



Optimal Aging Conference

AGING INSPIRED. AGING REINVIGORATED.

April
23-26
Virtual
Event

inspire. innovate. impact.
investigate. integrate.

Monday, April 25th Optimal Aging Conference: Day 1

8:30pm – 6:00pm

Conference Open

9:00am – 10:00am

Opening General Session

Ageing Inspired: Ageing Reinvigorated: A Panel Honoring Octogenarians

Facilitated by Sandy Markwood, MUP

Octogenarians: Marie Vessels, Mattie Jones, Marie Clay, State Representative Tom Burch, Father Jim Flynn

10:30am – 11:30am

Breakout Session: 1

Track: Caregiver

Caregiver Support: Promoting A Whole Health Approach

Presented by Lori Paris, LCSW

Track: Innovate

The Impact of Whole Health Approaches on Patient Outcomes

Presented by: Sam Cotton, PhD, MSSW

Track: Impact

Medical Aid in Dying: One End of Life Option

Presented by Melissa Stacy, BA

Track: Inspire

Hear From The Experts: One Diagnosis, Countless Lives Affected

Presented by Barbara Staats

Track: Investigate

Inter-Professional Education Through Bingocize

Presented by Dana Sullivan PhD, CSW, Jason Crandall, PhD, & Amy Doolittle

Track: Integrate

Down Melody Lane: Music Companionship with Community-Dwelling Older Adults

Presented by Lindsey Wilhelm, PhD, MT-BC & Leah Quiller,

12:00pm – 1:00pm

2nd General Session

Alzheimer's Update

Presented by Dr. Gregory Jicha, MD, PhD.

1:30pm – 2:30pm

Poster Session: 1

Track: Caregiver

Creative Interventions for Social Isolation & Loneliness

Presented by Anne Asman, MS

Track: Innovate

Wisdom of Age: Co-Creating a Digital Platform to Build Mentorships between Professionals 60+ and Companies

Presented by Katja Antonia Riessenberger, MSSW, Anja Bruggmann, MSP, Leen Stulens, MS & Samira-Salome Husler, MA

Track: Impact

Can Persons with Dementia Live Alone?

Presented by Michael Splaine, MPA

Track: Inspire

Care & Consent

Presented by Moriah Williams

Track: Investigate

Looking For HIV Risk In All The Wrong Places: Predictors of HIV Risk Among Older Adults by U.S. Region

Presented by Laneshia Conner & Rujeko Machinga-Saolu, MSSW-MFT

Track: Integrate

Older Adult Falls & Osteoporosis

Presented by Lorna Mangus, MPA

3:00pm – 4:00pm

Breakout Session: 2

Track: Caregiver

Caring for the Caregiver: Acupuncture as an Evidence-Based Therapy for Improving Stress Resiliency & Reducing Burnout

Presented by Andrea Helton, MSAOM, L.AC

Track: Innovate

Agitation: Think About Pain

Presented by Elizabeth Landsverk, MD

Track: Impact

Advance Care Planning and Understanding the MOST Form: From First 'Do no harm' to Knowing Our Legislation.

Presented by Briana Trischa, MD, Christian Furman, MD, Claudiu Moisa, MD & Justin Magnuson, MA

Track: Inspire

Flourishing Together

Presented by Mona Huff

Track: Investigate

Live From DC: A Federal Policy Update

Presented by Monica Billger, MPP

Track: Integrate

Psychogenic Nonepileptic Seizures: A Multidisciplinary Approach to Healing

*Presented by Chris Shafer, MD &
Lahoma Prather, RN*

4:30pm – 5:30pm

3rd General Session

Culinary Medicine: Hungry for Change

*Presented by Dr. Robert Graham, MD, MPH, ABOIM,
FACP, Chef*

5:30pm – 6:30pm

Virtual Cocktail Networking

Tuesday, April 26th Optimal Aging Conference: Day 2

8:30am – 9:00am

Morning Activity

9:00am – 10:00am

4th General Session

Aging as an Opportunity

Presented by Dr. Robert Friedland, MD

10:30am – 11:30am

Breakout Session: 3

Track: Caregiver

**Kentucky's Office of Dementia Services & Alzheimer's Association:
KY Advocacy Efforts for those with Dementia and their Caregivers**

*Presented by Jennifer Craig, MBA &
Mackenzie Longoria, JD*

Track: Innovate

Intergenerational Projects and Programs During Covid-19 Pandemic

*Presented by Chris Clements, MPA, Rita Morrow &
Terri Thomas*

Track: Impact

Trauma-Informed Care: Creating Organizational Change

Presented by Lori Paris, LCSW

Track: Inspire

Care for Caregivers: The Beauty of Letting Go of Agenda

Presented by Moriah Williams

Track: Investigate

Through The Screen's Looking Glass

Presented by JoAnna Weiss, MA

Track: Integrate

Age Friendly Cities & Communities: Older Prisoners &

Optimal Aging

Presented by Helen Codd, PhD

12:00pm – 1:00pm

Poster Session: 2

Track: Innovate

App and Web-App to Convery Touchscreen Devices into At-Home Communication Kiosks

Presented by Robert Mazur, MBA

Track: Innovate

How Technology is Being Used to Democratize Therapeutic Music to Improve Healthcare and Wellness Outcomes in a Covid Environment

Presented by Andy Tubman, MT-BC

Track: Investigate

Intimate Partner Violence Among Older Women

Presented by Rujeko Machina-Saolu, MSSW-MFT & Jarod Giger

Track: Integrate

Promoting Optimal Aging with Positive Aging Programs

Presented by Mike Neises, PhD

1:15pm – 1:45pm

Rapid Info Sessions

Track: Innovate

How Can Robotics Contribute to the Wellbeing of Aging Adults

Presented by Dan Abell, MBA

Track: Innovate

Why Seniors Should Learn to Code

Presented by Amy Shah, MD

Track: Inspire

Making Friends with Death, Making Friends with Life

Presented by: Moriah Williams

Track: Investigate

Hemiplegic Migraine - Why Are We Not Known?,

Presented by Representative Deborah Krupp

2:00pm – 3:00pm

Closing General Session

Integrating Lifestyle Medicine into Standard Medical Practice

Presented by Dr. Dexter Shurney, MD