

2ND ANNUAL
CENTER FOR SOCIAL GERONTOLOGY
conference
October 13, 2017



Nessmith-Lane Center, Statesboro GA

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*Sophisticated Estate Planning
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A special thanks to

Dean Curtis Ricker at the College of Liberal Arts & Social Sciences for awarding student scholarships for the conference.

Thank you to our exhibitors!

Silver Lining Club
Fraser Counseling Center
Lewy Body Dementia Association
Coastal Regional Agency on Aging



Laughter Yoga with

Jill Johns

at 8:30am in the Ballroom!

**Conference
Tracks Key**

- ★ End Of Life Care
- ✚ Professional Practice
- ▮ Older Adult Living
- Caregiving
- ▲ Mental Health Care
- ◆ Alzheimer's Disease and Other Forms of Dementia

Friday, October 13

- 8:00–8:30am Registration | Coffee/Water Available
- 8:30–9:00am Welcome and Laughter Yoga with Jill Johns | Ballroom
- 9:10–10:00am Session 1

☐ **Medical Aspects of End of Life Care**

Linda Upchurch, DNP, ANP-BC

★ + | Room 1909

When a person chooses hospice care at the end of life, they choose to forego “aggressive and life-sustaining treatments” and desire palliative/comfort measures only. What does that mean? And, why would someone choose to do that? This discussion will focus on how the body responds to disease at the end of life, why many aggressive therapies are no longer beneficial to the individual, and what palliative and comfort measures entail. The presenter will discuss: physical, emotional, and spiritual signs and symptoms of the end of life; aggressive and life-sustaining therapies; palliative and comfort measures; and the hospice team in provision of comfort care.

☐ **Applying a Strengths-Based Approach in Professional Practice**

Dr. Jennifer Zorotovich and Dr. Nadia Flanigan

+ | Room 2911

This workshop will focus on the delivery of Family and Human Service work that targets older adults. A comparison between Traditional Models of practice and Strengths-Based Approaches will be explored including the nature of service delivery and multidimensional impacts on clients as they relate to contemporary guidelines for professionals. Evidence on why Strengths Based-Approaches are particularly effective in work with older adults will be provided alongside an in-depth discussion on the fundamental aspects within this model of practice. An interactive component will be offered to extend discussion and allow for the application of newly acquired knowledge to various case studies provided by presenters. In closing, presenters will engage attendees in a critical analysis to explore aspects of this model that professionals should be especially mindful of in attempts to provide services that are inclusive and that refrain from perpetuating inequalities embedded within surrounding social systems.

NOTES

Schedule

- **Adaptive Yoga for Seniors**
Inge Spencer, Certified Iyengar Yoga Instructor
I | Ballroom

Many declining physical and mental conditions are no longer considered to be age related but are due to illness, lack of movement and limits of engagement. Besides mental and social engagement, Chair Yoga classes for Seniors offer a large variety of stretching, relaxation, and breathing techniques which have been scientifically proven to enhance physical mobility, minimize or alleviate pain, reduce high blood pressure, slow down the decline of organ function, help with arthritis, and many other conditions. Learn techniques to increase strength, joint mobility, calm the nervous system and to adapt classic yoga poses with the aid of a chair.

10:10–11:00am Session 2

- **A Journey Through Dying: Listening Exercise in Understanding**
Abby Johnson, M.A., M.S.W.
★ | Room 1909

This exercise provides participants an opportunity to examine their own personal feelings on dying. Taken from a Hospice Volunteer Orientation, this workshop presentation takes approximately 45 minutes to complete. Participants will list 8 personal loved ones, 8 personal possessions, and 8 personal goals. The importance of these items will be revealed as participants process what it may be like to go through the journey of dying, from the initial diagnosis to their final breath.

- **Ministry to Those Affected by Alzheimer's & Dementia Through Assisted Living Community (ALC) in GA**
Becky Livingston, Esq.
● ◆ | Room 2911

Is Dementia a normal part of aging? What are the signs of Alzheimer's Disease? How can I be a better caregiver? Is it time to consider finding help? How can we minister to support families dealing with dementia through an Assisted Living Community (ALC) in Georgia with a secure Memory Care. Gain an understanding of the Psychological, Emotional, and Spiritual effects of Dementia on the individual and family. Discover practical ways to engage and minister to individuals and families within the local Community of Faith who are struggling with the day to day of managing life with this illness. Learn about new programs of support and education available through an Assisted Living Community (ALC) in Georgia.

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11:10am–12:00pm Session 3

□ **Providing Mental Healthcare to Older Adults**

Moderator: Dr. Rebecca Ryan, Panelists: Dr. Ellen Emerson, Ashley Hand, LMSW, Dr. Melissa Garno, Dr. Amy Luna, Claire McDonough

▲ + | Room 1909

This panel will include mental health care professionals who will be able to discuss and answer questions about the following subjects: American Psychological Association's guidelines for psychological practice with older adults, providing general mental health care, and providing mental health care in rural areas. Specific areas may include: special considerations that may apply to older adult clients, conditions that are more commonly seen in older adult populations, issues regarding older adult client's families and loved ones, effective approaches and therapeutic techniques, elder abuse, working with community dwelling older adults and institutional dwelling older adults, and financial considerations (payment, reimbursement, Medicare, etc.).

□ **Respite Care Options for Caregivers**

Moderator: Dr. Adrienne Cohen, Panelists: Chandler Dennard, Deb Pless, Lois Roberts

● | Room 2911

While there can be great joy in caring for an aging relative, there are also burdens to that care. Respite services provide care for older adults with disabilities while also providing a break for caregivers. This panel will present various respite options available for caregivers. Options include services inside and outside the home, on-time and on-going options and options that focus on the specific diagnosis of the elder.

12:10–1:00pm Networking and Lunch | Ballroom

Welcome by Dr. Curtis Ricker, Dean of the College of Liberal Arts & Social Sciences

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Schedule

1:00–1:50pm Poster Session | Ballroom

GSU Area Senior Companion Program—*Deb Pless*

Psychology in Service: Service-Learning with a Gerontological Focus—*Joseph Folsom and Rebecca Ryan*

Older Adults with Intellectual Disability—*Claire McDonough*

A Preliminary Investigation of Executive and Motor Functions of Beginning Older Adult Instrumentalists—*Laura Stambaugh*

The Neuroendocrine Theory—*Kaylee Hodgson*

Intimate Partner Violence in Older Adults—*Nicole Furphy*

Multidisciplinary Death Education: Comparing Biology vs. Social Sciences—*Ashley Doolittle*

The Effects of Ischemic Strokes on the Geriatric Population and the Role Occupational Therapy Plays in Recovery—*Taylor Forney*

Dementia and Mental Health Stigma Towards Older Adults—*Justin McKinney*

A Long Slow Dance with Age: Contributors to Longevity Across the Globe—*Reagan Hicks*

The Hike of Maggie Kuhn—*Corinne Ellis*

Selective Optimization with Compensation Model of Aging: Applications for Successful Ageing—*Hannah Perez and Rebecca Ryan*

Social Determinants of Mental Health and Well-Being in Aging Adults—*Carolyn Miller*

Physical Activity in Aging Adults Worldwide—*Laurel Ozier*

An Analysis of Sex Education and Sexual Expression among Older Adults (65+)—*Brianna Flowers*

Connecting Aging with Cancer—*Cecilia Olobatuyi*

2:00–2:50pm Session 4

End of Life Care: Writing up your Five Wishes Document

Dr. Adrienne Cohen

★ ▲ | Room 1909

End of life care is a difficult topic. This workshop will review options using the Five Wishes document. Five Wishes is an easy-to-use legal document written in everyday language that lets adults of all ages plan how they want to be cared for in case they become seriously ill. Five Wishes helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It is unique among all other living will and health agent forms because it speaks to all of a person's needs: medical, personal, emotional and spiritual. This workshop will review the sections of the document, provide you with a copy and give you the opportunity to either fill the document out or give you the information you need to begin this discussion with your loved ones and health care providers.

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☐ **An Introduction to Dementia Dialogues**

Larry Crapse

● ◆ | Room 2911

Over the past 25 years, the Office for the Study of Aging (OSA) at the University of South Carolina has developed programs that benefit South Carolina's aging population. Dementia Dialogues is a five-part learning experience designed to further the OSA's purpose by disseminating information about dementia and assisting professionals, family members, caregivers, and others in addressing the needs of persons with dementia. This workshop will provide an overview of Dementia Dialogues along with its goals, instructional format, content, CEUs, instructors' training, and certificates.

3:00–3:50pm Session 5

☐ **What's Keeping Older Adults from the Mental Health Care Services They May Need?**

Dr. Rebecca Ryan

▲ | Room 1909

This presentation will provide an overview of common barriers to older adults receiving mental healthcare services. These barriers will include aspects of our healthcare system, issues with those who provide mental healthcare services, and also concerns and characteristics of older adults themselves.

☐ **Successful Aging**

Moderator: Dr. Adrienne Cohen, Panelists: Lois Roberts, Rosa Seabrooks, Inge Spencer, Charles Sykes, Robert Townsend

■ | Room 2911

Rowe and Kahn (1997) created the concept of successful aging to include three main components: low probability of disease and disability, high cognitive and physical functioning and active engagement in life. The members of this panel exemplify successful aging on many levels. Panel members will share their own experiences as older adults and provide attendees with ideas on how to remain active and engaged with their community while growing older.

4:00–4:30pm Wrap Up and Evaluations | Ballroom

NOTES

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AND SOCIAL SCIENCES



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