



**5th Annual Center for Social Gerontology
Community Conference**
Oct. 15-16, 2020 • Virtual

SCHEDULE AT A GLANCE

THURSDAY, OCTOBER 15

11:00 - 11:45 a.m.	CEU Check In and Technical Assistance
11:45 a.m. - 12:30 p.m.	Welcome Encouraging Older Adults to be Physically Active in a Pandemic <i>Laura Clark, University of Tennessee Anderson County Extension</i>
12:30 - 12:45 p.m.	Break
12:45 - 1:45 p.m.	Session 1 Breakouts
1:45 - 2:00 p.m.	Break
2:00 - 3:00 p.m.	Session 2 Breakouts
3:00 - 3:15 p.m.	Break
3:15 - 4:14 p.m.	Session 3 Breakouts
4:15 - 5:15 p.m.	Poster Session

FRIDAY, OCTOBER 16

8:30 - 8:45 a.m.	Day 1 Recap • Keynote Introduction
8:45 - 10:00 a.m.	Keynote Presentation Abuse of Older Adults and Adults with Disabilities: Hiding in Plain Sight <i>Pat King, RN, Georgia Department of Human Services</i>
10:00 - 10:15 a.m.	Break
10:15 - 11:15 a.m.	Session 4 Breakouts
11:15 - 11:30 a.m.	Break
11:30 a.m. - 12:30 p.m.	Session 5 Breakouts
12:35 - 12:45 p.m.	Closing Remarks • Thank You

THURSDAY, OCTOBER 15

12:00 - 12:30 p.m.

Welcome

Encouraging Older Adults to be Physically Active in a Pandemic

Laura Clark, University of Tennessee Anderson County Extension

Get ready to get moving in this demo class! The SAIL program (Stay Active and Independent for Life) is an evidence-based physical activity program for adults aged 65 and older that can be modified for various physical activity levels. The program typically meets two times a week in person with a certified instructor. The class follows a standard format of a warm up, aerobic activity, strength training and cool down and has proven to provide physical health, mental health and social benefits for participants. When the pandemic hit Tennessee in late February, early March, a need developed for a virtual format to continue to engage older adults, and also to encourage social support and continued participation in recommended physical activity during a time of social isolation.

12:30 - 12:45 p.m.

Break

12:45 - 1:45 p.m.

Session 1 Breakouts



Alzheimer's Disease and
Other Forms of Dementia

Dementia Care: The Real Story Told from the Nail Salon Chair

Peggy Luukonen, Coastal Area Agency on Aging

Cindy Crangle, GSW/The Rosalynn Carter Institute, Coastal Regional Commission on Aging

Join us as we eavesdrop on a conversation with a typical caregiver at her local nail salon and find out the real struggles she faces as she cares for a loved one with dementia. Learn about how she views her role and the challenges she is not likely to admit. Explore strategies and solutions that can help her meet the challenges she faces not only with dealing with specific dementia behaviors but also with caring for herself. This interactive presentation will also provide information and resources currently available to caregivers caring for people with dementia



Caregiving

The Silver Lining: Addressing Oral Health Needs for the Elderly Residing in Long-Term Care Facilities

Sonya Dunbar, Liberty University

The Omnibus Budget Reconciliation Act of 1987 (OBRA '87) requires all long-term care facilities (LTCF) that receive Medicare and Medicaid reimbursement to provide their residents with access to dental care. Yet, despite the act, as many as 70% of residents in these facilities have been found to have unacceptable levels of oral hygiene, exhibiting signs of periodontal disease, caries and orofacial pain. This workshop will discuss the oral health status of the elderly residing in LTCF and the relationship this has on oral and systemic health. A review will be provided on the relationship between the oral manifestations and oral complications of common systemic




[Back to Top](#)

[Click to Register!](#)

	diseases with a strong emphasis on pneumonia. Establishing interdisciplinary oral healthcare protocols and assessment guides will also be discussed.
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Coronavirus Pandemic: The Generational Divide <i>Adrienne Lynn Cohen, Georgia Southern University</i></p> <p>The pandemic has been described as a rough ocean where there are many boats, but older adults and younger adults are floating in different boats on the same sea. This workshop will explore generational differences in the experience of the coronavirus global pandemic. Discussions will include social isolation, access to basic services, differential mortality rates, and the presence of ageism. Participants will have the opportunity to share their own experiences regarding the generational divide. Data, articles, cartoons and memes will be used to explore these issues.</p>
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Talk Saves Lives: An Introduction to Suicide Prevention for Seniors <i>Taylor Chambers, American Foundation for Suicide Prevention - Georgia Chapter</i></p> <p>This community-based workshop will cover the general scope of suicide, the research on prevention, and what people can do to fight suicide. Participants will learn the common risk factors for suicide in older adults, how to spot the warning signs in others, and how to keep ourselves, our loved ones and those in our community safe.</p>
1:45 - 2:00 p.m.	Break
2:00 - 3:00 p.m.	Session 2 Breakouts
 <p>End of Life Issues</p>	<p>What to Expect When The Unexpected Happens: Planning The Unplanned Funeral of a Loved One <i>L. Rachel Wilson, Nest Estate Planning</i> <i>Abby Johnson, University of North Georgia</i></p> <p>How do you prepare for the unexpected? This workshop will discuss estate planning, including wills, trusts, advance directives, etc. The presenters will describe how these documents and pre-planning can help to ease the burden of the passing of a loved one. They will also cover what to expect if there is no planning in place and how to navigate the many choices family members must make when someone passes.</p>
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Mental Health Disorders in the Aging Population: Supporting Function <i>Pamela J. Worrell-Carlisle, Georgia Southern University</i></p> <p>This workshop will raise awareness about the increasing number of individuals who are aging with serious, chronic mental health disorders as well as those who will develop neurocognitive disorders and discuss the implications for family caregivers, healthcare providers and senior support services.</p>

[Back to Top](#)

[Click to Register!](#)




	<p>Approximately 20% of all adults are diagnosed with a mental illness in their lifetime and 1 in 25 have a severe chronic disorder. The population over 60 years old between 2015-2050 is predicted to increase from 900 million to 2 billion (WHO, 2020). The audience will learn the American Psychiatric Association criteria for depression, schizophrenia, dementia and alcohol use disorder as well as planning for meeting the care needs for those over 60 with the goal of supporting function.</p>
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Utilizing Dream Fulfillment to Address Ageism and Engagement <i>Gwenyth Johnson, Second Wind Dreams Inc.</i> <i>Sarah Ekart, Second Wind Dreams</i></p> <p>The Second Wind Dreams® award-winning Dreams Program sheds light on the positive aspects of aging. Dream fulfillment not only provides the dreamer with an increased sense of wellbeing and decreased depression scores, but those who reside near the dreamer report similar improvements. Dream fulfillment in long-term care settings has been associated with decreased staff attrition rates and greater volunteer participation in the elder care community. By working at the grassroots level, we bring volunteers into the mix to explore the stories of aging individuals and fulfill their dreams, reminding us age does not negate the humanity of the individual. This session will detail that process.</p>
3:00 - 3:15 p.m.	Break
3:15 - 4:15 p.m.	Session 3 Breakouts
 <p>Alzheimer's Disease and Other Forms of Dementia</p>	<p>Music Listening, Music Recreation and Music Therapy: Effective Implementation in Dementia Care <i>Laura Cribb Todd, Baptist Village, Inc.</i></p> <p>Music has increasingly been acknowledged as an effective non-pharmacological intervention in dementia care. However, there are often questions as to the evidence behind why music works and the best ways to implement music in this setting. This workshop will explore multiple approaches to using music with people with dementia, including music listening, music recreation and music therapy. Each method will be explained and the benefits will be explored. Resources, practical examples and live music experiences will also be provided. Join this workshop for an interactive and engaging presentation through music!</p>
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Honoring Wishes: Learning How to Navigate the Advance Care Planning Process <i>Martha E. Hage, Wellstar Health System</i> <i>Eric Nelson, Wellstar Health System</i></p> <p>Advanced care planning (ACP) has become more accepted and the stigma of completing an advance directive (AD) is decreasing. In addition, with the emergence of COVID-19, client wishes being known upfront is more important than ever. As new professionals emerge in the healthcare world, it is vital that they</p>

[Back to Top](#)

[Click to Register!](#)




	encompass the ability to identify, assess and engage targeted populations in the ACP conversation. This innovative workshop will help students and professionals clarify terminology, identify target populations, and understand Georgia law as it applies to an ACP conversation. In addition, this session will aid in the development of skills to assist the client in identifying three key AD decisions.
4:15 - 5:15 p.m.	Poster Session

FRIDAY, OCTOBER 16

8:30 - 8:45 a.m.	Day 1 Recap • Keynote Introduction
8:45 - 10:00 a.m.	Keynote Presentation
	Abuse of Older Adults and Adults with Disabilities: Hiding in Plain Sight <i>Pat King, RN, Georgia Department of Human Services</i>
10:00 - 10:15 a.m.	Break
10:15 - 11:15 a.m.	Session 4 Breakouts
 Alzheimer's Disease and Other Forms of Dementia	Understanding Alzheimer's and Dementia <i>Kayley Fleming, Alzheimer's Association</i> Alzheimer's disease is not a normal part of aging. This session will invite participants to learn about the impact of Alzheimer's disease, the difference between Alzheimer's and dementia, and the stages and risk factors associated with both.
 Healthy Aging: Physical, Psychological and Cognitive	Sexuality and Aging <i>Debra Hagerty, Georgia Southern University</i> Though intimacy may be challenging in some healthcare environments, the sexuality of aging individuals should be celebrated. The recognition of intimacy expression in its many styles and purposes may appear taboo and be age-dependent. This session will discuss all elders' need for intimacy and its normal role in aging.
 Caregiving	It's a Family Affair <i>Adam M. Harris Sr., Eastern Wellness Center</i> <i>Abby Johnson, University of North Georgia</i> This workshop will combine clinical scenarios with current research to discuss the positive effects of family interactions in treating older adults. The presenters will identify support system issues that correlate with positive aging. For example, medication management, transportation, understanding environment, purpose and technical issues.

[Back to Top](#)

[Click to Register!](#)

11:15 - 11:30 a.m.	Break
11:30 a.m. - 12:30 p.m.	Session 5 Breakouts
 <p>End of Life Issues</p>	<p>Importance of Palliative Care in End of Life Planning <i>Debra Hagerty, Georgia Southern University</i></p> <p>Palliative care is an important process in achieving high-quality services and a higher quality of life as patients navigate chronic illness. By engaging a professional team to manage care as pain and symptoms chronically impact patients, the transition between healthcare providers and to end-of-life care can be seamless. This session will cover some of the vital steps in this process.</p>
 <p>Caregiving</p>	<p>College Students as Volunteers for a Senior Service Program <i>Deb Blackburn, Georgia Southern University</i></p> <p>As practitioners, we can often use the assistance of volunteers. The college student population is a wonderful match for our needs. They may have a foundation of education to help guide their behavior and decisions, and they have an interest in learning and gaining positive recommendations; we will receive valuable help. This session will let us hear from students about what draws them to volunteering and what kind of experiences they find valuable and what they enjoy. The answers these students provide can help to make us more successful in attracting them to our programs.</p>
 <p>Healthy Aging: Physical, Psychological and Cognitive</p>	<p>Information Overload: Finding and Evaluating Knowledge About Healthy Aging in the Information Age <i>Rebecca G. Ryan, Georgia Southern University</i></p> <p>While we are fortunate to live at a time when access to information is faster and easier than ever before, our current circumstances in the information age require us to be able to evaluate the quality of that information. Finding answers to our important questions and making life-altering decisions can be daunting tasks, and during that process we can easily feel overwhelmed by the amount of information that exists today. We must ask ourselves whether the information we see is based on extensive evidence, anecdotes, opinion or some combination thereof. While most individuals would agree that it is best to make decisions that are informed and based on evidence, often scientific findings are presented in a way that makes it difficult for laypersons to find and understand. There are also helpful information literacy skills that we can develop to help protect ourselves from being misled, taken advantage of, and/or duped by existing information sources. This presentation will cover differences between scientific and nonscientific sources of information, provide an overview of the scientific process, help to make sense of some of the jargon and technical terms often used in scientific publications, and cover information literacy skills.</p>
12:35 - 12:45 p.m.	Closing Remarks • Thank You

[Back to Top](#)

[Click to Register!](#)

[Back to Top](#)

[Click to Register!](#)