



Minnesota Gerontological Society 43rd Annual Conference – April 12, 2019

The Future of Aging: RETHINK • REIMAGING • REDESIGN

Earle Brown Heritage Center, Brooklyn Center, MN

Conference Overview

Qualifies for 6 CEUs by BOSW (Approved)

7:00 – 8:00 am	Registration, Continental Breakfast, Exhibit Hall open until 2 pm
8:00 – 8:15 am	Welcome, About MGS, Gerontologist of the Year Award
8:15 – 9:30 am	Keynote Address: Quality Long-Term Care: How Research and Innovation Lead to Better Outcomes (or Not) <i>Vincent Mor, PhD, University of Minnesota Robert L. Kane Memorial Lecturer, Professor of Health Services, Policy and Practice at Brown University</i>
9:30 – 10:00 am	Networking Break - Exhibits
10:00 – 11:15 am	Concurrent Sessions (A 1-6)
11:15 – 11:30 am	Break
11:30 – 12:15 pm	MGS Luncheon - Scholarship Awards, Raffles
12:15 – 1:30 pm	Luncheon Panel – “Future Visions for Minnesota Aging Services” <i>Moderator - Joe Gaugler, PhD, UMN Kane Endowed Chair in Long Term Care & Aging</i> <i>Roberta Meyers, MD, President, MN Association of Geriatrics Inspired Clinicians</i> <i>Pahoua Yang Hoffman, MBA, Executive Director, Citizens League</i> <i>Gayle Kvenvold, MSW, President/CEO, LeadingAge Minnesota</i>
1:30 – 2:00 pm	Networking Break - Exhibits
2:00 – 3:15 pm	Concurrent Sessions (B 1-6)
3:15 – 3:30 pm	Break
3:15 – 4:30 pm	Concurrent Sessions (C 1-6)
4:30 – 5:00 pm	Raffles

REGISTRATION DETAILS: [Register here](#)

MGS Member Conference Discount: A new or renewing membership with conference registration saves up to \$100 off the non-member rate. You can join or renew on the conference registration form. Membership must be active on April 12, 2019. (Annual Memberships: Professional- \$75; Retired- \$40; Student- \$30)

Early Bird - Register by March 21

Early Bird Registration – Member	\$105
Early Bird Registration – Non-Member	\$205
Early Bird Registration – Member Retired	\$80
Early Bird Registration – Non-Member Retired	\$155
Early Bird Registration – Student	\$50
Lunch Program only	\$40

After March 21

Late Registration – Member	\$160
Late Registration – Non-Member	\$260
Late Registration – Member Retired	\$155
Late Registration – Non-Member Retired	\$200
Late Registration – Student	\$60
Lunch Program only	\$45

Donate to Sponsor a Student: Please consider adding \$50 to your registration to pay for a college student's registration. There is a donation area on the registration form.

Group Registration Discounts: are available for groups of 5 or more registering together from the same organization. Contact info@mngero.org

Partial Conference Discounts: A limited number of partial discounts are available for low/moderate income individuals. To apply contact info@mngero.org

Student Scholarships: A limited number of scholarships are available for full-time higher education students. These are made possible from individual donations and sponsored by the Minnesota Association of Area Agencies on Aging. To apply contact info@mngero.org

Hotel Accommodations:


[Click here](#) for several hotel options, including a special MGS rate at the Embassy Suites Minneapolis North attached to the Earle Brown conference center.

General Sessions and Exhibits:

7:00 am – 2:00 pm Exhibit Hall

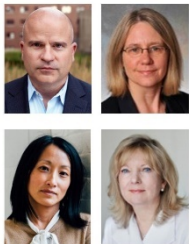
8:00 – 8:15 am Welcome, About MGS, Gerontologist of the Year Award

**8:15 – 9:30 am: Keynote Address – “Quality Long-Term Care:
How Research and Innovation Lead to Better Outcomes (or Not)”**

	<p><i>Vincent Mor, PhD, Florence Pirce Grant University Professor, Professor of Health Services, Policy and Practice at Brown University</i></p>
	<p>The Robert L. Kane Memorial Lecture is sponsored by the University of Minnesota's Robert L. Kane Endowed Chair in LTC and Aging. This prestigious lectureship features national and international scholars who excel in researching quality long term care and strive to improve our nation's health care delivery systems. In addition to an academic presentation that is held at the University of Minnesota, the holder of the Robert L. Kane Memorial Lectureship provides a presentation to providers, policymakers, and similar community stakeholders.</p>
	<p>Dr. Mor's research focuses on the organizational and health care delivery system factors associated with variation in use of health services and the outcomes frail and chronically ill persons experience. He has been Principal Investigator of over 30 NIH funded grants focusing on the organizational and health care delivery system factors to improve the experiences and outcomes for frail and chronically ill persons. He holds the Merit Award from NIA for his research.</p>

11:30 – 12:15 pm: MGS Awards Luncheon - Scholarship Awards

12:15 – 1:30 pm: Luncheon Panel – “Future Visions for Minnesota Aging Services”

	<p>Moderator: <i>Joe Gaugler, PhD, UMN Kane Endowed Chair in Long-Term Care & Aging</i> <i>Roberta Meyers, MD, President – MN Association of Geriatrics Inspired Clinicians</i> <i>Pahoua Yang Hoffman, MBA, Executive Director, Citizens League</i> <i>Gayle Kvenvold, MSW, President/CEO, LeadingAge Minnesota</i></p>
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4:30 – 5:00 pm: Raffles

Concurrent Sessions A: 10:00 – 11:15 am; B: 2:00 – 3:15 pm; C: 3:30 – 4:30 pm

	Track 1	Track 2	Track 3	Track 4	Track 5	Track 6
Session Times	ETHICS AND DIVERSITY	AGING IN PLACE	CAREERS; POLICY; RESEARCH	HEALTH; MENTAL HEALTH	PERSONAL PERSPECTIVES	RURAL COMMUNITY SOLUTIONS
A 10:00 - 11:15	1A Gay & Gray: Ethics in Serving LGBT Older Adults	2A Smart Home Technology: Enhancing Independent Living	3A Careers in Aging: Gerontologists Wanted NOW	4A Elder Abuse Prevention: A Public Health Approach	5A Shaping My Story: Diverse Personal Perspectives	6A Working Caregivers in Rural Minnesota: A New Model
B 2:00 – 3:15	1B American Indian Elders: Need for Cultural Sensitivity in Health Care and Services	2B Rethinking Aging in Place: Home Rehab Costs and Necessary Resources	3B Aging Policy and Services Initiatives: Federal, State, Community	4B Challenges - Solutions to Mental Health Services for Older Adults	5B Aging: Perspectives from Memoirs and Poems	6B Technology Supported Innovations for All Ages: A Community Model
C 3:30 – 4:30	1C Ethical Considerations: Determining Mental Capacity for Personal Autonomy	2C Healing Power of Nature: Enhancing Spaces Inside & Out	3C POSTERS Cutting Edge Research	4C Meeting the Opioid Challenge: Impact on Older Adults	5C Words Matter! What Does "Senior" Mean to You?	6C Reducing Unnecessary Hospitalization of Rural Nursing Home Residents

[Register here](#)

Concurrent Sessions A: 10:00 – 11:15 am; B: 2:00 – 3:15 pm; C: 3:30 – 4:30 pm

A: 10:00 – 11:15 am (You must select a session from A, B and C when registering)

	<p>1A - Gay and Gray: Ethics in Serving LGBT Older Adults</p> <p><i>Jane Danner, MA, LSW, Director, Resident Engagement and Development, Volunteers of America</i> <i>Rajean Paul Moone, PhD, Executive Director, Training to Serve</i> <i>Robert F. Rode, Esq., Partner, Voigt, Rode, and Boxeth</i></p> <p>An overview of issues regarding the LGBT aging community. This session will increase service provider awareness about the diversity of sexual orientation and gender identity among senior clients and the ethical dilemmas providers may encounter. Information will be shared to help organizations become more LGBT culturally competent and welcoming.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Increase awareness of potential ethical issues related to caring for LGBT older adults. • Increase knowledge of options for resolution for ethical dilemmas. • Increase awareness of needs of LGBT older adults and how to be an inclusive provider.
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2A - Smart Home Technology: Enhancing Independent Living

Karen M Sames, OTD, OTR/L, FAOTA, Professor, Occupational Therapy, St. Catherine University
Kimberly Barrett, Assured Living Project Manager, Best Buy Corp.
Pennie Viggiano, VP Home and Community Based Services Benedictine Health Services
Jennifer Hutson, MA, OT/L, Assistant Professor, Occupational Therapy, St. Catherine University
Skye Thompson, BS, OTS, Research Assistant: St. Catherine University

A team of researchers partnered to study the impact of using smart home technologies by seniors living independently. This presentation will include a brief review of the literature around smart home technology as well as a summary of the research methodology, results, and implications for the future. Participants will see and try out the technology and interact with the research team.

Objectives:

- Describe smart home technologies and what they can do.
- Understand the implications of using smart home technologies from the perspective of senior adults and their families.
- Describe the results of a year-long study on the use of smart home technologies with seniors in independent living.



3A - Careers in Aging: Gerontologists Wanted NOW

Phyllis Greenberg, PhD, MPA, Coordinator, Graduate Studies in Gerontology, St. Cloud State University
Sue Humphers-Ginther, PhD, Chair, Social & Criminal Justice Dept., Gerontology Program Coordinator, Minnesota State University Moorhead

This interactive panel will share insights on steps that students, new professionals in aging and those looking to make a career shift can take to market themselves or further their careers in the aging network. Topics include: current gerontology programs, types and range of possible careers, ideas on how and where to network, and how students who have successfully obtained jobs overcame barriers.

Objectives:

- Describe the multiplicity of careers that would either benefit from gerontological expertise or directly address the needs and preferences of older adults
- Describe the scope of educational opportunities in gerontology available in Minnesota
- Describe strategies to bridge gerontology education and practice



4A - Elder Abuse, Neglect and Exploitation Prevention: A Public Health Approach

Marit Anne Peterson, JD, Program Director, Minnesota Elder Justice Center
Sean Burke, JD, Policy Director, Minnesota Elder Justice Center
Kathryn Behrens, MPH, Prevention and Outreach Coordinator, Minnesota Elder Justice Center

A close examination and discussion of primary prevention models applied to elder abuse, neglect and exploitation. The goal is to more closely identify and associate these prevention strategies with the language we use to talk about this issue. Much work has been done to understand domestic violence, while less policy and research attention is focused on older victims in a preventative context.

Objectives:

- Identify the basic elements of a what a public health approach to preventing elder abuse entails.
- Discuss various public health intervention approaches that have been used in other violence prevention contexts.
- Analyze what public health approaches may be applicable to the prevention of elder abuse, neglect, and financial exploitation




5A - Shaping My Story: Diverse Personal Perspectives

Moderator: Patti Cullen, President/CEO, Care Providers of MN
Panel: TBD




A panel of seniors of various age, gender, race and culture respond to the core question: "What is essential to maintain a meaningful life as we age"? They discuss needed public policy changes to move closer to meeting their needs/wants. While market research plays a role in development plans, do professionals really ask the broader population of seniors, especially from diverse cultures, "What is essential to maintain a meaningful life?"




Objectives:

- Understand different expectations and concerns expressed by seniors from culturally diverse populations
- Describe public policy changes that should be made to better address needs and wants of seniors
- Identify what professional practice changes could be made today to address consumer expectations

	<p>6A - Working Caregivers in Rural Minnesota: A New Model</p> <p><i>Carrie Henning-Smith, PhD, MPH, MSW, Deputy Director, Rural Health Research Center, UMN</i> <i>Megan Lahr, MPH, Research Fellow, Rural Health Research Center, UMN</i> <i>Catherine Blonigen, Board Chair, Grace Innovations</i></p> <p>Research and interviews with experts provide evidence on the importance of focusing on new models of support to address the unique challenges to sustaining employed caregivers in rural areas. Grace Innovations will present a new integrated model of providing supportive services to employed caregivers which includes partnering with employers and engaging community stakeholders. Purpose: to improve the health and wellbeing of rural caregivers and their clients.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Analyze rural-urban differences in supportive services for employed caregivers. • Identify the importance of new models of support to address unique challenges to sustaining employed caregivers in rural areas. • Learn about a new model of providing supportive services to employed caregivers with the objective of improving the health and wellbeing of caregivers and those they care for.
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B: 1:45 – 3:00 pm (You must select a session from A, B and C when registering)

	<p>1B - American Indian Elders: Need for Cultural Sensitivity in Health Care and Services</p> <p><i>Linda Bane Frizzell, PhD, MS, Faculty, School of Public Health, University of Minnesota</i></p> <p>The health status of American Indian elders has continued to decline every year since records have been kept in 1955. There is a critical need for culturally sensitive/attuned health service providers, who have abilities to respect elders and collaborate with families in a “holistic” approach that had been used for centuries by indigenous peoples, to provide the highest quality and effective services possible.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Learn the basis of health services for American Indians, which are quite different than the public sector. • Learn about the traumatic governmental influences experienced by American Indian elders. • Discuss the need for improved understanding of the diversity of American Indian elders to reduce unknowing cultural oppression and subconscious racism.
	<p>2B - Rethinking Aging in Place: A Study on Home Rehab Costs and Necessary Resources</p> <p><i>Christin Lindberg, M.A., C.P.G., Research Associate, Wilder Research</i> <i>Cael Warren, Ph.D. Candidate, Research Scientist, Wilder Research</i> <i>Michelle Decker Gerrard, M.Ed., Senior Research Manager, Wilder Research</i></p> <p>Wilder Research conducted a study to better understand the home rehabilitation and service needs of extremely low-income older adult homeowners who want and are capable of aging-in-place. The ability to age in place is complex and depends on adequate financial resources, along with housing that accommodates the physical needs of older adults.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe the circumstances and context for barriers faced by older adults who wish to maintain a home and live safely and independently. • Share cost comparisons of home-based and facility-based strategies that can meet older adults’ needs. • Discuss effective strategies for pairing home rehabilitation and in-home services that can reduce the likelihood of institutionalization.
	<p>3B - Aging Policy and Services Initiatives: Federal, State, Community</p> <p><i>Jim Varpness, MPA, Retired Regional Director, US Department of Health & Human Services</i> <i>Kari Benson, Executive Director, Minnesota Board on Aging</i> <i>Lori Vrolson, MS, President, MGS: Executive Director, Central MN Council on Aging</i></p> <p>Older Minnesotans and their caregivers often utilize long-term services and supports (LTSS) such as meal delivery, adult day services, or support groups to maintain independence and manage health care needs. This session will review federal, state and local policies and service delivery models, and explore existing gaps in services. Insights on our changing views of how LTSS will be provided in the future and implications for how these services are funded will also be discussed.</p>

	<p>Objectives:</p> <ul style="list-style-type: none"> • Review federal and state legislation and policies for aging services • Discuss the effectiveness of state and community service delivery models • Identify gaps in services and needed changes in current policies and statute
	<p>4B - Challenges and Solutions to Mental Health Services for Older Adults</p> <p>Chris Rosenthal, LISW, Director of Aging and Disability Service, Jewish Family Service of St. Paul Shannon Nixon, MA, MFA, Psychotherapist and Art Therapist, Jewish Family Service of St. Paul Kaci Christnovich MA, Mental Health Practitioner, Jewish Family Service of St. Paul Beth Johnson, LMFT, Jewish Family Service of St. Paul Rachel Potter, LSW, MSW Intern, Jewish Family Service of St. Paul</p> <p>Challenges for effective mental health services include: not enough trained providers, stigma, lack of transportation, and restrictive reimbursement. These barriers limit creative therapeutic interventions. A panel of experts will share their recent experiences and outcomes with innovative mental health interventions, including tele-counseling, delivered to older adults in their homes.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify barriers and challenges to providing mental health services for older adults. • Describe therapeutic mental health interventions delivered in-home to address depression in older adults. • Learn about the preliminary challenges and successes of a new tele-health counselling program for older adults.
	<p>5B - Aging: Perspectives from Memoirs and Poems</p> <p>Ted Bowman, MDiv, Family and Grief Educator, Adjunct Instructor, University of St. Thomas</p> <p>Insights about present and future aging can be found in memoirs and poetry. Further, stories of aging and poetry can enrich work with elders and their families. Accounts from the written word will be used to demonstrate the present and future of aging and suggest ways of addressing joys and concerns. Stories evoke stories. Hence, the use of literary prompts can lead to writing, speaking, recalling, affirming and envisioning aging.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Distinguish similarities and differences in the stories told by clients and those found in memoir and poetry • Describe multiple ways literary prompts about aging can be used in practice • Name ways stories can be used for empowerment, modeling, and shifting from a reactive to a proactive approach when working with elders
	<p>6B - Technology Supported Innovations for All Ages: A Community Model</p> <p>Dona J. Wishart, Executive Director, Otsego County, MI Commission on Aging Joel M. Ackerman, Founder and CEO, CommunO2 (Community Oxygen)</p> <p>A Minnesota developed community support platform for older adults, persons with disabilities and family caregivers currently being implemented, community-wide in Flint, Traverse City, and Gaylord Michigan; several Minnesota communities are exploring being next. The program, including initially 75 organizations, is free to all consumers and provides technology for better connecting people with each other, social services, government and health care. Opportunities for replicating in Minnesota will be presented.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe an integrated, community-wide healthy aging program that is creating a community standard for interpersonal engagement, decreased isolation, and enhanced family and organizational supports. • Discuss the 5 key criteria that <u>any</u> new technology or innovation <u>must</u> address to be embraced by consumers and, in particular, older adults and family caregivers. • Explore the potential for integrating health and human services using this Minnesota-grown technology and aging intervention.

C: 3:30 – 4:30 pm (You must select a session from A, B and C when registering)

	<p>1C - Ethical Considerations: Determining Mental Capacity for Personal Autonomy</p> <p><i>Karen Reimers, MD, Psychiatrist, Expert Consultant, Assist. Adjunct Professor, UMN</i></p> <p>Mental health professionals are increasingly asked to render opinions about an older person's mental capacity to make decisions about self-care and finances. Special assessment techniques are needed to explore decision making capacity of older people and avoid potential elder financial exploitation. This interactive workshop will explore ethical considerations in geriatric forensic evaluations, emphasizing best practices for referral and assessment of older patients.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Describe special assessment techniques used to evaluate decision making capacity in older adults; • Discuss ethical challenges related to decision making capacity in older adults; • Identify risk factors and red flags for elder abuse and financial exploitation of older people
 	<p>2C - Healing Power of Nature: Enhancing Spaces Inside and Out</p> <p><i>David Motzenbecker, PLA, ASLA, ANFT, Certified Forest Therapy Guide, Motz Studios LLC</i> <i>Carole J. Hyder, MA, Integrative Spaces and Feng Shui Expert, Hyder Enterprises Inc</i></p> <p>Integrating nature into the design of care facilities, hospitals, senior living apartments, homes and offices can provide a myriad of health benefits. Participants will be introduced to enhancing harmony and balance from both biophilic design studies as well as the ancient practice of Feng Shui. These two modalities work in tandem to create healthy spaces.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Understand the qualities of a healing environment from both the biophilic and Feng Shui perspective. • Identify specific actions that can be taken to create an integrative space. • Learn about the evidence-based studies on the contribution of a space toward healing and well-being.
	<p>3C – Poster Session – Cutting Edge Aging-Related Research</p> <p>The Poster Session is a display of presentations representing gerontology and aging-related research by practicing professionals, faculty, and higher education students. This session offers attendees an opportunity to learn about current and emerging research and engage in one-to-one discussions with researchers about their project findings as well as implications toward policy initiatives, improvements in care delivery, and best practices when working with older adults. In this session, each researcher will briefly present on his/her topic. Then, participants can mingle among the posters and engage in more in-depth dialogs about the research topics and findings.</p> <p>The specific list of poster topics/presenters will be outlined in the conference program.</p>
 	<p>4C - Meeting the Opioid Challenge: Impact on Older Adults</p> <p><i>Madelyn Ato, PharmD, BCACP, Clinical Pharmacist, HealthPartners</i> <i>Tammy Chambers BS, RN, Clinical Quality Consultant, HealthPartners</i></p> <p>Seniors use more prescription and over the counter medications than younger age groups. They are subsequently at higher risk for drug-drug interactions with opioids, and some signs of overdose or abuse can mimic the natural aging process. The New Chronic User (NCU) measure was developed by DHS as a useful clinical outcome measure to support quality improvement efforts in preventing chronic opioid use. Training on implementing safety protocols into clinical practice can be an important step in reducing the impact in the elderly population.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Identify at least three unique characteristics of the senior population that predisposes them to be more vulnerable to opioid medication abuse and misuse. • Understand how the New Chronic User measure supports quality improvement in the prevention of chronic opioid use. • Identify at least two safety protocols that can be implemented into clinical practices or senior care settings.

 	<p>5C - Words Matter! What Does "Senior" Mean to You?</p> <p><i>Deb Taylor, MPNA, CEO, Senior Community Services</i> <i>Jon Burkhow, Director of HOME and Senior Partners Care Programs, Senior Community Services</i></p> <p>Professionals need to pay attention to what the Frameworks Institute research is saying about the word "Senior", which has a negative connotation for many. Attendees will be engaged in a discussion about how to best reach people who need services with language that resonates with them. Through reframing and reimagining, positive ways to talk and think about aging will be explored.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Discuss the importance of the words we use and how we communicate with people of all ages and generations. • Present and discuss the external and internal research findings surrounding the words we use when discussing aging. • Identify better ways to discuss aging that will engage people of all ages.
	<p>6C - Reducing Unnecessary Hospitalization of Rural Nursing Home Residents</p> <p><i>Cami Peterson-DeVries, DHA, RN, MSN, Regional Director, St. Francis Health Services</i></p> <p>An open discussion and review of research conducted with rural nursing home providers on possible solutions to address unnecessary hospitalizations. We understand that unnecessary hospitalizations continue to occur. Multiple factors influence a provider's decision to send a resident to the hospital. These can include unclear advance-directive information, a provider's lack of knowledge/information about resident and family wishes, or unknown/unavailable nursing home services and processes. There are many opportunities to work collaboratively to address the problem and improve the care of the older adult.</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Gain an understanding on barriers that may cause an older adult to be sent to the hospital unnecessarily in rural communities. • Discuss the role and responsibility of all providers in addressing the problem of unnecessary hospitalizations. • Identify methods to work collaboratively in addressing older adult hospitalizations.

[Register here](#)

Conference Objectives

1. Explore the future of aging in Minnesota, and consider ways to rethink, reimagine, and redesign long-term care service delivery.
2. Discuss the effects of innovative strategies and research on health outcomes for persons living in long-term care facilities.
3. Recognize the needs of diverse populations and how to meet them with cultural awareness.
4. Identify strategies to address the needs of older adults living in rural communities.
5. Understand the challenges and solutions to serving older adults with mental health needs.

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