

## Target Audience

Professionals, families, friends and interested community members

## Agenda

- 8:00 – 8:30 am . . . . .Registration (Vincent Hall) and continental breakfast (provided)
- 8:30 – 8:40 am . . . . .Welcome and speaker introductions
- 8:40 – 10:10 am . . . . .Keynote: Michael Verde (all attend)
- 10:10 – 10:30 am . . . . .Break
- 10:30 – 11:30 am . . . . .Breakout Session I
- 11:40 – 12:40 pm . . . . .Breakout Session II
- 12:40 – 1:40 pm . . . . .Lunch (provided)
- 1:40 – 2:40 pm . . . . .Workshop: Michael Verde (all attend)
- 2:40 – 3:00 pm . . . . .Break
- 3:00 – 4:00 pm . . . . .Breakout Session III
- 4:00 – 4:15 pm . . . . .Evaluations/Continuing Education Certificates

## Accreditation Statements

*Saint Joseph Regional Medical Center (OH-433, 12/1/2015) is an approved provider of continuing nursing education by the Ohio Nurses Association (OBN-001-91), an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

*The Indiana State Nurses Association has designated ONA as the official approver of CNE Providers and activities for Indiana.*

*The Indiana Social Worker, Marriage & Family Therapist and Mental Health Counselor Board has approved Memorial BrainWorks to provide Category I Continuing Education for LSW, LCSW, LMFT and LMHC.*

*However, licensees must judge the program's relevance to their professional practice.*

*Memorial BrainWorks is also approved to offer CEUs for Health Facility and Nursing Home Administrators.*

*Pre-conference: 1.5 nursing contact hours  
1.5 CEUs for Social Worker/Marriage & Family Therapist/Mental Health Counselors/  
Health Facility and Nursing Home Administrators*

*Conference: 5.75 nursing contact hours  
5.5 CEUs for Social Worker/Marriage & Family Therapist/Mental Health Counselors/  
Health Facility and Nursing Home Administrators*

Gold Sponsor



Silver Sponsor SAINT JOSEPH Regional Medical Center

Bronze Sponsor Source Bank Personal Asset Management Group

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Saint Joseph Regional Medical Center  
5215 Holy Cross Parkway, Mish., IN 46545



## 7<sup>th</sup> Annual Gerontology Conference



### Love is Listening: Re-memorizing Our Communities from the Inside Out

Wednesday, October 22, 2014 • 8:00 am – 4:15 pm  
Holy Cross College, Notre Dame, IN



**Keynote Speaker: Michael Verde** - Founder of Memory Bridge, a nationally recognized non-profit organization dedicated to ending the emotional and social isolation of elders with dementia ([memorybridge.org](http://memorybridge.org))

### Love Is Listening: Healing the Dis-ease of Dementia through “Being With” Care

“Love is Listening” explores the depth of empathetic communication and what is often overlooked in traditional approaches to giving care: how much of the quality of our lives, while grounded in functional needs, depends finally upon the meeting of our relational needs.

### Pre-conference seminar for general public

*Free - pre-registration required due to limited seating*

### “There is a Bridge: Caregiving as a Spiritual Practice”

This presentation by **Michael Verde** will explore giving care as an opportunity for profound transformation for the caregiver who learns how to let go of the illusion of control, let in an awareness of unexpected presence, and let “normal” be an emerging reality.

Center for Hospice Care  
501 Comfort Place, Mishawaka 46545

Tuesday, October 21, 2014

Registration: 3:00 pm • Seminar: 3:30 – 5:00 pm

## Mission Statement

The Gerontology Institute exists to increase collaboration among member organizations and individuals who serve the aging, and to provide education to further improve the lives of those served.

## Breakout Sessions

I would like to attend the following Breakout Sessions (please rank 1 and 2 in order of preference for each Breakout Session; every effort will be made to accommodate your choices):

### **Breakout Session I: 10:30 – 11:30 am**

#### \_\_\_ **Validation: An Empathetic Technique for Communicating with Those Who Have Dementia\***

*Validation is an innovative, holistic and empathetic method for communicating with disoriented elders, changing the lives of elders, caregivers, and families! Learn how to connect with those who have Alzheimer's type dementia. Be inspired by the stories of Validation workers, caregivers, and families, and how their lives are enriched by this honorable work.*

Carrie Gallahan, CFW, Certified Validation Worker, Regional Director, Enlivan Senior Living

#### \_\_\_ **The Gift of Playfulness\***

*In this presentation, in addition to (or because of) all the fun we will be having, we will be exploring how playfulness can be as much of a coping mechanism as it is a tool for growth, as much of an approach that can bridge differences, distrust and anxiety as an attitude that can help build healing relationships and energize both the caregivers and the people for whom they care.*

Bernie DeKoven, MA, American game designer, author, lecturer and fun theorist

#### \_\_\_ **Grandmother, Grandfather, Earth and Spirit: The Wisdom of Our Ancestors for Modern Times**

*Join us around the sacred fire as we call in the spirits of our ancestors, and seek their help walking a good path in modern life. Through story, ceremony and visioning we will re-member our lost kinship with all living things, learn the heart path, vision a world for our great grandchildren, and see what it means to become a ritual elder and healer in the world.*

Jeff Nixa JD, MDiv., Shamanic practitioner, teacher and writer who has worked as an attorney, hospital chaplain and massage therapist; professional associate with Crows Nest Center for Shamanic Studies USA

#### \_\_\_ **Keys to Handling Depression and Anxiety**

*This workshop will address Depression and Anxiety in Older Adults. It will include signs, symptoms, latest advances and methods to treat using interventional psychiatry and medications. A full review of treatment continuum will be covered.*

Suhayl Nasr, MD, DLFA, Memorial Hospital of South Bend (Beacon Health System) Memorial Epworth Center, Medical Director, Chairman, Department of Psychiatry

### **Breakout Session II: 11:40 am – 12:40 pm**

#### \_\_\_ **Bereavement Services: During and After the Caregiving\***

*This session will describe anticipatory grief needs for caregivers and how aligned grief theories guide bereavement support for caregivers after the death of their loved one. The range of available services will be discussed and self-care during caregiving will be reviewed.*

Holly Farmer, MA, LMHC, Bereavement Coordinator, Camp Evergreen Director, Center for Hospice Care, Life Transition Center

#### \_\_\_ **Music and Memory**

*Music Therapy is an extremely effective treatment for improving the quality of life for individuals with Alzheimer's and other forms of dementia. Music has the power to reach people on an emotional level even in the late stages of dementia. This presentation will focus on ways that music and music therapy interventions can be used to relieve agitation, spark memories, promote social interaction, and encourage creative thinking.*

Kathlene Fletcher, MT-BC, Music Therapy Director, Behavior Services & Therapy

#### \_\_\_ **Retrogenesis: Looking at Alzheimer's Disease Through a Spiritual Lens\***

*Retrogenesis (a term coined by Dr. Barry Reisberg) describes the process of going backward in time and the reverse development characterized by the stages of Alzheimer's disease. This workshop will delve into the concept of retrogenesis and what it teaches about the process of life and death by looking at Alzheimer's disease through a spiritual lens.*

Barbara Dzikowski, MS, QDCS, Program Director, Alzheimer's & Dementia Services of Northern Indiana

#### \_\_\_ **Medicaid and VA Update: How Changes Will Affect You**

*This session will discuss changes to the eligibility rules for Medicaid and for the VA Aid and Attendance pension, including recent income changes for nursing home Medicaid and proposed gifting penalties for the VA pension.*

Jennifer L. VanderVeen, Certified Elder Law Attorney, Tuesley Hall Konopa, LLP

### **Workshop: Michael Verde**

#### **The First Step to Presence-Centered Care: 1:40 – 2:40 pm**

*Judgment arrests awareness. The more we know—or think we know—the less receptive we are to what remains to be discovered. The most gifted givers of care learn “the art of not knowing,” and it begins with the letting go of judgment. This break-out session will explore what it means to “know less and be aware of more” as part of the practice of caring for people with dementia.*

### **Breakout Session III (\*Repeat Sessions): 3:00 – 4:00 pm**

#### \_\_\_ **Validation: An Empathetic Technique for Communicating with Those Who Have Dementia\***

Carrie Gallahan, CFW

#### \_\_\_ **The Gift of Playfulness\***

Bernie DeKoven, MA

#### \_\_\_ **Bereavement Services: During and After the Caregiving\***

Holly Farmer, MA, LMHC

#### \_\_\_ **Retrogenesis: Looking at Alzheimer's Disease Through a Spiritual Lens\***

Barbara Dzikowski, MS, QDCS

## Registration: (enrollment is limited)

**Return by October 15, 2014 to:**

**Pat Adams, Coordinator of Michiana Gerontology Institute**

Holy Cross College • 54515 State Road 933 N.

P.O. Box 308 • Notre Dame, IN 46556-0308

574.239.8364 or padams@hcc-nd.edu

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

Organization \_\_\_\_\_

Title \_\_\_\_\_

Email \_\_\_\_\_

### **Pre-conference Registration (pre-registration required – check if attending)**

Pre-Conference Seminar for General Public (Free)

### **Early Bird (by September 22) – check one:**

\$80.00 for members of Michiana Gerontology Institute - individual or organizational (visit [www.mgi-hcc.org](http://www.mgi-hcc.org) for list of members and membership information)

\$100 for non-members

### **After September 22 – check one:**

\$95.00 for members of Michiana Gerontology Institute - individual or organizational

\$125.00 for non-members

### **Special Rates – check one:**

\$25.00 for Family/Community Member

\$25.00 for Full-time Students (with ID)

*Registration fee includes continental breakfast and lunch.*

### **Payment Methods:**

**Make checks payable to:** Holy Cross College

*List Gerontology Conference in memo section; include Breakout Session selections.*

**Enroll on-line:** [www.hcc-nd.edu](http://www.hcc-nd.edu)

*Click on Conference link on home page.*

**Credit Card Payment can be made on-line only or by contacting Pat Adams at (574) 238-8364.**

*Holy Cross College is on State Road 933 across from WNDU. Parking is on your left just before the gatehouse. Follow “Event” signs to Vincent Hall.*