



**AREA AGENCIES ON AGING ASSOCIATION OF MICHIGAN**  
**6105 W. ST. JOSEPH, SUITE 204, LANSING, MICHIGAN 48917**

April 14, 2010

To: Conference Participants

From: Mary Ablan, MA, MSW, Executive Director

Re: Information about the 23<sup>rd</sup> Annual Conference

Overall goal of this conference: To enhance the knowledge and skills of professionals working with older adults and people with disabilities in the aging network and long term care system.

Criteria for successful completion for CE credits: Participants must attend sessions from beginning to end (only short absences allowed) and complete a written evaluation form. Proctors assigned to each CE session will monitor attendance and absences and initial a Verification of Attendance form if all requirements have been met. The Verification of Attendance form will document the sessions attended and the number of CE credits earned per session. When their conference participation ends, participants will turn in one copy of the form and keep one copy for their records.

Conflicts of Interest: There are no conflicts of interest for conference planners: Mary Ablan, MA, MSW, Area Agencies on Aging Association of Michigan; Carlton Nogle, LMSW, Tri-County Office on Aging; and Stephanie Ware, RN, BSN, MPA, Tri-County Office on Aging.

There are no conflicts of interest for session presenters, with the exception of Beth Spanski, BA, For Better Independence Assistance Dogs. Ms. Spanski trains and places assistance dogs for people with disabilities, medical institutions and educational facilities. She is compensated for her activities as a dog trainer and administrative duties as Executive Director of For Better Independence Assistance Dogs. Ms. Spanski will disclose the means by which assistance dogs are funded and that portion of the costs which covers the activities she performs. She will inform participants about the existence of other assistance dogs providers in Michigan and how to find information about other assistance dog providers in the state.

Commercial Support and Sponsorships: To comply with continuing education provider requirements, commercial interests and sponsors have in no way influenced or biased the content of the CE presentations. The Area Agencies on Aging Association of Michigan has made all decisions regarding the disposition and disbursement of commercial support. Following is a listing of commercial support and sponsors as of April 14, 2010:

Critical Signal Technologies (commercial support)  
Guardian Medical Monitoring (commercial support)  
Michigan State Housing Development Authority (sponsor)

Non-endorsement of products and services displayed at this conference: CE approval does not imply endorsement by the Area Agencies on Aging Association of Michigan, the American Nurses Credentialing Center, the Ohio Board of Nursing or the Ohio Nurses Association of any products or services displayed in conjunction with the 23<sup>rd</sup> Annual Conference.

Outline of Conference Program with Objectives:

**Tuesday, May 18**

9:00 am to 10:30 am General Session: Aging Pundits: What Are They Thinking?

Sharon Gire, MSW, Office of Services to the Aging

Steve Gools, BA, Michigan AARP

Lynn Kellogg, MPA, National Association of Area Agencies on Aging

Janet Olszewski, MSW, Michigan Department of Community Health

Janet Witt, MS, RD, National Committee to Preserve Social Security and Medicare

Objectives: Describe state and national health reform efforts and impact on seniors  
Explain views on the future of the aging network and tips on advocacy  
Outline new opportunities for aging network in health and long term care

Instructional methods: Q&A format with moderator, questions submitted by audience

11 am to 12:30 pm Workshops:

1. Medical Marijuana

Jim Boal, MD, Angela Hospice

Objectives: Review claims of medical use of marijuana for pain therapy  
Review medical data regarding marijuana use  
Explain Michigan's law legalizing medical use and experience of other states

Instructional methods: Lecture and powerpoint

2. Non-Alzheimer's Dementias

Shelly Weaverdyck, Ph.D.

Objectives: Define dementia and identify characteristics of Lewy bodies and Frontotemporal  
Identify cognitive functions impaired by various brain changes  
Identify interventions effective for each type of dementia

Instructional methods: Lecture, powerpoint, video and handouts

3. Cultural Competence with Refugees

Judi Harris, MA, Yadu Baral, BA, Abdulaziz Osman, BA, & Aung Changmaah, BS

St. Vincent Catholic Charities

Objectives: Define the current refugee landscape  
Illustrate differences between refugee cultures  
Identify skills for interacting with different refugee groups

Instructional methods: Lecture and handouts

4. Best Practices in Congregate Meals

Sue Fikau, MS, St.Clair Shores Senior Center

Karen Jackson, MA, RD, Area Agency on Aging I-B

Sharon TerHaar, AA, AgeWell Services of Muskegon

Objectives: Explain how a traditional senior center congregate mealsite was transformed to an integrated nutrition-social setting with a restaurant feel  
Describe the process by which a senior center was redesigned to address the desires and preferences of seniors in the community  
Describe the “Best Chef Fest” program developed by Area Agency on Aging I-B

Instructional methods: Lecture, powerpoint and handouts

5. Care Transitions

Donna Beebe, BSN, Barb Smith, RN, & Sandy Sorenen, MA, MPRO

Kirsten Laing, LMSW, Tri-County Office on Aging

Objectives: Identify the problems with hospital readmissions  
List the various Care Transitions to address readmissions  
Describe MPRO’s Care Transitions Project  
Explain TCOA’s role in the MPRO project

Instructional methods: Lecture, handouts, powerpoint

12:30 pm to 2:30 pm Luncheon Plenary: Aging & Brain Fitness: Research & Practice

Tom Jankowski, PhD, Wayne State University

Kevin Foley, MD & Andrea Bozoki, MD, Michigan State University

Bruno Giordani, PhD, University of Michigan

Objectives: Describe the latest research on cognitive function and preventing mental decline  
Explain how to optimize cognitive health regardless of diagnoses  
Explain how to redefine prevention to include tertiary prevention

Instructional methods: Lecture, handouts & powerpoint

2:30 pm to 4:00 pm Workshops:

1. Assistive Technology for Cognitive Needs

Norm DeLisle, BS, Michigan Disability Rights Coalition

Objectives: Understand the scope of assistive technology and importance of individual needs  
Comprehend general principles of using AT for cognitive problems  
Understand the basics of integrating AT for a single individual  
Understand basic AT resources and how to find and pay for them

Instructional methods: Lecture, powerpoint and handouts

2. Using Dogs for Independence

Beth Spanski, BA, For Better Independence Assistance Dogs

Objectives: Outline the categories of assistance dogs available and the ways they help people with specific disabilities

Explain common misconceptions and breed considerations about assistance dogs  
Describe the extensive process of training and socialization required of assistance dogs

Identify ways to locate dog providers in Michigan and funding sources for assistance dogs

3. Care Transitions (repeated)

4. Medicare Update

Rebecca Kinney-Phillips, MSW, MMAP Inc.

Objectives: Outline a brief overview of Medicare

Describe changes to original Medicare

Describe changes to programs assisting beneficiaries with Medicare

Instructional methods: Lecture, handouts, powerpoint

**Wednesday, May 19**

9:00 to 10:30 am General Session: A New Page: Report from the Administration on Aging

Cindy Padilla, BS, Principal Deputy Assistant Secretary on Aging

Objectives: Overview of Obama administration priorities for aging and long term care

Explain the process of reauthorizing the Older Americans Act

Describe how New Mexico reformed long term care under Padilla's leadership

Instructional methods: Lecture, powerpoint and handouts.

11:00 to 12:30 pm Workshops:

1. Detroit's Diabetes Self-Management Initiative

Paul Bridgewater, Faiz Esshaki, Gale Simmons and Anita Kanakaris, Detroit Area Agency on Aging

Objectives: Describe the problem of diabetes in Detroit's elder population

Describe the model initiative for preventing health issues for older diabetics

Explain key elements of the Stanford Diabetes Self-Management program

Outline the business plan by the Detroit Area Agency on Aging for implementation

Explain how the model can be replicated

Instructional methods: Lecture, powerpoint, handouts

2. Stopping Medicare Fraud and Abuse

Rebecca Kinney-Phillips, MMAP Inc.

Objectives: Describe how Medicare is subject to fraud and common schemes

Identify agencies involved in recent investigations  
Identify strategies to combat waste, fraud and abuse

Instructional methods: Lecture, powerpoint and handouts

### 3. Finding a Home in the Community for People with Challenging Circumstances

David Benjamin, RN, MSN, A&D Home Care

Monica Cremins, LMSW, Tri-County Office on Aging

Objectives: Explain new licensed residential option in the MI Choice Waiver  
Describe using new option to assist clients to avoid nursing home placement  
Describe using new option to assist nursing home residents to move to the community

Instructional methods: Lecture and handouts

### 4. Social Media Basics for Organizations

Kathryn Gillen, BA, Disability Network/Lakeshore

Tera Qualls, BS & Melvene Tardy, BA, Grand Valley State University

Objectives: Define and describe the variety of social media  
Describe ways that organizations can use social media to communicate with key constituencies  
Explain how a nonprofit disability organization is using social media

Instructional methods: Lecture, powerpoint, handouts

### 5. Best Practices in Program Income

Pam Curtis, BSW, and Amy Florea, BS, Senior Resources

Bonnie Forbes, Wexford County Council on Aging

Terry Vear, MPA, Hillsdale County Senior Services Center

Objectives: Describe how an Area Agency on Aging reinvented its approach to collecting donations and started a private pay option  
Describe how a Council on Aging created a two-tiered service option integrating donations and private pay with the same client  
Describe how a senior center/service provider developed a three tiered system for program income to stretch limited government resources

Instructional methods: Lecture, handouts

12:30 – 2:30 pm Luncheon Presentation: What's New in Long Term Care Reform

Peggy Brey & Jane Church, Office of Services to the Aging

Carol Barrett, PhD, So What Evaluation

Ellen Speckman-Randall, Nursing Facility Transitions Initiative

Hollis Turnham, JD, PHI (Paraprofessional Healthcare Institute)

Objectives: Describe planning efforts for aging and disability resource centers  
Explain the nursing facility transition initiative

Outline the community living program/services to veterans initiative

Describe current workforce studies in aging and long term care

Instructional methods: Lecture, handouts and powerpoint

2:30—4:00 pm Workshops

1. Assistive Technology for Cognitive Needs (repeat)
2. Detroit's Diabetes Self-Management Initiative (repeat)
3. Using Dogs for Independence (repeat)
4. Medicare Update (repeat)
5. Finding a Home in the Community for People with Challenging Circumstances (repeat)