



GRAND VALLEY
STATE UNIVERSITY

12th Annual Art & Science Of Aging Conference Creating An Age-Friendly Community

Friday, February 17, 2017

Grand Valley State University, Richard M. DeVos Center

401 W. Fulton Street | Grand Rapids, MI 49504 | www.gvsu.edu/geroconference | #ArtScienceAging | #HealthyAging | #AgeFriendly



**i have reached the
age when, if
someone tells me
to wear socks...**

i don't have to.

—albert einstein

About the Art & Science of Aging Conference

The Grand Valley State University Art & Science of Aging Conference is held annually on a Friday in February. The purpose of this conference is to broaden the dialogue on issues of aging within West Michigan and to provide an educational forum for individuals who are 'aging' and the professionals who work with (and for) them. To achieve this goal, the Conference planners identify a theme for the conference - a current timely topic in the field of aging. We also invite a national expert speaker to present the latest research and best practices in this area, and also to translate these into personal and professional practices which can be used to enhance the lives of older adults.

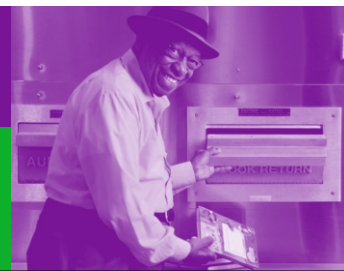
Knowledgeable and skilled faculty and practitioners present workshops that draw on research and evidence-based practices related to the theme of the year. They focus on issues that are relevant to health professionals, such as social workers, nurses, therapists, administrators, and other professionals who interact with older adults in their practice. Our goal is for all the information offered to benefit those persons facing the multifaceted challenges and opportunities of aging, as well as their family and friends. The sessions of the Art & Science of Aging Conference promote inter-professional and inter-agency collaboration. Student researchers - both undergraduate and graduate - also present their own research on aging topics; community providers of services to older adults offer educational and other helpful resources to participants; and the participants enjoy a luncheon and other opportunities for networking.

Our conference theme for 2017 is: *Creating an Age Friendly Community*. This is part of an international initiative, under the World Health Organization (WHO), to promote age-friendly communities world-wide. In the United States that initiative is led by AARP. In the WHO initiative eight domains are identified for attention and change in order for any community to achieve 'age-friendly' status: 1) Social participation; 2) Respect and social inclusion; 3) Civic participation/Employment; 4) Communication and Information/Education; 5) Community support & health services; 6) Outdoor spaces and buildings; 7) Transportation/ mobility, 8) Housing. Many of the sessions this year fall into one of these 8 domains. Locally the City of Grand Rapids and AARP are partnering to achieve the age-friendly designation here. Our closing session will include a community conversation on that topic. It is our intention that conference participants will explore and adopt programs and behaviors that ensure an inclusive age-friendly community for all.

Throughout the day participants will have available a series of 18 one-hour workshops, book-ended by the Opening and Closing sessions. Because no one can attend all the workshops, our presenters share their presentations electronically and we post them to www.gvsu.edu/gerontology. Nurses, social workers, occupational therapists, recreational therapists and nursing home administrators can obtain continuing professional education credits for their participation.



AGING IS AN EXTRAORDINARY PROCESS WHERE YOU BECOME THE PERSON YOU ALWAYS SHOULD HAVE BEEN. –DAVID BOWIE



Acknowledgements

The annual Art & Science of Aging Conference is sponsored by Grand Valley State University. This is done with the generous support of our sponsors - local organizations committed to serving older adults. We describe these as our Crown Jewel Sponsors: Emerald, Ruby, Sapphire, and Pearl. We also have several organizations and individuals who have joined us as Friends of the Art & Science of Aging Conference. We encourage you to thank them for their sponsorship and support of this educational event. Check out their services in the Exhibition Hall displays.

Partner Organizations Participated in Conference Planning

Also thanks go to several Partner Organizations that helped in Conference Planning

- Adam Bird Photography
- AARP MI
- Area Agency on Aging of Western Michigan
- Dementia Friendly Grand Rapids
- Forest Hills Community Services
- GRCF ENCORE
- Holland Home
- Hospice of Michigan
- NetLogx
- Samaritas
- Senior Neighbors

Conference Schedule

8:15 am**REGISTRATION TABLE OPEN**Hager-Lubbers Exhibition Hall
Pick up packets and name badges
Continental Breakfast CEU

CEU Check In Tables121D DEV

- Social Work
- Nursing
- Nursing Home Administration
- Occupational Therapy
- Therapeutic Recreation

Crown Jewel Sponsor Displays.....Hager Lubbers Exhibition Hall
open until 1:15 pm



Emerald
AARP MI
Beacon Hill at Eastgate



Ruby
Clark Retirement Community
College of Community & Public Service (GVSU)
College of Liberal Arts & Sciences (GVSU)
Samaritas



Sapphire
Area Agency on Aging of Western Michigan
College of Health Professions
Gauthier Family Home Care
Emmanuel Hospice
Gauthier Family Home Care
Grand Rapids Community Foundation ENCORE
Great Lakes Health Connect
Holland Home
Pilgrim Manor
Porter Hills



Pearl
Kirkhof College of Nursing
Unity Church



Friends of the Art & Science of Aging Conference
Donijo Robbins, Ph.D.
IKOR West Michigan
Pine Rest Christian Mental Health Services
Senior Advisory Services, PLLC
Senior Neighbors



9:00 am**OPENING SESSION****Loosemore Auditorium**

Welcome

Dr. Roy Olsson, Dean, College of Health Professions

Conference Overview and Introduction

Dr. Priscilla Kimboko, Conference Coordinator

KEYNOTE PRESENTATION

Making the Case for an Age-Friendly Community

[N, NHA, O, S, T]

This presentation will discuss how and why the age-friendly communities movement is growing and the reasons why creating an age-friendly community makes sense, based on two key premises: Older adults are a growing resource presenting a set of often-overlooked opportunities, and an age-friendly community can benefit people of all ages and abilities. Results from a business case synthesizing the results of research conducted by academics, government agencies, non-profit organizations and corporations will be shared, along with ways in which this information can be used to further age-friendly efforts.



Keynote Speaker: Margaret B. Neal, PhD, MUS, BA,
Director/Professor, Portland State University Institute on Aging

Margaret Neal is Director of the Institute on Aging and Professor of Urban Studies at Portland State University, teaching graduate courses in gerontology, survey design and data collection, and global aging. She led Portland's participation in the 2006-07 World Health Organization's Global Age-Friendly Cities project and has coordinated the Age-Friendly Portland and Multnomah County initiatives since then, authoring several articles and book chapters on the topic of age-friendly communities.

Learning Objectives:

Upon completion of this session participant will be able to:

1. Describe the key elements of an age-friendly community.
2. Discuss the economic and social reasons for creating an age-friendly community.
3. Review strategies for sharing information about the benefits of an age-friendly community.
4. Report on the opportunities associated with an aging population.

10:15 am**BREAK**

10:30 am**MORNING WORKSHOPS**



SESSION 1.....Loosemore Auditorium
Become Dementia Friendly
[N, NHA, O, S, T]

A Dementia Friend recognizes that anyone and everyone could have dementia, and looks for signs of it when something is amiss. When they spot a person who has dementia, they know how to speak with that person and how to be supportive. Most importantly, a Dementia Friend knows what actions to take to bring hope to the life of someone struggling with memory loss. This workshop provides the basic facts about dementia-related diseases and makes the case for hope instead of despair.

Presenters: **Cynthia Beel-Bates**, PhD, MSN, BSN, RN, Professor, Kirkhof College of Nursing; **Chris Simons**, BS, CTRS, Director of Life Enrichment and Dementia Services, Clark Retirement Community

Cynthia Beel-Bates, professor of nursing in the Kirkhof College of Nursing at GVSU, teaches undergraduate and graduate gerontological content. A registered nurse for 42 years, her nursing career has included acute care, community health, health promotion, discharge planning, outpatient neurology (U of M Alzheimer's Disease Research Center), program development, nursing home administration, dementia care in assisted living facilities, hospice, research, and nursing education. She is a fellow in the Gerontological Society of America.

Chris Simons, Director of Life Enrichment and Dementia Services at Clark Retirement Community, is a well-known expert in the field of aging and long-term care. In addition to her role working with residents and families at Clark, she is also an Eden Associate and Co-Owner of Our Place Cares, LLC, an adult foster care home. She is a dynamic and innovative professional who has dedicated over 41 years to enhancing the lives of people with dementia by engaging their whole beings in meaningful ways.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Demonstrate a more hopeful view of life with dementia.
2. Respond positively to a diagnosis of a type of dementia.
3. Explain how life with dementia can be good and enjoyable.
4. Identify basic facts about brain changes with common dementia-related diseases.

SESSION 2.....111D DEV
Art Therapy Educates a Community
[NHA, S, T]

Leara Glinzak worked with the Grand Rapids Art Museum to expand on their already existing program, Gazing at GRAM. Leara educated the docents, which were the tour guides, through a training session on Dementia education, how to integrate the art pieces and discussion points to better connect with someone with memory loss and education on the Art Therapy process piece that followed each

tour. All three components combined; Dementia education, Art Museum tour and Art Therapy all related to the resident's experience where qualitative data was assessed in order to evaluate the success of the program. The creative process and art pieces were then honored through a private reception and art show.

Presenter: Leara Glinzak, MS, Art Therapy/Counseling, Life Enrichment Art Therapist Dementia Educator, Clark Retirement Community; Under current supervision for ATR

Leara Glinzak, MSAT has her research published in the Journal of the American Art Therapy Association and she is a national presenter where she has presented at several conferences, including the American Art Therapy Association (AATA) Conference, Mount Mary Symposium and Leading Age. Leara is on the research committee for AATA, she leads Art Therapy workshops and she is involved with the Michigan Association Art Therapy (MAAT).

Learning Objectives:

Participants of the workshop will:

1. Identify the positive impact Art Therapy has for those with memory loss.
2. Understand the benefit of the Grand Rapids Art Museum as a therapeutic environment and Art Therapy modality for someone with memory loss.
3. Understand how the combined three key components, Dementia education, Art Museum tour and Art Therapy worked together to follow the themes, introspection, self-growth and transformation as evidence to its being unfolded within the creative process.

SESSION 3138E DEV

Fair Housing Rights for Seniors

[N, S]

Attendees will learn about the protections for senior citizens under fair housing law, including information on how to request a reasonable accommodation (assistance animal or assigned parking space) or modification (ramp or grab bar) in housing for seniors with disabilities. The session will also include best practices for making or providing support for such requests. Attendees will also learn more about the broad implications of housing discrimination for west Michigan as well as what services the Fair Housing Center offers.

Presenter: Liz Keegan, BA, Director of Education & Outreach, Fair Housing Center of West Michigan

Liz Keegan joined the Fair Housing Center of West Michigan (FHCWM) as Director of Education & Outreach in 2006, and is responsible for developing and implementing education and outreach activities for the general public, social service organizations, and the housing industry. She has provided extensive technical fair housing training to more than 3,250 housing industry members in more than 175 training sessions covering lending, rental property management, property maintenance, advertising, real estate sales, and advanced topics upon



request. She has developed a menu of more than 25 fair housing training opportunities; she has provided fair housing training for seniors since 2013.

Learning Objectives:

Participants of this workshop will be able to:

1. Understand what housing discrimination looks like and one's rights under fair housing law.
2. Understand specific protections for senior citizens.
3. Utilize templates and tools provided to exercise fair housing rights.
4. Contact appropriate agencies for resources and support.

SESSION 4.....107D DEV

Downsizing, Moving and Clutter Challenges in the Homes of Older Adults

[N, O]

Focus will include education regarding options for downsizing, decluttering, moving and organizing during life transitions for older adults. Focus also will be on how mental health challenges can make these life transitions, social participation in the community and functioning at home more difficult for older adults. Specific information about community resources will be provided.

Presenter: Susie Marsh, LBSW, Professional Organizer/Social Worker, Susie's Organization Solutions LLC

Susie Marsh has been helping clients eliminate the chaos and clutter in their lives for the past 9+ years as a professional organizer in her business, Susie's Organization Solutions LLC. Susie has also been a licensed bachelor of social work for the past 25+ years with her experience centered in mental health in Kent Co. She has combined these experiences and has focused her work on helping those who struggle with chronic disorganization challenges such as, ADD, depression, anxiety, chronic illnesses, older adults and hoarding tendencies. She is a member of the National Association of Professional Organizers (NAPO), NAPO MI Chapter VP, and the Institute for Challenging Disorganization (where she has earned the Level 1 Certificate of Study of Basic Hoarding Issues), Grand Rapids Area Hoarding Taskforce, Caregiver Resource Network, Points of Life National Aging Network, and the Byron Center Chamber of Commerce. Susie is also a wife a mother of a 22 and 17 year old, both of whom regularly test her organizing abilities!

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Identify 3 specific tips/strategies to use when downsizing, decluttering and/or moving when in life transitions.
2. Identify at least 3 resources in the community to assist with chronic disorganization challenges in older adults, such as, ADD, hoarding, depression, anxiety and more.

3. Gain more insight about potential clutter issues through voluntary completion of the Clutter Self-Assessment tool.
4. Describe the Clutter-Hoarding Scale (Institute for Challenging Disorganization) used by professionals to assess hoarding situations.

SESSION 5119E DEV

Exploring Water Trails: Outdoor Recreation Accessible to All

[O, T]

This presentation will provide an overview of water trails and related activities in the United States, including definitions and examples of water trails, where they are located, and the types of activities people of all ages can engage in on water trails. Many states are developing or have waters that provide a wide range of outdoor activities. The session explains address the types of issues people with limited abilities encounter when using water trails. This presentation will cover the plans for a west Michigan water trail and its related activities and explain the benefits to the community and its members.

Presenters: **Mark Gleason, PhD, MPRTM, MPA**, Assistant Professor, Grand Valley State University; **Michael Scantlebury, PhD, M. Phil., BA (Hons), Cert. in University Teaching, Cert. Tourism Studies**, Associate Professor, Grand Valley State University

Mark Gleason is an Assistant Professor in the Department of Hospitality and Tourism Management at Grand Valley State University. His PhD (2008) is from Michigan Tech University in the Department of Forestry and Environmental Science where his dissertation was on the use of underwater robotics in natural resources education and in the support of research. Dr. Gleason's research interests are multi-disciplinary in nature, with an emphasis on the use of robotics within underwater research and education. Gleason's professional background includes serving as a National Park Ranger, an Outward Bound Instructor, and a Tall Ship sailor. Also, he has held positions in the Criminal Justice system and with two Public Museums. He has offered or supervised classes in underwater robotics for over 30,000 K-12 students and continues to instruct with Alpena Community College Marine Tech program. As an expert in the field of underwater robotics, operating ROVs on dives to nearly seventy Great Lake Shipwrecks, fish habitats in the Great Lakes and the Caribbean, and oil/gas fields of the Middle-East. He has used ROVs to film Moose underwater at Isle Royale National Park and Manatee in Florida.

Michael Scantlebury is an Associate Professor in the Department of Hospitality and Tourism Management at Grand Valley State University (GVSU). He has previously taught at University of Central Florida, the University of North Carolina at Wilmington, and at the University of Waterloo, Ontario, Canada.

A native of Barbados, Michael has served as research officer for the Barbados Tourism Authority (BTA) and as marketing manager and New York City based manager of US Operations. And eventually President of Marketing and Sales, with global responsibility for the marketing of this Caribbean country. At other times, he was a consultant with Ernst & Young and managed the regional tourism

BEFORE DECIDING TO RETIRE, STAY HOME A WEEK AND WATCH DAYTIME TELEVISION...



consulting practice for Coopers & Lybrand (Caribbean) Consultants Inc. He has extensive tourism consulting experience in the Caribbean. Michael's scholarly interests include Heritage and Cultural Tourism; Caribbean tourism; the SoTL (Scholarship of Teaching and Learning) and Geotourism.

Learning Objectives:

Participants will gain a greater understanding of water trails and the activities that they can engage in when using these trails. These trails are designed for people of all ages so this presentation will cover a wide range of activities including canoeing, kayaking, boating and hiking. Upon completion of this workshop the participants will be able to:

1. Describe what water trails are, the types of activities that take place, and the benefits for and connections to the community.
2. Describe the challenges of accessing water trails by people with limitations and ways these issues are being/can be addressed.
3. Describe the Grand River water trail system along with other Michigan water trails.
4. Describe ways in which water trails serve people of all ages and backgrounds.

SESSION 6.....136E DEV **Exploring Aging Issues with Student Researchers**

In this session, students both undergraduate and graduate, who will present in the student poster session, are each given five minutes here to share their research projects with us. Together, they have covered a wide range of topics from dementia to how to make Grand Rapids an age-friendly city. Over the past year, they have been working with faculty mentors, explored the most current research, some conducted experiments, and critically evaluated the studies aimed at understanding aging-related issues and problems. This session will give us an opportunity to hear what these budding researchers have done before they join the forces to help improve the quality of life among older adults in our community!

STUDENT RESEARCH POSTERS (Exhibited in West Hallway)

1. **Presenter:** Stefanie Austin, Bachelors, Psychology

Faculty Advisor: Mary Bower Russa, PhD, Psychology

Title: Dementia: Risk and Prevention

Abstract: My research focus is specifically on dementia disease risk in older adults and the elderly. The information I will present includes significant evidence pertaining to risk factors associated with dementias and Alzheimer's disease, interventions (of cognitive and physical activity) that have been significant in reducing symptoms or slowing the course of dementia, and how lifestyle factors, diet, general health, and mental illness (depression) may contribute to the course of developing dementia. Findings suggest ways to reduce risk for dementia and rule out the population whose risk is greatest.



2. **Presenters:** Sophia Christie, Bachelors, Medical Laboratory Sciences
Rachel Spielmaker, Bachelors, Diagnostic Medical Sonography
Shea Stockton, Bachelors, Allied Health Sciences

Faculty Advisor: Julia VanderMolen, PhD, Allied Health Sciences

Title: Diabetes and the Risk of Developing Vascular Dementia: A Systematic Review

Abstract: This systematic review analyzes the relationship between diabetes and vascular dementia to determine the correlation between preexisting diabetes and developing dementia. 15 articles were reviewed from three databases. The results from the articles were grouped into four categories relating to the cause of dementia; type II diabetes, treatment and prevention, neurological factors, and the age of diabetes diagnosis. The articles determined there was a connection between vascular dementia and type II diabetes although, there are other factors that contributed to this connection that will be examined further in this presentation.

3. **Presenter:** Kaitlyn Kleibusch, Masters, Health Administration

Faculty Advisor: Priscilla Kimboko, PhD, Public, Nonprofit and Health Administration

Title: Wayfinding and Dementia: How design can improve navigation among older adults in assisted living facilities

Abstract: As we age, our ability to navigate within our environment begins to diminish which, may lead to increased confusion, anxiety, and fear of mobility among older adults living with mild to severe forms of dementia. Intentional architectural and interior design techniques have been found to improve an individual's ability to way-find regardless of cognitive ability. My research examines which design techniques could be used to significantly improve navigation abilities among older adults with dementia in assisted-living facilities.

4. **Presenters:** Claire Heinzmann, Bachelors, Allied Health Science
Anne Kulik, Masters, Public Health
Chijoke Nwabuike, Masters, Public Administration
Ezequiel Rios, Masters, Public Health

Faculty Advisor: Jody Vogelzang, PhD, Public Health
Lara Jaskiewicz, PhD, Public, Nonprofit and Health Administration

Title: Food Insecurity in Older Adults: "The Social"

Abstract: Using the method of Design Thinking, my team and I created a program to help decrease food insecurity in older adults called "The Social". The objective of this program would be to promote community, healthy eating, and health and decrease food insecurity. All participants in "The Social" would get a free healthy meal, listen to a speaker with pertinent information, and do an activity to promote community. Participants would have a say on what activity they would want to do and the topic they would want to learn more about. Our team would like to see "The Social" be a once a week program to be able to have an impact on older adults. The program would be held in different venues around the City of Grand Rapids making access

easier for individuals. Grand Valley State University funded our idea to test our program. We created a pilot program where residents from Grand View Apartments will be the participants. We passed out surveys on December 20th to see what topic and activity they would like to do. "The Social" will be held on January 20th.

5. **Presenter:** Jeffrey Lueders, Bachelors, Psychology & Sociology

Faculty Advisor: Jing Chen, PhD, Psychology

Title: Integrating Age Groups in Living Centers

Abstract: The research focused on in our project centered on benefitting older age groups by integrating younger populations into their everyday lives. Our project analyzes the factors of loneliness with adult mortality, the effects of moving closer to one's children when aging, the effects of living in a multigenerational household, and how loneliness can be correlated to depression in older adults. This project helps support our proposal which is to integrate college students into older adult housing centers by incentivizing the college students with free or reduced price housing while the older adults benefit from the exposure to a variety of generations.

6. **Presenters:** Ashley Marshall, Bachelors, Speech Language Pathology
Hannah Barnes, Bachelors, Speech Language Pathology

Faculty Advisor: Julia VanderMolen, PhD, Allied Health Sciences

Title: The Effect of American Sign Language on the Recovery of Aphasic Patients

Abstract: This research connects the use of American Sign Language and how it will affect the recovery time of patients with aphasia. Using specific key words and 3 databases, 15 articles were used and while each study was unique, most of the studies concluded that using American Sign Language was an effective technique for patients with aphasia.

7. **Presenter:** Kristen Miller, Bachelors, Psychology and Criminal Justice

Faculty Advisor: Jing Chen, PhD, Psychology

Title: Research and Impacts of Alzheimer's Disease

Abstract: My presentation will focus on the research conducted on Alzheimer's Disease and the impacts this disease has on the patients, as well as their immediate family members. In regards to the research, I will discuss memory capacity changes, mood swings, and how the physiology of the brain changes. I will explore the impacts of Alzheimer's Disease, specifically the changes seen in the patient, such as the depression they may go through due to their inability to remember important aspects of their life. I will also discuss how Alzheimer's Disease impacts the relationships within the family and the relationship between the family members and the patient.

8. **Presenters:** Rebecca Mitchell, Masters, Cell and Molecular Biology
Brooke Armistead, Masters, Cell and Molecular Biology
Emma Hahs, Bachelors, Cell and Molecular Biology

Faculty Advisor: Sok Kean Khoo, PhD, Cell & Molecular Biology

Title: Investigating Expression of microRNA-34b, 34c, 7, and 153 for Biomarkers in Parkinson's Disease

Abstract: Parkinson's disease (PD) is a highly prevalent neurodegenerative disease that causes impaired motor movement and neurological symptoms. Currently, there is not a definitive method of diagnosing this disease in its early stages. Here, we investigated the expression of microRNAs in blood plasma to gain evidence for diagnostic biomarkers. qRT-PCR was utilized to compare the expression of microRNAs in patient plasma samples ranging from healthy controls to advanced stage PD. Our results suggest that microRNA-34b and 34c are significantly down-regulated in PD patients, while microRNAs-7 and 153 were not found to be differentially expressed. Our data contributes important insights into potential biomarkers for the diagnosis of PD.

9. **Presenter:** Courtney Parulski, Bachelors, Respiratory Therapy

Faculty Advisor: Julia VanderMolen, PhD, Allied Health Sciences

Title: Early Detection of Alzheimer's Disease Using Neuroimaging and Biomarkers: A Systematic Review

Abstract: This project is a systematic review that was aimed at determining the accuracy of neuroimaging and biomarkers in the diagnosis of Alzheimer's disease, in patients over the age of 60, and the outcomes that are present. A total of 15 articles were selected from three different databases (CINAHL Complete, PubMed, and ProQuest Medical Library) with specific key terms, inclusions, and exclusions to narrow down the search results for more accuracy.

10. **Presenter:** Nguyen Pham, Bachelor, Psychology

Faculty Advisor: Jing Chen, PhD, Psychology

Title: Designing Dementia Friendly Neighborhoods

Abstract: The number of those with dementia related diseases is on the rise, and the need for more spaces outdoor spaces that are responsive to the needs of the aging demented is not only humanitarian, but tangibly beneficial to overall health as well as practical to implement. Based on studies of dementia, a number of proposed changes can be made to the city of Grand Rapids to improve the accessibility, navigability, and safety of its streets for those otherwise confined to the home, giving Grand Rapids a chance to optimize the health, well-being, and quality of life of its elderly.

11. **Presenter:** Audrey Tarbutton, Bachelors, Psychology

Faculty Advisor: Jing Chen, PhD, Psychology

Title: Intergenerational Programming: A Multidimensional Approach to an Age-Friendly Community

Abstract: Through an initiative to make Grand Rapids an age-friendly community, our project focuses on the implementation of an intergenerational programming (IGP)

facility for older adults (ages 65-100) and children (ages 6 weeks-5 years) in the Greater Grand Rapids Area. We use a multidimensional approach to provide empirical support for IGP in relation to positive social interactions among children and older adults, enhanced motor skill development, fall prevention, and improved cognitive functioning in those with dementia.

12. Presenter: Shelby Toren, Bachelors, Psychology

Faculty Advisor: Jing Chen, PhD, Psychology

Title: The Importance of Socialization among Elderly Populations

Abstract: After reviewing current research, the importance of continued socialization as one ages is clear. However, there are many challenges that may arise making it difficult for older adults to continue their social life. For example, if the ability to drive is lost transportation becomes an issue. Suggestions and comments are made to help the elderly overcome these new challenges and increase socialization in older adults, done in accordance with the effort in Grand Rapids to become an “age-friendly” city.

13. Presenters: Melissa Wagner, Doctoral, DNP Adult/Older Adult

Faculty Advisor: Evelyn Clingerman, PhD, Nursing

Title: Older Adult Medication Management

Abstract: Annually, 1.5 million preventable adverse drug events occur in the United States and cost an estimated 3.5 billion dollars (Institute of Medicine [IOM], 2006). Even with a vast amount of research surrounding medication errors, the community setting has received little attention. To close this gap, Medication Therapy Management (MTM) was implemented within the geriatric community. During the study, nurses examined medications, monitored drug-to-drug interactions and provided interdisciplinary coordination in the participant's home. Preliminary data results show that the total number of medications taken were highly correlated with an increased number of medication interactions ($r = .870$, $n = 95$, $p < .001$), falls ($r = .240$, $n = 95$, $p = .019$), emergency room visits ($r = .291$, $n = 95$, $p = .004$) and acute care admissions ($r = 0.298$, $n = 95$, $p = .003$). With this knowledge, nurses can be vigilant of the correlation and provide proactive care in the presence of polypharmacy.

11:30 amSTUDENT RESEARCH POSTERS

DeVos E, West Hallway

11:45 amLUNCHEON

Hager Lubbers Exhibition Hall, Regency Room, Gordon Gallery

1:00 pmEARLY AFTERNOON WORKSHOPS



SESSION 7107D DEV

Reconnecting Veiled Minds through Music

[N, NHA, O, S, T]

In 2014, a documentary titled "Alive Inside", sparked a movement to bring music to people with dementia. The goal of the documentary and the resulting social movement is to provide music that has meaning to persons with dementia living in nursing homes or the community via iPod shuffles and headsets. Research shows that, stored throughout the brain, music remains intact in dementia and connects people vividly to their own past memories. This workshop will share how this nonpharmacological solution is improving the quality of life of persons with dementia by providing a 1-on-1 music experience with local nursing home residents. Involvement from intergenerational members of an elder friendly community could spread this social movement more quickly.

Presenter: Cynthia Beel-Bates, PhD, MSN, BSN, RN, GVSU Kirkhof College of Nursing

Cynthia Beel-Bates, professor of nursing in the Kirkhof College of Nursing at GVSU, teaches undergraduate and graduate gerontological content. A registered nurse for 42 years, her nursing career has included acute care, community health, health promotion, discharge planning, outpatient neurology (U of M Alzheimer's Disease Research Center), program development, nursing home administration, dementia care in assisted living facilities, hospice, research, and nursing education. She is a fellow in the Gerontological Society of America.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Demonstrate knowledge about the impact of music on the behavioral and psychological symptoms of dementia.
2. Understand their own connection to music and memories.
3. Describe the non-profit Music and Memories organization and program.
4. Identify at least one way they might contribute to the social movement in Grand Rapids and west Michigan.

SESSION 8.....Loosemore Auditorium

Brain Health: Aging, Depression, Exercise and Mental Activity

[N, NHA, O, S, T]

This workshop will focus on reviewing existing literature on dementia processes, neuroimaging data/studies (e.g., normal aging vs. disease process), and mental activity/cognitive functioning among the elderly. The workshop will also discuss the effects of depression on aging and memory and look at protective factors for facilitating sustained cognitive functioning in the elderly.

NOTHING MAKES ME FEEL SO OLD AS HAVING TO SCROLL DOWN TO FIND MY YEAR OF BIRTH.

Presenter: Michael Shafer, PhD, Clinical Psychologist, PAR Rehab Services

Michael Shafer obtained a PhD in Texas and completed a clinical internship in Michigan. He presently specializes in neuropsychology and completes clinical work in a large community-based private practice. Clinical practices also include in-patient hospital-based neuropsychological evaluations (e.g., TBI, stroke, and dementia). Dr. Shafer maintains two teaching positions in the MSU School of Medicine (PM&R, Radiology) lecturing in courses on brain dissection, advanced neurocognitive functioning (e.g., executive systems), and staffing PM&R senior resident clinic. Dr. Shafer participates in research at MSU studying non-epileptic seizure activity. Dr. Shafer is also on the advisory board for the Alzheimer's Association.

Learning Objectives:

Upon completion of this workshop participants will be able to:

1. Demonstrate an understanding of dementia processes (e.g., Alzheimer's Disease, FTD).
2. Demonstrate a strong understanding about how behaviors such as exercise/physical activity and cognitive processing (e.g., word puzzles, computer games) help reduce the onset of cognitive impairment in the elderly.
3. Demonstrate an understanding about how factors such as depression effect cognitive functioning in the elderly.

SESSION 9.....138E DEV

Looking Up while Life is Pushing You Down

[N, NHA, O, S, T]

We all face similar challenges, traumas, and tragedies in our lives. Have you ever wondered why some people bounce back from tough times with a positive outlook while others go right down the tubes? Are optimism and resiliency something we are born with or are they traits that can be developed? Join us as we explore these questions and share your wisdom as we prepare for what tomorrow will bring.

Presenter: Dave Kampfschulte, M.Ed., B.A., Certified Grief Specialist, Speaker, Amazing Circles Workshops

Dave Kampfschulte is Director of Amazing Circles Workshops, a nationally known speaker, and author of *I'm Dying to Talk with You: Twenty Five Years of Conversations on End of Life Decisions*. Using his empathy, humor, energy, and over 28 years as an educator and a hospice volunteer, Dave facilitates his interactive, enlightening workshops and presentations to a wide spectrum of professionals and general audiences. Dave has a Masters in Education, is a facilitator and instructor for Making Choices Michigan, and is a preceptor with Michigan State University College of Human Medicine. His website is www.amazingcircles.net.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Identify the characteristics of unresolved grief.
2. Identify characteristics of resiliency.
3. Understand how to use tools to implement resiliency in their lives.

SESSION 10.....136E DEV

Staying Put and Getting Around: Grand Rapids Adapting for its Seniors

[N, O, T]

This workshop will explain how the City of Grand Rapids along with community partners is preparing for the future health and well-being of its senior population. In advance of its 2020 Master Planning process, the city is laying the groundwork for safe and connected neighborhoods where seniors can age in place. Presenters will outline how and why the City's Vital Streets Plan is creating safer walkable neighborhoods connected to amenities and ongoing efforts that support seniors who want to remain in their homes.

Presenters: **Ruth Kelly**, M.Ed. Tech, City Commissioner, City of Grand Rapids; **Helen Lehman**, B.A., Communication Arts, Executive Director at New Development Corp

Ruth Kelly has been on the Grand Rapids City Commission since 2010. She has served on the City's Sustainable Streets Task Force, the Michigan Street Corridor Steering Committee and the GR Forward Steering Committee. She's currently on the North Quarter and Michigan Street Corridor Improvement District boards, the Parking Commission and is commission liaison for the Urban Forestry Committee. She's a member of the Legislative Committee of Advocates for Senior Issues.

Helen Lehman has more than 30 years of experience in community development and neighborhood organizing. For the past 15 years, she has led New Development Corp to provide safe and affordable housing on the north end of Grand Rapids. Prior to that, she spent time as a consultant for nonprofit construction projects, helped build the Grand Rapids Children's Museum and worked for the Creston Neighborhood Association.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Understand how traffic calming, ramps, trails, sidewalks and even bicycle lanes promote healthy aging and help prevent injury.
2. Evaluate home share as an option for those who wish to remain in their homes and neighborhoods but cannot afford to do so without support.
3. Advocate for the City's efforts to create an Age Friendly Community through engagement in Thought Leader sessions, boards and commissions and the Master Planning process.



SESSION 11119E DEV

Daily Money Managers: Helping Seniors Stay Independent and Secure [O, S]

The workshop will cover the roles and responsibilities of daily money managers and how they can help seniors maintain their independence while keeping them from making financial missteps. Topics to be addressed include what to look for in a daily money manager, who can benefit from a daily money manager, how a daily money manager coordinates with a senior's family and advisers.

Presenter: Elizabeth Zeldes, B.S. in Accounting, University of Tennessee, CPA at Senior Advisory Services PLLC

Elizabeth Zeldes is a graduate of the University of Tennessee College of Business and has been a Certified Public Accountant for over 30 years. She is the founder of Senior Advisory Services, PLLC providing in-home accounting and trust services to seniors. Elizabeth is a member of the Caregiver Resource Network, Dementia Friendly Grand Rapids, Council on Aging of Kent County, Porter Hills Foundation Board, the American Institute of CPAs, the Michigan Association of CPAs, and the American Association of Daily Money Managers.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Describe what daily money managers do.
2. List reasons why someone may want or need a daily money manager.
3. Find out how to research the background of a potential daily money manager.
4. Know how a daily money manager fits into a senior's financial team.

SESSION 12111D DEV

Spirituality and Caring: Interprofessional LGBT Training for LTC Staff through Nursing and Chaplaincy [N, NHA, O, S, T]

LGBT older adults continue to report fear regarding their treatment in LTC facilities. These challenges involve staff, fellow residents, denial of visits, same-sex partners residing together, and respect for gender identity. Gaps in knowledge and low self-efficacy may contribute to these challenges. Thus, heterosexism and homophobia have the potential for adversely influencing residents. As an interprofessional team, nursing and chaplaincy design an educational training for LTC providers. The training includes a multi-modal approach emphasizing the needs of LGBT residents. Results will be reported from pre and post data collection of a survey measuring knowledge retention and self-efficacy.

**YOU KNOW YOU'RE GETTIN' OLD WHEN YOU CAN'T WALK PAST A BATHROOM
WITHOUT THINKING, "I MAY AS WELL PEE WHILE I'M HERE."**

Presenter: Grace Huizinga, EdD, MSN, RN, Assistant Professor, Grand Valley State University

Grace Huizinga is an Assistant Professor in the Kirkhof College of Nursing (KCON). Her research interests are centered on vulnerable populations, health disparities with a particular focus on Lesbian, Gay, Bisexual, Transgender and Queer (LGBTQ) individuals and population health. Dr. Huizinga has 30 years of experience in nursing clinical practice, academia, management/leadership, and serves as the Academic Community Liaison at Grand Valley State University. She is a board member of the Milton E. Ford GVSU LGBT Resource Center and has experience in both the clinical setting and classroom at various levels of nursing programs with a special interest in inclusion and equity.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Provide examples of the history and resilience of individuals within the older LGBT community.
2. Demonstrate awareness of LGBT older adult concerns in LTC facilities.
3. Identify communication techniques to facilitate a welcoming environment for LGBT residents and significant people in their lives.
4. Identify connection between an agency mission/vision and inclusion of LGBT older adults.

2:00 pmBREAK

2:15 pmMID AFTERNOON WORKSHOPS

SESSION 13Loosemore Auditorium

An Intergenerational Alternative to Lonely Living

[N, O, S, T]

College students and people who are living in facilities intended for the aged share common feelings of depression and loneliness. Research shows that intentional housing that blends people with a variety of ages improves quality of life, provides health benefits and improves health indicators. Physical and social indicators are improved in some blended home facilities when housing includes aging residents living with college students. Everyone potentially benefits from increased social contacts and by experiential and intergenerational learning.

Presenters: Joan Borst, Ph.D., LMSW, Professor, School of Social Work, Grand Valley State University; **Sally Pelon**, Ph.D., LMSW, Assistant Professor, School of Social Work, Grand Valley State University

Joan Borst teaches at GVSU in the School of Social Work. Her area of study includes health care, interprofessional teams, chronic illness, end of life & hospice. She has worked with individuals living with chronic mental illness, homelessness, chronic illness and female survivors of emotional abuse.



Sally Pelon teaches at GVSU in the School of Social Work. Her area of study includes hospice care and end of life. Dr. Pelon directed a hospice facility for many years. She teaches policy and interprofessional patient centered care for people living with chronic illness.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Recognize that living alone can lead to feelings of depression and loneliness at any age.
2. Understand how intergenerational living adds to quality of life for otherwise isolated individuals.
3. Know the kinds of interactions that benefit residents in homes for the aging through improved health outcomes.

SESSION 14111D DEV

Effective Use of Wearable Activity Trackers to Improve Health

[NHA, O, T]

Regular physical activity/exercise is beneficial for improving a long list of health outcomes and enhancing quality of life, leading to a longer and independently functioning lifespan. Despite such evidence, the majority of Americans are not engaging in sufficient amounts of physical activity. There is an emergence of physical activity tracking devices (Fitbit, Jawbone, etc.) that are commercially available, lending the capability to self-monitor a spectrum of physical activity behaviors to encourage behavior change. This workshop will provide information on how to effectively use these devices, as well as interpret the information they provide as it pertains to health improvements.

Presenter: Chris Dondzila, Ph.D., Assistant Professor, PhD, Movement Science Department, Grand Valley State University

Chris Dondzila is an assistant professor in the Movement Science Department at GVSU. He teaches courses pertaining to the role that physical activity/exercise can enhance the human body's functioning and reduce the impact of chronic diseases. His research interests include the relationship between physical activity and health, mediating factors to exercise behavior, and physical activity measurement technologies. He has authored numerous peer-reviewed articles and given national/international presentations based on his research.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Describe how activity trackers work.
2. Understand and interpret the various information provided from activity trackers to enhance health.
3. Describe the added functions the devices offer to build social communities, set goals, and increase long-term physical activity maintenance.

SESSION 15.....138E DEV

House That? Housing Considerations as We Age

[N, O]

As we age, people are concerned about what will happen to their home; which is often their largest asset. This presentation will cover the strategies to ensure your home is protected (from creditors, lawsuits, estate recovery) and how to pass it on to the ones you want upon your passing. It will also focus on issues involving owning a home and applying for long term Medicaid.

Presenter: Catherine Jacobs, J.D., Estate Planning and Elder Law Attorney, Cottrell & Jacobs PLC; **Beth Mans**, B.S., Senior Real Estate Specialist, Greenridge Realty, Inc.

Catherine Jacobs has been practicing law for 23 years. Her practice focuses on estate planning and elder law issues. She is on the board of directors of Elder Law of Michigan, Senior Neighbors of Grand Rapids, and the Council on Aging of Kent County. She is a member of the Caregiver Resource Network. Catherine regularly speaks to groups about the need for estate planning as we age address health care issues, assets, and the possibility of long-term care and Medicaid assistance.

Beth Mans taught elementary education for 15 years. Being an entrepreneur at heart and having a special compassion for the mature adult, Beth acquired her real estate license in 2002, Senior Real Estate designation (SRES) in 2004, Certified Senior Advisor (CSA) in 2010 and has assisted several Seniors and their families. She is an expert in helping seniors moving from their long time home into a new living environment. Beth's number one priority is to make seniors comfortable with selling their home and finding a new one that best suits their needs from a quality of life standpoint, all while preserving their financial wellbeing. Beth is proud to serve as a board member of the Council on Aging of Kent County and is an active member of Caregiver Resource Network, which provides valuable and reliable resources.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Understand the possible outcomes of adding adult children's names to the deed for their home.
2. Understand the use and multiple benefits of Lady Bird Deeds in Michigan.
3. Understand how Medicaid treats home ownership when applying for long term Medicaid benefits.
4. Understand the impact of having a mortgage on your home at the time of your passing.

SESSION 16107D DEV

Scents-ing the Possibilities

[NHA, O]

In this workshop we will discuss with attendees the value of plants and gardens to people of all ages and abilities, with a focus on sensory plants and the five senses. We will talk about some common plants like lavender, thyme and mint and some other unusual plants like the popcorn plant, eyeball plant and papyrus. Using some of these plants can help to "Kick-start" old memories and create new ones.

Presenter: Ian Warnock, Lead Horticulturist at Frederik Meijer Gardens & Sculpture Park, Diploma in Horticulture, Threave School of Horticulture (NTS, Scotland), Higher Certificate Horticultural Science (Scotland), International Student Certificate Longwood Gardens (USA)

Ian Warnock is a "transplanted" Scotsman and was raised in the seaside town of Gourock. After working for the local Parks Department, he went to the Threave School of Gardening in the south of Scotland. On completion of his course, he was awarded an International Scholarship to study at Longwood Gardens in Pennsylvania. He later returned to the US and has worked on a private estate on the outskirts of Philadelphia, a large garden center chain in Maryland, the US Botanic Garden in Washington DC and was Head Gardener at the British Embassy. In 1995, he moved north to his wife's hometown of Grand Rapids, Michigan. He is currently the Lead Horticulturist for outdoors at the Frederik Meijer Gardens and over the years has been heavily involved in the design and layout of the Gardens. His main duty however is taking care of and having fun in the Lena Meijer Children's Garden. Ian has spoken at local, state, national and international meetings, has written articles for several professional magazines and is currently writing a children's book.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Grow these plants from seed, bulb or root.
2. Grow and maintain them correctly.
3. Describe how to use the plants and where to grow them.

SESSION 17136E DEV

There's No Place like Home: Stay Safe with Assistive Technology and Home Modifications

[N, O, S]

Home modifications and assistive technology can play an important role in reducing fall risks in the home and enabling older adults to Age in Place safely. There are tools to help you identify the barriers and risks in your home, as well as professionals to help you create a plan for safety. Smart solutions for making your home safe will be presented including products and equipment, simple home adaptations, and information pertaining to funding and professionals to assist.

Presenters: Joanne Feutz, B.S., Registered Occupational Therapist, OT Team Supervisor, Disability Advocates of Kent County; **Renee Thompson**, B.S.,

Occupational Therapy Assistant, Certified Aging in Place Specialist (CAPS), Disability Advocates

Joanne Feutz, OTR/L, CAPS is an Occupational Therapist at Disability Advocates of Kent County. She is a Certified Aging in Place Specialist (CAPS) thru NAHB, chairperson of the Universal Design Committee thru HBAGGR, an AARP HomeFit trainer and co-author of the *Zerostep Guidelines (Universal Design Guidelines in Residential Building)*. Joanne provides home evaluations to assist people in eliminating barriers and adapting their homes specializing in Universal Design, Aging in Place, home modifications and assistive technology.

Renee Thompson is a Licensed Certified Occupational Therapy Assistant at Disability Advocates. She is a Certified Aging in Place Specialist through the NAHB. She earned a Certificate in Aging through GRCC. She is chairperson of the Community Service Committee with the Home Builders Association of Greater Grand Rapids (HBAGGR) and an AARP HomeFit trainer. Renee is one of the co-authors of the *Zerostep Guidelines (Universal Design Guidelines in Residential Building)*. She specializes in adaptive equipment, accessibility and home modifications.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Describe how home modifications can decrease barriers in your home.
2. Understand how assistive technology can increase safety in your home.
3. Identify tools and techniques to assess your own home for safety.
4. Identify resources to use to make your home safe.

SESSION 18119E DEV

Keep Seniors Smiling: Ensuring Seniors' Oral Health

The *Keep Seniors Smiling* program is a Calhoun County, Michigan program focused on providing access to dental services for low income Calhoun County seniors. The program is funded by the Calhoun County Office of Senior Services and administered through the Fountain Clinic, Marshall, Michigan that coordinates access to senior dental services through the county FQHC and private dentists. Access to dental services has resulted in low income seniors reporting increased self-esteem and improved health status due to their improved dentation that has provided them the ability to smile and chew nutritious food.

Presenters: **Mary Jo Byrne**, BA, Executive Director at Fountain Clinic, Battle Creek, MI; **Carl Gibson**, Ph.D., M.A., Director of Senior Services, Calhoun County, MI

Mary Jo Byrne has been the Executive Director for the Fountain Clinic, a free medical and dental clinic for the past nine years. Previously she was the Manager of the Social Work staff at Oaklawn Hospital. She has worked with low income seniors for almost 30 years.

Carl Gibson has led state and local healthcare service organizations for over 20 years. In his current position as Manager, Office of Senior Services for Calhoun

County, Michigan, Gibson has managed county-wide senior services by the administration of senior millage funds through a variety of community partners.

Learning Objectives:

Upon completion of this workshop the participants will be able to:

1. Discuss how important dental service are to the senior population.
2. Identify the types of low cost preventative services that benefit low income seniors without dental insurance.
3. Describe improvements in nutrition, sleeping, self-confidence and overall well-being from oral care.
4. Understand how to design and administer a program using public funds to secure private dental services.
5. Understand how to establish and maintain a low cost dental maintenance program.

3:15 pmBREAK

3:30 pmCLOSING SESSIONLoosemore Auditorium

Let Your Voice Be Heard: A Community Conversation

[N, NHA, O, S, T]

We all have a role to play in developing the public, private and personal solutions needed to keep neighborhoods as vibrant as the people who live here. The Community Conversation closing session will focus on the actions local officials and community organizations need to take to support residents who want to remain in their homes and neighborhoods as they age. This interactive workshop and facilitated discussion will allow your voice to be heard. It's important that we hear your opinions on how local policies and programs can drive innovation at the local level and help build livable communities across Michigan. You will also learn how the City of Grand Rapids is making this part of their Master Plan for 2017 and how you can help shape Grand Rapids into an age friendly community.

Presenters: **Jennifer Muñoz**, BAA, Certificate in Aging, Associate State Director at AARP; **Suzanne Schulz**, AICP, Managing Director of Design, Development, and Community Engagement, City of Grand Rapids

Jennifer Muñoz is a community organizer, activist, public speaker, and writer on issues related to older adults. She is the Associate State Director for AARP Michigan and a Crew Member for WOTV 4 as the on-air expert for 'Encore Living'. Her work involves helping older adults live their best lives and advocating on their behalf. She writes for various publications including *Faith Grand Rapids* and *West Michigan Woman* magazines on topics related to aging.

Suzanne Schulz, AICP oversees the Planning Department, Development Center, Planning Commission, Board of Zoning Appeals and Historic Preservation Commission. She is former Chair of Michigan's Complete Streets Advisory Council, serves as Vice-President of the Michigan Association of Planning, and is an Advisory



**MATURITY ISN'T A PRODUCT OF GROWING OLDER. IT'S
A PRODUCT OF GROWING WISER. –ANN LANDERS**

Council Member of Michigan Economic Development Corporation's Redevelopment Ready Communities Program. Current work includes the development of a Vital Streets Plan, involvement in the effort to restore the city's namesake rapids to the Grand River, and the South Division Equitable Development Plan.

Learning Objectives:

Upon completion of this workshop attendees will be able to:

1. Understand the process of certifying a community as age-friendly.
2. Provide input on what would make the City of Grand Rapids more livable for all ages.
3. Learn how to develop a community conversation for the needs of their own city.

Continuing Education Credits

Many workshops at this conference have been approved for continuing education units for nurses, nursing home administrators, social workers, occupational therapists, and recreation therapists. There are workshops approved for every breakout period. Check each session to determine whether or not it is approved for CE credits for your profession. Consult with the designated representatives of your profession about the process for gaining approval for your session participation when you check in with them in the morning. You must complete the conference evaluation form, available in your packet, as partial validation of your participation.

Nursing [N]

Grand Valley State University Kirkhof College of Nursing, a Michigan Board of Nursing approved nursing education program, is authorized by Administrative Rule 333.10602g to award contact hours to participants at continuing education programs provided by the Kirkhof College of Nursing.

Nursing Home Administration [NHA] - pending approval

Grand Valley State University (GVSU) is a Certified Sponsor of professional continuing education with the National Association of Long Term Care Administrator Boards (NAB). This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrator Boards (NAB).

Occupational Therapy [O]

The National Board for Certification of Occupational Therapists, NBCOT, states the following about CEU's: Attending workshops, seminars, lectures, professional conferences approved by one of the following: 1) Regionally accredited college or university; 2) State regulatory board for licensure renewal; 3) Continuing education providers; 4) Third party entity. **Required documentation:** A certificate of attendance or letter from sponsor/employer verifying contact hours or CEU, date, event title, attendee name and workshop agenda, if any.

Social Work [S]

Grand Valley State University School of Social Work is an approved provider within the Michigan Social Work Continuing Education Collaborative-Provided MICEC-0004. This program is approved for up to 5.0 hours.

Therapeutic Recreation [T] - pending approval

CEU pre-approval is in process. ATRA and NCTRC cannot guarantee that every session offered for this continuing education opportunity will be granted CEUs.



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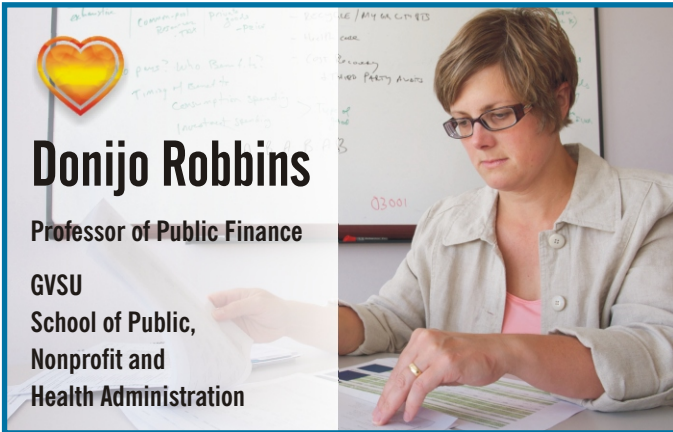
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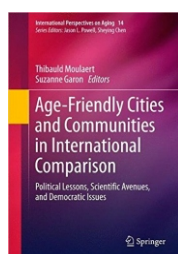
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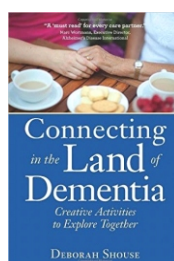
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Age-Friendly Cities and Communities in International Comparison

Edited by Thibault Moulart and Suzanne Garon
Springer, 2016
ISBN: 9783319240299

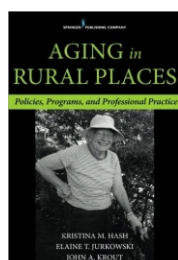
Age-friendly criteria for communities are defined and critiqued in this book.



Connecting in the Land of Dementia: Creative Activities to Explore Together

Deborah Shouse
Central Recovery Press, 2016
ISBN: 9781942094241

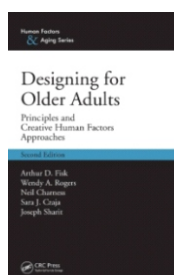
A collection of project ideas to improve relationships and provide encouragement for people living with dementia and their care partners.



Aging in Rural Places: Programs, Policies, and Professional Practice

Kristina Hash, Elaine Jurkowski, and John Krout
Springer, 2014
ISBN: 9780826198099

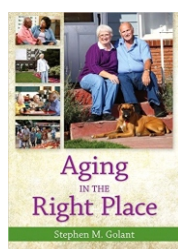
A comprehensive text that discusses issues, programs, and policies designed to meet the needs of rural elders.



Designing for Older Adults: Principles and Creative Human Factors Approaches

Arthur Fisk, Wendy Rodgers, et al.
CRC Press, 2009
ISBN: 978-1420080551

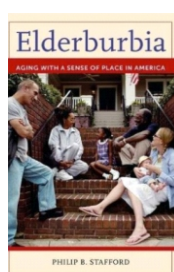
This book provides a primer on designing for older adults while explaining the role the field of human factors plays in creating safe and effective technology.



Aging in the Right Place

Stephen Golant
Health Professions Press, 2015
ISBN: 9781938870330

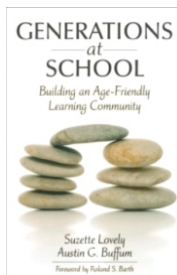
Looking at various housing options for older adults, this book considers the pros and cons of "aging in place."



Elderburbia: Aging with a Sense of Place in America

Philip B. Stafford
Praeger, 2009
ISBN: 9780313364365

20 profiles of community development initiatives and design guidelines for making communities more age-friendly.



Generations at School: Building an Age-Friendly Learning Community

Edited by Suzette Lovely and Austin G. Buffum
Corwin, 2007
ISBN: 9781412927277

This book helps school leaders cultivate improvement-driven, cross-age learning communities by providing case studies, workplace alternatives, and easy-to-apply strategies to promote cross-generational collaboration.



Where We Live: Communities for All Ages

Nancy LeaMond
Oxmoor House, 2016
ASIN: B01GUCOK02

A collection of over 100 initiatives that mayors nationwide have launched to improve their communities, respond to pressing issues, and build partnerships.



Livable Communities for Aging Populations: Urban Design for Longevity

M. Scott Ball
Wiley, 2012
ISBN: 9780470641927

Case studies are examined in this book to demonstrate how to implement lifelong solutions in a variety of communities so that residents can age in their own homes and communities.



With a Little Help from Our Friends: Creating Community as We Grow Older

Beth Baker
Vanderbilt University Press, 2014
ISBN: 9780826519887

Baker visits a number of different communities and shares how people are creating unique living situations as they approach retirement.



Marketing to the Ageing Consumer: The Secrets to Building an Age-friendly Business

Dick Stroud and Kim Walker
Palgrave Macmillan, 2013
ISBN: 9781349350957

This book explains the effect of the global ageing population on how products are marketed and bought.



Universal Design as a Rehabilitation Strategy: Design for the Ages

Jon A. Sanford
Springer, 2012
ISBN: 9780826125521

A resource that appeals to many people and professions because of its emphasis on how universal design can encourage increased performance and participation for the aging population.

Special Thanks

go to the following individuals who actively participated
in the Aging Conference Planning Committee:

- Cynthia Beel-Bates, Kirkhof College of Nursing
- Adam Bird, Adam Bird Photography
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- Teresa Castelão-Lawless, GVSU Philosophy
- Jing Chen, GVSU Psychology, Student Research Coordinator
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- Dawn DeVries, GVSU Therapeutic Recreation
- Christopher Dondzilla, GVSU Movement Sciences
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- Raymond Higbea, GVSU School of Public, Nonprofit & Health Administration
- Margaret Howard, Hospice of Michigan
- Val Janowski, Consultant
- Sok Kean Khoo, GVSU, Cell and Molecular Biology
- Jean Kubiszewski, Forest Hills Community Services
- Priscilla Kimboko, GVSU School of Public, Nonprofit and Health Administration (Conference Coordinator)
- Marenta Klinger, Holland Home
- Christopher Kurby, Psychology
- Julie Lake, Senior Neighbors/Senior Odyssey
- Cheri McConomy, Netlogx
- Sherry Moyer, School of Public, Nonprofit and Health Administration [Registration]
- Jennifer Munoz, AARP MI
- M. Lisa Pagnucco, GVSU Physician Assistant Studies
- Judy Palmer, GVSU Continuing Education, Grand Forum
- Heather Wallace Renter, GVSU Kirkhof College of Nursing (Volunteer Coordinator)
- Ashley Rosener, University Libraries
- Jayne Royer, GRCF Encore program
- Chad Sutcliffe, GVSU Allied Health Professions
- Elliot Talen, Samaritas
- Connie Udell, Retired
- Charles Jaquith, Retired
- Iryna Bilan, MPA Graduate Student, Assistant to Conference Coordinator

Personal Conference Planner

CONTINUING EDUCATION CREDITS (CEU)

N = Nursing,, NHA = Nursing Home Administration, O = Occupational Therapy, S = Social Work , T = Therapeutic Recreation

Time/Session	Session Title	CE's	Presenter	Room	Attend
8:15 - 9:00 AM	Registration/Sign In			Hager-Lubbers Exhibition Hall	
8:15 AM - 1:15 PM	Sponsor Displays				
9:00 - 10:30 AM	Making the Case for an Age-Friendly Community	N, NHA, O, S, T	Margaret B. Neal, PhD, MUS, BA	Loosemore Auditorium	
10:30 - 11:30 AM	1 Become Dementia Friendly	N, NHA, O, S, T	Cynthia Beel-Bates, PhD, MSN, BSN, RN Chris Simons, BS, CTRS	Loosemore Auditorium	
	2 Art Therapy Educates a Community	NHA, S, T	Leara Blinzak, MSAT	111D DEV	
	3 Fair Housing Rights for Seniors	N, S	Liz Keegan, BA	138E DEV	
	4 Downsizing, Moving and Clutter Challenges in the Homes of Older Adults	N, O	Susie Marsh, LBSW	107D DEV	
	5 Exploring Water Trails: Outdoor Recreation Accessible to All	O, T	Mark Gleason, PhD, MPRTM, MPA Michael Scantlebury, PhD, M Phil, BA	119E DEV	
	6 Exploring Aging Issues with Student Researchers			136E DEV	
11:30 AM - 12:45 PM	Student Researcher Posters			West Hallway	
11:45 AM - 1:00 PM	LUNCH			Regency Room Gordon Gallery Hager-Lubbers Exhibition Hall	
1:00 - 2:00 PM	7 Reconnecting Veiled Minds through Music	N, NHA, O, S, T	Cynthia Beel-Bates, PhD, MSN, BSN, RN	107D DEV	
	8 Brain Health: Aging, Depression, Exercise and Mental Activity	N, NHA, O, S, T	Michael Shafer, PhD	Loosemore Auditorium	
	9 Looking Up while Life is Pushing You Down	N, NHA, O, S, T	Dave Kampfschulte, MEd, BA	138E DEV	
	10 Staying Put and Getting Around: Grand Rapids Adapting for its Seniors	N, O, T	Ruth Kelly, MEd Helen Lehman, BA	136E DEV	
	11 Daily Money Managers: Helping Seniors Stay Independent and Secure	O, S	Elizabeth Zeldes, BS	119E DEV	
	12 Spirituality and Caring: Interprofessional LGBT Training for LTC Staff through Nursing and Chaplaincy	N, NHA, O, S, T	Grace Huizinga, EdD, MSN, RN	111D DEV	
2:15 - 3:15 PM	13 An Intergenerational Alternative to Lonely Living	N, O, S, T	Joan Borst, PhD, LMSW Sally Pelon, PhD, LMSW	Loosemore Auditorium	
	14 Effective Use of Wearable Activity Trackers to Improve Health	NHA, O, T	Chris Dondzila, PhD	111D DEV	
	15 House That? Housing Considerations as We Age	N, O	Catherine Jacobs, JD Beth Mans, BS	138E DEV	
	16 Scents-ing the Possibilities	NHA, O	Ian Warnock, NTS	107D DEV	
	17 There's No Place Like Home: Stay Safe with Assistive Technology and Home Modifications	N, O, S	Joan Feutz, BS Renee Thompson, BS	136E DEV	
	18 Keep Seniors Smiling: Ensuring Seniors' Oral Health		Mary Jo Byrne, BA Carl Gibson, PhD, MA	119E DEV	
3:30 - 5:00 PM	CLOSING SESSION: Let Your Voice Be Heard: A Community Conversation	N, NHA, O, S, T	Jennifer Munoz, BAA Suzanne Schultz, AICP	Loosemore Auditorium	