

3RD ANNUAL
SOCIAL GERONTOLOGY
conference
OCTOBER 12, 2018



Nessmith-Lane Center | Statesboro, GA

Acknowledgments

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Understanding Dementia
& Alzheimer's Conference



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★ End Of Life Care | + Professional Practice | | Older Adult Living | ● Caregiving
▲ Mental Health Care | ◆ Alzheimer's Disease and Other Forms of Dementia

Friday, October 12, 2018

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|--------------------|---|
| 8:00 AM - 8:30 AM | Registration – Coffee |
| 8:30 AM - 9:00 AM | Welcome and Greeting by Jane Fishman Ballroom |
| 9:00 AM - 9:10 AM | Break Visit Exhibitors |
| 9:10 AM - 10:00 AM | Session One |

□ **Implementation of Virtual Dementia Tour and Positive Approach to Care for Those with Alzheimer’s and Dementia-Related Illnesses**

Haedyn Kilgore, The Lodge at Bethany

Vanissa Campbell, The Lodge at Bethany

◆ | Room 1909

The Lodge at Bethany has participated in two unique but intricately interwoven campaigns to expand the educational opportunities for the community, their staff, and the residents’ families that we serve. The Virtual Dementia Tour (VDT®) is the original groundbreaking, evidence-based and scientifically proven method of building a greater understanding of dementia using patented sensory tools and instruction based on research conducted by P.K. Beville, a specialist in geriatrics. This experiential training is designed for caregiving facilities and community organizations to help in identifying with and understand patients’ behaviors and needs. Positive Approach to Care (PAC) is a systematic positive approach to better care for those living with dementia. PAC, developed by Teepa Snow, will ensure that caregivers caring for those with dementia will have the tools and skill set needed to ensure the best quality of care.

□ **A Journey Through Dying: An Exercise in Understanding**

Abby Johnson, Georgia Southern University

★ | Room 2911

This session provides participants with an opportunity to examine their own personal feelings on dying. Taken from a Hospice Volunteer Orientation, this workshop presentation takes approximately 45 minutes to complete. Participants will list eight personal loved ones, eight personal possessions, and eight personal goals. The importance of these items are revealed as participants process what it may be like to go through the journey of dying, from the initial diagnosis to their final breath.

NOTES

Schedule

□ **Identifying and Overcoming the Challenges of Professional and Family Collaborations in Caregiving**

Adrienne L. Cohen, Georgia Southern University

✚ ● | Room 2904

Collaborations between professionals and family caregivers are essential to the caregiving of older adults with limitations. These collaborations have advantages such as sharing information and caregiving responsibilities. They also have challenges including having different priorities and communication challenges. This paper presents findings from an exploratory and descriptive qualitative study. Recommendations on how to improve collaboration are provided.

10:00 AM - 10:10 AM

Break | Visit Exhibitors

10:10 AM - 11:00 AM

Session Two

□ **The Benefits of Reiki for Older Adults**

Andrea Valdez, Coastal Georgia Living Senior Care

✚ | Room 1909

The workshop will discuss Reiki as an alternative modality to health and wellbeing for older adults. It will also discuss the benefits as evidenced in research on how Reiki promotes relaxation, lowers blood pressure and reduces stress and anxiety in older clients.

□ **Understanding Caregivers, the Caregiving Experience and the Impact of Counseling and Support Interventions for Caregiver Interventions**

Pamela Corsentino, Lewy Body Dementia Association

● ▲ | Room 2911

This session will provide an introduction of caregiving personality types and relationship changes between care partners and loved ones. We will look at family and couple dynamics, which can create either a supportive environment or a stressful tug-of-war. A discussion of the stages of caregiving will introduce the challenges from diagnosis shock to end-stage grief as we view the care partner as a whole person, helping them accomplish their own life tasks while also providing care.

NOTES

□ **The Impact of Interacting with Older Adults with Dementia: Effecting Change in the Beliefs and Values of the Senior Nursing Students**

Pamela Worrell-Carlisle, Georgia Southern University

Peggy Mossholder, Georgia Southern University

◆ | Room 2904 | **Presentation 1**

Presenters will describe a non-profit respite program for individuals with early to mid-stage dementia that serves as a clinical experience for baccalaureate Community Health Nursing students. The clinical provides an opportunity to impact student beliefs and attitudes about the elderly, specifically those with Dementia. Students report positive outcomes, however, social desirability can influence student reporting. Faculty conducted an anonymous survey of student beliefs and values for two consecutive cohorts and will share these findings. With the exponential growth of the population over 65, it is important that nurses in hospital settings approach their care with compassion and competence. Does a clinical experience have the power to change beliefs and values? This session may benefit any healthcare discipline involved in higher education.

□ **Integration of Oral Health Services with Primary Care of Older Adults**
Swaha Pattanaik, Georgia Southern University

✦ | Room 2904 | **Presentation 2**

This presentation presents a review of strategies that have successfully integrated oral health services with primary care practices and how these strategies can be beneficial to older adults in rural and remote communities. An integrative approach will lead to improved quality of care that is more cost-effective and patient-centric with faster diagnoses and appropriate referrals.

NOTES

Schedule

11:00 AM – 11:10 AM Break | Visit Exhibitors

11:10 AM – 12:00 PM Session Three

□ **Your Mind Matters**

Dr. Adam Harris, Eastern Wellness Center

■ ▲ | Room 1909

This presentation will include discussion from his recent podcast series on chronic pain and depression, a growing topic of interest among researchers as well as caregivers and the aging population.

□ **Strengthening Your Service Delivery by Offering Assistive Technology**

Peggy Luukkonen, Coastal Area Agency on Aging

✚ | Room 2911

In this fun and interactive session, participants will learn how Assistive Technology can be used to increase, maintain or improve the functional capabilities of people with disabilities in all aspects of life, including at school, at work, at home and in the community. Assistive Technology ranges on a continuum from low-tech (e.g., walkers and bath benches) to high-tech (e.g., tele-presence, AAC Communication Devices, Smart phone apps). Learn more about how the Area Agencies on Aging in Georgia are using assistive technology options to help meet the needs of the elderly and disabled in their communities instead of placing people on waiting lists for services they may never receive.

□ **#AdvancedStyle: How Sharing Fashion on Social Media Creates an Opportunity for Positive Social Engagement for Aging Adults**

Mackenzie Miller, Georgia Southern University

Addie Martindale, Georgia Southern University

■ ● | Room 2904 | **Presentation 1**

Older adults struggle with social isolation but social media (SM) engagement has the potential to reduce loneliness. This qualitative study provides an understanding of how aging women use Instagram for social engagement. The positive research outcomes of this study provide insights into how SM networks can reduce social isolation and forge connections. Understanding how SM participation can positively impact the lives of aging adults can provide new options for those working with senior communities to increase socialization.

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□ **Recreation, Leisure, and Late Adulthood: Examining the Benefits of Participation During Retirement**

Thomas Sweeney, Georgia Southern University

I | Room 2904 | **Presentation 2**

The purpose of this session is to present research examining the recreation and leisure habits of older adults and determine their influence on contemporary aging. Specifically, this research sought information on the influence of recreation and leisure on personal and social identity development, formation of social groups and quality of life during the transition from the workforce to retirement.

12:00 PM to 1:30 PM

Keynote Aging Simulation | Lunch
Ballroom

□ **Aging Simulation Exercise**

Jennifer Zorotovich, Georgia Southern University

| Ballroom

The aging simulation, inspired by Wood (2002), will provide an opportunity for attendees to mimic sensory declines commonly, but not universally, experienced with aging. With the use of various materials to simulate declines, attendees will be prompted to complete a series of activities of daily living (ADLs) while engaging in social interactions. The purpose is to offer a hands-on experience of what life may be like under changed circumstances that reflect other the lived realities of other people. This activity will also include a labeling exercise, adapted from the work of Goldstein (1997), targeting common stereotypes associated with aging and the effects thereof. A debriefing session that will offer attendees the ability to reflect on their experiences and discuss implications for practice will conclude the session.

NOTES

Schedule

1:30 PM – 2:00 PM

Poster Session | Ballroom

Social Exchange Theory in Aging Parent-Child Relationships
Cameron Bailey, Peyton Creswell

Older Adults and Mental Health: The Impact of Stigma and Race
Kierston Bolston, Rebecca Ryan, Ph.D.

Millennials' Contribution to Ageism
Maya Breeze

Is Grandma as Old as You Think? The Media Portrayal of Older Adults
Sierra Brooks

The Media Portrayal of Older Adults
Tyrell Fedrick

Planting a Rainbow: An Activity for Cognitive and Physical Adult Development
Miracle Fonmanu, Jessi Healan

Cognitive Change and Memory in Older Adult Life
Kristin Fuller

Advance Directives: What Are They and How Can We Increase the Likelihood People Will Complete Them?
Johnna Kelley, B.S., Laura Serrano-Amerigo, B.A., and Rebecca Ryan, Ph.D.

Reaction Time: The Benefits of Practice for Younger and Older Adults
Ally Lacey, Rebecca Ryan, Ph.D.

What Makes For a Successful Assisted Living Facility?
Anna Mastrangelo

Why Can't an Older Woman be a Super Hero Too?
Coriona Matthews

Five Senses, Five Activities
Jessie Mauro, Jill Rogers

Aging Demographic Trends
Grant Pierce

They Don't Always Need Our Help
Ananda Thomas

Ecological Model of Aging: The Impact of Environment on Successful Aging
Kendall Willis, Rebecca Ryan, Ph.D.

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2:00 PM – 2:50 PM

Session Four

□ **Powers of Attorney, Guardianships, and Client Capacity: Legal Representation of Persons 60+**

Robert W. Bush, Georgia Legal Services Program, Inc.

Laura Shiver, Georgia Legal Services Program, Inc.

✚ | Room 1909

When representing clients who have a diminished capacity to participate in and guide their representation, attorneys must apply unique legal principles. In this workshop, two attorneys with years-long experience in representing elder clients will explain those principles, as well as discuss the differences between powers of attorney and legal guardianships. This session will include an interactive discussion of actual case scenarios, which will allow attendees to participate in the analysis and decision-making process associated with such representation. Questions will be welcomed throughout the presentation.

□ **Working with Families of Those Who are Dying: Interacting with Younger Family Members**

Jennifer Zorotovich, Georgia Southern University

★ | Room 2911

A paradox surrounding death is undeniable and creates barriers in individuals' abilities to adjust. References to mortality permeate pop culture yet there are few factual and educational outlets where individuals can engage in evidence-based assessments of death and dying. This presentation will cover the ways in which human development can be used to determine the complexity one is able to understand in death-related conversations and will provide attendees with tips for practice.

□ **Self-Care for Caregivers**

Jill Johns, Space 2 Thrive

●◆ | Room 2904



As a caregiver, are you living a life by default? Are you doing everything for your loved one behind the scenes while depleting yourself physically, emotionally and financially? You are not alone. This workshop invites you, the caregiver, to journey from a life by default to a life by design by leveraging self-care.

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Schedule

☐ **Veterans Aide and Attendance Senior Living Community Benefit**

Ralph Cowart Jr., Southern Manor Senior Living Group

◆ + | Room 2908

This session will cover the Veterans Administration (VA) aide and attendance program and the qualifications for veterans, spouses or handicapped children. We will also discuss the income requirements and limitations as well as the maximum benefit options.



2:50 PM - 3:00 PM

Break | Visit Exhibitors

3:00 PM - 3:50 PM

Session Five

☐ **Let's Talk About Sex...and Older Adults**

Amanda Catron, Georgia Southern University

I | Room 1909

This presentation will provide an overview on America's changing demographic composition as it relates to sexual health among older adults. Resources that can be utilized by professionals working with aging populations will be shared. Long-term goals resulting from this type of educational outreach include a reduction in STI/STD rates, enhanced sense of empowerment and ability to self-advocate, and increases in positive well-being. A variety of topics will be discussed and an interactive component will be implemented.

☐ **Having Pride in Your Work: How to Serve LGBT Older Adults Better**

James Moorhead Jr., Georgia Department of Human Services Division of Aging Services

+ | Room 2911

This presentation introduces the topics of gender identity and sexual orientation as well as some background information on LGBT older adults. Three key concepts will be introduced to help organizations and individuals be inclusive of and better serve LGBT individuals. The session will wrap with a list of resources and locations where more information is available. Question and answers will follow.

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- **Preserving Patients’ Sense of Self in Late-Stage Dementia Care**
Stacy Thayer, Regency Southern Care Hospice
Jennifer Nunn, Regency Southern Care Hospice
◆ | Room 2904



This session will provide a person-centered approach as dementia progresses from middle-stage to late-stage, when caregivers are presented with greater challenges in understanding needs as cognition declines and input from the patient is often nominal. Learn about pre-servicing the patient’s sense of self throughout the physiological, emotional and cognitive changes in late-stage dementia. In addition, this session will provide caregiver assessment tools for better understanding late-stage dementia, patients’ abilities, and how to access the Medicare hospice benefit in a timely manner so that the patient and family obtain caregiver relief and support throughout care.

3:50 PM - 4:00 PM

Break | Visit Exhibitors

4:00 PM - 4:30 PM

Closing Session and Sigma Phi Omega Indoctrination Ballroom

NOTES

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