Minnesota Gerontological Society
2015 Conference

Designing Our Destiny: Aging Ain’t for Sissies* - Challenges, Opportunities & Affordability

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MinnesotaHelpNetwork
Connecting you to aging and disability experts
NAVIGATE MINNESOTA’S LAND OF OVER 10,000 HELPING AGENCIES

Friday, April 24, 2015
Earle Brown Heritage Center
Brooklyn Center, Minnesota

*Paraphrased from a Bette Davis Quotation
Welcome to the 2015 MGS Conference!

MGS 2015 Learning Objectives

At the end of this conference, learners will be able to:

1. Discuss the challenges and opportunities to meet the ongoing goals of the Older Americans Act.
2. Identify how person/family centered care can occur within the constraints of spiraling costs, funding limitations, medical advances, and a dwindling labor force.
3. Describe the range of current technologies available and their future use/uses to assist older adults.
4. Recognize various perspectives of ethical decision making.
5. Compare personal financial steps you can take today to own your future.
6. Describe housing and caregiving opportunities and challenges for older adults.
7. Explain how caregiving and careers in aging are evolving.

MGS 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.

The Minnesota Gerontological Society (MGS), established in 1976, is an eclectic group of social service professionals, housing experts, health care providers, research scientists, policy analysts, program administrators, educators, students, retirees, consultants, attorneys, and others. Our common interest is aging.

As a volunteer organization, MGS relies heavily on the personal commitment of many individuals and partner organizations who believe in the MGS mission of bridging practice, research and teaching in the field of aging, toward better and more supports for successful aging of all Minnesotans.

Board of Directors of Minnesota Gerontological Society

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Susan Humphers-Ginther, MSU, Moorhead, MGS Co-President
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Catherine Sullivan, St. Catherine University
Adam Suomala, LeadingAge Minnesota
Jim Tift, St. Catherine University
Laura Waldvogel, Life Innovations Inc.
Breanna Wheeler, Student Representative, University of Minnesota
**MGS Conference Awards and Events**

**Dutch Kastenbaum Outstanding Gerontologist Award**
The Minnesota Gerontological Society established the Outstanding Gerontologist Award in 1984 to recognize individuals who have contributed to the lives of older persons throughout Minnesota. In 1998 the award was renamed the Dutch Kastenbaum Award to honor Abraham “Dutch” Kastenbaum, a champion in beginning service programs for older people. Contributions can be made to the field of aging through practice, research, or academics.

**Gerald Bloedow Scholarships**
In 1994, MGS established the Bloedow Scholarship fund to honor the lifelong contributions of Gerald Bloedow to the field of aging and to provide financial assistance to undergraduate and graduate students to further their education in gerontology. Gerald Bloedow was Director of the Minnesota Board on Aging from 1966 until 1994. Prior to this he directed many community organization projects for the Governor’s Citizen Council on Aging. Gerald was a founding member of MGS in 1976.

**Elva Walker Spillane Scholarship**
MGS is proud to award the first Elva Walker Spillane Scholarship at this year’s conference. Elva dedicated her life to service and advocacy in the field of aging services. She was a founding member and former President of MGS, founding member and served eight years on the Minnesota Board on Aging, volunteered her leadership on the Boards of the National Council on Aging and AARP, and tirelessly supported many local, state and national organizations. The campaign to fund this scholarship began in 2014. All attendees are encouraged to contribute so that additional scholarships can be awarded.

**Executive Reception and Raffle**
Everyone is invited to attend the reception from 3:30 – 4:00 PM in the Exhibit Hall. All participants will receive one free beverage ticket. This is your opportunity to meet the exhibitors and to network with your peers and gerontology professionals from across Minnesota. There will be a drawing for all who play Exhibitor Bingo. You must be present to win.

**Thank You 2015 Conference Committee Members**

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<th>Pat Schommer, MGS Board</th>
<th>Emily Kerling, Northfield Retirement</th>
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<td>Charissa Eaton, MGS Board</td>
<td>Kathy Messerli, MN HomeCare Association</td>
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<td>Starla Inman, Southeastern Minnesota Area Agency on Aging</td>
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BOURESTOM KEYNOTE LECTURE: 8:15 - 9:15 a.m.

Session Sponsor: LeadingAge Minnesota

Why Elders Smile
David Durenburger, Retired US Senator from Minnesota

During the last 50 years, national and state policy-makers kept enhancing benefits by clarifying the civil rights of all disabled Americans, investing in basic and applied research into improving access to and supportive services for aging Americans, and changing tax and regulatory policy in ways to protect the vulnerabilities that come with aging. Now we must focus on health care financing reform and on long term care financing reform. There is still a great deal more to be done. But those of us who have been contributing partners to this 50 years of aging are happy to inform you that we stand ready, willing, and happily able to assure our children and grandchildren that they too can be smiling at the thought of being ‘older’.

SESSIONS

9:30-10:45 Sessions

Home Care Technology: Changes at Hyper-Speed and a Snail’s Pace
Jane Olson, MHA, Minnesota Board on Aging, Department of Human Services

What is going on with technology-enabled care anyway? What new technologies are effective? Where is there proven return on investment? What emerging technologies show promise? What are the reimbursement channels and ramifications for cost of care? This session will tackle these questions and provide gerontology professionals with resources to help them stay current and equip their clients with cost-effective technical solutions.

Session Sponsor: Legacy Home Care

Lessons from The Disability Community: From the Older Americans Act to the Administration for Community Living
Robert L. Kane, MD, Professor, School of Public Health, Minnesota Chair in Long-term Care and Aging, University of Minnesota

The new entity—Administration for Community Living—represents a marriage of two constituencies with different histories, objectives and strategies. They can learn from each other or function as separate silos under one umbrella. This presentation will contrast the advocacy efforts of and on behalf of persons with disabilities with those of aging. The differences lie in the strength of advocacy and the underpinnings of the basis for making a social argument. These differences are likewise reflected in preference for care modalities and care goals.

Session Sponsor: Stratis Health

Long-term Care/Chronic Care: What Will It Look Like?
Bonnie LaPlante, RN, BS, Capacity & Certification Supervisor, Minnesota Department of Health
Kari Thurlow, JD, Vice President of Advocacy, Leading Age of Minnesota
Sarah Keenan, RN, President, Bluestone Physician Services

What’s happening now and where are we headed? Long-term services and supports are going through major transformation as challenges are being faced on all fronts. Yet, patient-centered care is our goal. The aging population, spiraling costs, funding limitations, medical advances, and the dwindling labor force all confront service providers and medical professionals. Can patient-centered care continue? How will these challenges be addressed?

Perspectives of Ethical Decision Making
Tricia Schilling, LICSW, Olmsted Medical Center, Rochester, MN
Anita Raymond, LISW, CMC, Protective Services, Volunteers of America MN
Leah R. Gilbert, Esq., Associate Attorney, Pluto Legal, PLLC
Marjorie A. Schaffer, PhD, RN, Professor, School of Nursing, Bethel University

Each profession has its own specialized lens when working with clients and decision making. To help gain an understanding of decision making approaches used in various disciplines and ethical considerations that occur when working with clients, a panel of professionals, including an elder law attorney, an expert in guardianship, a nursing home and hospital based LICSW, and a professor of nursing who teaches advanced care planning to upper level nursing and social work students, will share their individual perspectives. A question and answer session with participants will also be included.
11:00-12:15 Sessions

Valuing Older Adult Quality of Life in a Medically-Focused World

Julie Reginek, MS, ACC, EDU, CDP, Instructor, Ridgewater College

In an era of medical advances that push ever expanding life expectancies, who is paying attention to the quality of those longer lives? This session features an instructor who teaches a national certification program for activity professionals who work in settings expanding across the continuum of care. She will identify important ways that anyone can take to play a more active role in focusing on quality of life and meaningful and purposeful activities.

Session Sponsor: Moving Home Minnesota

Housing Alternatives for a Changing Demographic

Mary Youle, MPA, Vice President of Housing & Community, LeadingAge Minnesota
Christina Kendrick, MPA, MBA, Senior Community Specialist, Neighborhood and Community Relations, City of Minneapolis
Kathleen Kelso, RN,MPA, Advisory Committee on Aging, City of St. Paul
John Louise and Jess Lammie, Founders, Next Door Housing

Housing options determine the future of a community. From neighborhoods to community alternative housing options to pop-up dwellings in backyards, the nature of “home” is changing. Perspectives on these shifting dynamics (where housing is and where it may be heading) will be presented by two community-based housing advocates, a representative of a range of housing provider organizations, and an innovative alternative shelter provider.

The Workforce for a Modern Society: Careers in Gerontology

Jim Tift, MA, Assistant Professor, Interprofessional Education, St. Catherine University
Phyllis Greenberg, PhD, Associate Professor, Gerontology, Coordinator, Graduate Studies-Gerontology, St. Cloud State University
Sue Humphers-Ginther, PhD, Professor, Gerontology Program Coordinator, Minnesota State University, Moorhead
Missy Reichl, MS Student, St. Cloud State University, Individual Service and Medicare Specialist, JA Counter & Associates

This interactive panel, including veteran gerontology program instructors and a gerontology student, will share their thoughts and insights as to action steps that new professionals in aging can take to better market themselves to obtain or further their careers in the aging network. Information will be provided about current trends in jobs in the aging field, the types and range of gerontology careers available, ideas on how and where to network, examples and illustrations of gerontology students who have successfully obtained jobs, as well as the barriers they have encountered and how they have overcome them. Panel members represent undergraduate and graduate programs offering gerontology courses and programs at public and private universities in Minnesota.

Perspectives of Ethical Decision Making

Tricia Schilling, LICSW, Olmsted Medical Center, Rochester, MN
Anita Raymond, LISW, CMC, Protective Services, Volunteers of America MN
Leah R. Gilbert, Esq., Associate Attorney, Pluto Legal, PLLC
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LUNCHEON SESSION: 1:00 - 1:45 p.m.

Session Sponsor: UCare

Going Back in There - Being a Pro

Nick Mezacapa

Audiences across the country have been inspired by Nick Mezacapa’s exceptional and unforgettable motivational presentations. Nick’s passion and enthusiasm are derived from his depth of experiences as a teacher, coach, priest, husband, and father. As a prostate cancer survivor, radio personality, and an active thespian, Nick generates a style and urgency that is profoundly unique. He has delivered his presentations to a wide variety of groups, focusing on the subject of “Survivorship and Spirituality”. You will find his perspective refreshing and inspiring!
2:30-3:30 Sessions

Own Your Future Minnesota: Financial Steps You Can Take Today
LaRhae Knatterud, MAPA, Director of Aging Transformation, Department of Human Services

This Minnesota state project, Own Your Future Minnesota, aims at galvanizing Minnesotans’ awareness of the importance of taking the initiative and planning ahead for their own long-term care needs through creating a vision for their future and developing a plan to realize that vision. Focus is on personal responsibility and accountability for investing in their future care through financial preparedness utilizing any of the proposed financial planning options and appropriate community resources.

The Changing Nature of Caregiving: How Does Our Work Need to Evolve?
Kathryn Ringham, MSW, MAL, LICSW, Clinical Supervisor, Minnesota Family Care Program, Department of Human Services
Heidi Haley-Franklin, MSW, LICSW, Director, Clinical Services, Alzheimer’s Association, MN/ND

Family caregivers are pivotal to the health and wellness of the care-receiver and to the long-term care system. New models are emerging that not only keep the person at the center of the care, but family caregivers as well. This presentation will highlight the importance of including the caregiver’s needs in care plans, and how one organization is doing just that.

Partners in Service: Evolving Careers
Beth Wiggins, MSW, Director of Caregiver Support and Aging Services, FamilyMeans
Deb Taylor, MPA, CEO, Senior Community Services
Patricia McArdle, MA, Director of Older Adult Services, Catholic Charities

Three aging services leaders highlight their current roles, the paths each took to attain their positions, the role of partnership and collaboration along the way, and how they continue to work to achieve their organizational missions.

White House Conference on Aging Listening Session
Kari Benson, MPA, Planning/Policy Coordinator, Minnesota Board on Aging
Rajean Moone, PhD, WHCOA Consultant, Minnesota Board on Aging

The Minnesota Board on Aging (MBA) is committed to ensuring that the voice of Minnesotans is included in the 2015 White House Conference on Aging (WHCOA) discussions. To that end, the MBA is partnering to convene listening sessions around the state to gather input. MGS members are being invited to submit comments and participate in an interactive listening session to help inform the state's recommendations on issues, policy and research in the field of aging that will be submitted to the WHCOA later this year.

2015 MGS Poster Sessions

1. Customer Service
   Brooke Hallen, University of Wisconsin-Eau Claire in Health Care Administration and Saint Therese Home, Inc.

2. Protecting Resident Mobility: A Fall Reduction Initiative
   Crystal Frazer, University of Wisconsin-Eau Claire and Good Samaritan Society Fairlawn Village Gresham, Oregon

3. Friendships Forever
   Marina Faber, Kelsey Breer, and Laura Hoberg, Winona State University and Winona Friendship Center

4. Colorectal Cancer Screening Behavior Among Older Koreans: Directions Toward Reducing Cancer Health Disparity
   Mi Hwa Lee and Hee Yun Lee, PhD, University of Minnesota, School of Social Work

5. Mental Health Literacy in Korean Older Adults: Does Social Support Matter?
   Mi Hwa Lee and Hee Yun Lee, PhD, University of Minnesota, School of Social Work

6. College Students' Perceptions of Older Adults
   Meghan Nash, Nikki Stevens, Kasey Campbell, and Andrea LaFond, Winona State University

7. Aerobic Exercise in Alzheimer's Disease: Cognition and Hippocampal Volume Effects
   Sue Greimel, University of Minnesota, School of Nursing

8. Hands On Experience with the Americans with Disabilities Act
   April Greene, Tyla Hughes, Wei Hui, Trevor Wichner, and Phyllis Greenberg, PhD, St. Cloud State University Gerontology Program

9. Impact of Caregiving Duration in the Quality of Life of Family Caregiver for a Person with Alzheimer’s Disease
   Supriya Sarkar and Donald Ebel, PhD, Minnesota State University, Mankato

10. Through Their Eyes: Raising Empathy Through Experiential Simulation Exercises for Students and Staff
    Phyllis Greenberg, PhD, Rona Karasik, PhD, Hannah Nordell, Emmalynie Peterson, Michelle Telfa, and April Greene, St. Cloud State University Gerontology Program
2015 Exhibitors

ACR HealthCare Group
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ArtSage
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Bethel University
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Beyond Barriers Minneapolis LLC
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Care Providers of Minnesota, Inc.
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compassionandchoices.org

Epilepsy Foundation of Minnesota
efmn.org

Episcopal Homes of Minnesota
episcopalhomes.org

Experience Works
experienceworks.org

Handi Medical Supply
handimedical.com

Jewish Family Services of St. Paul
jfssp.org

LeadingAge Minnesota
leadingagemn.org

Legacy Home Care
legacyhc.net

Lifesprk
lifesprk.com

Lutheran Social Service of Minnesota
lssmn.org

Medline Industries, Inc.
medline.com

Metro Meals on Wheels
meals-on-wheels.com

Minnesota Assoc. of Area Agencies on Aging
mn4a.org

Minnesota Gerontological Society
mngero.org

MinnesotaHelp Network™
minnesotahelp.info

Moving Home Minnesota™
dhs.state.mn.us/mhm

MTI – Home Health, Hospice and Assisted Living
marytinc.com

Prairie River Home Care, Inc.
prhomecare.com

Remax Results Senior Services Group
seniorServices.net

St. Cloud State University – Gerontology Program
stcloudstate.edu/gerontology

St. Croix Hospice
stcroixhospice.com

Senior LinkAge Line™
mnaging.org/advisor/SLL.htm

Stratis Health
stratishealth.org

The College of St. Scholastica
css.edu

The Waters Senior Living
thewaterseniorliving.com

Training to Serve
trainingtoserve.org

UCare
ucare.org

University of Minnesota Center on Aging
coa.umn.edu/MAGEC

White Pine, Gracewood and Comforts of Home, LLC
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A One Stop Shop for Minnesota Seniors

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- Remaining independent in the community
- Arranging for in-home services
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Find more resources at www.MinnesotaHelp.info

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