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All content and times are subject to change.

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**Sunday, June 11**

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**8:00 am – 7:00 pm** Registration

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**9:00 am - 12:00 pm** Continuing Education Offerings:

**Social Work Ethics**

*Claude C. Drouet, LCSW*

Approved by the Kentucky Board of Social Work-KBSW10148

**Pediatric Head Trauma**

*Speaker TBA*

**Suicide Prevention Training Part I**

*Tony Watkins, MA, LMFT*

Approved by the Kentucky Board of Social Work, KY Board of Licensure for Marriage and Family Therapists, KY Board of Licensure for Occupational Therapy, KY Psychological Association, and KY Board of Alcohol and Drug Counselors

**12:00 pm - 1:30 pm** Lunch - on your own

**1:30 pm - 4:30 pm** Continuing Education Offerings:

**Domestic Violence**

*Amanda Corzine, RN, MSN, SANE*

Approved by the Kentucky Board of Social Work-KBSW10148

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

*Demetra Antimisiaris, PharmD, University of Louisville*

**Suicide Prevention Training Part II**

*Tony Watkins, MA, LMFT*

Approved by the Kentucky Board of Social Work, KY Board of Licensure for Marriage and Family Therapists, KY Board of Licensure for Occupational Therapy, KY Psychological Association, and KY Board of Alcohol and Drug Counselors

**1:00 pm – 5:00 pm** Exhibitor Set Up

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**5:00 pm - 7:00 pm** Exhibit Hall Opening  
Reception and Poster Sessions

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5:00 pm – 6:00 pm

**Poster Session 1:**

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

Casey Cassetey, 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).

**Access to Exercise Program & Impact Wellbeing**

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.

**The Opportunities of Aging**

Loren Olsen, M.D., 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.

**Get them while you can: Creating Healthy Adults by Targeting Young Adults**

Melinda Ruberg, UofL School of Medicine

What adults eat is as commonplace to them as putting their key into the ignition. Young adults, on the other hand, are eager to learn how to eat healthy, as long as it's easy to do so. Explore how to create healthy young adults and therefore healthy adults.

**Refugee elders in the community**

Michaela Vaillant, 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.

**Giddy with Salt!**

Rangaraj Gopalraj, M.D. Assistant Professor

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.

**Fostering Compassionate Care for Alzheimer Patients in Residential Settings**

Sam Cotton, The Institute for Sustainable Health and Optimal Aging

**Ageism in The Digital Experience**

Todd Smith, Gyroskope Family Network

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.

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6:00 pm – 7:00 pm

**Poster Session 2: Health & Wellness**

**Age Integraton and Organizations: The Future of Baby Boomers in Youth-Centric Megachurches**

Amber Cable, Miami University Alumna

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"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.

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

Chris Hall, Ph. D., 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.

**Essential Estate Planning Documents and Why They Matter to You**

Ellen Walsh, 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 maybe 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.

**SMP Practices for Utilizing Subcontractors in Volunteer Management**

Jessica Miller, MPH, Louisville Metro Department of 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.

**Advocacy Leadership for Positive Aging Curriculum (ALPA)**

Joyce Cohen, Life Planning Network; Purple Heart Homes; Unconventional Wisdom, 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.

**Honor Flight - The Honor is Ours**

Keith Knapp, Ph.D., Bellarmine University

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.

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

Marc Guest, 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,

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we sought to conduct an initial assessment in Central Kentucky to understand the unique challenges lesbian and gay individuals may face as they age.

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

Wei Liu, M.D., University of Louisville

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

**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 Kentucky Partnership Plan, VA benefits, and more.

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**Monday, June 12**

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**6:30 am – 7:00 am** Mindful Movement Session

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**7:30 am - 8:30 am** Continental Breakfast/Exhibit Hall Opens

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**Poster Session 3**

**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.

**TICC: The Transitions in Care Continuum**

Carmel Person, M.D., 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.

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

Cassandra Barragan, Eastern Michigan University

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.

**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.

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

Natalie Pope, UofL Institute for Sustainable Health and Optimal Aging

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

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impact of the Hot Spots intervention. Positive outcomes attributed to applied nature and engagement of students in pressing community issue.

### **Age-related Hypert thyroidism and Risk of Ischemic Stroke in Women**

Ruolan Liu, Ph.D., 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.

### **VA Pension Benefit- What You Don't Know Can Hurt You**

Whitney Wilson, Elder Law of Louisville Law Firm

The vast majority of senior wartime veterans and their spouses are completely unaware of a VA Benefit that can help pay for long term care needs. If eligible, the Pension Benefit is a check paid directly to the veteran (or surviving spouse) that can help pay for care needs at home or wherever they reside. The Benefit can help one age in place. This session will provide you with a basic understanding of this important benefit.

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**8:30 am - 10:00 am**

### **Opening General Session - Keynote Speaker**

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

Sandy Markwood, CEO, National Association of Area Agencies on Aging

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**10:15 am - 11:45 am**

### **Breakout Session 1**

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

Connie Reider Sr., 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.

#### **A Share-Cared Approach to Health Care for Older Adults**

Joseph D'Ambrosio, Ph.D., The UofL Institute for Sustainable Health & Optimal Aging

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.

#### **Mystery to Mastery: Charting a Confident Course At Any Age**

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

How do you plan with so many choices and demands all at the same time? Mystery to Mastery will create a framework for optimal lifelong aging, unleash the power of planning with diverse generations and explore 10 life planning dimensions. Guaranteed new insights, expanded network, a game plan plus HAVE FUN!

#### **Thank God for Stress!**

Rangaraj Gopalraj, M.D., 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.

**Resistance is not Futile: Teaching Squats and Deadlifts to Older Adults.**

Scotty Butcher, Ph.D., School of Physical Therapy, University of Saskatchewan/Strength Rebels

Strength training is an essential aspect of functional maintenance with advancing age. This workshop will present the evidence for strength training to enhance mobility, lifespan, health, and functional performance in the older adult and will teach participants to coach appropriate techniques for squat and deadlifting patterns.

**PANEL – Deaf Senior Citizens in Kentucky**

Barbara Martin, Louisville Association of the Deaf

This is a panel discussion that will summarize the Kentucky Statewide Study Group on Deaf Senior Citizens conducted between August 2016 and June 2017. "Total Immersion" activity will be conducted that will give new perspectives to implement much needed Advocacy and resources for Deaf Seniors.

**Trump Policy Analysis: Where Do We Stand and Where Do We Go From Here?**

Eileen Walsh, Elder Law of Louisville Law Firm

As of January 20, 2017 both the White House and both houses of Congress are in Republican hands, not seen since 2006. During the long and divisive campaign, differences in priorities and policy agendas between the major parties were greater than in any recent presidential election. This was particularly the case when it comes to social and health policies. Hear a panel of experts analyze and discuss real and probable changes in government policies that directly impact Seniors.

**Mobile Session – Thrive Center, Inc**

This session takes participants to an emerging market place in downtown Louisville to experience first-hand innovation in memory care technology.

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**12:00 - 1:30 pm**

**General Session - Keynote Speaker**

Hon. Andrew Beshear, JD, Kentucky Attorney General

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**1:45 pm - 2:45 pm**

**Breakout Session 2**

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

Arif Nazir, M.D., AMDA

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.

**Safety and Independence: Finding Common Ground**

Katie Broom, 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.

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

Madri Hall-Faul, KIPDA

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.

### **Age-Friendly Business Practices: An Evidenced-Based Approach**

Natalie Pope, UofL The 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.

### **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.

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

Casey Cassetty, 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.

### **JOINT SESSION:**

#### **1:45 – 2:15 | 30-Minute Session**

##### **Affordable Housing for Louisville's Aging and Disabled Populations**

Brandon McReynolds, University of Louisville for Environmental Policy and Management

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.

#### **2:15 – 2:45 | 30-Minute Session**

##### **Public Space Design for an Aging Society**

Adam Fromme, Department of Design, 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.

**3:00 pm – 4:00 pm**

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### **Breakout Session 3**

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#### **Live Your Legacy**

Barbara Greenspan-Shaiman, 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, JenCare Senior Medical Center

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

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

Jason Crandall, Ph.D., Western Kentucky

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.

### **Hildegard House: A Comfort Care Home**

Karen Cassidy, Hildegard House

Hildegard House is Kentucky's first and only comfort care home. The mission is to provide care and compassion to individuals at the end of life who have no home or family 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

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

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.

### **JOINT SESSION:**

#### **3:00 – 3:30 | 30-Minute Session**

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

Robert Friedland, 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.

#### **3:30 – 4:00 | 30-Minute Session**

#### **Take control of your brain health**

Yael Katz, Ph.D. Braincheck

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

4:15 pm - 5:15 pm

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### **Breakout Session 4**

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#### **How Music and Technology are Elevating Cognitive Care**

Andy Tubman, Sing Fit

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

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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 in the Elderly: Preserving Quality of Life and Independence**

BC Childress, Ph.D., 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.

**Age Friendly Lexington, What's good for a Walker is also good for a stroller**

David Lee Ferrell, University of Kentucky

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."

**Harnessing Student Ideas to Help Seniors**

Goldburn Maynard, University of Louisville Brandeis School of Law

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.

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

Michael Detmer, University of Louisville

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.

**Changing Roles and Family Challenges in Grandparents Raising Grandchildren**

Robert Karolich, Ph.D., 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.

**A Public Health Approach to Serious Illness**

Turner West, 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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**6:30 pm – 7:30 pm**

Reception 6:00 pm – 7:00 pm

Silent Auction (Exhibit Hall – closing at 6:45 – 7:30)

Evening Gala 7:00 pm – 10:00 pm

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**Tuesday, June 13**

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**6:30 am – 7:00 am** Mindful Movement Session

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**7:30 am - 8:30 am** Continental Breakfast, Exhibit Hall Opens

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**8:30 am - 10:00 am** **General Session - Keynote Speaker**

Christopher Callahan, MD, Director of the IU Center for Aging Research

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**10:15 am - 11:45 am** **Breakout Session 4**

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**Cognitive-Behavioral Therapy and Older Adults**

David Casey, M.D., University of Louisville School of Medicine Department of Psychiatry and Behavior

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.

**The Silver Tsunami: Combating Various Scams and seeking financial empowerment through collaboration**

Gerina Whethers, Office of the Attorney General: Juris Doctor

The various units 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 and abuse, and utility/health insurance issues against seniors.

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

J.P. Morgan-Siebe, 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.

**"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.

**Self-Care Strategies for Practitioners**

Madri Hall-Faul, Social Work

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.

**Design and Implementation of Guided Autobiography in an Assisted Living Community**

Nancy Orr- Rainey, RN, 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.

### **Panel - Elder Housing Solutions For the Future**

Eileen Walsh, Elder Law of Louisville Firm

As the number of Americans age 65 and older rapidly grows, our society faces the challenge of housing an aging population, many of whom will have care needs. The prevalence of disability in the older population underlines the need for development of safe and affordable housing for the millions about to enter the ranks of the elderly. This session will be a panel discussion to consider the question: What new housing ideas might there be in the future for seniors with care needs?

### **Mobile Session – Thrive Center, Inc**

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**12:00 pm – 1:30 pm**

Lunch and Award Ceremony

#### **Keynote Speaker:**

Gregory Jicha, MD, PhD, Professor, UK Sanders-Brown Center on Aging

Optimal Aging Award Ceremony

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**1:45 pm-2:45 pm**

### **Breakout Session 5**

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#### **A Need for Trauma-Informed Medical Practice Across the Lifespan**

Amanda Velez, The UofL Institute for Sustainable Health and Optimal Aging

As professional knowledge and social awareness of PTSD has increased, so too has practical understanding of the impact of profound trauma on long-term mental and physical health, as well as our recognition of the role of trauma in diagnoses previously categorized as "malingering" or somatic symptom disorders, such as PNES.

#### **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.

#### **Asthma in Older Adults**

Barbara Polivka, University of Louisville

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).

#### **I Wish I Had Known this Sooner**

Darlene Kemp, 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".

#### **Don't Under-Dose Exercise Programs for Aging Adults**

Gina Pariser, PhD, 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 Gannot, 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.

**2:00 – 3:30 pm**

Kentucky Association for Gerontology Annual Meeting

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**3:30 pm**

**Adjournment**

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