

MINNESOTA GERONTOLOGICAL SOCIETY

MGS 40th Annual Conference – April 22, 2016

AS WE AGE: Trends. Transitions. Triumphs.

Earle Brown Heritage Center, Brooklyn Center, MN

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Conference Agenda

7:00 – 8:00 am	Registration, Continental Breakfast, Networking
8:00 – 8:15 am	Welcome, About MGS
8:15 – 9:15 am	Morning Keynote: Aging in Context: Looking Back, Looking Ahead, Looking Within Andi Egbert, Assistant Director, MN State Demographic Center
9:30 – 10:45 am	Concurrent Sessions
10:45 am	Exhibit Hall Opens (10:45 am – 4:30 pm)
11:00 – 12:15 pm	Concurrent Sessions
12:15 – 1:00 pm	Lunch; Scholarships & Gerontologist of the Year Awards
1:00 – 1:45 pm	Luncheon Keynote: We Know How This Ends: Living While Dying Cathy Wurzer, Morning Edition host, Minnesota Public Radio News
1:45 – 2:30 pm	Cathy Wurzer book signing; Poster Sessions; Exhibitors
2:30 – 3:45 pm	Physician's Panel: A Good Life to the Very End: Quality Care Near the End of Life Cathy Wurzer – Moderator
3:45– 4:30 pm	Reception; Prize Drawings

Registration Fees: MGS members receive a discount for the conference. A new or renewing membership with member registration saves \$20 off the non-member rate. Membership rates are listed on the registration form.

Register by March 31

Early Bird Registration – Member	\$100
Early Bird Registration – Non-Member	\$195
Early Bird Registration – Member Retired	\$45
Early Bird Registration – Non-Member Retired	\$90
Early Bird Registration – Student	\$45
Breakfast Program only (Andi Egbert keynote)	\$40
Lunch Program only (Cathy Wurzer keynote)	\$40

After April 1st

Late Registration – Member	\$125
Late Registration – Non-Member	\$225
Late Registration – Member Retired	\$65
Late Registration – Retired	\$100
Late Registration – Student	\$55

Group Registration Discounts: are available for groups of 5 or more. Contact info@mngero.org

Partial Conference Scholarships: are available for low/moderate income individuals thanks to the generosity and sponsorship of AARP Minnesota. To apply contact info@mngero.org

Thank You – 2016 Conference Sponsors



General Sessions:

8:15 – 9:15 am: Morning Keynote: Aging in Context: Looking Back, Looking Ahead, Looking Within



Andi Egbert, Assistant Director, MN State Demographic Center

In this entertaining and informative overview of aging and related demographic trends in Minnesota. Andi Egbert discusses the historical context, projections, and possible impacts of our aging society. This presentation compares the size and scope of the aging population in Minnesota as it relates to historical trends. Covering the potential impacts of population aging on the workforce, aging services, or other domains, the presenter hopes that “you’re going to laugh at least once!”



MORNING KEYNOTE SPONSOR:

1 – 1:45 pm: Luncheon Keynote: We Know How This Ends: Living While Dying



Cathy Wurzer, Morning Edition host, Minnesota Public Radio News
Cathy Wurzer will share her story of the transformative experience of following the end of life journey of Bruce Kramer, a Hopkins, Minnesota man who not only taught Cathy, but hundreds of thousands of listeners, the lessons he learned living while dying. Dr. Bruce Kramer was the Dean of the College of Education, Leadership and Counseling at the University of St. Thomas, from 2008 to the fall of 2012.

Cathy discovered “The Dis Ease Diary” Bruce’s blog about his life with ALS, and the two started a series of honest and inspiring conversations in 2011. They kept talking until Bruce’s death in March of 2015. Their acclaimed conversations were the spark for the book, “We Know How This Ends: Living while Dying” published by the University of Minnesota Press.

Cathy Wurzer is one of Minnesota’s most recognized broadcast journalists with a career that spans both commercial and public radio as well as TV. She is a multiple Emmy Award winning journalist and host of Minnesota Public Radio’s flagship news program, “Morning Edition.” Cathy is also the co-host of the longest running public affairs television show of its kind in the country: “Almanac” on Twin Cities Public Television.



1:45 – 2:30 pm: Cathy will be available for a book signing and sale after her presentation.



LUNCHEON KEYNOTE SPONSOR:

2:30 – 3:45 pm: Physician’s Panel: A Good Life to the Very End: Quality Care Near the End of Life

moderated by Cathy Wurzer

- 1) George Schoephoerster, MD, Past President, [Minnesota Medical Directors Association](#);
- 2) Julie Mayers Benson, MD, President, [Minnesota Network of Hospice and Palliative Care](#);
- 3) Joseph Amberg, MD, Medical Director, [Palliative Care, Allina Health](#);
- 4) Ken Kephart, MD, Medical Director, [Honoring Choices Minnesota](#), Twin Cities Medical Society



Schoephoerster



Benson



Amberg



Kephart



Wurzer

A comprehensive panel discussion with physician leaders representing four medical resources with an organizational focus on quality care near the end of life. Topics discussed will include hospice care, palliative care, honoring choices and geriatric medicine in the later stages of life. Panelists will discuss current medical practices, challenges for health services in rural Minnesota, physician assisted dying and ways medical treatment could and should be delivered in the state. Join in the dialog about how to inspire and encourage conversations about end-of-life care planning with families and with faith, cultural or community groups. There will be an audience Q & A.

PHYSICIAN’S PANEL SPONSOR: 

3:45 – 4:30 pm: Executive Reception and Raffle

Everyone is invited to attend the reception, which provides an opportunity to meet the exhibitors and to network with colleagues, students, professors and presenters from across Minnesota. All participants receive one free beverage ticket. Multiple prize drawings for all who play Exhibitor Bingo (Must be present to win).



EXECUTIVE RECEPTION SPONSOR:

Concurrent Sessions

9:30-10:45 Break-out Sessions (You must select a 9:30 and 11:00 am session when registering.)

Happiness Is In Our Nature: The Importance of Nature-Based Activities in Older Adults' Lives

Paula Frakes, MA, Life Enrichment Consultant Nature-Based Activities for Active Aging

Access to outdoor natural environments and activities helps to keep people at all stages of life healthy— mentally, physically and spiritually. Participants will learn strategies for incorporating nature-based activities such as animal-assisted interventions, gardening and horticulture, green exercise, aromatherapy and nature-based learning in their own lives and workplaces. They will be empowered to include nature in development of plans for senior housing, community based programs, and in their own personal lives.

Advance Care Planning and Allina's LifeCourse

Phyllis Greenberg, PhD, MPA, Gerontology Coordinator, St. Cloud State University

Eric Anderson, MD, Hospice and Palliative Care, Allina Health

This is a two-part session. First will be a discussion about the importance of advance care planning and the need for facilitating a conversation between the person, family and healthcare professionals. The second part is about Allina's LifeCourse – a late life supportive care approach employing lay healthcare workers called care guides who collaborate with care teams and community partners to help patients and their key friends and family members navigate the complexities of serious illness.

Preventing Elder Abuse: How the MN Elder Justice Center Can Help

Marit Peterson, JD, Program Manager, Minnesota Elder Justice Center

This session will introduce the Minnesota Elder Justice Center (MEJC) and how it works to prevent elder abuse. Learn how to identify and prevent elder abuse, and explore resources available for individuals and families. The history, mission and vision of MEGC will be discussed and an overview of its work provided. The presentation will explore how the MEJC can add value and enhance the work of those advocating on behalf of vulnerable adults.

Homelessness and Older Adults in Minnesota

Michelle Decker Gerrard, MEd, Research Manager, Amherst H. Wilder Foundation

Christin Lindberg, MA, Research Associate, Amherst H. Wilder Foundation

Homelessness at any age is challenging, but imagine experiencing the stress and complexities of living without a home as an older adult. In this presentation, findings from Wilder's 2012 statewide homeless study about older adults affected by homelessness will be shared. The presentation will include information about the prevalence of homelessness and the unique issues faced by older adults who are experiencing homelessness, as well as preliminary counts from the 2015 study. The presentation includes examples from evaluations of housing programs that serve older adults.

The MGS Network In Action: Speed Questions Workshop

(This workshop will be repeated at 11:00 am featuring different leaders)

Talk with a broad range of aging experts – including current and former MGS Board members, community experts and long-time supporters – as MGS celebrates 40 years of advocacy and service in the field of aging.

In response to surveys completed by participants in past conferences, MGS is offering an exciting opportunity for students, current and potential leaders in the aging field to meet and talk with policy peers. Bringing together a diverse group of leaders – from attorneys like Vanne Owens Hayes at the Minneapolis Civil Rights Office to policy leaders like Dawn Simonson at the Metropolitan Area Agency on Aging – this new session at the conference has been designed to offer an effective way to access the knowledge of community leaders. Whether an emerging professional exploring initial career steps in aging or a longtime state leader, this energy-filled session is guaranteed to develop and leverage the MGS network, providing meaningful connections and advice to advance all attendee's learning journeys!

11:00 – 12:15 Break-out Sessions (You must select a 9:30 and 11:00 am session when registering.)



Rethinking Long Term Care: Can We Get & Afford the Services We Want? Sponsored by:

Robert Kane, MD, Director, UMN Center on Aging (moderator)

Patti Cullen, President/CEO, CareProviders of Minnesota

Mary Jo George, Assistant State Director for Advocacy, AARP MN

Krista Boston, Director, Consumer Assistance Programs, MN Board on Aging

Panelists will discuss questions such as: What kind of services are needed for long term care? How to create a system of service focused on quality of life, autonomy and choice rather than safety at all costs? How is a conversation initiated sooner than later on planning for long-term care to help honor people's choices and values? How does the conversation grow among all stakeholders of the value of investing in effective long term care?

Gray Areas in Bioethics: Ethics Minefields Hidden in Aging Trends

Rosalie Kane, PhD, Division of Policy & Management, School of Public Health UMN

Charissa Eaton, MSW, PhD, Associate Professor, Social Work Department, Winona State University

Aging services are replete with ethical dilemmas that face older people and their families and those who work in the aging field. The trends, triumphs and transitions in aging create added ethics minefields for older people facing decisions about retirement choices, residential locations, and managing health challenges—and for those who help them with the hard decisions. Defining an ethical issue as one where it is unclear how to proceed from a moral perspective, Rosalie Kane will provide a roadmap to the emerging ethics challenges and a framework for practitioners and administrators to consider ethical issues; then she and Charissa Easton will engage the audience in discussion of difficult questions and case examples. Though these quandaries are too complex for specific “right answers,” surfacing and discussing the issues is intrinsically beneficial to consumers and practitioners.

So What's an Aging Brain to Do?

Angela Lunde, MA, Education Outreach Coordinator, Mayo Clinic Alzheimer's Disease Research Center

Today we understand the brain in a much deeper way than ever before. Researchers are demonstrating the benefits of cognitive stimulation and social engagement, the processes of neuroplasticity, and how to support the resilience of the aging brain. Whether it is due to desire to maintain an active brain, enhance one's quality of life or avoid Alzheimer's disease, brain health is a hot topic. This presentation will provide an overview of the known lifestyle strategies that support brain health and offer clues about actions people can take that may help preserve a healthy brain.

Nursing Home Resident Quality of Life: Measures, Predictors and Policy Implications

Tetyana Shippee, PhD, Division of Policy & Management, School of Public Health UMN

Robert Held, Director, Nursing Facility Rates and Policy Division, DHS

Valerie Cooke, Manager, Quality and Research, Nursing Facility Rates & Policy, DHS

Studies show that quality of life (QoL) is just as important for older adults in long-term care settings as quality of care. Findings from collaborative work with MN DHS on QoL for MN nursing home residents will be reviewed. The complex array of factors that influence QoL will be discussed. The session has two parts: 1) Review of findings about the role of individual and facility factors influencing nursing home resident QoL, and 2) Summary of findings on racial/ethnic differences in QoL. Research reveals that staffing, direct care hours and facility capacity influence both quality of care and the ability to provide a nurturing social environment.

The MGS Network In Action: Speed Questions Workshop

(This workshop's format is the same as the morning session, featuring different leaders)

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1:45 – 2:30 pm Poster Session

The Poster Session is a display of presentations representing research by faculty and higher education students in fields of study related to gerontology and aging. It is an opportunity to talk directly with a researcher about their findings and possible implications toward policy initiatives and practice projects focusing on older adults.

MGS 2016 Conference Learning Objectives

(pre-approved for 5 CEUs by MN Board of Social Work, self-submit by others)

From the content presented at this conference, learners will be able to:

1. Discuss the near- and long-term Minnesota population trends and projections impacting policy development, service delivery models and health care affordability for older Minnesotans.
2. Compare hospice care, palliative care, advance care planning and geriatric medical practices and the role of each when designing and providing quality end of life care.
3. Recognize differing perspectives of ethical decision making and understand the importance of client autonomy and choice in planning care options.
4. Explore opportunities to address the challenges of older adult homelessness and elder abuse.
5. Review the increasing evidence of the importance of healthy lifestyle behaviors in relationship to maintaining quality brain health and a rewarding life.

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