truth About Hoarding – What Everyone Needs to Know	Sharon White, MSS, LCSW
TH03	Social Isolation as a SDOH	Nancy Morrow, MSW
TH04	LGBTQ+ in the BIPOC Communities	Dane Menkin, CRN-P
TH06	Aging, Mental Health and Chronic Illness	Linda K. Shumaker, RN-BC, MA
TH07	Trauma – The Body Keep Score	Sharon White, MSS, LCSW

Tuesday, October 22, 2024

9:30 AM – Noon

Conference Kickoff

TU01 – The Panel of Pundits Discuss Aging Issues

2024 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 and 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).

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.

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 is Volunteer State President for AARP Pennsylvania. Prior to that, she served as the Executive Director of the Mayor's Commission on Aging in Philadelphia. Prior to that, 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 principal of Brian Duke Associates – specializing in 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.

Secretary Jason Kavulich brings 25 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 protection and rights of older Pennsylvanians at the local, state, and federal levels of government.

Tuesday, October 22, 2024

1:30 – 3:30 PM

TU06 – Filling the Gaps: Mapping the End-of-Life Journey and How End-of-Life Doulas Can Address Gaps in Care

Have you ever felt as if end-of-life care is filled with many different silos of people who don't talk to each other? Do you feel that we need to be designing the infrastructure for us to talk to each other more to produce a more cohesive continuum of care for our clients?

In this workshop, we will take a human-centered design approach to mapping end-of-life care and identify the gaps in care present in the Philadelphia region. This is a participatory session where everyone will be on their feet walking through their own end-to-end journey with their clients with sticky notes in small groups. Then, we will bring the groups together to combine all our maps into one large map to see who is most often in conversation with each other and where there are gaps that need to be addressed.

This will be a first step towards working out a continuum of care across companies and agencies working to serve our elders in the Philadelphia region. We will also discuss the role of end-of-life doulas and how we are a part of the process, and where we can fill some of those gaps in the continuum of care.

Learning Objectives

Participants in this workshop will:

- Understand what a death doula is.
- Understand how a death doula can integrate into a care team and their process.
- Understand the history of the death doula movement and where the movement is today.

Isabel Knight is the Founder of The Death Designer, a company that provides end-of-life planning services, including funeral and vigil planning, digital account password management, advance directives, and assistance with reconciling fears of mortality. She takes a human-centered design approach, with a focus on promoting individual autonomy, sustainability, and home deathcare options. Her goal is to create a more humane and equitable end-of-life experience for all.

She is also the President of the National Home Funeral Alliance and a board member of the Funeral Consumers Alliance of Pennsylvania. She helps doulas and end-of-life businesses create a more inclusive and accessible experience for their clients through human-centered design workshops and creates online courses and offers freelance graphic design work. You can find her on Instagram at @thedeathdesigner.

Belle Sandella is an end-of-life doula, guide, and life advocate serving the greater Philadelphia region. Although a nurse by training, Belle now exclusively works in the deathcare space helping clients and families lean into living regardless of stage, diagnosis, or prognosis. She completed her doula training through INELDA in 2021 and is currently completing intensive training at The Center for Conscious Living and Dying in Asheville, NC. As a special needs mother to a child with autism, Belle has a particular fondness for neurodivergent and nonverbal clients as well as those with dementia. She is most comfortable at the bedside, army crawling alongside her clients and families as they journey through their most sacred transition. Belle has been featured in newspaper and magazine articles and recently served as an end-of-life consultant for the upcoming Philadelphia musical, NIGHT SIDE SONGS, debuting February 2025.

Morgan Everitt serves as an end-of-life doula in Bucks County, Pa. through her practice, Heron's Flight. Her background lies in providing at-home caregiving and companionship to individuals of diverse ages, cognitive abilities, and physical capacities. She received her initial doula certification at the Mt. Sinai Hospital in NYC, and then continued to fall in love with this work through volunteering on their palliative care floor. Morgan now holds three program certifications, is a member of The National End of Life Doula Association and has completed many specialty courses on topics such as dementia care and green burial practices.

TU07 – The Culture of Caring: Examining Healthcare Delivery

This workshop delves into the intricate dynamics that shape the quality of care provided to patients. Through interactive discussions and case studies, attendees will explore the profound impact of interpersonal relationships among healthcare teams, families, and caregivers on patient outcomes and satisfaction.

This workshop will illuminate the significance of effective communication and collaboration in fostering a supportive environment within healthcare settings. Participants will identify common challenges and barriers to collaboration and communication, equipping themselves with strategies to overcome these obstacles and enhance patient care.

Additionally, the workshop will address the importance of cultural competence in delivering patient-centered care, particularly in diverse and multicultural healthcare environments. Attendees will gain practical skills and tools for promoting empathy, understanding, and collaboration within healthcare teams, ultimately fostering a culture of caring that prioritizes the well-being of patients.

Learning Objectives

Participants in this workshop will be able to:

- Verbalize the impact of interpersonal relationships on patient outcomes and satisfaction.

- Identify common challenges and barriers to collaboration and communication.
- Understand the importance of cultural competence in delivering patient-centered care.
- Articulate strategies to overcome these obstacles and enhance patient care.

Dr. Kiplee Bell's narrative is one of resilience, artistry, and unwavering compassion, beautifully encapsulated in her latest literary creation, "[The Work of My Mother's Hands: A Caregiver's Journey](#)." This heartfelt homage intertwines her mother's legacy as a Registered Nurse with Dr. Bell's personal reflections and caregiving insights, offering readers a profound guide through the intricate pathways of healthcare.

With over two decades of dedicated service in the medical field, Dr. Bell's trajectory from a hospital volunteer to the pinnacle of MD status stands as a testament to her unyielding commitment to excellence. As one of the less than two percent of women of color in medicine to achieve dual board certifications as a Physician Assistant and MD, her journey reflects a steadfast dedication to breaking barriers and championing equitable healthcare access.

Dr. Bell's expertise transcends clinical practice, as evidenced by her master's degree in Gerontology, a cornerstone in her advocacy for the elderly and vulnerable populations. Further insights into her compassionate approach can be explored at www.impactfulcaregiving.com. Educationally fortified with a BA in Sociology, a Master's of Gerontology, a Bachelor of Science in Biology and Physician Assistant, and a Medical Doctorate, Dr. Bell's academic foundation serves as the bedrock of her profound clinical acumen. She illuminates the medical landscape as a beacon of knowledge, consulting on emerging medical developments, delivering captivating lectures worldwide, and steadfastly serving her patients with grace and expertise.

TU08 – Building a Dementia-Friendly Pennsylvania

Currently there are over 400,000 Pennsylvanians living with some form of dementia. The impact extends beyond those affected to others important in their lives and their communities.

During the first hour, attendees will increase their individual knowledge and awareness by becoming a Dementia Friend. The goal of Dementia Friends is to help all community members understand five key messages about dementia and commit to their own personal action. The second hour will focus on using a multi-sectoral approach to build inclusive dementia-friendly communities that are informed, safe and respectful of people living with dementia in Pennsylvania.

Learning Objectives

Participants in this workshop will be able to:

- Recognize five key messages about dementia.
- Describe the goal of Dementia Friends Pennsylvania and ways to get involved

- Identify actionable steps to create a dementia-friendly community and the support offered by Dementia-Friendly Pennsylvania

Anneliese Perry, MS, NHA, CECM, is a program manager at the Jewish Healthcare Foundation (JHF). Her primary focus is working on initiatives which support older adults to age well at home and in their communities. She is one of the state-wide coordinators for Dementia Friends Pennsylvania and Dementia Friendly Pennsylvania initiatives. She is an active member of the Dementia-Friendly Greater Pittsburgh leadership work group. Her current work includes the Teaching Nursing Home Collaborative, an initiative focused on demonstrating how enhanced partnerships between academic nursing schools and skilled nursing facilities can improve quality outcomes and address workforce challenges. Prior to joining JHF, Perry worked in both home and community-based services as well as long-term care. She holds a master's in professional leadership from Carlow University and a bachelor's in psychology from Westminster College. She is a licensed nursing home administrator and is certified in ethics and compliance management from St. Louis University.

Stacie Bonenberger, MOT, QTR/L, is a program manager at the Jewish Healthcare Foundation and Pittsburgh Regional Health Initiative, with a primary focus on initiatives related to the aging population. Ms. Bonenberger is one of the statewide coordinators for Dementia Friends Pennsylvania, a global initiative that is changing the way people think, act, and talk about dementia and Dementia Friendly Pennsylvania, helping to build inclusive communities for persons living with dementia in Pennsylvania. She is an active member of the Dementia-Friendly Greater Pittsburgh leadership work group. Current projects include leading the Pennsylvania Long-Term Care Learning Network, an integral part of a quality incentive program offered to more than 600 nursing facilities in Pennsylvania, in partnership with the Pennsylvania Department of Aging | Office of Long-Term Living and the Community HealthChoices Managed Care Organizations. Prior to joining JHF, she was the assistant facility director of occupational therapy at UPMC Passavant and has 17 years of clinical experience as an occupational therapist in Colorado and Pennsylvania. Ms. Bonenberger received her bachelor's in psychology from the University of Massachusetts and her master's in occupational therapy from Chatham University.

TU09 – Five Ways of Reducing Client Anxiety (and Your Own)

Much attention has been paid in recent years to the impact of social isolation and depression on older adults. But, according to the Centers for Disease Control, the prevalence of anxiety among older adults is slightly higher than depression. In this highly interactive and experiential workshop, clinical psychologists and authors Barry J. Jacobs, Psy.D. and Julia L. Mayer, Psy.D. will teach five ways of reducing anxiety—including using trauma-informed approaches, increasing personal insight, correcting distorted thinking, and mindfulness practices—to help clients (and themselves) reduce their tendency to worry uncontrollably.

Learning Objectives

Participants in this workshop will be able to:

- Articulate the warning signs that indicate the prevalence of anxiety
- Identify 5 techniques to help reduce client anxiety
- Describe how the use the same techniques to reduce their own anxiety

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.

Julie Mayer, PsyD, is a clinical psychologist with a private practice in Media, PA. She specializes in women's issues, including relationship problems and improving work- life balance. She is the co-author (with Barry Jacobs) of *AARP Love and Meaning After 50 - the 10 Challenges to Great Relationships and How to Overcome Them*, as well as a self-help book for family caregivers. She is also the author of a novel, *A Fleeting State of Mind*.

TU10 – Factors That Complicate Grieving a Death

When death occurs those that are left behind are thrown into a place that is totally unfamiliar. They are confronted with important decisions that are to be made relatively quickly while trying to accept the reality of the death. They find themselves in the midst of an emotionally charged situation that can negatively impact the necessary grieving process.

In many situations the grieving process is essentially placed on hold. This workshop will identify some factors that can delay or impede the initiation and progression through the grieving process. The accepted stages of grief will be reviewed. Then, for each stage factors will be identified that complicate the movement through the stages. Participants will be better equipped to identify and assist in addressing factors that can result in complicated grief.

Learning Objectives

Participants in this workshop will be able to:

- Identify the three most important decisions that need to be made quickly.
- List the accepted stages of grief.
- Articulate the factors that can delay or impede the grieving process in each stage.

Tawana Ford Sabbath is a child of God through the saving power of Jesus Christ. She is a social worker by profession, holding the Master of Social Service and Doctor of Philosophy degrees from the Bryn Mawr College Graduate School of Social Work and Social Research (GSSWSR). She has been a faculty member at Antioch University Philadelphia and GSSWSR teaching human service and social work courses at the undergraduate and graduate levels. Her practice specialty was clinical social work at area mental health centers, starting in 1971.

Dr. Sabbath's professional affiliations include membership in the National Association of Black Social Workers, Inc. and its Philadelphia chapter, the Alliance of Black Social Workers, Inc. In the local chapter, she has served as vice-president, president, and many years as chairperson of the Membership Committee.

Wednesday, October 23, 2024

9:00 AM – 10:00 AM

WE-GEN – PDA's Master Plan for Older Adults: 2024 Update

Aging Our Way, PA is a 10-year roadmap to meet the needs of the Commonwealth's older adults and improve services for this rapidly growing population. The plan includes priorities, strategies, and tactics to promote health, well-being and quality of life for all Pennsylvanians as we age. Aging Our Way, PA also prepares the Commonwealth for a larger, longer-living older adult population and is designed to respond to changing needs, shifting priorities and available resources. This session will focus on the implementation steps that the Pennsylvania Department of Aging, other Commonwealth agencies, and external stakeholders have undertaken to initiate this plan.

Gabrielle Szymanski is currently the Special Assistant to the Secretary at the Department of Aging and the Executive Director of the Long-Term Care Council. She previously served as the Executive Director of the Pennsylvania Council on Aging and Executive Assistant to the Secretary for the department. She worked closely with the PDA team on the creation of *Aging Our Way, PA*. Gabrielle graduated from Georgia Southern University with a BA in International Studies and a BA in Spanish before going on to receive her MSc in Global Health Policy from the London School of Economics.

10:15 AM – 12:15 PM

WE01 – The Psychological Impact of Social Media

This training will explore the ways in which social media can negatively impact an individual's psychological and emotional well-being. An overview of mental health disorders will be introduced to gain insight and understanding into the signs and symptoms that could indicate the need for support.

We will also work to explore how social media can fuel body image issues, isolation patterns, relationship discord and poor coping skills. The goal is to highlight how social media can create risk factors and concerns in everyday life and present healthy and effective ways to help maintain emotional wellness.

Learning Objectives:

Participants who attend this workshop will be able to:

- Explain the ways social media can impact psychological and emotional well-being.
- Identify signs and symptoms that indicate a need for support.
- Articulate the risk factors social media may create in everyday life.
- Name several strategies to help maintain emotional wellness.

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 relapse treatment.

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, LGBTQ 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.

WE02 – Hoarding Disorder: An Overview

JFCS has developed an innovative Hoarding Program model that demonstrates positive outcomes to reduce the negative impacts of hoarding behaviors and create stability for older adults to safely age in place.

The overarching goals of the program are to implement behavioral and sustainable interventions to older adults in the Greater Philadelphia area by helping them age in place safely by reducing environmental safety concerns, preventing evictions, and increasing physical and mental health; and reduce recidivism in individuals by increasing preventative measures and after-care.

Learning Objectives

Participants in this workshop will be able to:

- List the diagnostic criteria of hoarding disorder (HD) and the impact of co-occurring disorders.
- Discuss ways to overcome stigma, build rapport with people who need help for clutter, and develop a trusting partnership to assist in the individual's recovery.
- Articulate the reasons why people acquire and save and strategies to address those behaviors.
- Complete an exercise to help them gain first-hand knowledge of the complexity of our attachments to possessions.
- Describe a harm reduction approach to meeting safety standards to reduce evictions and preserve tenancy.

Gabriel Halperin-Goldstein, LSW, Hoarding Program Case Manager, is a clinical social worker who recently graduated from Temple University. He has spent the past year with the Hoarding Program at Jewish Family and Children's Services, working with both individual clients and facilitating several Buried in Treasures groups. In addition to social work, Gabe has worked in digital communications, writing news stories and blogs about research in public health and business.

Dara Leinweber holds a B.A. in Sociology from Ithaca College. After spending time in Asheville, NC, working with children and young adults in education and community engagement, Dara joined JFCS in 2015 as a Benefits Outreach and Enrollment Specialist. Currently, Dara works as a Care Manager with adults ages 18-64 and Hoarding clients age 65 and over. Dara enjoys cooking and spending as much time in nature as possible, especially mountains and the ocean.

Courtney Owen, LCSW, has primary responsibility for leadership of specific JFCS programs; ensures the fiscally responsible operation of those programs and services; and seeks new program development opportunities consistent with the mission and values of the organization. In this role, Courtney partners with program leaders and the development team in the identification and pursuit of new funding sources for program sustenance and expansion. Courtney received her MSW from Tulane University and her BS in Psychology, University of Oregon. She has over 14 years of experience providing community based mental health and social services in Philadelphia and New Orleans. Prior roles at the organization include JFCS Director of Individual and Family Services (2017-2022) and JFCS Program Manager for Hoarding & Care Management (2015-2017).

WE03 – It’s All Relative: Increasing Family Engagement While Reducing Family Conflict During Caregiving

Many older adults rely on their families to support them to remain in their homes. But not all families are completely reliable. Some family members stay away. Others fight each other for control of money and decision-making.

In this highly interactive workshop with clinical psychologist, author, and AARP.org caregiving columnist Barry J. Jacobs, Psy.D., we’ll discuss techniques for aging network professionals to engage alienated family members, run family meetings, and turn conflict among adult siblings and others into consensus and cooperation. Case illustrations will be used throughout.

Learning Objectives

Participants in this workshop will be able to:

- Articulate techniques to engage alienated family members.
- List tools to effectively run family meetings.
- Discuss techniques for gaining consensus and cooperation amid family conflict

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.

WE04 – Prolonged Grief Disorder: A Distinct Illness that can be Diagnosed and Treated

This session will begin with a lecture describing how abnormal persistence and predominance of early grief coping responses can derail the natural adaptive process by which grief is normally transformed and integrated. The distinction between a diagnosis of prolonged grief disorder (PGD) and typical grief—or co-occurring disorders such as major depression (MDD) or post-traumatic stress disorder (PTSD)—will be highlighted.

This will be followed by a description of the seven themes, or healing milestones, around which prolonged grief disorder therapy (PGDT) is organized to facilitate adaptation and restore the capacity for well-being. The audience of learners will then be engaged in an interactive forum of clinical case vignettes that focus on proper identification and diagnosis of PGD and engagement of elderly patients in PGDT for this often-debilitating condition.

Learning Objectives

Participants in this workshop will be able to:

- Recognize how persistence and predominance of early grief coping responses can derail the natural adaptation to loss and the restoration of well-being.
- List at least 3 key diagnostic features that distinguish Prolonged Grief Disorder from Major Depressive Disorder Secondary to Bereavement; and
- Identify at least 3 of the 7 healing milestones that comprise Prolonged Grief Disorder Therapy.

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 comorbidities—and physical and cognitive 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.

Elizabeth Grecco, LCSW, 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.

Paula Defrancis, LCSW, 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.

Brena Hong, LCSW 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.

WE05 – Share the Legacy Now: A Conversation with Clients/Consumers, Family Members and Ourselves

Your legacy does not start in death; your legacy starts now! Consider how often you have learned about a remarkable facet of a beloved's life after transitioning. Wouldn't you have wanted to be able to ask them some questions?

This session is designed to start a conversation with our clients/consumers, family members, and ourselves about the legacy that they/we want to leave behind when they can ask questions and make plans about it. Specifically, what lessons, words of wisdom, and family stories do you want to share with those within your beloved communities? What legacies do you want to leave those who live on after you? What do you want to happen to your possessions after your death, and how will others know why they are treasured in the first place?

This session is not so much about the monetary value of things but about discussing what is important and meaning making while the opportunity still exists. The audience for this session

is social workers, geriatric care managers, therapists, family caregivers, and those who are beginning to explore their own legacy, essentially everyone.

Learning Objectives

Participants in this workshop will:

- Understand that beginning the process of legacy building involves self-exploration.
- Utilize tools and specific resources like the genogram as part of storytelling, to understand the past, and present, and plan for the future.
- Plan to share one story about a treasured item that reveals part of your own legacy to your beloved family.
- Add to a list of questions to guide conversations around planning for where one's most precious possessions should be placed when a major life transition occurs.
- Identify some community-based resources that can receive items that may interest community-held archives.

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 UPENN.

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.

Wednesday, October 23, 2024

1:30 pm – 3:30 pm

WE06 – Stand by Me: Lessons Learned as a Family Caregiver and Caregiving Scientist

In this talk, four key lessons for caregivers will be discussed: (1) Caregivers are responsible for telling their care partner's story and preserving their personhood; (2) caregivers are critical members of the healthcare team, and in this role assume responsibility for medical and nursing tasks, case management, and healthcare communication; (3) the negative emotions experienced by caregivers are opportunities to learn to live more fully; and (4) despite suffering, caregiving provides the possibility to connect to meaning, purpose, and growth.

For each one of these lessons, the presenter will provide concrete tools and steps that can be taken to assist caregivers in carrying forward their responsibilities while attending to their own needs.

Learning Objectives

Participants in this workshop will:

- understand the importance of sharing their care partner's story to members of the healthcare team.
- be able to describe two communication strategies to assist them in engaging in advance care planning conversations with care partners and healthcare providers.
- be able to use the emotions of anger and guilt to motivate emotional growth and healing
- be able to describe pathways to remaining connected to meaning and purpose while serving as a family caregiver.

Allison Applebaum, Ph.D., FAPOS is an Associate Attending Psychologist in the Department of Psychiatry and Behavioral Sciences, Memorial Sloan Kettering Cancer Center (MSK), and an Associate Professor of Psychology in Psychiatry at Weill Cornell Medicine. She is the Founding Director of the Caregivers Clinic at MSK, which provides comprehensive psychosocial care to family members and friends of patients who are in the caregiving role.

Dr. Applebaum's program of research focuses on the development and dissemination of psychosocial interventions for cancer caregivers, as well as understanding the impact of caregiver psychosocial wellbeing, prognostic awareness, and communication skills on advance care planning. She has published over 100 articles, reviews, and book chapters on these topics, and is the editor of the textbook *Cancer Caregivers* (Oxford University Press, 2019). Dr. Applebaum has received competitive funding for her research, including awards from the National Cancer Institute, the National Institute of Nursing Research, and the American Cancer Society. She is also the author of the recently published narrative nonfiction book, *Stand By Me: A Guide to Navigating Modern, Meaningful Caregiving* (Simon Element, 2024).

WE07 – 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 26 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.

WE08 – 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.

Lynda Sue Gwon Lemisch is Clinical Assistant Professor of Occupational Therapy at St. Joseph's University, formerly the University of the Sciences, School of Health Professions. She is responsible for educating and training transitioning undergraduate and graduate OT students. Lectures and labs: clinical skills, assistive technology, contextual approaches, overview of OT, rehab, occupations, cognition, lifespan development, psychosocial, history/advocacy, and more. Areas of expertise: Aging in place: physically and psychosocially, OT and Hospice, environmental modifications. SOTA faculty advisor, DEI committee member (department, college, university, mentor levels), admissions.

WE09 – Our Assumptions About Older People

This workshop will offer participants the opportunity to examine both personal and societal conceptions of aging in an exciting and experiential way. Unexamined assumptions can lead to erroneous conclusions about older people in many ways: their abilities, interests, physical well-being and mental health. Most of us are not fully aware of what we believe about aging yet what we believe shapes how we feel about, think of and relate to older people. It also influences how we understand and experience our own aging.

Drawing on her background in gerontology, creative drama and teaching, Dr. M. Kathryn Jedrzewski has designed an engaging workshop which facilitates exploration of assumptions about older people. Through "hands-on" learning, role-plays, complex case studies, group discussions, and problem solving, Dr. Jedrzewski will help participants gain new appreciation of the potentials and complexity of aging as well as of the vitality and diversity of older people.

M. Kathryn Jedrziwski, PhD, Dr. Jedrziwski received her PhD from the University of Pennsylvania in 1991 and has worked in gerontology and geriatrics for over forty years. Currently, she serves as the Deputy Director of the Institute on Aging (IOA) and Director for Administration for the Alzheimer's Disease Research Center (ADRC) at the University of Pennsylvania. Dr. Jedrziwski spent many years as a senior-level research Project Manager at Penn, working closely with various principal investigators on developing research proposals, co-authoring papers and reports, and directing all aspects of the various research projects, predominately in geriatrics/gerontology.

Before going to Penn in 1985, Dr. Jedrziwski worked directly with Philadelphia older adults at the Philadelphia Center for Older People (now Philadelphia Senior Center), starting as a drama specialist, moving on to become the Northern Branch Program Director and finally Coordinator of the Northern Branch. She continues to provide training to direct service workers through Philadelphia's Area Agency on Aging, the Philadelphia Corporation for Aging.

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.

Lastly the training will help 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, LGBTQ 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 24, 2024

9:00 AM – 10:00 AM

TH-GEN – The Future of Healthcare – 2024 Update

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, Director of Health Equity Programs – Tandigm Health, has twenty years of experience in healthcare, including extensive experience in population health and addressing 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 works with a broad cross-section of health and community stakeholders to advance health equity. Jermaine believes the key to improving health outcomes is better integrating community with medical and medical with community. He works 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 bachelor’s in business administration from Villanova University and a Master of Business Administration with a Marketing

10:15 am – 12:15 pm

TH01 – 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, who 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 .

TH02 –The Truth About Hoarding – What Everyone Needs to Know

Hoarding is a mental health disorder, not a character flaw and is extremely complex. Those with this disorder cannot stop hoarding. Research tells us that hoarding affects about 2% of the general U.S. population and 6% of adults over 70 years old. These statistics make it important for aging professionals to understand the disorder in order to compassionately support the consumers they work with appropriately and become their advocates.

Learning Objectives

Participants in this workshop will be able to:

- Explain what constitutes a hoarding diagnosis.
- Discuss myths about hoarding.
- Articulate what treatments work and do not work for people who have a hoarding diagnosis.
- Describe appropriate goals for working with consumers who have the diagnosis.
- Explain the value of having a Hoarding Task Force for seniors.

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 Master of Social Science (MSS) in 1997 from Bryn Mawr College.

TH03 – Social Isolation – A Key Determinant of Health in Older Adults

Lack of social connection has a 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!

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.

TH04 – 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.

Dane Menkin, FNP-C is a Family Nurse Practitioner and the Director of LGBTQ services at Main Line Health where he provides LGBTQ specific clinical care with a focus on gender-affirming-care for children, adolescents and adults. Dane’s role allows for access to a large healthcare system in the region to focus on an LGBTQ-competency-curriculum implementation and workforce education.

Dane was the recipient of the AANP Award for Excellence for PA in 2019. He is a member of WPATH and served on the Board of Directors for The Jim Collins Foundation as well as serving as a consultant for TransLine. He has presented across the country to healthcare and social service providers working with transgender and non-binary clients and patients and program building in healthcare settings

Thursday, October 24, 2024

1:30 pm – 3:30 pm

TH06 – Aging, Mental Health and Chronic Illness – Understanding the Connection

As we age, there is an increased risk of chronic illnesses, such as diabetes, heart disease, obesity and arthritis. Most individuals don’t realize there is a direct relationship between chronic disease and mental health. Individuals who suffer from chronic illnesses have an increased risk of depression, which complicates treatment and quality of life.

This presentation will discuss the risks of chronic illness and co-morbid mental health issues, their symptoms, prevention, and how to manage both. Evidence-based practices for healthy aging will be reviewed and keys to “aging well” will be emphasized.

Learning Objectives

Participants who attend this session will be able to:

- Discuss the interconnections between chronic diseases such as diabetes, heart disease and arthritis with mental health.

- Summarize the impact of the treatment of mental illness and its effect on these chronic diseases.
- Critique evidence-based practices for integrative mental and physical healthcare.
- Explain the importance of practicing “healthy behaviors”, participating in preventative care and being socially engaged.

Linda Shumaker, RN-BC, MA, is Executive Director of Optimize Aging, LLC, located in Harrisburg, PA. She 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 – 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). 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.

Registration Fees

The cost for the one-hour plenary sessions will be **\$20.00**. The cost for all other 2024 conference sessions will be **\$40.00**.

Registration Deadlines

You must register ONLINE any time from August 30th through the day of your first session. 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://cvent.me/950QGG>

Cancellation Policy

Your registration fees, less a \$15.00 administrative fee, will be refunded for cancellation requests received in writing by **October 18, 2024**. 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 2024 Regional Conference on Aging.