



Optimal Aging Conference

Approaching Aging As A Life-Long Journey

Conference Program

June 11-13, 2017

The Galt House | Louisville, KY

#OAC2017

Presented By:

UNIVERSITY OF
LOUISVILLE
INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING



Kentucky Association For Gerontology



APPROACHING AGING as a Life-Long JOURNEY



Words of Welcome

Welcome to the second Annual Optimal Aging Conference! The Institute for Sustainable Health & Optimal Aging (the Institute) and the Kentucky Association for Gerontology (KAG) are excited to present the 2017 Optimal Aging Conference “Approaching Aging as a Life-Long Journey.” This theme reflects that in order for optimal aging to be realized in our communities, state, and nation, a lifespan approach must infuse practice, policy, and research. The importance of this comprehensive approach to aging can be seen across the variety of disciplines present at this year’s conference, including social services, elder law, social entrepreneurship, music therapy, interior design, health care management, government, physical therapy, nursing, psychiatry, biological sciences, sociology, and geriatric and palliative medicine - and many others.

We look forward to exploring the newest ideas and practices in the aging field at the interactive e-poster sessions and our six breakout sessions, featuring a variety of panels, workshops, and discussions. We are especially excited to share with you the insights of our five keynote speakers who are leaders in the areas of aging-related policy, elder abuse awareness, and Alzheimer’s Disease and dementia. We also hope you enjoy the opportunity to fulfill some of your discipline’s required CEUs by partaking in our CEU sessions at our Pre-Conference.

We hope that this conference will energize and motivate you to implement new ideas, professional connections, and practice innovations into your own journey in the field of aging.

Sincerely,

Conference Host Leadership

Anna Faul, PhD
Executive Director, Institute

Christian Furman, MD, MSPH, AGSF
Medical Director, Institute

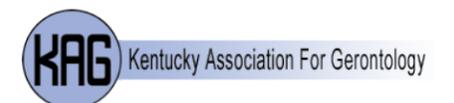
Barbara Gordon, MA
Immediate Past-President, KAG

Pamela Yankeelov, PhD
Director of Research, Institute

Joseph D’Ambrosio, PhD, JD, LMFT
Director of Health Innovation & Sustainability, Institute

Anne Wildman, LSW, CIRS
Treasurer, KAG

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HEALTH & OPTIMAL AGING



Honorary Conference Chair

Welcome Optimal Aging Colleagues. The 2017 Optimal Aging Conference provides an opportunity to explore the many facets of optimal aging and the capacity to function across many domains—physical, functional, cognitive, emotional, social and spiritual—to one’s satisfaction and in spite of one’s medical conditions. The Institute for Sustainable Health and Optimal Aging and KAG take pride in hosting and putting together a quality conference to provide the foundation to learn, grow, and exchange ideas with other fellow colleagues.



Darrell Griffith,
Optimal Aging Conference
Honorary Chair

Conference Hosts

UNIVERSITY OF
LOUISVILLE

INSTITUTE FOR SUSTAINABLE
HEALTH & OPTIMAL AGING

The University of Louisville Institute for Sustainable Health & Optimal Aging empowers older adults to flourish by building collaborative community networks of research, education, innovation and practice.

We are dedicated to bringing about a new vision of aging where individuals and society are able to approach aging as an opportunity, not as a disease.

Visit us online to learn more about the Institute and our various initiatives and programming opportunities: www.optimalaginginstitute.org



The Institute connects all those involved in improving the lives of older adults through our four transdisciplinary core pillars:

Research **LEADING**

We conduct & support research across all disciplines to achieve mutual scientific goals.

Innovation **INSPIRING**

We encourage & expedite age-friendly product innovation, development and realization.

Education **INFORMING**

We develop & promote models of education to share current knowledge of best practices.

Practice **ADVANCING**

We partner with medical & health organizations to ensure that the most current evidenced-based interventions and services inform older adult care.

Optimal Aging

We believe that optimal aging is the ability to flourish throughout one's lifespan.

Optimal Aging is a new understanding of the aging process in which intergenerational, compassionate communities have all the resources available for people to lead physically, socially & emotionally healthy lives from birth to death.

www.OptimalAgingInstitute.org

Conference Hosts

 Kentucky Association For Gerontology

Our Mission: To advocate, educate, and network with vision for and with older adults and those who impact their lives

"KAG is driven to make this Commonwealth better for older adults, caregivers, and professionals who dedicate their lives to working with older adults."

~ Barbara Gordon, Immediate Past-President



www.kagky.org

 @KY_KAG

KAG MEMBERSHIP

Membership in KAG places you in a leadership network that spans the entire state of Kentucky. As a KAG member you will:

- Be an active part of the aging network in Kentucky.
- Establish linkages with colleagues of similar interests statewide.
- Receive the KAG newsletter and other mailings.
- Receive an e-mail newsletter on a regular basis updating you on current KAG activities.
- Participate in an annual spring conference that promotes high professional standards and quality of life for older Kentuckians.
- Provide input into public policy in the field of aging through advocacy activities such as Senior Rally in Frankfort.
- Recognize outstanding achievement in the field of aging through the KAG awards program.
- Have the opportunity to participate in regional issues forums.

 Kentucky Association For Gerontology

To learn more, stop by the KAG booth or visit the KAG website: www.kagky.org

The Optimal Aging Conference is a leading-edge conference for individuals dedicated to advancing an alternative paradigm for the aging field. As such, this conference brings together diverse individuals, including academics, professionals, and community members, who are united by a view that aging is an opportunity, not a disease.

This conference supports the dissemination of diverse topics, such as biopsychosocial aging research, age-friendly product innovation, evidence-based practice and education models, and social service delivery. The theme for the 2017 Optimal Aging Conference is 'Approaching Aging as a Life-Long Journey.' This theme reflects that in order for optimal aging to be realized in our communities, state, and nation, a lifespan approach must infuse practice, policy, and research.

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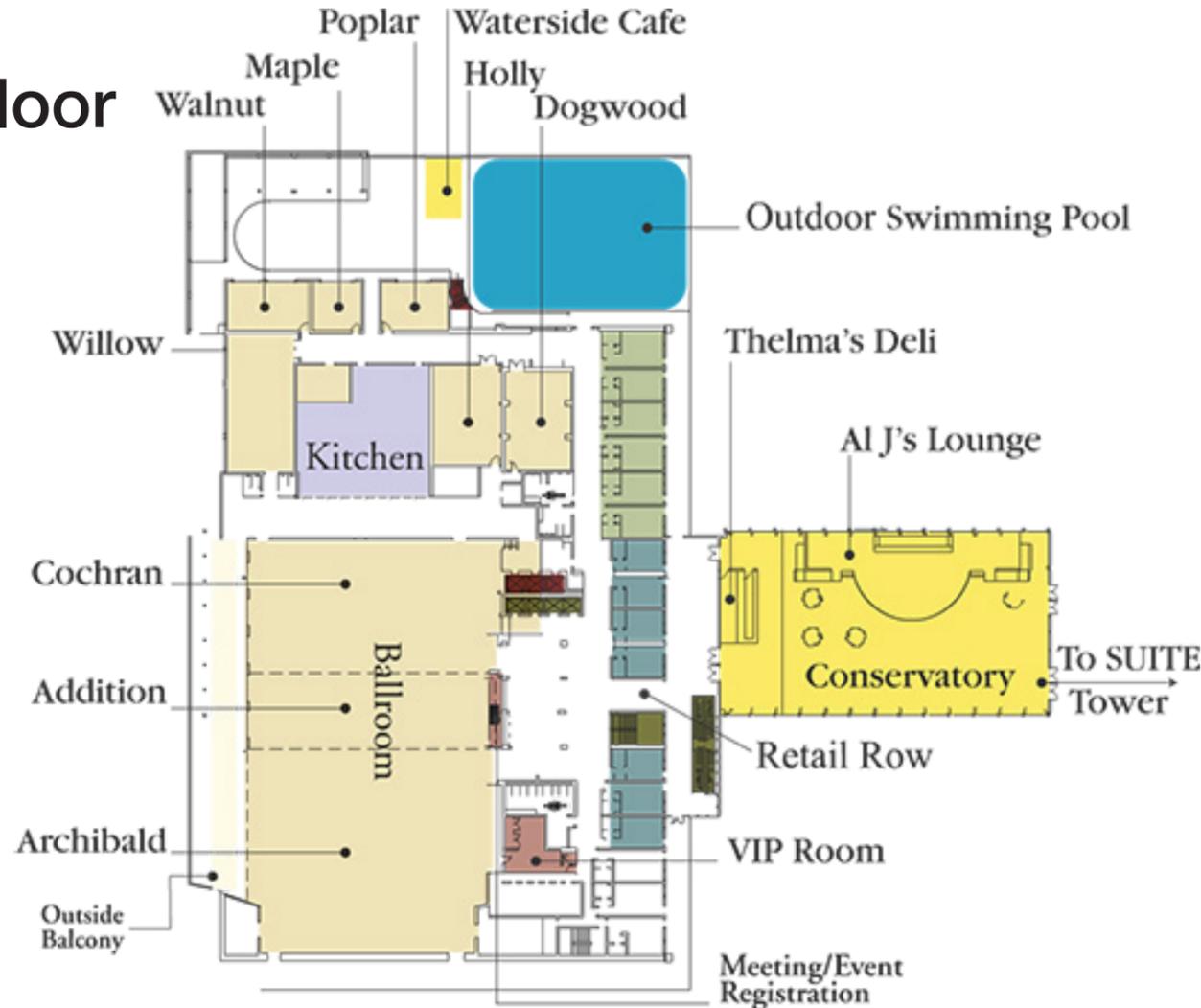
E-Poster Sessions

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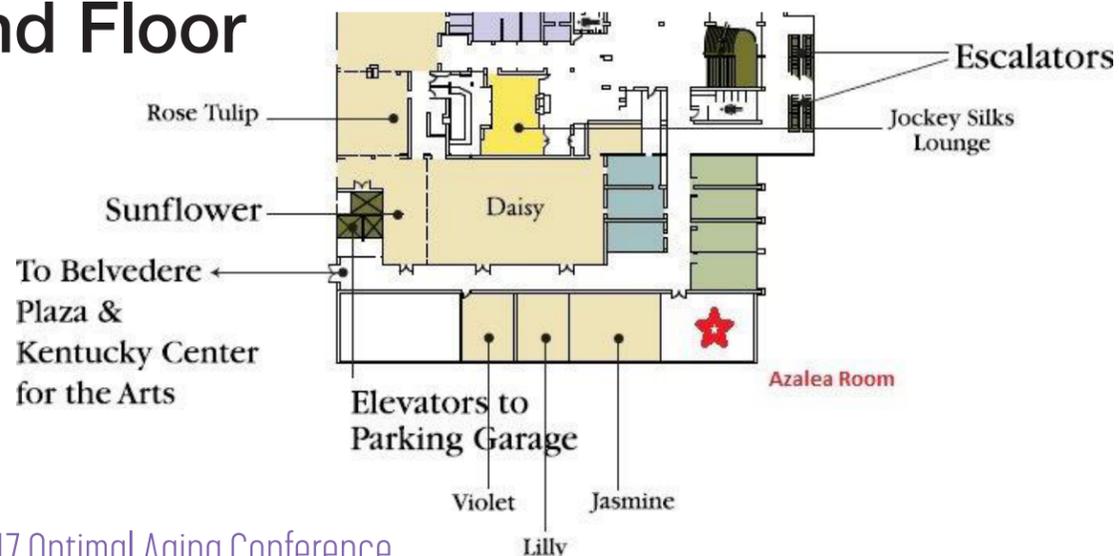
Breakout Sessions



Third Floor



Second Floor



Patti and Joy help seniors and families like yours make informed decisions, save time, and feel more confident as they search for senior care and/or housing. From finding the right senior community, whether you need assisted living, memory care or skilled care, to researching Veteran's benefits, we're with you each step of the way. ALL AT NO COST TO YOU!

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Schedule at a Glance



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	Sunday, June 11	Monday, June 12	Tuesday, June 13
7 am - 8 am		Networking Breakfast	Networking Breakfast
8 am - 9 am			
9 am - 10 am	Pre-Conference CEU Sessions	General Session	General Session
10 am - 11 am		Breakout Session 1	Breakout Session 5
11 am - 12 pm			
12 pm - 1 pm		General Session	General Session
1 pm - 2 pm	Pre-Conference CEU Sessions	Breakout Session 2	Breakout Session 6
2 pm - 3 pm			KAG Board Meeting
3 pm - 4 pm		Breakout Session 3	
4 pm - 5 pm		Breakout Session 4	
5 pm - 6 pm	Opening Reception 1		
6 pm - 7 pm	Opening Reception 2	Cocktail Hour	
7 pm - 8 pm	Hospitality Suite	Gala	
8 pm - 9 pm			
9 pm - 10 pm			
10 pm - 11 pm		Hospitality Suite	
11 pm - 12 pm			

Schedule at a Glance



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Schedule Legend

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- Special Event, p. 29

What is Optimal Aging to you?
Share your thoughts at #OAC2017



Registration Hours

Sunday 7:30 am – 4:15 pm
Monday 7:30 am – 7:30 pm
Tuesday 7:30 am – 2:00 pm

Coffee Breaks

Grab a cup of coffee in the exhibit hall and visit the exhibits between sessions



WiFi Instructions

Free WiFi can be accessed in the conservatory, the glass walkway between the east and west towers of the Galt House.

Special thanks to our

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- Long-term care
- Palliative care
- Respite care
- Fresenius Dialysis Center

The Pillars Assisted Care Center

- Personal care
- Memory care at Sally's Garden

Also on our Louisville Campus

- Independent living at Miralea Active Lifestyle Community and Masonic Home Village
- Sproutlings Pediatric Day Care & Preschool



Masonic Home of Shelbyville

- Long-term care
- Short-term and outpatient rehabilitation therapies
- Personal care
- Palliative care
- Respite care
- Assisted living at The Pillars Assisted Living Community



Explore our offerings at masonichomesky.com.

Louisville Campus - 3701 Frankfort Avenue • 502.897.4907
Shelbyville Campus - 711 Frankfort Road • 502.633.3486

The education you need to serve the population that needs you

Bellarmino's Professional Certificate in Gerontology will provide you with the knowledge and skills to effectively meet the needs of the aging population in a wide range of careers.

WHO SHOULD ATTEND

The program is relevant for nurses; social workers; occupational, recreational, physical, and respiratory therapists; psychologists; and physical fitness professionals.

TUITION

\$999, includes all materials and field placement (\$1,049 after Aug. 25). If interested in payment plan, call 502.272.8161.

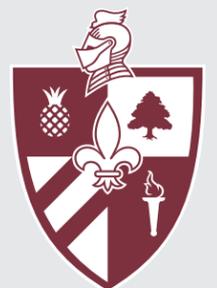
CEUs

Social Workers and Nurses receive 6.6 Continuing Education hours per workshop.

CURRICULUM

The Professional Certificate in Gerontology is awarded for successful completion of EIGHT WORKSHOPS and a 12-hour FIELD PLACEMENT. The eight workshops are held from 8:30 a.m. until 3 p.m. on the second Friday of each month, September 2017 through April 2018.

Visit www.bellarmino.edu/ce/gerontology for workshop descriptions, objectives, and info about the field placement and CEUs.



BELLARMINE UNIVERSITY
IN VERITATIS AMORE

Exhibitors



- 1 Care Tenders**
www.AlmostFamily.com
- 2 Louisville Metro Government Office for Aging & Disabled Citizens**
www.louisvilleky.gov
- 3 Masonic Homes of Kentucky**
www.masonichomesky.com
- 4 Passport Health Plan**
www.passporthealthplan.com
- 5 AARP Kentucky**
www.aarp.org
- 6 Christian Care Communities**
www.ChristianCareCommunities.org
- 7 Kindred Health Care, Inc.**
www.kindredhealthcare.com
- 8 Senior Home Transitions**
www.seniorht.com
- 9 Hosparus**
www.hosparus.org
- 10 Nazareth Home**
www.nazhome.org
- 11 Bluegrass Care Navigators**
www.bgcarenav.org
- 12 Care Innovations**
www.careinnovations.com
- 13 Department for Behavioral Health - Adult Mental Health Services and Recovery Branch**
www.dbhdid.ky.gov
- 14 Guardian Medical Monitoring**
www.guardianmedicalmonitoring.com
- 15 Jewish Family & Career Services**
www.jfclsouthern.org
- 16 Kentucky Association for Gerontology**
www.KAGKY.org
- 17 Kentucky Coalition for Healthy Communities**
www.KCHCommunities.org
- 18 Kentucky Guardianship Association**
www.kyguardianship.org
- 19 Kentucky Prescription Assistance Program**
www.chfs.ky.gov/dph/info/dpqi/KPAP.htm
- 20 Kentucky Relay**
www.kentuckyrelay.com
- 21 Life Planning Network**
www.lifeplanningnetwork.org
- 22 MD2U**
www.MD2U.com
- 23 Rivendell Behavioral Health Hospital**
www.rivendellbehavioral.com
- 24 Superior Van & Mobility**
www.superiorvan.com
- 25 Treyton Oak Towers**
www.treytonoaktowers.com
- 26 UofL Institute for Sustainable Health & Optimal Aging**
www.OptimalAgingInstitute.org
- 27 Valued Relationships, Inc. (VRI)**
www.vricares.com
- 28 Vista Points Special Needs Trusts**
www.vistapoints.org
- 29 Compassion Survey**
www.optimalaginginstitute.org/measure-compassion
- 30 Participant Registry**
www.optimalaginginstitute.org/participant-registry

Exhibit Floor Plan



Exhibit Hall Hours

Sunday: 5:00 pm - 7:00 pm

Monday: 7:30 am - 3:00 pm

Tuesday: 7:30 am - 12:00 pm

Be sure to stop by this year's exhibitors during the special events, networking breakfasts, and on your coffee breaks.

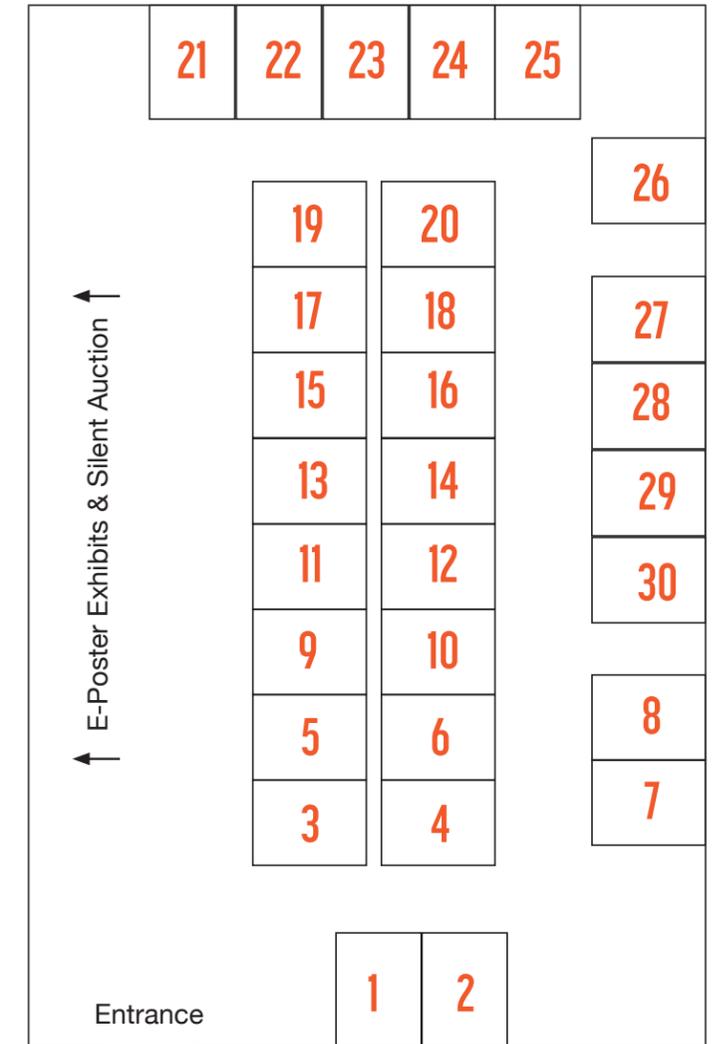


Exhibit Hall Passport

In appreciation of their generous support, be sure to visit our exhibitors & sponsors in the Cochran Ballroom.

Get your passport stamped by all exhibitors/sponsors & you'll be entered into a drawing during Tuesday's Luncheon Ceremony for a grand door prize, including two registrations for next year's conference.



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www.LungCancerinKentucky.org

This online course has been approved for CME credit. Also, this activity is approved for 2.0 contact hours of continuing education by the American Association of Nurse Practitioners. Program ID 16072241. This activity was planned in accordance with AANP Standards and Policies.



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LUNG CANCER ALLIANCE

CEU Instructions

1 Pre-Conference | June 11

Pre-Conference CEU offerings are open to professionals in applicable disciplines and are not included in the Conference.

Course Title, Instructor	Applicable Disciplines	Time & Location
Social Work Ethics <i>Claude C. Drouet, LCSW</i>	3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin. 3 CME Category 1 Credits	Sunday, June 11 9:00 am - 12:00 pm Willow, 3rd Floor
Pediatric Head Trauma <i>Ian Mutchnick, MD</i>	3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin. 3 CME Category 1 Credits	Sunday, June 11 9:00 am - 12:00 pm Dogwood, 3rd Floor
Domestic Violence <i>Amanda Corzine, RN, MSN, SANE-A, CFN</i>	3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin. 3 CME Category 1 Credits	Sunday, June 11 1:30 pm - 4:30 pm Willow, 3rd Floor
Polypharmacy <i>Demetra Antimisiaris, PharmD, BCGP, FASCP</i>	3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin. 3 CME Category 1 Credits	Sunday, June 11 1:30 pm - 4:30 pm Dogwood, 3rd Floor
Assessing & Managing Suicide Risk <i>Tony Watkins, MA, LMFT</i>	6 CME Category 1 Credits 6.5 Hrs/Credits: NBCC, APA 7 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.	Sunday, June 11 Part I: 9:00 am - 12:00 pm Part II: 1:30 pm - 4:30 pm Holly, 3rd Floor

Pre-Conference Morning Sessions

Social Work Ethics: Addressing Complexity

Claude C. Drouet, LCSW

Sunday, June 11 | 9:00 am - 12:00 pm

Willow, 3rd Floor



Applicable Disciplines & Credit Hours: 3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.; 3 CME Category 1 Credits

Description: Social work professionals are increasingly dealing with clients and colleagues who hold very different views of ethical and moral issues. The purpose of this workshop is to examine potential conflicts so that social workers may better determine proactive responses to them. This workshop is approved by the Kentucky Board of Social Work. Participants will review the 201 KAR 23:080 regulation with regard to social work ethics, and practice implications will be explored. This session has three overall goals: (1) to better anticipate ethical conflicts; (2) to develop greater comfort to deal with them (reducing high defensiveness or reactivity to such conflicts) and (3) to use ethical challenges as a way to promote our own professional development. We will also look at several key components of our Code of Ethics, with some lively discussion about the dynamics of respect. Primary directive of the practice of social work. We will also look at selected aspects of Kentucky's laws and regulations related to our profession.

Pediatric Head Trauma

Ian Mutchnick, MD

Sunday, June 11 | 9:00 am - 12:00 pm

Dogwood, 3rd Floor



Applicable Disciplines & Credit Hours: 3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.; 3 CME Category 1 Credits

Description: Understanding the pathophysiology of mild traumatic brain injury and the basics of management.

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2 Conference | June 12 - 13

CEU credit hours during the conference are independent of Pre-Conference CEU offerings. Conference CEU's are included in with Conference Registration for the below professions:

Nursing: 13

Social Work: 13

LMFT: 13

Long-Term Care Admin.: 13

Medical CME: 11

CATEGORY I

To obtain your CEU certificates:

Certificates can be obtained by completing the survey link on the CEU instruction handout provided at the registration table. After completing the survey, you will be able to print your certificate.

If you have any questions, please visit the CEU table at the registration area or contact Crystal Pigman of the Southeast Area Health Education Center office at (606) 487-0135.

Pre-Conference Afternoon Sessions



Domestic Violence: Identifying and Addressing Intimate Partner Violence Across the Lifespan

Amanda Corzine, RN, MSN, SANE-A, CFN

Sunday, June 11 | 1:30 pm - 4:30 pm

Willow, 3rd Floor



Applicable Disciplines & Credit Hours: 3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.; 3 CME Category 1 Credits

Description: Experiencing domestic violence at any age carries long term impacts for victims and survivors. Traumatic experiences have shown to adversely affect mental and physical health outcomes, and domestic violence carries its own set of health risks. This session will explore current research on the prevalence and health impact of domestic violence victims. Tips for identifying and screening for domestic violence in a variety of settings will also be discussed. Community resources and strategies for effective interventions will be reviewed.

Session Objectives: Participants will be able to: (1) Identify negative health outcomes associated with experiencing domestic violence. (2) Name common barriers victims face when attempting to end a violent relationship. (3) Discuss effective strategies for screening for domestic violence in healthcare and other settings. (4) Identify effective strategies for discussing domestic violence with victims.

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Polypharmacy: The Power of Transdisciplinary Teams in Fighting Dangerous Medication Use

Demetra Antimisiaris, PharmD, BCGP, FASCP

Sunday, June 11 | 1:30 pm - 4:30 pm

Dogwood, 3rd Floor



Applicable Disciplines & Credit Hours: 3.5 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.; 3 CME Category 1 Credits

Description: The impact of polypharmacy on people's lives, and particularly the elderly, is substantial, yet often goes unrecognized. This workshop is intended to help increase understanding of the problem, identify and address medication related harm, and learn what to do to fight the silent epidemic of polypharmacy. We will discuss how medications can mimic disease, why medications behave differently in elders, methods of assessment of medication harm, appropriateness of medication use regarding life expectancy, and what each one of us can do to help minimize and prevent unwanted medication outcomes.

Pre-Conference All-Day Session



Assessing and Managing Suicide Risk (AMSR)

Tony Watkins, MA, LMFT

Session I: Sunday, June 11 | 9:00 pm - 12:00 pm

Session II: Sunday, June 11 | 1:30 pm - 4:30 pm

Holly, 3rd Floor



Applicable Disciplines & Credit Hours: 6 CME Category 1 Credits; 6.5 Hrs/Credits: NBCC, APA; 7 Hrs/Credits: Nursing, Social Work, LMFT, Long-Term Care Admin.

Description: Suicidal behavior is a major cause of death and disability in the United States. Over 41,000 people die by suicide each year, the equivalent of one major airliner filled with passengers crashing every day. Hundreds of thousands of people are treated in hospital emergency departments each year following a suicide attempt. A significant proportion of people who die by suicide have had recent contact with a mental health professional. However, many providers are inadequately trained to assess, treat, and manage suicidal patients or clients. Assessing and Managing Suicide Risk was designed to address that training gap. It teaches essential core competencies that meet the needs of an entire spectrum of mental health professionals, including psychiatrists, psychologists, licensed counselors, social workers, and employee assistance professionals.

Participants will gain knowledge in the following core competencies:

- Managing one's own reactions to suicide
- Reconciling the difference and potential conflict between a clinician's goal to prevent suicide and a client's goal to eliminate psychological pain through suicide
- Maintaining a collaborative, non-adversarial stance
- Eliciting suicide ideation, behavior, and plans
- Making a clinical judgment of the risk that a client will attempt or complete suicide
- Collaboratively developing an emergency plan
- Developing a written treatment and services plan that addresses a client's immediate, acute, and continuing suicide ideation and risk for suicide
- Developing policies and procedures for following clients closely
- Implementing the principles of crisis management

15





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The Margaret Dorward Smock Charitable Trust was established in 1981 to support Geriatric Medicine faculty members, or associates, to study and teach Geriatric Medicine to the students at the University of Louisville School of Medicine.

KY MOST Coalition

The Margaret D. Smock Charitable Trust also supports the KY MOST Coalition, and its commitment to promote the KY MOST form through education and advocacy.

What is the MOST Form?

The MOST Form (Medical Orders for Scope of Treatment) is an order sheet printed on a bright pink piece of paper, listing your wishes at the end-of-life. It travels with you wherever you go and can be found at: <http://kbml.ky.gov/board/Documents/MOST%20Form>.

A video further explaining the MOST Form can be found at: https://kbems.kctcs.edu/legal/medical_orders_for_scope_of_treatment.aspx pdf

If you are interested in joining the KY MOST Coalition, please contact Dr. Christian Furman at christian.furman@louisville.edu

Special Events

Opening Reception

Sunday, June 11 | 5:00 pm - 7:00pm | Exhibit Hall, Cochran Ballroom

Join us for an opening reception to celebrate the start of the 2017 Optimal Aging Conference. This festive evening reception will feature two e-poster sessions (p. 23), the opening of the exhibit hall (p. 8) and the opening of the silent auction. Be sure to bring your exhibit hall passport! Light hors d'oeuvres and refreshments will be provided.

Live music provided by 92-year-old Angela Fitzpatrick.

Silent Auction

Bidding hours: Sunday 5:00 pm - 7:00 pm
Monday 7:30 am - 3:00 pm & 6:30 pm - 9:00 pm
Cochran Ballroom

Cash or Check Only



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SHARE THE LOVE OF JEWELRY®



Hospitality Suite

Sunday 7:00 pm - 11:00 pm
Monday 10:00 pm - 12:00 pm

Please join us for fun, cocktails and networking in the Hospitality Suite | Room 1046

All Conference participants are welcome to join the Conference Planning Committee after the reception on Sunday night, from 7:00 p.m. – 11:00 p.m. and after the Gala on Monday night, from 10:00 p.m. to Midnight in the Hospitality Suite Room 1046.



Special Events

Networking Breakfasts

Monday, June 12 | 7:00 am - 8:30 am | Exhibit Hall, Cochran Ballroom

Tuesday, June 13 | 7:00 am - 8:30 am | Exhibit Hall, Cochran Ballroom

Jump-start your day with coffee and connections! Each morning we invite all Conference attendees to start the day with a Networking Breakfast. A continental breakfast will be provided in the exhibit hall allowing participants to network with both other attendees as well as with the Conference sponsors and exhibitors.

Conference Gala

Monday, June 12 | Archibald Ballroom

Cocktail Hour 6:30 pm - 7:30 pm

Dinner & Dancing 7:30 pm - 10:00 pm

Cash bar will be available during the Cocktail Hour and after dinner.

Conference attendees are invited to the 2017 Optimal Aging Conference Gala, an evening of socialization, dining, and dancing. Cocktail attire is welcomed.

This Gala will feature the Louisville-based musical group, Dave Mehl's Swing Street Band. In case swing is not "in your wheelhouse," free swing dance lessons will be provided by Blair's Ballroom.



KAG Board Meeting

Tuesday, June 13 | 1:30 pm - 3:00 pm | Archibald Ballroom

KAG board members are invited to attend a board meeting at the end of the conference. The meeting will be held in the Archibald Ballroom.

Monday General Sessions

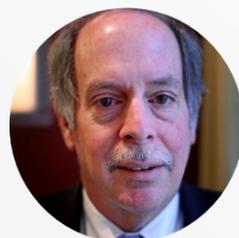
Opening General Session

8:30 am - 10:00 am | Archibald Ballroom

General Session Sponsor:



Challenges and Opportunities for Optimal Aging: Perspectives from DC



Bob Blancato, MPA
Executive Director,
National Association
of Nutrition and Aging
Services Programs



Sandy Markwood
CEO, National
Association of Area
Agencies on Aging
Speaker Sponsor:



Second General Session

12:00 pm - 1:30 pm | Archibald Ballroom

General Session Sponsor:



**OFFICE FOR AGING/
DISABLED CITIZENS**
A Division of Community Services

Elder Abuse in Kentucky



**The Honorable
Andrew Beshear**
Kentucky
Attorney General

Tuesday General Sessions

Third General Session

8:30 am - 10:00 am | Archibald Ballroom

General Session Sponsor:



Irving B. Perlstein Gerontology Lecture:

Caring For Patients with Alzheimer's



Christopher Callahan, MD
Director, IU Center
for Aging Research

Closing General Session

OPTIMAL AGING CONFERENCE
AWARD CEREMONY

General Session Sponsor:



MASONIC HOMES
of
KENTUCKY

12:00 pm - 1:30 pm | Archibald Ballroom

Irving B. Perlstein Gerontology Lecture:

An Update on Alzheimer's Disease



Gregory Jicha, MD, PhD
Associate Director,
UK Alzheimer's Disease Center

The Irving B. Perlstein Gerontology Lectureship

Dr. Irving B. Perlstein was a respected member of the Medical Staff at Jewish Hospital during his long and rewarding career. Dr. Perlstein completed his internship and residency at Jewish Hospital. Specializing in Internal Medicine, Dr. Perlstein was recognized for his significant research on aging and thyroid dysfunction. Dr. Perlstein passed away on August 6, 1995 and this lectureship was created by his family as a living memorial to him and his commitment to his patients and healthcare. The fund is held and maintained by the Jewish Hospital & St. Mary's Foundation.



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 **Life Planning NETWORK**

Life planning professionals dedicated to promoting positive aging and shaping the future of aging through dialogue, information and expertise

www.lifeplanningnetwork.org
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Join us for a meet & greet at the Optimal Aging Conference and be in the core group forming our first local chapter for Louisville

Meet & Greet Information:
3pm, Tuesday, June 13th in the Willow Room

We look forward to seeing you and launching our Louisville Life Planning Network!



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Poster Sessions



Poster Session 1



Sunday, June 11 | 5:00 pm - 6:00 pm

Exhibit Hall, Cochran Ballroom

1 Effects of Menthol on the Swallow Reflex of Geriatric Patients with Dysphagia

Bradley Kimbel, University of Louisville

“Dysphagia” is a clinical term for difficulty swallowing, a symptom commonly associated with the normal aging process. Research into sensory afferents suggests that including various additives with food may aid in diminishing dysphagia in the elderly. We will explore research from Japan on how menthol aids in swallowing.

2 Missing Voices: Understanding the Role of LGBT Persons in Informal Caregiving

Casey Cassetty, MSW, CSW, University of Kentucky

The focus of this presentation is to review the experiences of the LGBT caregiver using a quantitative analysis constructed with secondary data from the Caregiving in the U.S. 2015 study produced by the National Alliance for Caregiving and the AARP Public Policy Institute (AARP, 2015).

3 Access to Exercise Programs and The Impact on Well-Being: An Evaluation of the Senior Fit Program

Cassandra Barragan, Eastern Michigan University

Senior Fit is a free fitness program for adults over the age of 55. This program provides access to older adults in the SJMO system to a physical fitness program and non-medical social support. Findings show a positive correlation between length of time in Senior Fit and life satisfaction.

4 The Opportunities of Aging

Loren Olsen, MD, USC Healthcare

Aging offers opportunities we've never had before and may never have again. Time is no longer something to measure, but time is something to experience. Pain is inevitable; suffering is optional. Growing old is a pain, but suffering is a choice.

5 A Follow-Up: Using Alzheimer's Disease Simulations to Combat Stigma in Rural Communities

Sam Cotton, MSSW, Joseph D'Ambrosio, PhD, JD, LMFT, Anna Faul, PhD, & Pam Yankeelov, PhD, The UofL Institute for Sustainable Health & Optimal Aging

Individuals living with Alzheimer's disease are often facing undue stigma. This is due to a combination of the lack of access to education and understanding regarding Alzheimer's disease. The purpose of this presentation is to address the stigma that is often faced by this population in rural communities and to provide an overview of using simulations as a tool to expand knowledge and understanding within communities.

6 High-Intensity Resistance Training Program to Improve Physical Function in Pre-Frail Older Adults

Christina Nowak, McMaster University

Thirty-six people in a state of pre-frailty were randomly allocated into a low-intensity or high-intensity 12-week resistance training program. High-intensity strength training was safe and feasible, although no significant between-group differences in physical outcomes were observed.

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Poster Session 1



Sunday, June 11 | 5:00 pm - 6:00 pm

Exhibit Hall, Cochran Ballroom

7 Sexual Health and Aging: Creating Hot Spots to Promote Safer Sex for Older Adults

Natalie Pope, MBA, MSSW, The UofL Institute for Sustainable Health and Optimal Aging; Becky Smith, MSW, CSW, NCG, University of Louisville

The Hot Spot Project sought to better understand the sexual needs of the older adult population who participate in community-based service organizations, and to explore the impact of the Hot Spots intervention. Positive outcomes attributed to applied nature and engagement of students in this pressing community issue.

8 Refugee Older Adults in the Community

Michaela Vaillant, MSW, & Eva Nyerges, Kentucky Refugee Ministries

Recognized as a model program by the Center for Applied Linguistics, the Refugee Elder Program is dedicated to helping refugee elders learn English, attain US citizenship and become active members of their community. This presentation seeks to discuss enhanced community integration pathways and create mutually beneficial collaboration opportunities.

9 Giddy with Salt!

Rangaraj Gopalraj, MD, Brandon Coons, MD, Ann Iype, MD, & Daniela Neamtu, MD, University of Louisville

This educational session will highlight the importance of salt. Low sodium levels can cause many symptoms. This case report is about a man who developed problems with his salt level due to a common medicine used for treating frequent urination. The audience will learn how to avoid such a side-effect.

10 Age-Related Hypothyroidism and Risk of Ischemic Stroke in Women

Ruolan Liu, PhD, Wei Liu, MD, PhD, & Kerri Rimmel, MD, PhD, University of Louisville

Our study revealed that women with ischemic stroke have a significantly higher prevalence of hypothyroidism than men (13.8% vs 3.2%), which increases greatly with age. Hypothyroidism was also correlated with greater stroke severity and poorer outcomes. These indicate that hypothyroidism may represent an additional stroke risk factor for women.

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Poster Session 2



Sunday, June 11 | 6:00 pm - 7:00 pm

Exhibit Hall, Cochran Ballroom

1 Age Integration and Organizations: The Future of Baby Boomers in Youth-Centric Megachurches

Amber Cable, Miami University Alumna

“Intergenerational” is a buzzword in aging, but there aren’t a lot of success stories or research on the implementation and implications of age integration strategies. We’ll explore age integration in one megachurch as it undergoes massive changes in age structure, participation and leadership, as Boomers age.

2 Please Listen to Me: The Factors that Contribute to Optimal Counseling with the Aging

Chris Hall, PhD, University of North Carolina at Wilmington

This presentation will provide an overview of specific factors that most contribute to counseling effectiveness with the aging. Utilizing research on common factor effectiveness a qualitative study was conducted with 12 clients over the age of 65 to determine what they deemed most important in achieving their counseling goals.

3 Proving Your Program Works: Navigating the Landscape of Program Evaluation

Cassandra Barragan, Eastern Michigan University; Patty Kerin MSN, RN, St. Joseph Mercy Hospital

Program evaluation is necessary to demonstrate effectiveness of community based senior programs. Learning how to effectively measure the outcomes of programs is a necessity in order to secure funding, garner support, and encourage participation. Learn simple, yet effective ways to evaluate your program from an administrative perspective.

4 Advocacy Leadership for Positive Aging Curriculum (ALPA)

Joyce Cohen, Life Planning Network, Purple Heart Homes, Unconventional Wisdom, LLC; Barbara Shaiman, Live Your Legacy Now, LLC

Learn about highly successful and innovative ALPA, Advocacy Leadership for Positive Aging, which fills a niche for service providers working with low income seniors. This six session in-service program impacts lives positively and provides needed education and skills. Learn basics and how to bring ALPA to your community.

5 SMP Practices for Utilizing Subcontractors in Volunteer Management

Jessica Miller, MPH, & Michelle List, Louisville Metro Public Health and Wellness

Louisville Metro Government is the Senior Medicare Patrol (SMP) grantee for the Commonwealth of Kentucky. To best utilize resources, SMP relies on subcontractors and volunteers to assist with the mission of the program. As a largely rural state, LMG depends on its subcontractors’ familiarities with their geographic region to provide outreach to rural population.

Poster Session 2



Sunday, June 11 | 6:00 pm - 7:00 pm

Exhibit Hall, Cochran Ballroom

6 TICC: The Transitions in Care Continuum

Carmel Person, MD, Geoffrey Weiss PhD, Julie Lauder, MBA, & Angie Banet, RN, MSN, NE-BC, Norton Healthcare

The Transitions in Care Continuum (TICC) is an evidence-based collaboration that aims to reduce hospital readmissions and unnecessary emergency department visits for medically fragile seniors moving from hospital to skilled nursing facility to home. Preliminary data show reductions of 3.07% and 2.06% respectively for patients discharged to two partner SNFs.

7 Honor Flight: The Honor is Ours

Keith Knapp, PhD, Bellarmine University; Captain John Stone, US Army (RET), Honor Flight Alumnus

900 of America’s WWII veterans are dying every day. Honor Flight is a national, non-profit organization devoted to safely escorting WWII veterans to Washington, DC to visit the WWII Memorial and related service memorials as a tribute to their service. Learn more about how the program works and opportunities for you and your community to participate.

8 An Optimal Aging Experience for Lesbian & Gay Older Adults: Results from an Initial Needs Assessment

M. Aaron Guest, MPH, MSW, University of Kentucky

The aging of the population has resulted in an increase in the number of aging, self-identified, lesbian and gay individuals. Utilizing a community-generated needs assessment framework, we sought to conduct an initial assessment in Central Kentucky to understand the unique challenges lesbian and gay individuals may face as they age.

9 Benefits of Intravenous Tissue Plasminogen Activator in Nonagenarians with Acute Ischemic Stroke

Wei Liu, MD, Dhaval Desai, MD, Tapan Abrol, MD, Ruolan Liu, MD, PhD, Jignesh Shah, MD, & Kerri Remmel, MD, PhD, University of Louisville

It is beneficial and safe to administrate IV tPA on AIS to patients who are 90 years or older. Patients with milder deficits had more favorable outcomes.

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UofL Institutional Review Boards
IRB NUMBER: 15.0756
IRB APPROVAL DATE: 03/05/2017



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Breakout Sessions



Breakout Session 1



Monday, June 12 | 10:15 am - 11:45 am

Cognitive-Behavioral Therapy and Older Adults

David Casey, MD, & Jesse Wright, MD, PhD, University of Louisville

In this interactive workshop, experienced CBT practitioners will use cases and participant involvement to illustrate the most important techniques, with an eye toward mood and anxiety disorders and aging. CBT is a structured, "here and now" therapy, addressing negative patterns of thinking and behavior and enhancing coping.

Senior Panel Discussion: Ageism In The Digital Experience

Todd Smith, SeniorGroup LLC

Ageism is prevalent in many areas of our culture, but is especially apparent in the digital media landscape and the online world. This session will feature four residents from local assisted living facilities in an open discussion to explore the nature of the digital divide, and how we might best build a bridge.

Mystery to Mastery: Charting a Creative Life Course (at Any Age)

Joyce Cohen, Life Planning Network, Purple Heart Homes, Unconventional Wisdom, LLC

How do you reinvent your life, with so many choices and demands arising at the same time? Starting with the new 3R's, Mystery to Mastery helps you access the freedom that can make the next stage of your life richer and fuller than ever before. Determine individual motivators, Identify multiple life dimensions, Tap areas of interest, and Create a personalized, vibrant plan. In the process, unleash the creative power of planning for a lifetime.

DOGWOOD,
3rd Floor

HOLLY,
3rd Floor

WILLOW,
3rd Floor



Coffee Breaks

Grab a cup of coffee in the exhibit hall and visit the exhibits between sessions

Breakout Session 1



Monday, June 12 | 10:15 am - 11:45 am

Thank God for Stress!

Rangaraj Gopalraj, MD, Paul Salmon, PhD, Whitney Rebholz, PhD, & Elizabeth Cash, PhD, University of Louisville

This interactive workshop will challenge the prevalent notion that stress is harmful. Experts will talk about stress and how it affects our body. The audience will learn practical coping strategies, particularly mindfulness techniques that could be integrated into their daily movement and physical activity for a healthier brain and body.

A Shared-Care Approach to Health Care for Older Adults

Joseph D'Ambrosio, PhD, JD, LMFT, Anna Faul, PhD, Christian Furman, MD, MSPH, AGSF, & Pam Yankeelov, PhD, The UofL Institute for Sustainable Health & Optimal Aging; Barbara Gordon, MA, KIPDA Area Agency on Aging & Independent Living

To promote effective care coordination and quality care for older adults in rural areas, the Flourish Care model developed partnerships between primary care practices, local Area Agencies on Aging, and community coalitions as part of a federal grant to promote quality care for older adults. This presentation reports on the lessons learned in creating this model of care and the outcomes achieved for older adults served through this coordinated health care model. Two case studies will be shared.

AZALEA,
2nd Floor

JASMINE,
2nd Floor

Compassionate City Survey



Help us measure what makes Louisville a compassionate city by taking a brief survey. It only takes 10 minutes to complete and you can receive a personalized compassion report!



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For additional questions, contact Lauren Humpert at 502-852-5228 or lauren.humpert@louisville.edu

Breakout Session 2



Monday, June 12 | 1:45 pm - 2:45 pm

Response to the Triple Aim Challenge: Creation of a Futuristic Practitioner Force for the Post-Acute

Arif Nazir, MD, AMDA, Penny Logan, MBA, FNP, COO, & Daniel Jones, MSM, PA-C, WCC, SHC Medical Partners

Presenters provide an overview of their unique journey to form a highly-trained practitioner team in the post-acute settings. Audience will appreciate the importance of interactive education and mentorship to support care teams and will take home strategies to implement programs to impact quality of care in their own settings.

DOGWOOD,
3rd Floor

Safety and Independence: Finding Common Ground

Katie Broom, RN, BSN, BSS, CCMC, Diversified Nurse Consultants

Aging individuals face unique safety risks that threaten their health and well-being. However, when we wish for total safety for an individual, we risk undervaluing their purpose in life and self-worth. An effective safety evaluation is comprehensive and takes into consideration the things that make a life meaningful.

HOLLY,
3rd Floor

Split Session

Affordable Housing for Louisville's Aging and Disabled Populations

Brandon McReynolds, Adam Sizemore, & Theo Malone, University of Louisville

This research highlights Louisville's need to address issues pertaining to the access of affordable housing for aging and disabled individuals. The research advocates for various local policy reforms, many of which are connected to the city's comprehensive planning process.

WILLOW,
3rd Floor

Public Space Design for an Aging Society

Adam Fromme, The Ohio State University

This research presentation explores how public spaces can be improved to account for the qualitative preferences of older adults. The study seeks to understand journeys to, through, and from those spaces, identify key trends as individuals age, and distinguish those trends from universally held preferences for common public spaces.

Breakout Session 2



Monday, June 12 | 1:45 pm - 2:45 pm

Age-Friendly Business Practices: An Evidenced-Based Approach

Natalie Pope, MBA, MSSW, The UofL Institute for Sustainable Health & Optimal Aging

This discussion will explore an evidenced-based research project aiming to identify age-friendly business practices to promote access and engagement of older adults as both consumers and employees. This presentation will make the case that age-friendly business practices are both business smart and socially imperative.

WALNUT,
3rd Floor

Hospital Community Engagement as a Mechanism to Improve Social Determinants of Health

Cassandra Barragan, Eastern Michigan University

Senior Fit is a free fitness program for adults over the age of 55. Most participants learned of the program through friends and their church and participate to improve their well-being. Social determinants of health can be strengthened through community partnerships and result in positive health outcomes.

AZALEA,
2nd Floor

The Under-Utilization of Tele-hospice: The Potential Solution to Dying Wishes

Casey Cassetty, MSW, CSW, University of Kentucky

This presentation will review barriers that tele-hospice assists in overcoming, the impact it has on informal caregiving practices, the preconceptions of tele-hospice, the financial benefits of tele-hospice, how to implement within practice, and ways in which tele-hospice can better assist hospice patients in having their final wishes met.

JASMINE,
2nd Floor

Creating Policy, Systems, and Environment Change Through the Plan4Health Initiative

Madri Hall-Faul, MSSW, CSW, & Barbara Gordon, MA, KIPDA Area Agency on Aging & Independent Living; Mona Huff, The UofL Institute for Sustainable Health and Optimal Aging

This session will explore the intersection of planning and public health by focusing on using local and regional coalitions to produce policy change, as well as on the importance of a health in all policies approach. Implementation strategies, lessons learned, and sustainability will also be discussed.

LILLY,
2nd Floor

Breakout Session 3



Monday, June 12 | 3:00 pm - 4:00 pm

Live Your Legacy Now

Barbara Greenspan-Shaiman, MEd, Live Your Legacy, LLC

In this time of social change and economic uncertainty, it is up to us as individuals, community leaders, and corporate leaders, to take action if we want to improve our situation and address important social issues. This presentation will explore the importance of legacy in creating sustainable social change in a multigenerational context.

How to Make Concierge-Style Medicine a Reality for Low-to-Moderate Income Seniors

Dennis Skrajewski, & Tina Shenouda, MD, JenCare Senior Medical Center

This presentation will outline how primary care innovation can help low- to moderate-income seniors managing multiple chronic conditions get high quality health care and better health outcomes. The presenters will detail the JenCare patient-centered approach, which delivers concierge-style health care to seniors at little or no cost to the patient.

Split Session

The Role of Oral and Intestinal Bacteria in Aging of the Brain

Robert Friedland, MD, Institute Faculty Scholar, University of Louisville

Bacteria present in our bodies are not there by accident: they have evolved with us because of their beneficial effects on our metabolism and immunity. Our research has shown that intestinal bacteria are involved in the initiation of disease in Alzheimer and Parkinson's. This is important because there are many preventive and therapeutic approaches to change our partner organisms. I will review this exciting new field and provide practical information about how diet can be altered to beneficially influence gut bacteria.

Take Control of Your Brain Health

Yael Katz, PhD, BrainCheck

We present an innovative technology platform that empowers people to take control of their brain health.

DOGWOOD,
3rd Floor

HOLLY,
3rd Floor

WILLOW,
3rd Floor

Breakout Session 3



Monday, June 12 | 3:00 pm - 4:00 pm

Hildegard House: A Comfort Care Home

Karen Cassidy, RN, MSN, MBA, EdD, Hildegard House

Hildegard House is Kentucky's first and only comfort care home. The mission is to provide a compassionate home and care to individuals at the end of life who have no home or loved ones to care for them so that they may die with dignity. Hildegard House is a nonprofit organization. Volunteers, called Compassionate Companions, complete a volunteer training that is modeled after the Zen Hospice Project. Since opening in August 2016, Hildegard House has been able to serve 15 men and women during this sacred time of life.

Senior Bullying: What's The Big Deal?

Lydia Jacobs, Bluegrass Area Agency on Aging & Independent Living; Heather Wade, Sayre Christian Village; Jennifer Garland, Lexington Senior Center

Senior Bullying, though not a new phenomenon, is a growing topic of concern among those working with older adults, and is likely to increase due to the population growth of this demographic. What does bullying look like within the Senior age group, and how do you, as a professional, recognize, address, and prevent it? What can you do to encourage and educate your residents to do the same? This session will address these questions, as well as give insight into how and why one senior living facility surveyed their residents to ask about this topic, and how the results are being used to better their community.

One is the Loneliest Number

Megan Carpenter, ElderServe; Danny Fortier, Humana

Older adults who experience social isolation are twice as likely to die prematurely than those who have social connections. In this presentation, attendees will learn about social isolation, how to identify those experiencing social isolation, and what interventions can address social isolation. Attendees will also take part in an activity that will enhance understanding of social isolation.

Bingocize: An Innovative Health Promotion Program to Improve Physical and Mental Fitness

K. Jason Crandall, PhD, & Matthew Shake, PhD, Western Kentucky University; Lona Kratzer, Hancock County Senior Services

By combining the game of Bingo with exercise and health education (Bingocize!), we found increases in functional performance, socialization, and health knowledge in older adults. The purpose of our presentation is to describe the development, research, and applications for this evidence-based health promotion program.

WALNUT,
3rd Floor

AZALEA,
2nd Floor

JASMINE,
2nd Floor

LILLY,
2nd Floor

Breakout Session 4



Monday, June 12 | 4:15 pm - 5:15 pm

How Music and Technology are Elevating Cognitive Care

Andy Tubman, SingFit

Certified music therapist Andy Tubman will take the audience on a musical journey that will reveal the science and business behind active music making and how it can help providers meet the needs of a wide variety of residents, utilizing scientific research, in-community studies, video recordings and audience participation.

The New Paradigm for Medical Care of Older Adults: Preserving Quality of Life and Independence

BC Childress, PharmD, MBA, BCACP, FASCP, & Bill Bryant, MD, FAAFP, CPPS, CMD, Owensboro Health

Ian Morrison's Second Curve Theory has been applied to many industries to understand how ideas, practices, and paradigms must transform in order to succeed at higher levels. Applying this theory to medical care for the elderly, it is evident that fundamental transformation is essential for individuals to maintain what is most important when aging: independence and quality of life.

Changing Roles and Family Challenges in Grandparents Raising Grandchildren

Robert Karolich, PhD, & Pam Black, Eastern Kentucky University

The presenters will discuss the changing roles and challenges of this special population of older adults in order to better understand their needs after they have voluntarily taken on the responsibility of raising their grandchild(ren). They will also discuss an exploratory study conducted in which data was collected through grandparents focus groups in order to better understand how a change in roles may add to disruption in set patterns of living for both the grandparent(s) and the children as well as how changing roles challenges existing social relationships and the relationship of grandparent couples.

Harnessing Student Ideas to Help Seniors

Goldburn Maynard, JD, LLM, University of Louisville

The task of finding solutions to the complex problems facing seniors requires fresh thinking. The goal of this presentation is to highlight one method of doing just that: incorporating students. The presentation will showcase examples of student-based learning projects, including obstacles they encountered and future directions.

DOGWOOD,
3rd Floor

HOLLY,
3rd Floor

WILLOW,
3rd Floor

WALNUT,
3rd Floor

Breakout Session 4



Monday, June 12 | 4:15 pm - 5:15 pm

Optimizing Physical and Mental Health of Older Adults Through Intergenerational Music Therapy

Michael Detmer, MME, MT-BC, University of Louisville, Norton Women's and Children's Hospital

Music therapy is an evidence-based healthcare practice that can be used to target multiple domain areas in older adults including physical and mental health. Based on this author's current intergenerational music therapy research, this presentation will provide preliminary results, a program evaluation, and future recommendations for intergenerational music therapy programming.

Age Friendly Lexington: What's Good for a Walker is Also Good for a Stroller

David Lee Ferrell, University of Kentucky; Mary Crowley-Schmidt, Bluegrass Area Agency on Aging & Independent Living

Learn of Lexington's journey to becoming part of the "age friendly" movement. Aspects of the process will be discussed including getting started, engaging partners and growing the movement. The work groups have engaged several generations in this endeavor to make it truly as "good for a walker as it is for a stroller."

A Public Health Approach to Serious Illness

Turner West, & Liz Fowler, MPH, Hospice of the Bluegrass

5% of the population account for approximately 50% of health care expenditures. Many within this population are seriously ill with multiple chronic conditions and functional limitations. Despite significant financial resources devoted to this population, seriously ill individuals experience a significant pain and symptom burden and insufficient emotional and spiritual support all while trying to navigate a complex and ever changing health care delivery system. In this session, learners will consider the value of a public health approach to seriously ill individuals where the needs of seriously ill individuals are anticipated and proactively addressed and social determinants of health are considered.

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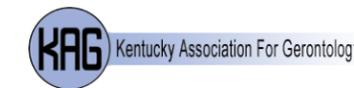


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The se4a Conference will be held at the Louisville Marriott Downtown, 280 West Jefferson, 40202, on September 30-October 3, 2018. Look for call for presentations at the end of 2017.

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INSTITUTE FOR SUSTAINABLE HEALTH & OPTIMAL AGING



Breakout Session 5



Tuesday, June 13 | 10:15 am - 11:45 am

Aging of an Agency: Easy Digital Storytelling for Agencies Wanting to Share their “Life Experiences”

J.P. Morgan-Siebe, MSW, The UofL Institute for Sustainable Health & Optimal Aging

The primary goal for this workshop is to guide participants through the steps of creating their own digital libraries, while sharing the digital story of one agency as it has aged two years. Resource information, such as free website platforms and interactive media, will also be discussed and demystified.

Combating Various Scams and Seeking Financial Empowerment through Collaboration

Gerina Whethers, Rebecca Goodman, & Michelle Rudovich,
Office of the Attorney General

The various offices of the Office of Attorney General will focus on the special challenges facing our vulnerable aging Kentuckians. This presentation will highlight detailed examples of cases that illustrate problem solving techniques and solutions in combating the epidemic of financial exploitation, fraud/abuse and utility/health insurance issues against seniors.

Wisdom of the Sages - 90 and Beyond...Legacy, Spirit, Grace

Connie Reider, ALEPH'S Sage-ing Mentorship Program

This workshop shares photographic portraits and personal narratives of elders with 89+ years of life experience. Inspired and entertained by their poignant stories, their voices offer encouragement that we all have the opportunity to age with vitality, grace, and meaning. Energized by their lives, we will explore where we are now and what possibilities might await us.

Essential Estate Planning Documents and Why They Matter To You

Eileen Walsh, JD, Elder Law of Louisville Law Firm

Typically, Americans think everyone should have an estate plan, but only about 40% (according to LexisNexis) actually have any estate documents in place. And a good guess is that probably at least half of the 40% with estate plans has outdated documents may be put in place when children were young and now many years later their family and financial situations have greatly changed. The estate planning process doesn't have to be as bad as you think. And it is as much about life as it is death! Learn of the essential documents you need and leave understanding why they matter to you.

**DOGWOOD,
3rd Floor**

**HOLLY,
3rd Floor**

**WILLOW,
3rd Floor**

**WALNUT,
3rd Floor**

Breakout Session 5



Tuesday, June 13 | 10:15 am - 11:45 am

Self-Care Strategies for Practitioners

Madri Hall-Faul, MSSW, CSW, & Barbara Gordon, MA, KIPDA Area Agency on Aging & Independent Living; Mona Huff, The UofL Institute for Sustainable Health and Optimal Aging

This two-part session will explore the importance of self-care for practitioners while helping participants identify specific actions they can take to improve their wellbeing. The first part of the session will be educational, while the second part will include a Health Rhythms drumming demonstration and interactive activity.

Healing the Caregiver: Overview of the Professional Series

Joe Exline, Diversified Nurse Consultants

The presentation will be experiential in style and will be reflection and discussion as the primary method for the workshop. Participants will introduced to the theme of the Power of Imperfection and Vulnerability. Based on the writings of Brene Brown and her book, “The Gifts of Imperfection,” we will identify the role of inherited STORY regarding the perception of being “vulnerable” in relationship to the history of GUILT and SHAME in our lives and culture. The theory on the Power of Resilience will be explored; here we will unpack the ways to build RESILIENCE in and around you. Social connection, attitude of power, spiritual, humility, emotional acceptance, and silliness will be introduced and experiential activities will be provided as well.

Design and Implementation of Guided Autobiography in an Assisted Living Community

Nancy Orr-Rainey, RN, MS, Michael Rainey, & Alice Phillips,
Magnolia Springs East Louisville

Numerous life review programs have been developed and tried in senior living communities. The experience of developing a successful Legacy Program at Magnolia Springs East was driven by an overwhelming desire to fulfill our mission. We will share our history of past failure as well as our ultimate success with Guided Autobiography (GAB) and why it made such a difference.

**AZALEA,
2nd Floor**

**JASMINE,
2nd Floor**

**LILLY,
2nd Floor**

Breakout Session 6



Tuesday, June 13 | 1:45 pm - 2:45 pm

Funding Long Term Care Without Medicaid

Whitney Wilson, Elder Law of Louisville Law Firm

In today's world, it is likely we will age and we will have care needs. Many Americans believe that Medicare will pay for their long term care needs, when in fact it provides limited coverage. Because of this broad misinterpretation, it is worthwhile to discuss what Medicare is and is not. This session will do just that and will highlight some ways people choose to fund long term care without Medicaid such as long term care insurance, the Ky Partnership Plan, VA benefits, and more.

Asthma in Older Adults

Barbara Polivka, PhD, RN, Demetra Antimisiaris, PharmD, BCGP, FASCP, & Rangaray Gopalraj, MD, PhD, University of Louisville; Rodney Folz, MD, PhD, Case Western Reserve University and University Hospitals; Russell Barnes, UofL Kentucky Institute for the Environment and Sustainable Development

Little research has focused on the growing population of older adults with asthma. Baseline and 9-month follow-up will be presented from study addressing the different characteristics of older adults with asthma, their quality of life, medications, and effects of home environmental triggers such as particulates and volatile organic compounds (VOCs).

Applied Compassion "Enriching Life's Journey"

Ari Cowan, The International Center for Compassionate Organizations

In this practical, stimulating, and inspirational multimedia presentation, the presenter brings together the most recent research, best practices, and evolving principles driving the power of applied compassion. Rich with resources, this interactive session provides a solid foundation for developing compassionate responses to every stage of human life.

I Wish I Had Known This Sooner

Darlene A. Kemp, MPH, MBA-HCM, Vista Points Special Needs Trusts & Resource Center

Living with a physical, mental or intellectual disability is difficult. Not only does the person with the disability have daily obstacles to overcome, the family also faces challenges in caring for their loved one while trying to continue to work, manage their family, and have a personal life. Don't find yourself saying "I wish I had known this sooner".

DOGWOOD,
3rd Floor

HOLLY,
3rd Floor

WILLOW,
3rd Floor

WALNUT,
3rd Floor

Breakout Session 6



Tuesday, June 13 | 1:45 pm - 2:45 pm

Don't Under-Dose Exercise Programs for Aging Adults

Gina Pariser, PhD, & Beth Quinn, PT, MPT, GCS, Bellarmine University

Physical fitness programs for older adults often include low intensity exercises that are physiologically inadequate to improve health. This presentation includes recommendations concerning the dosage of aerobic and resistance exercise needed to improve physical and mental health. Aging consumers will learn how to identify high quality exercise programs.

Guardianship: When Less Restrictive Means are Not Available

Kelly Gannott, JD, Kentucky ElderLaw, PLLC

If a senior can no longer care for himself, either financially or from a health-care perspective, guardianship is available through the courts. Learn the regular guardianship process and the emergency guardianship process, which can lead to an individual getting the medicines, nourishment and care he needs.

Seven Pillars of Aging Successfully

William Zinke, Human Resource Services, Inc.

Explore the purpose, passion and perseverance of being 50 and older with Bill Zinke, a 90-year-old example of how active aging can have an impact on business, community and home through commitment to the Seven Pillars of Aging Successfully.

AZALEA,
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share your journey

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Optimal Aging
Conference

Approaching Aging As A Life-Long Journey