



Western Illinois Area Agency on Aging's

2010 Annual Conference

i wireless Center
1201 River Drive
Moline, Illinois

September 16, 2010

Major Sponsor:



Patron Sponsors:



Western Illinois
Area Agency on Aging
WIAAA: FirstStop For Seniors
729 - 34th Avenue
Rock Island, IL 61201-5950

Funded under Title III of the Older Americans Act and the Illinois Department on Aging.

The Western Illinois Area Agency on Aging does not discriminate in admission to programs or treatment of employment in programs or activities in compliance with the Illinois Human Rights Act; the U.S. Civil Rights Act; Section 504 of the Rehabilitation Act; and the U.S. and Illinois Constitution. If you have been discriminated against, you have the right to file a complaint with the Illinois Department on Aging, for information call 1-800-252-8966 (Voice & TDD), or contact the Program Services Manager at Western Illinois Area Agency on Aging, at 1-800-322-1051.

For additional information on services provided in our service area please visit our website at www.wiaaa.org

Purpose: This conference will provide a wide range of information to agencies and businesses seeking to better understand and meet the needs of older individuals.

Target audience: Senior service providers, social workers, nurses, nursing home administrators, seniors, and all others who want to increase their knowledge of senior programs and aging issues.

Illinois Continuing Education Credits: *All presentations approved
(5.0 hours for the day)*

Continuing education units (CEUs) for Nurses, Social Workers, and Nursing Home Administrators are provided by the University of Illinois, College of Medicine, Department of Family Medicine, in collaboration with SolutionSight, Inc. and the Continuing Education Institute of Illinois. Please sign in for CE at the registration desk the morning of the conference. There will be a **\$10.00 charge** for all CE's payable to University of Illinois on the date of the conference. Participants must be present for all approved presentations for CEU to be awarded.

*SolutionSight, Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

SolutionSight, Inc. designates this activity for continuing education credit for nurses. Accreditation refers to recognition of education activities only and does not imply the Commission on Accreditation's approval or endorsement of any product.



Iowa Continuing Education Units: *All presentations approved
(5 hours for the day)*

Continuing Education credit is available through Eastern Iowa Community College District. Iowa Nursing Home Administrators, Department Heads, Residential Assistants will receive 5.0 CEH's. Iowa Social Work: Eligible for up to 5.0 hours of continuing education in Iowa. Consult your governing rules to determine if appropriate subject matter criteria will apply to credit hours. 5.0 CEU'S approved for Iowa Nurses, Iowa Board of Nursing Approved Provider No. 8, Iowa Board of Examiners for Nursing Home Administrators Approved Provider No. AP96-2. Please sign in for CE at the registration desk the morning of the conference. There will be a **\$10.00 charge** for all CEH's and CEU's payable to EICCD the date of the conference. Participants must be present for all approved presentations for CEH and CEU's to be awarded. Partial credits will not be awarded.

Agenda

9:00 to 11:00 Welcome and Opening General Session

Ageism in Healthcare: Elder Abuse

This session will be enlightening! After feeling she was in touch with seniors Ms. Thimsen took a brief inventory to identify her own bias....and was shocked. Join us to learn how ageism is expressed and demonstrated by healthcare providers in everyday practices. We will increase your

**Registration form(s) are due at the WIAAA office by
Wednesday, September 1, 2010**

Registration Fee \$40 *(includes continental breakfast and lunch)*
Please make checks payable to Western Illinois Area Agency on Aging

Name: _____

Organization/Company: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Fax: _____

Email: _____

Will you be joining us for lunch? Yes No

Chicken florentine Vegetarian entree

Where did you hear about the conference?

direct mailing newspaper ad flyer colleague

**Please tell us which sessions you plan to attend.
Circle one session from each section.**

9:00-11:00	11:15 - 12:15	1:15 -2:15	2:30 - 3:30
Opening	1 2 3 4	5 6 7 8	Closing

If you are applying for education credits, please mark your selection(s):

CEU's Illinois Social Worker CEU's Illinois Nursing Home Admin.
 CEU Illinois Nurse

CEH's Iowa Social Worker CEH's Iowa Nursing Home Admin.
 CEU's Iowa Nurse

Mail completed registration form and payment to:

Western Illinois Area Agency on Aging

WIAAA: FirstStop For Seniors

729 - 34th Avenue, Rock Island, IL 61201

(309) 793-6800; (800) 322-1051; Fax (309) 793-6807

Please return by September 1, 2010

Dianne Sonnevile, LISW, CRADC, is currently a treatment supervisor at the Center for Alcohol & Drug Services Inc. She is adjunct faculty at the University of Iowa School of Social Work and has supervised many MSW, BSW, MSEd and other degree candidates for several different universities and colleges.

8. Behavior Management in Dementia Patients

The only established knowledge of behavior problems in dementia is that they are common and distressing, sometimes dangerous to the patient, the caregivers, or even to other frail residents. The evidence base for using medication to manage those behaviors is limited and not encouraging. We will discuss kinds of behaviors, what we can and can't intervene, and what those interventions might look like. Mostly we'll discuss medication management: when to try it, what the risks and benefits might be, what documentation is needed to support medication use.

Judith Crossett MD, PhD, DFAPA is a Clinical Professor of Psychiatry at the University of Iowa Carver College of Medicine. She holds a Ph.D. from the University of Iowa and both her MD and MS from University of Iowa College of Medicine. Currently she is the Medical Director of Free Mental Health Clinic, a service of the Mobile Clinic of the University of Iowa Carver College of Medicine.

2:15 to 2:30 Visit Vendors

2:30 to 3:30 Closing Session

Journaling for Health

This presentation will focus on the latest research evidence that supports the therapeutic physiological and psychological benefits of journaling. The writing strategy of a specific type of journaling referred to as "written emotional expression" will be described in detail so participants may use this journaling technique themselves in helping in promoting health and well-being.

Howard K. Butcher, RN, PhD, PMHCNS-BC is a certified clinical specialist in adult psychiatric and mental health nursing (APRN, BC) by the American Nurses Credentialing Center. He was awarded his PhD in Nursing Science focus on gerontological mental health, phenomenology, Rogers nursing science by the University of South Carolina. Currently he is an associate professor at the University of Iowa College of Nursing in the Adult and Gerontological Area of Study, and is an Academic Staff Associate, MSI/BHS at the University of Iowa Hospitals and Clinics Department of Nursing Services and Patient Care.

competency in meeting the needs of seniors as well as discuss the barriers and limitations of assessing, reporting, investigation and corrective measures related to elder abuse.

Kathleen Thimsen, MSN CWON FNS RN comes to us from Southern Illinois University Edwardsville's School of Nursing where she is a current faculty member. She is also the Nursing House Supervisor at Anderson Hospital in Maryville, IL and is a guest lecturer at Johns Hopkins University in Baltimore, MD. She is completing her DNP from Johns Hopkins University and received her MSN from Webster University. Ms. Thimsen has 30 years of practice directed to geriatrics and 10 years of experience with investigation and review of elder abuse/neglect cases

11:00 to 11:15 Visit Vendors

11:15 to 12:15 Morning Sessions

1. Person Directed Care

The ultimate goal of Person Directed Care is to enhance the quality of life for residents and employees. This presentation will provide basic knowledge of person directed care in order to enhance decision making skills through understanding and empowerment.

Presented by Janette Simon, Ed.D. Professor Simon's work experience involves individual, couple, and group grief counseling and nursing home administration. She is currently the Administrator and Certified Nursing Assistant at the Guttenberg Care Center and a part time professor for Northeast Iowa Community College.

2. Polypharmacy – What's in the Mix?

A MEDucation session for caregivers, nurses, and facility personnel who care for elderly individuals. If you have concerns about "mixing" multiple medications, are unsure about what questions to ask, or just the general safety of polypharmacy, this breakout session will address those issues and help you feel more comfortable in your role. In addition, it will give you some good resources to use as tools in performing your role safely.

Kara Carruthers is the Director of Clinical Services at Main at Locust Pharmacy Clinic and Medical Supplies in Davenport, Iowa. This is an independent community pharmacy where she has practiced since June 2004. She is a 1998 Biochemistry Graduate from Iowa State University in Ames, IA. She also worked in the pharmaceutical research industry until graduating from University of Iowa with her Doctorate in Pharmacy in May 2004.

3. Tell Me a Story: Emotional Consequences of Advanced Chronic Illness

This session will present an overview of the main chronic illnesses affecting people over the age of 70, how these conditions impact the emotional health of the person with the condition, close friends and family, as well as professionals in the field of aging. We will also explore ways in which stories can be used as intervention tools.

Mercedes Bern-Klug, PhD, MSW, MA is an Associate Professor at the University of Iowa School of Social Work where she is also the Director of the UI Aging Studies Program. She received her PhD in Social Welfare from the University of Kansas and her M.A. in Applied Demography from Georgetown University. In 2010, she was honored by the University of Iowa with the Collegiate Deans Scholars Award, and in 2009 received the Shirley Otis-Green Award of Excellence in Pain Management and Palliative Care for Social Workers.

4. Delirium not Dementia

Seniors may experience delirium that often is construed as dementia “episodes”. There are a variety of delirium related signs, symptoms and conditions that mimic dementia. Additional physiological changes and body systems alterations also contribute to perceived dementia related disorders. Know the difference and increase the potential of independence and quality of life for seniors.

Presented by Kathleen Thimsen, MSN CWON FNS RN- see opening speaker description.

12:15 to 1:15 Lunch (Provided with your paid conference registration.)

1:15 to 2:15 Afternoon Sessions

5. Laughter Yoga

To begin we will explore the difference between laughter and humor, and cite the scientific studies that reveal the physiological and psychological benefits of laughter. Attendees will discover what makes them laugh and who makes them laugh, why we may laugh in “unfunny” situations and how laughter is a conduit that connects us to others. From there we will cover the practicum called “Laughter Yoga”. Laughter yoga consists of breathing, laughing and clapping, as a means of connecting with our joyous selves with others. It is a wonderful team building and personal experience that leaves each individual exhilarated and energized.

Presented by Caryl Derenfeld, CLYL CLYT. Ms. Derenfeld owns Learned Conversations Inc, a unique business based on identifying the need for stimulating conversational, interactive programs for seniors. She received Bachelors degree in 2002 from Roosevelt University in Chicago IL and is a Certified Laughter Yoga Teacher Trainer from Dr. Kataria School of Laughter Yoga.

6. Emotional & Spiritual Aspects of Care Giving

Old age, debilitating condition, terminal illness...any one or a combination of all three of these will impact every person at some time in their life, and when these circumstances arise, you may become a “care-giver.” Some would classify care giving as a badge of honor, others call it an act of compassion, still others would say that being a care-giver is heroic, and there would be those who would say it is expected. No matter how it is perceived or described, care giving is demanding. When thrust into the situation of providing for the day-to-day needs of another person, it often requires more than we anticipated or desired and can lead to emotional or spiritual bankruptcy. This workshop will address the emotional and spiritual aspects that care-givers frequently don’t anticipate, but will almost immediately have to address when placed in the care-giving situation, and, unless aware of the pitfalls, costs, challenges and opportunities of providing care to someone, may squander a divine moment to enjoy a special relationship and the intimate experience of cherishing a person’s life and memories.

Reverend Dr. Richard Johnson is the ordained minister of Word and Sacrament Presbyterian Church in Biggsville, IL. Reverend Johnson received his Bachelors from University of Dubuque and his Doctor of Ministry from Dubuque Theological Seminary. He has been a hospice chaplain and an EMT-B and he enjoys long distance bicycling and antique tractor restoration.

7. Older Adults and Substance Abuse

This presentation will address the growing concerns regarding older adults and substance abuse. The goals will be to provide participants with information regarding the nature of the problem, a list of warning signs and symptoms of substance abuse in the older adult population, information on screening tools that can be used with the older adult population, information on screening tools that can be used with the older adult population to help determine if there might be a substance abuse problem and to provide information about consultation, referral, assessment, and treatment options for the older adult who may be experiencing substance abuse issues.