



**MINNESOTA GERONTOLOGICAL SOCIETY
2008 CONFERENCE**

**It's All
In The Genes:
Aging And The Family**

2008

FRIDAY CONFERENCE – APRIL 25, 2008

**EARLE BROWN HERITAGE CENTER
BROOKLYN CENTER, MINNESOTA**

www.mngero.org

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2008

BRIDGING THE GAP BETWEEN RESEARCH AND PRACTICE IN THE FIELD OF AGING

It's All In The Genes: Aging And The Family

The Minnesota Gerontological Society (MGS) is uniquely positioned to bridge the continents of thought between academics, researchers, regulators, and practitioners in the field of aging. The members of MGS are an eclectic group including social service professionals, housing experts, health care providers, research scientists, policy analysts, program administrators, educators, retirees, consultants, attorneys, students and others. Our common interest is aging. We welcome your partnership in our conference theme and objectives.

The Conference Objectives support the Minnesota Gerontological Society's mission: to bridge the gap in Minnesota between research and practice in the field of aging, with special emphasis on developing and supporting tomorrow's leaders. By attending this conference, participants will:

- Gain an understanding of the challenges to various aspects of family issues in later years including underserved populations.
- Be exposed to current scientific knowledge, health care research and public policy trends in their family issue of interest.
- Discuss and/or experience the practical aspects of family issues and explore these implications for themselves, or for the community.
- Network with peers from a wide range of disciplines interested in aging issues, as well as learn about organizations and products relevant to their practice.

This year's learning opportunity has been made possible in part by contributions from the following organizations (stars indicate the level of sponsorship.)

☆☆☆☆

Presbyterian Homes and Services

☆☆☆

HealthPartners, UCare

☆☆

AARP, Evercare, Lutheran Social Services, Minnesota Board on Aging

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BlueCross BlueShield of Minnesota, Catholic Eldercare, cPMT, Ecumen,
Konica/Minolta, Merwin LTC Pharmacy, Metropolitan Area Agency on Aging,
Minnesota State University Moorhead, Stratis Health,
The College of St. Catherine's School of Health, US Bank, Volunteers of America

Planning Committee: Lola Amendt (Chair), Kathleen Beddow, Corjena Cheung, Margaret Dolan, Joseph Gaugler, Jessica Hagemann, Randy Herman, Sue Humphers-Ginther, Katherine Griep, Nan Just, Penda Kane, Kim King, Laura Magnuson, Sue Meyers, Rajean Moone, Marilou Moringiello, Beth Palo, Mary Pederson, Thao Scott, Susan Sommers, Emily Strand, Dan Strittmater, Catherine Sullivan, Jim Tift & Anna Toth

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MINNESOTA GERONTOLOGICAL SOCIETY 2008 CONFERENCE

Conference Agenda & Overview

FRIDAY, APRIL 25 — 7:30 AM–3:30 PM

- 7:30 a.m. Registration, Continental Breakfast, Exhibit Area Open and Networking
- 8:15 a.m. Conference Welcome and Bloedow Scholarship Presentation
- 8:45 a.m. Keynote Speaker: Dr. Bradley Willcox
- 9:45 a.m. Break and Exhibits
- 10:15 a.m. Concurrent Breakout Sessions
- 11:50 a.m. Lunch
- 12:10 p.m. Kastenbaum Award
- 12:45 p.m. Lunch Speaker: Kari Berit
- 1:45 p.m. Dessert, Concurrent Poster and Exchange Sessions, Exhibits & Networking
- 2:45 p.m. Concurrent Breakout Sessions

Bloedow Scholarship

The purpose of the Gerald Bloedow Scholarship Fund is to provide assistance to undergraduate and graduate students furthering their education in gerontology. For applications, see the MGS website at www.mngero.org/awards/scholarship.html.

Kastenbaum Award

The Outstanding Gerontologist Award was established in 1984 to recognize individuals who have made a special contribution to the lives of older persons in Minnesota. In 1998 the award was renamed the Dutch Kastenbaum Award to honor Abraham "Dutch" Kastenbaum who was a pioneer in establishing service programs for older people in Minnesota and for 25 years hosted a weekly television show, "Senior Citizens Forum."

KEYNOTE SPEAKER

The Genetic Epidemiology of Healthy Aging: Disentangling the Effects of Genes, Ethnicity, and Environment. Bradley J. Willcox, M.D., M.Sc.

Dr. Willcox is an investigator in the area of geriatrics and gerontology at Pacific Health Research Institute (PHRI) and is Clinical Assistant Professor in the Department of Geriatric Medicine of the John A. Burns School of Medicine, University of Hawaii.

Dr. Willcox is lead investigator on the Hawaii Lifespan Study, which seeks to identify genetic and other factors that lead to a long and healthy life. He is also a lead investigator on the Okinawa Centenarian Study, one of the world's longest-running and largest studies of hundred-year-olds. Dr. Willcox is co-investigator of several other studies, including the National Cancer Institute's cancer-screening studies.

Dr. Willcox received his M.D. from the University of Toronto and his M.Sc. in Neuroscience from the University of Calgary. He subsequently trained in Internal Medicine at the Mayo Clinic and Geriatric Medicine at Harvard Medical School and is board certified in both specialties. He is a Staff Physician at the Queen's Medical Center and a staff scientist at Kuakini Medical Center. Dr. Willcox is the author of the "The Okinawa Program," a New York Times bestselling book that highlights factors that lead to exceptional longevity in Okinawa.

CONCURRENT BREAKOUT SESSIONS

Family Caregiving Sessions

- **Counseling, Coaching and Connecting: Best Practices for Caregivers 2008 – Kathryn Ringham, MSW, MAL, LICSW, Lead Social Worker, Wilder Foundation**
Aging is a family affair. Currently 91% of long term care in Minnesota is provided by family members. The study of and program needs regarding family caregivers is an emerging movement in health care practice and policy as caregiving is now recognized as a public health concern. This session will focus on the needs of caregivers and identify some of the current best practices available to meet their special needs both locally and nationally.
- **Promoting Family Involvement – Joe Gaugler, Center on Aging and School of Nursing, University of Minnesota**
Dr. Gaugler will provide an overview of the importance of families in residential long-term care. He will also summarize existing evidence-based approaches that attempt to effectively involve families in residential long-term care.
- **Caregiving for Older Adults in Rural Areas – Jan McCulloch, PhD and Sara Lässig, MA, ABD, University of Minnesota**
The presenters will discuss the barriers to service delivery for older adults in rural areas, along with highlighting the implications for both family and professional care providers.
- **Collaborative Learning – How to Incorporate Every Person as a Teacher and a Learner. An Innovative Look at Family Dementia Care – Faten Khoury, PhD Studies, LMFT and Carmen Graumann, MA, LMFT, Wayne Caron Family Caregiving Center**
This session will describe the concept of collaborative learning, and explain how it is implemented in the programs offered for families living with dementia at the Wayne Caron Family Caregiving Center.
- **Beyond Eligibility: Caregiver Assessment as a Sustaining Device – Rhonda J.V. Montgomery, PhD, School of Social Welfare and Department of Sociology, University of Wisconsin-Milwaukee**
This presentation will describe a multi-faceted research program that has been undertaken to develop and test an evidence-based caregiver assessment and referral process.

Family Systems Sessions

- **What's Different About Lesbian, Gay, Bisexual and Transgender Aging? – Catherine Croghan, MS, MPH, RN and Kelly Knochel, MSW, National Gay and Lesbian Task Force**
Whether you know it or not, GLBT elders are probably part of your client census. This session will outline issues of GLBT aging, increase service provider awareness about the diversity of sexual orientations and gender identities among their senior clients, and identify actions you can take to make your practice more GLBT culturally competent.
- **Kinship Care: Grandparents New Role: Raising Grand Children 24:7 – Sharon Durken, MS, Executive Director, Minnesota Kinship Caregivers Association**
Join this session to learn how the addition of children into an older adult household impacts relationships, family dynamics, and the health and well-being of grandparents and relatives who take on the role of caregiver.
- **Aging, Caregiving and Developmental Disabilities – Marianne Reich, Chief Program Officer and Anne Roehl, Lifetime Assistance Program Specialist, ARC Greater Twin Cities**
This session will provide an overview of aging and caregiving for adults with intellectual and developmental disabilities. Explore the critical issues facing this population as they age, unique needs of caregivers supporting older adults with disabilities and an overview of services available.

Diversity and Families Sessions

- **Asian Elder Care: Incorporating Tradition into Western Care Models – Yorn Yan, United Cambodian Association of Minnesota, Sunny Chanthanouvong, Lao Assistance Center of Minnesota, See Vue Lee and Cynthia Yang, Hmong American Partnership**
Demographic data on Hmong, Lao and Cambodian Elders will be utilized to

describe care trends, current service needs for South East Asian Elders in the Twin Cities, along with future needs.

- ***American Indian Elders: Hidden Aging – Margaret Moss, PhD, JD, RN, University of Minnesota, School of Nursing***
American Indian elders are a special, vulnerable, and underrepresented population of elders in this country who are often hidden from research, statistics, reports, funding streams, and programs. This session seeks to help the participant "see" the American Indian elder, their aging problems and possible solutions.
- ***Kinship Care with African American Grandmothers as a Mental Health Intervention – Priscilla Gibson, PhD, LICSW***
Explore how kinship care within African American families can be an intervention that supports the well-being of caregivers, biological parents, children in care, and the immediate family.
- ***Grandparents New Role: Raising Grand Children 24:7– Sharon Durken, MS, Executive Director, Minnesota Kinship Caregivers Association***
Join this session to learn how the addition of children into an older adult household impacts relationships, family dynamics, and the health and well-being of grandparents and relatives who take on the role of caregiver.

Care and Healing Within Families

- ***Spiritual Health Within Families – Lynne Silva-Breen, MDiv***
Dementia, changing care needs, memory loss, difficult family dynamics and grief all contribute to turbulent times. Join a meaningful discussion regarding the spiritual healing needs of older adults and families during very difficult points of life.
- ***Stress Reduction and Caregiving: Mindfulness as a Path to Balance – Robin R. Whitebird, PhD, MSW, HealthPartners Research Foundation***
This session will look at the current state of research on stress and caregiving and at the types of interventions and programs designed to help caregivers manage stress.
- ***Family Perception of Quality of Life in Adult Day Service Activities – Patricia Schaber, PhD, OTR/L, University of Minnesota, Memory Clinic***
Findings of a qualitative study examining perception of families around quality of life will be explored. Participants will learn intentional design methods to enhance activities.
- ***Genes, Genomes and You: Working Towards Personalized Medicine – Eric Wieben, PhD, Director of Mayo Clinic Genomics Research Center.***
Learn how the Human Genome Project is personalizing medical care for each individual and making significant differences in health care outcomes.

LUNCH SPEAKER: THE UNEXPECTED CAREGIVER, KARI BERIT

Ready or not: you're a caregiver! As parents grow older, a growing number of people find themselves thrust into a caregiver role, often with little warning or preparation. Where do you get emotional training for this role? Armed with facts and humor, we'll explore the needs of caregivers – from mental fitness resources to communication tips.

An inspiring presenter and author, Kari Berit has the unique ability to reach individuals with a timely and much-needed message: Life, at any age, is about living fully engaged. Today, under the twin banners of Age In Motion™ and Act Your Smarts™, she uses her expertise to help Boomers discover the skills and the commitment needed to become better caregivers to their parents - and better adults themselves.

Kari Berit has a BA in Psychology and Norwegian from St. Olaf College, Northfield, MN, a Master's Degree in Continuing and Vocational Education from the University of Wisconsin, Madison, and nearly 20 years of experience designing and teaching programs for older adults. In addition to her personal experience as a primary caregiver to her mother and a grandfather, both deceased, she has worked as a resident manager and housing director, an activity director, and a dementia care specialist for numerous senior housing communities. She also is a dedicated coach, providing much-needed emotional support to countless adult children who, however unexpectedly, must take on the role of caregiver to their aging parents.

GENERAL INFORMATION

Registration can only be processed with a check, credit card information or a purchase order number and complete information. Without an accompanying payment, the registration is delayed until payment is received. Make checks payable to the Minnesota Gerontological Society. Refunds (less a \$25 administrative fee) will be made if we are notified, in writing, two weeks in advance (by April 11, 2008).

Fees –

Friday Conference Early Registration by March 28, 2008

\$ 45 Students/Seniors (*proof of registration and/or 65 years of age*)

\$ 75 MGS members

Join MGS now and receive conference registration and benefits of 2008 MGS membership!

\$145.00 MGS membership, \$80.00 Senior membership, \$70.00 Student membership.

Friday Conference Late Registration March 29 to April 25, 2008

\$ 55 Students/Seniors (*proof of registration and/or 65 years of age*)

\$ 90 MGS members

Join MGS now and receive conference registration and benefits of 2008 MGS membership!

\$175 MGS membership, \$90.00 Senior membership, \$80.00 Student membership

Information – For membership or other information about MGS, call 952-829-5937x3 or e-mail mgs@mngero.org or view on the MGS website at www.mngero.org

Continuing Education Units (CEUs) – The conference has been designated to meet discipline standards for up to 7 contact hours. MGS has requested CEU approval from a variety of disciplines. All participants receive certificates of attendance.

Hotel Accommodations –

Crowne Plaza Minneapolis North - A block of rooms is being held for conference attendees at a group rate of \$121.00. Individuals may make their reservations by calling 763-566-8000 or 1-800-481-3556. Inform the reservation department that you are part of the Minnesota Gerontological Society group rate.

EXHIBIT HALL

This is your chance to network with gerontology professionals and organizations serving an older audience. Peruse the book store's titles written or recommended by conference speakers, enjoy refreshments, explore posters, and collect information from each exhibit booth. The exhibit hall will open at 7:30 a.m. and remain open throughout the entire day.

POSTERS AND EXCHANGE SESSION

Back by popular demand! Engage in conversation with cutting edge scholars and practitioners on a variety of topics. Walk through the poster and exhibit area and explore on your own, or take the time to join roundtable mini-sessions to network with other professionals. For information and submission, please visit www.mngero.org/conference/posters.html.

Earle Brown Heritage Center

6155 Earle Brown Drive
Brooklyn Center, MN 55430

LOCATION

Earle Brown Heritage Center is located in the southwest corner of the intersection of Hwy 694 and Hwy 100, just off of Single Creek Parkway. For complete directions, call (763) 569-3455 or see www.earlebrown.com.

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Registration

Read registration policies on the previous page of the brochure before completing form.

Register online at www.mngero.org or complete registration form below.

Registration form must be accompanied by payment.

Name _____

Degrees _____

Title _____

Organization _____

Address _____

City, State, Zip Code _____

Business phone _____ Fax _____

E-mail _____

Please check appropriate boxes.

Concurrent Tracks (select one)

Family Caregiving Family Systems Diversity & Families Care and Healing Within Families

Special Needs:

Dietary (check one) Vegetarian Diabetic Other (specify) _____

ADA accommodations (specify) _____

Friday Early Registration (by March 28th)

\$45 Students/Seniors \$75 Members \$145.00 Non-members

I want to join MGS now and receive conference registration and benefits of 2008 MGS membership!

\$145 MGS Member \$90.00 Senior Member \$80.00 Student Member

Friday Late Registration (March 29th - April 25th)

\$55 Students/Seniors \$90 Members \$175.00 Non-members

I want to join MGS now and receive conference registration and benefits of 2008 MGS membership!

\$175 MGS Member \$90.00 Senior Member \$80.00 Student Member

Registration and Payment:

Retain a copy of this registration form and payment for your files.

Mail the original copy of this registration form and payment to:

MGS Spring Conference, PO Box 24562, Mpls, MN 55424-0562.

Or register and pay online at www.mngero.org.

Questions? Call: 952-829-5937 x 3 or e-mail: mgs@mngero.org.

Note: I do not want my name on the participants' list distributed at the conference.

Where did you hear about this conference? _____

Total Amount due: \$ _____

Check enclosed - Check no. - _____

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(Billing address and information:) _____

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Expiration Date _____

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2008

MINNESOTA GERONTOLOGICAL SOCIETY 2008 CONFERENCE

MGS Conference
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RETURN SERVICE REQUESTED

MGS WEBINAR - A WEB-BASED SEMINAR

Wish you could attend more professional workshops? Hate to make the drive into the city? Join a new web-based seminar! MGS will offer three 1-hour webinars during 2008. Watch for invites in winter, spring, and fall. Webinar participation simply requires advance registration, a computer with internet access, and a telephone. MGS members can join at no cost!

Dementia and Families: Interventions that Work

Joseph Gaugler, PhD, Assistant Professor, School of Nursing and Center on Aging, University of Minnesota
Thursday, February 28, 2008
12:00-1:00 p.m.

To register log onto www.mngero.org and click on webinar. Social work and nursing CEU's available. Advance registration required by February 26. MGS members may register at no cost. Non-MGS members \$20.00.

www.mngero.org

EARLY REGISTRATION BY MARCH 28, 2008