Regional Conference on Aging

Sept. 27 – 29 2017

https://www.regonline.com/2017regionalconferenceonaging
INTRODUCTION

The 2017 Regional Conference on Aging is being presented by Philadelphia Corporation for Aging at our offices at 642 North Broad Street, Philadelphia, PA, 19130 - September 27th – September 29th, 2017.

Philadelphia Corporation for Aging is again offering a cutting-edge program and continuing education for professionals who work with older adults. Nationally and regionally recognized content experts will present relevant, practical and current information that will be immediately beneficial to anyone working in the aging arena. Designed to help you stretch your education and training budget, the conference is a cost-effective and convenient way to increase your knowledge and skills and get the CE credits you need.

PCA has arranged for free parking for attendees from other agencies and counties – as we did last year. Parking will be in the enclosed lot behind the Laborers Union Building on 1310 Wallace Street. The lot is between N. Watts Street and Ridge Avenue. Entrances on both streets should be open by 8:00 AM. Spaces are limited and available on a first-come basis. Please bring your Conference registration to show to the attendant, should one be on duty when you arrive.

Free coffee will be available in Conference Room R – Lobby Level, each morning. Free water and cookies will be available there from Noon – 1:00 PM. Please stop by and visit our sponsor and exhibitor tables while you’re there.

If you want to bring a lunch, or pick one up locally, there will be seating in the upper atrium of the lobby for you to relax, eat and converse with colleagues before the afternoon sessions. Don’t forget to visit our sponsor and exhibitor tables in Conference Room R.

Program Planning Committee

Thomas Shea, M.Ed. - Conference Chair
Philadelphia Corporation for Aging
Lois Hayman-El, MSW, LSW
Philadelphia Corporation for Aging
Connie Jones, RN, BSN
Philadelphia Corporation for Aging
David Nevison, MSS, MBA
Philadelphia Corporation for Aging
THANK YOU TO OUR SPONSORS!
WHO SHOULD ATTEND?

All professionals who work with older adults and their families and those in related professions will benefit from attending the Regional Conference on Aging. They include:

- Administrators and directors
- Adult daycare personnel
- Activity and recreation therapists
- Assessment workers
- Care/case managers
- Legal and financial professionals
- Home healthcare personnel
- Marriage and family therapists
- Nurses
- Psychologists
- Rehabilitation therapists
- Service coordinators
- Social workers
- Staff developers
- Students

Sessions covering the following subject areas will be featured:

- Behavioral Health and Aging
- Caregiving
- Decision Capacity
- Diversity Issues
- Elder Housing Issues
- Ethical Issues
- Health and Wellness
- Long-Term Care Issues
- Public Policy and Public Entitlements, and More!
Continuing Education Credits

Continuing education credits (CEUs) are available for specific sessions for Social Workers and Nurses. If you are not sure whether your licensing organization will accept conference CEUs, please contact them for clarification.

Social Workers

Pennsylvania:
As a CSWE accredited program, the Graduate School of Social Work and Social Research at Bryn Mawr College is a pre-approved provider of continuing education for social workers, professional counselors, and marriage and family therapists in Pennsylvania and many other states.

The following sessions may be submitted for 2.5 Social Work CEUs:

**WE01** – CARIE’s Homelessness and Aging Project
**WE02** – Addressing the Alzheimer’s Epidemic
**WE03** – Medical, Legal & Ethical Aspects of Decision-Making Capacity
**WE05** – Improving the Quality of Services and Supports for LGBT Older Adults - Pt.1
**WE06** – Clinical Conditions That Impede Capacity in Older Adults
**WE07** – From the Field: Creating LGBT Welcoming Senior Centers
**WE09** – Recognizing the Danger Signs of Overmedication in Older Adults
**WE10** – Improving the Quality of Services and Supports for LGBT Older Adults - Pt.2
**TH01** – Bullying Behavior in Older Adults
**TH02** – Gambling Disorder and Older adults
**TH03** – Our Assumptions About Older People – Part 1
**TH04** – Providing Support, Education & Resources to Families Affected by Alzheimer’s Disease
**TH05** – Evidence-Based Approaches to Understanding & Treating Hoarding Disorder
**TH06** – Street-Wise and Bug-Wise: Safety in the Field and Institutional Settings
**TH07** – The Deadly Triangle: The Relationship Among Depression, Alcohol and Suicide
**TH08** – Our Assumptions About Older People – Part 2
**TH10** – Death is a Family Affair
**FR02** – Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?
**FR03** – Elderly Empowerment
**FR04** – In Sickness, Health and Sometimes Anguish: Supporting Spousal Caregivers
**FR05** – The Integration of Spirituality and Behavioral Health Care
**FR06** – Sexual Expression in Older Adulthood
**FR07** – The Aging Brain – Myths and Facts
**FR08** – Strengthening the Therapeutic Triad of Consumers, Family Caregivers and Professionals
**FR10** – Assistive Technology: PIAT and PATF – A Tale of PA’s Two Programs
Nurses

The following sessions may be submitted for 2.5 Nursing CEUs:

WE02 – Addressing the Alzheimer’s Epidemic
WE03 – Medical, Legal & Ethical Aspects of Decision-Making Capacity
WE05 – Improving the Quality of Services and Supports for LGBT Older Adults - Pt.1
WE06 – Clinical Conditions That Impede Capacity in Older Adults
WE09 – Recognizing the Danger Signs of Overmedication in Older Adults
WE10 – Improving the Quality of Services and Supports for LGBT Older Adults - Pt.2
TH01 – Bullying Behavior in Older Adults
TH02 – Gambling Disorder and Older adults
TH03 – Our Assumptions About Older People – Part 1
TH04 – Providing Support, Education & Resources to Families Affected by Alzheimer’s Disease
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State licensure boards, however, have final authority on the acceptance of individual courses. If you require continuing education credit from a board or association not listed, please contact your state board or association for individual approval. Participants are encouraged to verify acceptability with their board or association prior to paying for continuing education credit.

To receive CEUs:
Select the number of CEUs you wish to purchase at the end of the registration page online, or on the registration form in this brochure. To fill out your session evaluation after attending your session(s), you return to the registration site and click on the blue “Details” link at the end of each session listing. Scroll down to the bottom of the session description, and you will see a web link to the evaluation for that session.

After you complete the evaluation, follow the instructions on the bottom of the last page:
“If you have ordered CEUs for this session, please type your name and your e-mail address in the comment box. Your CEU Certificate will be sent to your e-mail address”.

Please consult the lists above to be certain that the session you are attending is offering CEUs – either for Social Work or Nursing.

CEU Costs: $15.00 per approved 2.5 hour session, to a maximum of $45.00 for 3 or more approved sessions, per person.
Each day: Sessions 1-5 are AM Sessions: 9:30 am – Noon
Sessions 6-10 are PM Sessions: 1:00 pm – 3:30 pm

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WE01 – CARIE’s Homelessness and Aging Project

CARIE (The Center for Advocacy for the Rights and Interests of the Elderly) recently was awarded a grant to initiate collaboration among agencies serving elders and those serving homeless adults in Philadelphia. The goal with this project is to identify gaps in services and to coordinate and improve the delivery of services to homeless older adults throughout the city. This presentation will address the scope of the unique problems associated with those who are aging and homeless, the goals of the project, and the potential impact this collaboration will have for the aging network as well as the older adult homeless population

Learning Objectives

Participants in this workshop will:

- Learn the unique challenges that older adults who are homeless can face.
- Discuss what aging providers and homelessness providers can learn from each other to better serve this population.
- Learn how these providers can collaborate with each other to help bridge the gaps in aging homelessness services.

Nicholas Clemens currently serves as the Homeless Elder Advocate at CARIE. Mr. Clemens received his BA in International Relations and Economics from Bradley University. Having attained his degree, he would go on to serve in both the Americorps and overseas in the United States Peace Corps. At the completion of his service, Mr. Clemens earned a Master of Public Health from Wright State University. Having only recently migrated to Philadelphia in the last few years, Mr. Clemens had the privilege of joining CARIE after several years working with the aging population through the area AAA, and the Veterans Administration. In addition to his work with the aging homeless community, Mr. Clemens serves as a coordinator for CARIE’s Senior Medicare Patrol program. Mr. Clemens is active as a member of GenPhilly, and volunteers on a number of neighborhood and community development initiatives.

Mariel Lorenz joined the Center for Advocacy for the Rights and Interests of the Elderly (CARIE) in 2014 as a Regional Volunteer Coordinator for the PA Senior Medicare Patrol program that helps educate beneficiaries, professionals, and families about health care fraud. She currently serves as the CARIE Line Supervisor ensuring that older adults and families can speak with trained advocates on a variety of issues. She coordinates volunteers for the APPRISE program which provides free health insurance counseling for Medicare beneficiaries. Before joining CARIE, Ms. Lorenz worked as an Aging Care Manager for the Bucks County Area Agency on Aging for 8 years as an Aging Care Manager. Ms. Lorenz has her B.A. in Psychology from Indiana University of Pennsylvania and M.A. in Psychology from Montclair State University.
WE02 – Addressing the Alzheimer’s Epidemic

Addressing the Alzheimer’s Epidemic is appropriate for healthcare professionals and anyone interested in learning about the epidemiological impact of Alzheimer’s; the hallmark brain abnormalities, pathology and stage progression; pharmacological and nonpharmacological interventions; current research trends (as indicated by the global leaders and highlights presented at the Alzheimer’s Association International Conference 2017); and the public health approach we need to take in order to tackle this growing epidemic.

Learning Objectives

Participants in this workshop will be able to:

- Describe dementia and the 2 hallmarks of Alzheimer’s disease
- Identify statistics related to the Alzheimer’s epidemic
- Name the stages of Alzheimer’s disease and their characteristics
- Identify at least 3 research areas of study related to Alzheimer’s disease coming out of the AAIC (Alzheimer’s Association International Conference)
- Explain why public health must play a role in addressing the Alzheimer’s disease epidemic

Krista McKay is the Director Programs & Services for the Alzheimer’s Association Delaware Valley Chapter where she has worked for over a decade. She oversees and coordinates the work of a regional team of outreach and clinical care professionals dedicated to providing education, support, information, care consultations, early stage services, referrals and community service to people with Alzheimer’s and related dementia, their families, and professional caregivers throughout New Jersey, Delaware and Southeastern PA. She is responsible for program development, service and program grant implementation, national strategic plan integration and advocacy, fundraising and media support, and disaster preparedness. Prior to working for the Alzheimer’s Association, Ms. McKay taught in the college setting, and she calls on her early experience working in long term care settings and current certified dementia care practitioner certification and training experience to ensure positive changes in dementia care culture and training.

WE03 – Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults

The session will examine the advantages and limitations of available methods of clinical assessment of decision capacity in elders in light of applicable legal standards. We will discuss the following topics: informed consent, surrogate decision-making, and the ethical and professional implications for social work, medical and legal practice.

Learning Objectives

Participants in this workshop will:
• Understand psychiatric and other approaches to assessing decision-making capacity in elders
• Identify situations where it may be appropriate to seek formal evaluation, and improve their ability to guide the examiner in ways that will obtain the most clinically useful information
• Gain awareness of the range of decision-making abilities recognized in the law and the legal solutions and interventions available

Phyllis Black, PhD, ACSW, LSW, is a Professor at Marywood University School of Social Work and Director of the Lehigh Valley Master’s of Social Work site. Dr. Black is a frequent presenter on ethical issues in social work and has published in this area. She serves on the Pennsylvania Chapter of the National Association of Social Work (NASW) Ethics Committee.

Dr. Bruce Kinosian, M.D., Associate Professor, Perelman School of Medicine at the Hospital of the University of Pennsylvania

Sanford Pfeffer, Esq., General Counsel, Philadelphia Corporation for Aging

WE04 – Non-Profit Strategic Planning: Translating Strategy into Action

Strategic Planning encompasses the affirmation of the organizational mission and vision and helps our organization look forward so as to build a road map. The strategic planning process can energize an organization to work at its optimum level and engage all levels of the organization including board, staff and volunteers.

There is a temptation in the not for profit sector to focus on the everyday solving of problems in our mission and not always craft the time to think strategically. The strategic planning process can help a not for profit define its future activity for a specified time, capitalize on strengths and opportunities, and drive results.

This presentation will help participants understand the strategic planning process, how to conduct or participate in their strategic planning process, how to move from plan to action and make this process relevant.

Learning Objectives

After participating in this workshop, participants will:

• Improve knowledge of strategic planning and its potential for not for profit organizations,
• Explore ways a strategic plan can be accomplished
• Identify the steps of a strategic planning process
• Explore how you can be a strategic player in your organization
• Learn ways to make the strategic plan useable and relevant
**Cyndee Wishkovsky** is known as a visionary developer and leader of programs for the aging population for over 40 years. Cyndee holds a Masters of Social Service Administration from Case Western Reserve University under a grant from National Institute on Mental Health in gerontology. She is a licensed social worker in the State of Pennsylvania. Her work has included all aspects of leadership in program development, grant development and management, strategic development and many other projects. She has managed complex projects and managed and trained work forces. She has been a leader and board member in numerous coalitions and organizations supporting work on behalf of the elderly.

Most recently, Cyndee was the leader at Journey’s Way creating a forward-thinking organization that reached over 5,000 older people in NW Philadelphia. She has won numerous awards for her work including 2011 American Association for Geriatric Psychiatry, Geriatric Mental Health Foundation for excellence and innovation; 2014 Pennsylvania Rehabilitation and Community Providers Association award for innovation, and the 2015 Hall of Fame Award from the SeniorLAW Center. She currently is an independent consultant providing services for organizations, businesses and families in aging and elder care and not for profit leadership.

**Sandy Leggieri** is an independent consultant providing strategic planning and capacity assessment services for nonprofit organizations. She served as a volunteer consultant with the Nonprofit Center at LaSalle University for five years working with a diverse group of clients including the Adult Congenital Heart Association, UU House Outreach Senior Services, College Settlement Corporation, Feast of Justice Food Bank and Housing Partnership of Chester County. Sandy is an active volunteer and board member of Woodside Meals on Wheels, a non-profit organization serving meals to homebound seniors.

As a retired Senior Executive in the Department of Defense, she brings a strong business background and extensive leadership experience from a 30-year career in delivering world-wide logistics support to Navy and Marine forces throughout the world. Her efforts were recognized with two Presidential Rank Awards from the President of the United States. In addition, she has experience and training in consulting, strategic planning, change management, leadership and process improvement.
WE05 – Improving the Quality of Services and Supports for LGBT Older Adults: Part 1

The National Resource Center on Aging (NRC) offers this presentation as part of a more comprehensive training for organizations that want to develop more inclusive services for LGBT elders. The goal of this presentation is to increase awareness and empathy amongst health care and social service providers about the issues and needs of elders who are LGBT (lesbian, gay, bisexual, and/or transgender).

Learning Objectives

Participants who attend this workshop will:

- Receive talking points and tools to create safe and inclusive services
- Gain knowledge of LGBT terms to promote inclusion of LGBT older adults
- Experience case studies and historical events that have had particular impact on the lives of LGBT older adults.

Ed Miller is Supportive Services and Programs Coordinator, William Way LGBT Community Center. Ed is a certified trainer through the National Resource Center on LGBT Aging. Ed provides training to agencies to help create safe, inclusive and welcoming environments to LGBT older adults. As Supportive Services and Programs Coordinator Ed designs social, educational, and cultural programs to help build community, reduce isolation and provide safe space for LGBT older adults.

NOTE: This is a two-part program. You must attend the AM & PM sessions

Wednesday, September 27, 2017

1:00 pm – 3:30 pm

WE06 – Clinical Conditions That Impede Capacity in Older Adults

This session will address the clinical syndromes and disorders that interfere with older adults’ capacity to participate in various legal actions and proceedings, such as making health care and financial decisions, executing powers of attorney and advance directives, making Wills, cooperating with legal counsel in one’s own defense, and standing trial. Following a description of clinical conditions that impede capacity, Dr. Streim will present approaches to screening and comprehensive evaluation, including a discussion of the role of cognitive neuropsychologists and occupational therapists.

In the second half of this session, specific issues related to executive function; distinctions between capacity for decision-making and agency for self-determination; distinctions between impaired judgment and bad judgment; and the need for training for surrogate decision-makers will be addressed. The format will be a combination of lecture and Q&A.

This session is designed to serve either as a stand-alone session or as a companion session to follow Medical, Legal and Ethical Aspects of Decision Capacity in Older Adults presented on September 27th, from 9:30 – Noon.
Learning Objectives

As a result of participation in this session, learners will be able to:

- Describe the various clinical conditions that can impede capacity, including cognitive and non-cognitive disorders, reversible causes of incapacity, and conditions that result in complete vs. partial loss of capacity in older adults;
- Recognize the importance of both screening and comprehensive clinical evaluation of cognitive capacity;
- Understand the role of executive dysfunction, and the distinction between decision-making and agency for self-determination;
- Distinguish between impaired judgment and bad judgment; and
- Appreciate the need to provide training and support for surrogate decision-makers

Joel E. Streim, M.D. is a Professor of Psychiatry in the Geriatric Psychiatry Section at the University of Pennsylvania, and a clinical consultant and research investigator in geriatric psychiatry at the Philadelphia VA Medical Center and the VISN 4 Mental Illness Research Education and Clinical Center. Dr. Streim’s research, teaching and clinical efforts reflect his longstanding career interest in the problems of elderly patients with medical and psychiatric co-morbidity and physical disability, with an emphasis on mental health care in the long-term care setting. He has conducted federally funded research on treatment of depression in medically ill nursing home patients, and clinical trials of treatments for cognitive impairment, psychosis, and behavioral disturbances in older adults with dementia. He had a leading role in revising, field testing, and validating the Mood and Behavior sections of the Minimum Data Set (MDS 3.0), a key component of the standardized Resident Assessment Instrument that is mandated for use in all 16,000 U.S. nursing homes that receive Medicare or Medicaid funds.

WE07 – From the Field: Creating LGBT Welcoming Senior Centers

Long overlooked and invisible in society at large, older Lesbian, Gay, Bisexual and Transgender (LGBT) people are beginning to emerge as a distinct community. Our society is seeing a dramatic growth of our baby boomer generation and with that, growth in the number of LGBT folks. While LGBT seniors share many of the same aging related issues as their heterosexual counterparts, they also confront special challenges as well. Further, many of our seniors are grandparents either raising LGBT grandchildren or wanting to support them in different ways.

From the National Resource Center on LGBT Aging report Understanding Issues Facing LGBT Older Adults: “LGBT elders face substantial barriers—stemming from current discrimination as well as the accumulation of a lifetime of legal and structural discrimination, social stigma, and isolation.”
The goal of the From the Field panel discussion is to gain insight into providing services to LGBT older adults. Participants will hear from a panel of local AAA staff and senior center members about their accomplishments and challenges in creating welcoming senior centers.

**Learning Objectives**

Participants who attend this workshop will:

- Listen to the experiences of LGBT older adults and their allies
- Explore assumptions and stereotypes about LGBT adults
- Recognize the unique challenges faced by LGBT adults and their impact on accessing aging services.
- Learn how to make services more welcoming and inclusive for LGBT adults

**Terri Clark, MPH, CHES**, Terri has been providing health education, training, and counseling for nearly 25 years, and is currently the Coordinator of Prevention Services at ActionAIDS in Philadelphia. She is a member of Widener University’s Consortium on Sexuality and Aging. Terri is an adjunct instructor in the Community and Global Public Health Department at Arcadia University, and developed a course entitled “LGBT Issues in Public Health”. Terri’s expertise is in health education and prevention. Throughout her career in public health, she has been an advocate for LGBT equality and sexual health across the lifecycle. She is a Certified Health Education Specialist, and graduate of Hunter College with a Masters in Public Health. She received her B.A. in Sociology and Communication from the University of Buffalo.

**Mary Catherine Dabrowski**, Senior Center Supervisor at PCA, has worked in the aging field since 1994. She has been both a Center Director and a Program Director in senior community centers in two counties. She has conducted trainings around the State exploring the relationship between creativity and the ability to age well. Mary Catherine is also a member of the Philadelphia Chapter of the Life Planning Network.

**Linda Marucci** is a Social Worker at Southwest Senior Center. She has worked with the Center Director, Paulette Cunningham, to bring the SAGE training to staff. The center celebrated PRIDE Day in June 2016. She formed a core group of LGBT supporters who have presented as a panel at the Creating Change Conference in Philadelphia, at PCA’s center counselor meeting and are now traveling to different centers to do outreach with staff and members.

**WE08 – Creating Age-Friendly Change One Neighborhood at a Time**

Age-friendly communities help older adults age in place by making social and physical environments more conducive to the health and well-being of all residents. Philadelphia, a member of the World Health Organization’s Global Network of Age-Friendly Cities and Communities, recently conducted a self-assessment and surveyed residents as it prepares its citywide age-friendly action plan.

While the city prepares its overall plan, nonprofit organizations are collaborating at the neighborhood level as well to develop strategies, advance shared goals and achieve immediate age-friendly change. In West Philadelphia, Ralston Center collaborated with over fifty stakeholder groups, including community organizations, academic institutions, and city government, to develop its Age-Friendly West Philadelphia initiative. Community listening sessions, focus groups and advisory committees led to the development of programs to make systemic improvements to resource navigation, social connection, healthy food access and public spaces.
Ralston Center utilized stakeholders’ diverse strengths to implement age-friendly programs such as neighborhood cooking sessions to alleviate social isolation and increase access to healthy food, community-led development of age-friendly furniture to improve mobility, safety and accessibility for residents in Mantua, and volunteer programs to help older residents navigate available supports and services.

Successful age-friendly models can be easily replicated and grown to scale to inform age-friendly endeavors in new locations. In Northwest Philadelphia, Ralston Center, through its My Way program, is partnering with community organizations to develop age-friendly strategic plans and help older Northwest Philadelphians age in place. Meaningful and impactful change for older adults occurs when organizations collaborate with each other and with local government, listening first to community needs, one neighborhood at a time.

**Learning Objectives:**

After attending this session, participants will be able to:

- Describe useful strategies to engage multiple civic groups in an age-friendly initiative.
- Develop multiple strategies to effect a solid partnership with local government.
- Understand how to identify community needs and address specific challenges associated with implementing an age-friendly program.
- Design community-led programs and effective partnerships to meet community needs.

**De’Wayne Drummond**, President - Mantua Civic Association

**Greta McKnight**, Volunteer Services Coordinator - Ralston Center

**Jennifer Russell**, Director of Programs - Ralston Center

**Lydia Hernandez Velez**, Deputy Managing Director for Aging – City of Philadelphia

**Eric Wilden**, Executive Director - Ralston My Way

**WE09 – Recognizing the Danger Signs of Overmedication in Older Adults**

Medications are prescribed at an increasing rate as disease states become more and more complex. So-called "chemical restraints" and also medications to treat pain continue to be prescribed and dispensed at a high rate. Continued focus is being placed on identifying safe practices behind prescribing and dispensing medications. Specialty medications continue to rise as illnesses become more and more complex with the majority of today’s research focused on cancer (oncology), diabetes (antidiabetics), pain (analgesics), high blood pressure (antihypertensives), and infectious diseases (antibacterials) and mental health (IMS Institute 2015).

In 2000, researcher’s stated approximately 98,000 deaths occurred each year, in hospitals, from medical errors with a high rate of these deaths occurring as a result of medication errors. In 1993, medication errors attributed to 7,391 deaths compared to 2,876 in 1983 (Institute of Medicine (US) Committee on Quality of Health Care in America 2000). The FDA currently reports one death every day from
medication errors and approximately 1.3 million annual patient injuries in the U.S due to “prescribing, repackaging, dispensing, administering, or monitoring” with causes resulting from communication gaps, confusion in names, directions and abbreviations of prescription medications and the lack of understanding of medication use by patients (U.S. Food and Drug Administration 2015). Enhanced systems must continually be put into place to help reduce the risk of errors faced with prescription medications (Adams, Martin, and Stolpe 2011).

Learning Objectives

Through participation in this lecture, participants will:

- State their own views on the role of increased medication use in long term care settings
- Define various types of medications and packaging which may lead to additional health risks for patients with acute and chronic illnesses
- Identify existing resources, both public and private in the long-term care setting to decrease medication errors
- Evaluate their own roles as health care professionals in relation to medication usage when caring for patients who have chronic illnesses or disabilities.

Eileen Sullivan, Pharm.D., is an Assistant Professor in the Health Services Department at St. Joseph’s University - Philadelphia, PA, teaching at the undergraduate and graduate level in areas such a chronic illness, health and society, medical terminology, and senior capstone courses. She is a registered pharmacist in the states of NJ and PA and has worked continuously in Retail Pharmacy, Hospital Pharmacy, the Pharmaceutical Industry and Long-Term Care. Her Pharm.D. clinical rotations included Drug Information (Janssen Pharmaceutia), Acute Care (St. Mary’s Medical Center), and Ambulatory Care (St. Mary’s Medical Center).

WE10 – Improving the Quality of Services and Supports for LGBT Older Adults: Part 2

The National Resource Center on Aging (NRC) offers this presentation as part of a more comprehensive training for organizations that want to develop more inclusive services for LGBT elders. The goal of this presentation is to increase awareness and empathy amongst health care and social service providers about the issues and needs of elders who are LGBT (lesbian, gay, bisexual, and/or transgender).

NOTE: This is a two-part program. You must attend the AM & PM sessions

Ed Miller is Supportive Services and Programs Coordinator, William Way LGBT Community Center. Ed is a certified trainer through the National Resource Center on LGBT Aging. Ed provides training to agencies to help create safe, inclusive and welcoming environments to LGBT older adults. As Supportive Services and Programs Coordinator Ed designs social, educational, and cultural programs to help build community, reduce isolation and provide safe space for LGBT older adults.
Did you ever wonder what happened to your nemesis, the high school bully? Guess what? He or she grew up and became an older bully and who has by now perfected their intimidating behaviors. One or more of these hostile older people may reside in your housing complex, senior center, or rehabilitation facility. In this workshop we will, first, increase our awareness that older adult bullies do exist. Bullying behavior is not confined to the playground or high school anymore.

Secondly, we will learn tools to empower the targets of the bullies so that they can respond effectively to their negative behaviors. Third, consequences of the bullying behavior must be compassionately initiated in order to prevent this behavior from happening again. We must learn to intervene quickly. Bullying behavior by anyone cannot be tolerated. We must take a stand against this behavior.

**Learning Objectives:**

As a result of this workshop, participants will:

- Recognize that older bullies do exist
- Discern the difference between a “difficult” older person and a “bully.”
- Learn communication skills to empower victims (other residents, staff, ourselves) to stand up effectively to the person who bullies.
- Identify steps that organizations can take to reduce and ultimately eliminate bullying behavior.

**Patrick Arbore, EdD, MA,** began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging. In January 2015, Patrick was selected as a Silver Medalist for Public Service sponsored by the Jefferson Award Regional Committee.
TH02 – Gambling Disorder and Older Adults

Increasingly, older adults are gambling due to the expansion of gaming nationally and internationally. While not all older adults will experience problems, many will. Due to lifespan developmental considerations, older adults may be more vulnerable and suffer tremendous negative outcomes if gambling reaches pathological states.

The session will increase awareness, knowledge and skills for recognizing the signs and symptoms of older adults gambling, age and developmental considerations that correlate with disordered and problem gambling, and assessment/treatment/prevention considerations when supporting older adults in recovery. This workshop is designed for those working with older adults in a variety of settings.

**Learning Objectives**

Upon completing this workshop, participants will be able to:

- Identify prevalence rates and risk factors of disordered and problem gambling among older adults
- Discuss prevention and treatment approaches
- Integrate gambling screenings into existing sessions

**Josh Ercole,** Chief Operating Officer – Council on Compulsive Gambling of PA, Inc. A team member of CCGPA since 2013, Josh has conducted hundreds of trainings throughout Pennsylvania, in an effort to raise awareness of problem gambling. To date, Josh has trained thousands of casino team members, clinicians, students and other professionals about warning signs of gambling problems and available resources for help. Josh has served as a member of the National Council on Problem Gambling (NCPG) since 2013, and at the Council, Josh manages the daily operations of the organization, and plays a key role in strategic planning and program development.

**Neva Pryor,** MS, is the Executive Director of The Council on Compulsive Gambling of NJ. As Executive Director, her job is to carry out the mission of The Council, to heighten awareness of problem and disordered gambling and to help the gambler and their families by offering support, treatment and hope. Ms. Pryor has 20 years of experience working in the field of behavioral health. She holds a Master’s degree from Chestnut Hill College in Clinical and Counseling Psychology, specializing in trauma studies. She has worked in the areas of addictions, mental health, and homelessness. Prior to heading up the Council, Ms. Pryor was Gambling Supervisor for the Office of Addiction Services, expanding Gambling addiction prevention in Philadelphia and research on attitudinal and behavioral trends in the region.
Betty Friedan in her book, *The Fountain of Age*, notes that since life expectancy is nearly 80, we now can expect to live 1/3 to 1/2 our life after raising a family. She asks why we are not looking at age as a new, evolving stage of life --- not as decline from youth.

This full-day training will offer participants the opportunity to examine both personal and societal conceptions of aging in an exciting and experiential way. Unexamined assumptions can lead to erroneous conclusions about older people in many ways: their abilities, interests, physical well-being and mental health. Most of us are not fully aware of what we believe about aging yet what we believe shapes how we feel about, think of and relate to older people. It also influences how we understand and experience our own aging.

Drawing on her background in gerontology, creative drama and teaching, Dr. M. Kathryn Jedrziewski has designed an engaging workshop which facilitates exploration of assumptions about older people. Through "hands-on" learning, role-plays, complex case studies, group discussions, and problem solving, Dr. Jedrziewski will help participants gain new appreciation of the potentials and complexity of aging as well as of the vitality and diversity of older people.

**Learning Objectives**

As a result of this workshop, participants will be able to:

- Explore societal assumptions and separate fact from fiction
- Identify personal assumptions and decide what beliefs you wish to retain or change
- Understand the complex issues of aging

**NOTE: This is a two-part program. You must attend the AM & PM sessions**

**M. Kathryn Jedrziewski, PhD**, received her PhD from the University of Pennsylvania in 1991 and has worked in gerontology and geriatrics for over thirty years. Currently, she serves as the Deputy Director of the Institute on Aging (IOA) at the University of Pennsylvania, where she is responsible for overseeing all of the daily administrative activities of the IOA, while working closely with John Trojanowski, MD, PhD, IOA Director, to shape and implement a vision for the future of the IOA.

Prior to taking on this role, Dr. Jedrziewski planned and directed Penn Partners in Healthy Living (PPHL), a Penn consumer membership program with over 90,000 members age 50 and older. Before becoming Director of PPHL, Dr. Jedrziewski spent many years as a senior-level research Project Manager at Penn, working closely with various principal investigators on developing research proposals, co-authoring papers and reports, and directing all aspects of the various research projects, predominately in geriatrics/gerontology.
This workshop will provide a broad overview of normal aging versus cognitive impairment and dementia, as well as the different forms of dementia and how diagnosis is made. An overview of current research will be given, along with reasons why it is important to have diversity in research. Because partnering with caregivers is essential for better outcomes for patients, the workshop will address issues around dementia caregivers and how information and knowledge can help family caregivers plan for the future while simultaneously making time to care for themselves.

**Learning Objectives:**

As a result of this workshop, participants will be able to:

- Differentiate between dementia and its different forms, identifying at least three types of dementia
- Discuss the importance of research and the need for diversity in research
- Define caregiver burnout and the importance of self-care for the dementia caregiver
- Identify 3-5 techniques caregivers may try to improve outcomes for their loved one with dementia

The Penn Memory Center (PMC) is a national Institute on Aging-designated Alzheimer’s disease Center (ADC). The PMC is one of only 30 ADCs in the nation, and the only ADC in our tri-state region. ADC designation is earned by leading universities and medical institutions offering state-of-the-science diagnosis, treatment, research and care for individuals with Alzheimer’s disease, mild cognitive impairment and other age-related memory disorders. Partnering with patients and their family caregivers, clinicians and researchers at the PMC apply knowledge learned through research to achieve the best outcomes for those affected by Alzheimer’s disease and related disorders.

**Felicia Greenfield, MSW, LCSW,** Director of Clinical Research Operations and Care Programs – PMC: Felicia holds a master’s in social work from the University of Pennsylvania and completed her clinical training from the University of Pennsylvania’s Section of Geriatric Psychiatry. She has ten years’ experience working with families affected by Alzheimer’s and related dementias at the Penn Memory Center. Felicia’s clinical practice focuses on issues specifically affecting older adults with a particular emphasis on dementia caregivers. She offers individual, family or group therapy. Felicia directs the Penn Memory Center Care Programs, including caregiver education classes, caregiver support groups and the PMC Memory Café. She is also a part-time faculty member in Penn’s School of Social Policy and Practice.

**Alison Lynn, MSW,** Asst. Director for Care Programs – PMC: Alison holds a master’s in social work from the University of Pennsylvania and a BA in sociology from Kenyon College. Alison has been working with older adults in a variety of settings for the past six years, and has a special interest in how a diagnosis of dementia affects entire families. She completed her clinical training at the Penn Memory Center and continues to work there, providing counseling, education, and individual psychotherapy to patients and their families. Alison also supports PMC programs such as its monthly Memory Café, Caregiver Class, and caregiver support groups.
TH05 – Evidence-Based Approaches to Understanding and Treating Hoarding Disorder

This session will provide a two-hour comprehensive introduction to the essential features of compulsive hoarding. The classification, epidemiology, common characteristics, assessment and evidence-based treatment of hoarding will be discussed. Recommendations for family members and others who may be of help to individuals with hoarding difficulties will be provided. The third hour will be given to addressing the specific issue of animal hoarding. We will touch on the definition of animal hoarding, some of the consistent features in animal hoarding events, some of the animal health/welfare issues, intervention strategies, the use of a disaster preparedness model of intervention resources, and the need to develop collaborative social service networks alongside animal welfare service providers for the best outcome for the people and the animals.

Learning Objectives

Participants attending this workshop will:

- Review the definition and common characteristics of compulsive hoarding
- Review the classification, epidemiology, neuropathology, and comorbidity associated with the disorder
- Identify essential assessment variables for case conceptualization and treatment planning
- Review cognitive-behavioral case conceptualization and treatment strategies
- Discuss strategies for individuals who are in a position to assist these individuals
- Understand the definition of animal hoarding
- Review attributes common to animal hoarding events
- Identify animal health and humane issues
- Discuss intervention issues

Marla W. Deibler, Psy.D., is a Clinical Psychologist and the Founder and Executive Director of the Center for Emotional Health of Greater Philadelphia, LLC (CEH). Dr. Deibler is a nationally-recognized expert in anxiety disorders and obsessive compulsive and related disorders, including OCD, trichotillomania, excoriation (skin picking) disorder, and hoarding disorder.

Dr. Deibler currently serves on the Board of Directors of the Trichotillomania Learning Center (TLC) as well as the Faculty of TLC's Professional Training Institute. She also serves as the Vice President of the Board of Directors of OCD-NJ, the New Jersey affiliate of the International OCD Foundation (IOCDF). Dr. Deibler is the "OCD Expert" and contributing writer for About.com (www.ocd.about.com).

Dr. Deibler is a graduate of the Behavior Therapy Training Institute, the country’s foremost OCD and related disorders training program sponsored by the IOCDF, held at Massachusetts General Hospital/Harvard Medical School. She is also a graduate of TLC's Professional Training Institute. Dr. Deibler holds a doctorate in Clinical Psychology (Psy.D.) with a concentration in health/neuropsychology and a post-doctoral Master of Science in Clinical Psychopharmacology (MSCP).
Thursday, September 28, 2017

1:00 pm – 3:30 pm

TH06 – Street-Wise & Bug-Wise: Safety in the Field and in Institutional Settings

Palpitations as you turn the corner or knock on that door or walk to the parking lot? Safety is a major concern for workers in the community and institutional settings. Learn how to be “street-wise”. Concerns may also exist about exposure to such diseases as tuberculosis, Hepatitis, SARS and AIDS in various settings. Learn about interventions when exposed to fleas or bed bugs. Participants in this intensive will learn how to increase awareness of potential dangers in the field and institutional settings. Precautions regarding exposure to communicable diseases will be discussed.

Learning Objectives

- After participating in this workshop, participants will:
- Understand ways to promote personal safety in the field and institutional settings.
- Learn how to react if you are a victim of an attack or robbery
- Understand the importance of trusting your instincts regarding your comfort level in the field or institutional setting.
- Learn about how communicable diseases are spread and how to employ universal precautions and other techniques to reduce exposure and protect your health.
- Learn how to protect themselves from bedbugs and fleas.

Constance M. Jones, RN, BSN, retired from Philadelphia Corporation of Aging in May of this year, after 30 years. Most recently, she was Nurse Supervisor for the Long Term Care Access Department. This department provides assessments of persons seeking community services or nursing facility placement in the County of Philadelphia. Prior to coming to Long Term Care Access, Connie was the Nurse Supervisor in the Options Care Management Program at PCA. Connie’s background includes 8 years as a Community Health Nurse and 2 years as a Coordinator of a Medicare Certified Home Health Agency.
TH07 – The Deadly Triangle: The Relationship Among Depression, Alcohol and Suicide

According to Osgood the relationship between alcohol and depression and depression and suicide and alcohol and suicide is a direct one. Osgood referred to this relationship as The Deadly Triangle. Studies indicate that the risk of completed suicides in alcoholics is 50 to 70% greater than in those in the general population. In his well-known book, Darkness Visible, William Styron wrote: “the pain of severe depression is quite unimaginable to those who have not suffered it, and it kills in many instance because its anguish can no longer be borne.” Those individuals suffering a major affective disorder (particularly depression) report a rate of suicide that is more than 60% higher than the suicide rate in the general population. Because older adults have the highest rate of suicide of any age population, it is critical that depression and alcohol use/misuse be recognized.

Learning Objectives

As a result of this workshop, participants will:

- Learn how to recognize an older adult who may have alcohol problems
- Acknowledge the dangerous interplay among alcohol problems, depression and suicidal ideation
- Communicate effectively with an older person who may be thinking about suicide
- Identify common obstacles that interfere with the recognition of depression and alcohol problems
- Recognize protective factors that decrease the risk of suicide

Patrick Arbore, EdD, MA, Dr. Arbore began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services at IOA. These programs serve more than one thousand seniors annually. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics, including a chapter he co-authored entitled “Suffering and the Caring Professional” in When Professionals Weep: Emotional and Counter-transference Responses in End-of-Life Care (2006).

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, CA. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging.
TH08 – Our Assumptions About Older People: Part 2

This full-day training will offer participants the opportunity to examine both personal and societal conceptions of aging in an exciting and experiential way. Unexamined assumptions can lead to erroneous conclusions about older people in many ways: their abilities, interests, physical well-being and mental health. Most of us are not fully aware of what we believe about aging yet what we believe shapes how we feel about, think of and relate to older people. It also influences how we understand and experience our own aging.

NOTE: This is a two-part program. You must attend the AM & PM sessions

M. Kathryn Jedrziewski, PhD, received her PhD from the University of Pennsylvania in 1991 and has worked in gerontology and geriatrics for over thirty years. Currently, she serves as the Deputy Director of the Institute on Aging (IOA) at the University of Pennsylvania, where she is responsible for overseeing all of the daily administrative activities of the IOA, while working closely with John Trojanowski, MD, PhD, IOA Director, to shape and implement a vision for the future of the IOA.

Prior to taking on this role, Dr. Jedrziewski planned and directed Penn Partners in Healthy Living (PPHL), a Penn consumer membership program with over 90,000 members age 50 and older. Before becoming Director of PPHL, Dr. Jedrziewski spent many years as a senior-level research Project Manager at Penn, working closely with various principal investigators on developing research proposals, co-authoring papers and reports, and directing all aspects of the various research projects, predominately in geriatrics/gerontology.

TH09 – Protecting Your Home Sweet Home: Tips for Tenants and Home Owners

This presentation will focus on home ownership and tenant issues. Topics will include: property tax diversion court, reverse mortgage problems, updates on mortgage loan modifications, lease signing, tenant rights, and landlord/tenant court.

Learning Objectives

Participants who attend this workshop will:

- Understand the new mortgage Flex Mod rules.
- Learn how to best protect widows and widowers from losing their home.
- Navigating the property tax foreclosure process.
- Learn tenant rights and responsibilities.
- Understand the eviction court process.

Cateria R. McCabe, Esq. – Ms. McCabe is a Staff Attorney at SeniorLAW Center, joining the staff in February 2013. Her responsibilities include representation of seniors in custody and landlord/tenant matters, as well as outreach, community education, professional training and systemic advocacy. Prior to joining SeniorLAW Center, Ms. McCabe primarily focused on family law but her practice areas have included residential real estate, consumer, estate planning documents, and mental health matters. After attending Mount Holyoke College and before going to law school, she was a substitute teacher in the Philadelphia School District. Ms. McCabe graduated from the Villanova University School of Law where she received the Joseph Wenk Award for her contributions to legal service to the poor.
Elizabeth P. Shay, Esq. – Homeowners Assistance Program Coordinator. Beth has been practicing law since 1984, starting off in private practice in NYC, moving onto the General Counsel’s office at Wayne State University in Detroit and then becoming a public interest attorney in Illinois. As a Staff Attorney for Prairie State Legal Services in Illinois Beth worked primarily with the chronically homeless under a grant from HUD, helping this population gain housing and become financially independent. She represented displaced Hurricane Katrina survivors, veterans and the disabled in a variety of forums including Social Security disability appeals, public housing appeals, special education hearings and domestic violence proceedings. Upon her arrival in Philadelphia in 2007 she became the coordinator of SeniorLAW Center’s Homeowners Assistance Program. Beth is responsible for direct legal representation of homeowners in matters involving probate, deed transfer, fraudulent conveyances, wills, home repair contractor fraud and property damage.

TH10 – Death is a Family Affair

This workshop is designed to help participants recognize the importance of including death as an inevitable part of family life. When death of a family member occurs, regardless of the circumstances surrounding the death, shock and unanticipated reactions can draw survivors closer together or drive them further apart. By way of lecture, discussion and small group interaction, participants will explore family dynamics that support or undercut healthy grieving. They will be equipped with resources to assist them as they are confronted with the family affair called death.

Learning Objectives

Participants who attend this workshop will:

- Identify a range of emotions and reactions to death
- Understand family dynamics related to the death of a loved one
- Consider the ways that family members can assist each other in the face of death
- Understand the role of funeral professionals as they work with families

Tawana Ford Sabbath, MSS, PhD is a child of God through the saving power of Jesus Christ. She is a social worker by profession, holding the Masters of Social Service and doctoral degrees from the Bryn Mawr College Graduate School of Social Work and Social Research. She has been on the faculty at Antioch University Philadelphia and Bryn Mawr College, teaching human services and social work courses at the undergraduate and graduate levels. Her practice specialty was clinical social work at area mental health centers. Since 1992, Dr. Sabbath has been working full-time with her husband, Walter, in their funeral business as the manager. Her family therapy training and experience afford them the opportunity to provide decidedly different types of supportive services to individuals and families that have suffered a loss. In May 2013, she received the Recognition of Outstanding Service award from Mastery Charter School at Picket Campus, having supervised four students since 2010. Dr. Sabbath was presented with the Distinguished Alumna Award by her alma mater in May 2015.
FR01 – The Panel of Pundits Discuss Aging Issues in the Trump Era

With almost nine months of governing via Twitter behind us, what lies in store, particularly for those of us involved with aging and aging issues? How might healthcare change? Will there be changes to Medicaid and other entitlements? Will tax reform happen and how might it affect seniors? What perils face the aging network? Where should advocates focus their attention? Our panel of pundits will share their thoughts, and solicit yours as we try to make sense of it all.

Learning Objectives

After this presentation, participants will:

- Hear the ideas and opinions of aging professionals uniquely in tune with the politics of the issues
- Understand the ramifications of the choices that were made in November on future aging issues
- Participate in the discussion, share ideas with other participants and the experts

Jean C. Accius, Ph.D., is a 2002 and 2003 graduate of FSU with a bachelor’s degree in hospitality administration and a master’s degree in aging studies. A nationally recognized thought leader on health policy, livable communities and long-term services and supports (LTSS) reform, Dr. Accius is the current vice president of the LTSS and Livable Communities Group within the AARP Public Policy Institute. In this role, he provides strategic direction, leadership and technical expertise to create and drive innovative policy solutions that raise awareness, foster meaningful dialogue and spark action to improve the lives of millions of older adults and the families who support them.

Dr. Accius brings knowledge and a wealth of experience from having served in positions across the private, public and nonprofit sectors. He has served at the state level as a senior program lead within the Florida Department of Elder Affairs for the Ambassadors for Aging program, and at the federal level, he worked as a senior policy advisor within the Disabled and Elderly Health Programs Group at the Centers for Medicare & Medicaid Services within the Department of Health & Human Services.

Bill Benson is Managing Principal in Health Benefits ABCs, an organization offering aging and public health policy, educational and strategic planning consulting services. Benson has held senior leadership positions in the U.S. Congress and at the U.S. Administration on Aging. He spent 10 years with the California Department of Aging including as California’s State Long-Term Care Ombudsman. For the past 12 years he has been a consultant to CDC’s Healthy Aging Program. Other clients include the National Adult Protective Services Association, the AoA-funded National Resource Center for the Senior Medicare Patrol Program, Michigan and Mississippi Public Health Institutes, and many others. Since 2000 Benson has hosted First Person, a series of conversations with Holocaust survivors before live audiences at the United States Holocaust Memorial Museum.
**Robert Blancato, MPA** is President of Matz, Blancato, & Associates. Bob is the National Coordinator of the Elder Justice Coalition, a non-partisan, 680 member organization. From 2000-2006, Bob served as President of the National Committee for the Prevention of Elder Abuse. He currently serves as the Executive Director of NANASP, the National Association of Nutrition and Aging Services Programs. Bob is a former House of Representatives staff member and spent 17 years on the House Select Committee on Aging. He also served as Executive Director of the 1995 White House Conference on Aging (WHCOA) appointed by President Clinton. He was on the Policy Committee for the 2005 WHCOA appointed by Rep. Nancy Pelosi.

**Sandy Markwood** is the CEO of the National Association of Area Agencies on Aging (n4a), which represents the nation’s 629 Area Agencies on Aging and serves as a champion for the more than 246 Title VI Native American aging programs. n4a helps its members advocate on behalf of older adults and their caregivers; ensure that communities are equipped to support and enhance the well-being of older adults, persons with disabilities and their caregivers; and serve as the focal point in the community for answers on aging. As CEO, Ms. Markwood forms strategic partnerships with federal agencies and organizations in aging, human service and health care arenas to enhance the role and recognition of Area Agencies on Aging and Title VI programs.

**Norma Thomas** received her bachelor’s degree in social work from Penn State University. She then went on to obtain her master’s degree in social work from Temple University’s School of Social Administration and her doctorate degree in social work from the University of Pennsylvania.

Dr. Thomas worked from 1975-1984 for the Delaware County Office on Services for the Aging and from 1984-1992 for the Philadelphia Corporation for Aging. In addition, she was the co-founder and President of the Center on Ethnic & Minority Aging, Inc. from 1995-2008. She currently serves as Secretary of the Board for the East End United Community Center, Uniontown, Pa., serves on the Board of Directors for the Southwest Pennsylvania Area Agency on Aging, is a member of the Alpha Alpha Omega Chapter of Alpha Kappa Alpha Sorority Inc., Pittsburgh, Pa., the National Association of Social Workers and the National Association of Black Social Workers. She is a licensed clinical social worker in the State of Pennsylvania.

**FR02 – Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?**

In this session, the presenter will speak about two journeys – one in the field and one that is personal. The field of Alzheimer’s Disease (AD) research has made tremendous progress in the last 10 years. Many of the long-held beliefs about AD are no longer true. One does not have to wait until autopsy to make a clear diagnosis – there are tests and bio-markers which can help to diagnose patients, even very early in the disease. AD is no longer felt to be incurable, if diagnosed early. “Disease modifying” medications have real potential to prevent the downslide to profound dementia.

This has also been a personal journey for me, while caring for my mother who now has moderate-severe AD, and is in a nursing home. I have a real sense of what it feels like to be a caregiver. While there are no medications or psychosocial interventions today that are proven safe and effective in managing the
behavioral/psychiatric symptoms of AD, we will talk about some upcoming clinical trials to manage the behavioral problems of AD, and the underlying brain mechanisms.

**Learning Objectives**

Participants in this workshop will:

- Understand the difference between Alzheimer’s Disease and Dementia
- Learn about the prevalence and cost of AD
- Understand the brain pathology in AD
- Learn about bio-markers – tests to diagnose AD and monitor disease progression
- Understand the role and limitations of currently approved medications for AD
- Learn about new medications in clinical trials, and the clinical trial process

**Cherian Verghese, MD, MRCPsych (UK), Certified Physician Investigator - Keystone Clinical Studies, LLC**

**FR03 – Elderly Empowerment**

According to Paul Irving (2015), self-empowered aging means taking control of one’s life, learning, updating and improving skills, taking risks, building confidence, assuming power over personal circumstances, and developing the resilience to overcome inevitable challenges to come. In a society that has yet to fully appreciate the potential of older adults, self-empowered aging improves one’s odds to accomplish later life goals that others may devalue, and to enjoy self-esteem and satisfaction that others may lack.

Older people who have a positive self-perception of aging, which can flow from self-empowerment, may actually live longer as was suggested in the research by Levy, et al. (2002). Results indicated that older individuals with more positive self-perceptions of aging outlive those with less positive self-perceptions by seven and a half years.

In this workshop, we will examine the myths and stereotypes of aging that are embedded in our society. Like racism, sexism, and homophobia, ageism has limited, if not erased, the possibilities people ages 50 and older see for themselves, and has maintained a stranglehold on the notion of well-being at this later stages in life. Despite a plethora of research countering the false narratives spun by these myths, they persist.

We will discuss the many roads that older people can take that lead to self-empowerment. There are options to be explored with older people where we can help them (and ourselves) reimagine aging with renewed confidence that growth, positive change, and vitality are not only possible, but likely.
Learning Objectives

As a result of this workshop, participants will:

- Operationalize empowerment
- Increase their knowledge about the research on positive aging and empowerment
- Learn tools to help older people redefine who they are
- Recognize the devastating impact of ageism
- Understand that living a life of vitality is possible

Patrick Arbore, EdD, MA, began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging.

FR04 – In Sickness, Health and Sometimes Anguish: Supporting Spousal Caregivers

While caring for aging parents is often portrayed in the media as a physical, psychological and financial burden, there’s a growing body of research suggesting that caregivers can derive positive benefits from their role, including increased life satisfaction and even improved health. In this workshop, Drs. Jacobs and Mayer--clinical psychologists and co-authors of AARP Meditations for Caregivers--Practical, Emotional and Spiritual Support for You and Your Family--will talk about specific ways that care managers and counselors can help family caregivers derive positive meanings, reduce family conflict and gain greater self-appreciation. Topics will include drawing on moral/cultural values, aligning contentious adult siblings, and creating family legacies for the next generation. To illustrate clinical points, they will present transcripts from interviews with caregivers who have grown personally through caregiving.

Learning Objectives

Participants in this workshop will:

- Review research on the negative and positive effects of family caregiving on caregivers
- Define positive caregiving and caregiver resiliency
- Outline the "Honoring the Mission" intervention for soliciting a caregiver's sense of purpose and meaning
- Describe a methodology for increasing adult sibling communication and effective decision-making
List 3 key components of family caregiver support programs to draw on caregivers' strength and to promote positive caregiving

Barry J. Jacobs, Psy.D., is a clinical psychologist, family therapist, and the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, Pennsylvania. He is the author of The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent. Dr. Jacobs has given more than 400 presentations on family caregiving for family caregivers, community groups, and medical and mental health professionals. He is the national spokesperson on caregiving for the American Heart Association and an honorary board member of the Well Spouse Association. He has held adjunct faculty positions with the Temple University School of Medicine, the University of Pennsylvania School of Nursing, and the Department of Psychology of the Philadelphia College of Osteopathic Medicine. A columnist on family caregiving topics for AARP.org, Dr. Jacobs received his bachelor’s degree from Brown University and his doctorate in psychology from Hahnemann/Widener Universities.

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FR05 – The Integration of Spirituality and Behavioral Health Care

This workshop will describe the role spirituality plays in the human experience and the impact it has in the healing process? Additionally it will explain the difference between religion and spirituality and the importance of cultural competency.

This workshop has been presented several times (Over three years) across the city of Philadelphia in inpatient hospitals and provider conferences. The target audience has been clinicians, clergy, case managers, family members’ peers, nurses, doctors, individuals with lived experience and master level interns. It was recently presented at the “Alliance Conference” for front line staff of the DBHIDS provider network.

Learning Objectives

Participants in this workshop will:

- Define three ways the distinction of religion and spirituality.
- Discuss how faith can play a big part in a person’s recovery.
- Discuss how to initiate the conversation on how to integrate spirituality into treatment.
- Explain how cultural competencies should be taken in to consideration when doing the work.
Mary L. Harper is the Manager of Faith and Spiritual Affairs for the City of Philadelphia’s Department of Behavioral Health and Intellectual disAbility Services (DBHIDS) and adjunct faculty at Community College of Philadelphia. She is on the board of Mothers in Charge, a member of the Delaware Valley Association of Black Psychologists, one of two Co-Chairs for Philadelphia Fights’ 2013 Aids Education Month, member of the American Cancer Society, Asian Advisory Board and the Federal Health and Human Services Human Trafficking Prevention Taskforce.

In 2011 Harper was instrumental in bringing the White House’s Faith and Neighborhood Partnerships to Philadelphia, two day conference. In 2012 she implemented “Mental Health First Aid” in Philadelphia and communities of faith (Which now has over 20,000 people trained). Harper was invited the “White House” twice and recognized for her work in the faith community on the healthcare law, known as the Affordable Care Act.

Friday, September 29, 2017
1:00 pm – 3:30 pm
FR06 – Sexual Expression in Older Adulthood

Sexual expression of older adults in care settings is not a new issue, but the importance of developing client centered policies is increasingly necessary as society focuses on individual rights, HIV transmission, and elder abuse. This session will provide an overview of the issues faced by aging services providers in facilitating safe sexual expression among residents, including those living with dementia. Through an interactive dialogue, we will also discuss capacity to consent, managing inappropriate sexual expression, and communication techniques. Resources for policy development and further learning will be shared.

Objectives: By attending this session, participants will:

- Explore the impact of provider attitudes about sexual expression in older adulthood
- Better understand the challenges of facilitating safe sexual expression in aging services settings
- Consider ways to respect resident’s rights and sexual expression
- Learn about issues related to capacity to consent

Terri Clark, MPH, CHES, Terri has been providing health education, training, and counseling for nearly 25 years, and is currently the Coordinator of Prevention Services at Action Wellness in Philadelphia. She is a member of Widener University’s Consortium on Sexuality and Aging. Terri is an adjunct instructor in the Community and Global Public Health Department at Arcadia University, and developed a course entitled “LGBT Issues in Public Health”. Terri’s expertise is in health education and prevention. Throughout her career in public health, she has been an advocate for LGBT equality and sexual health across the lifecycle. She is a Certified Health Education Specialist, and graduate of Hunter College with a Masters in Public Health. She received her B.A. in Sociology and Communication from the University of Buffalo.
Katie Young, MSG is currently working as a Planner for Policy and Program Development at Philadelphia Corporation for Aging (PCA). She received her MS in Gerontology from Virginia Commonwealth University. Katie has been working in the aging field since 1999 when she discovered her passion for the population while working in an assisted living facility as a nursing assistant. Since earning her MSG, Katie has worked in a variety of settings including higher education, assisted living, and community programming. She teaches undergraduate courses in gerontology, has provided training for those working with elders, and helped two Alzheimer’s Association Chapters create committees for young professionals interested in learning more and supporting those who have dementia. In addition, she has worked supporting families who are caregiving at home while helping college students gain positive experiences with elders.

FR07 – The Aging Brain – Myths and Facts

According to the National Institute on Drug Abuse, the human brain is the most complex organ in the body. Sitting at the center of all human activity, this three-pound mass of gray and white matter regulates our body’s basic functions, enables us to interpret and respond to everything we experience, and shapes our thoughts, emotions, and behaviors. A brain that is in balance can directly promote health.

When an older client or consumer is diagnosed with symptoms of dementia, do we worry that this illness will be part of our experience when I am older? But did this individual practice self-care throughout his/her life? What was the person’s diet like? Did the person learn new things throughout their life? Did they participate in meaningful and stimulating conversations? Or did the person stop learning, stop doing, stop being?

According to the MacArthur Foundation, health that continues into old age is only about 15 to 30% determined by our genetic heritage. The remainder is mainly determined by our lifestyle choices and behaviors, psychology, environment and life events. We are not powerless against our DNA. We all have the opportunity to manage at least 70% of our aging process through the lifelong choices we make in diet, exercise, mental health, learning and relationships.

While it’s true we lose brain cells as we age, the myth that we lose thousands that cannot be replaced is simply that—a myth. In this workshop, we will explore other common myths which affect our understanding of the aging brain. The facts will indeed set us free.

Learning Objectives

As a result of this workshop, participants will be able to:

- Learn that all parts of the brain are connected, like a vast network
- Recognize that neurons, of which there are billions, are the workhorses of the brain
• Understand brain plasticity – the brain has an essential ability to change
• Change our relationship to stress, which negatively impacts the brain
• Encourage older adults to lead a more purposeful life, which enhances their cognitive abilities

Patrick Arbore, EdD, MA, began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging.

FR08 – Strengthening the Therapeutic Triad of Consumers, Family Caregivers and Professionals

While caring for aging parents is often portrayed in the media as a physical, psychological and financial burden, there's a growing body of research suggesting that caregivers can derive positive benefits from their role, including increased life satisfaction and even improved health. In this workshop, Drs. Jacobs and Mayer--clinical psychologists and co-authors of AARP Meditations for Caregivers--Practical, Emotional and Spiritual Support for You and Your Family--will talk about specific ways that care managers and counselors can help family caregivers derive positive meanings, reduce family conflict and gain greater self-appreciation. Topics will include drawing on moral/cultural values, aligning contentious adult siblings, and creating family legacies for the next generation. To illustrate clinical points, they will present transcripts from interviews with caregivers who have grown personally through caregiving.

Learning Objectives

Participants in this workshop will:

• Review research on the negative and positive effects of family caregiving on caregivers
• Define positive caregiving and caregiver resiliency
• Outline the "Honoring the Mission" intervention for soliciting a caregiver's sense of purpose and meaning
• Describe a methodology for increasing adult sibling communication and effective decision-making
• List 3 key components of family caregiver support programs to draw on caregivers' strength and to promote positive caregiving

Barry J. Jacobs, Psy.D., is a clinical psychologist, family therapist, and the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, Pennsylvania. He is the author of The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent. Dr. Jacobs has given more than 400 presentations on family caregiving for family caregivers, community groups, and medical and mental health professionals. He is the national
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**FR09 – Making the Case: How to Use Your Own Data to Demonstrate the Health Effects of Your Program**

While much of the research on senior centers has focused on the role of these programs in preventing institutionalization, less attention has been paid to their role in maintaining and improving health. A significant amount of research has shown a strong relation between isolation and greater risk for poor health outcomes. Other research has demonstrated that taken together, social, behavioral and environmental factors are estimated to contribute to more than 70% of some types of cancer cases, 80% of cases of heart disease, and 90% of cases of stroke. Senior Centers, through the health promotion programs they offer as well as their central role in building connectivity among older adults, are playing a vital role in maintaining the health of persons who are often not only old but frail and poor, two other major risk factors for worsening health.

This presentation will describe findings from our current research that demonstrate the impact of social connectedness on health outcomes, especially for elders living in low income neighborhoods, and examples of how senior centers can have an impact on social, behavioral and environmental factors that negatively impact the health of older adults. Attendees can use the information provided as examples of programs and services that can be offered by senior centers, and as data to support advocacy and development efforts to demonstrate the importance of senior centers to public and private funders and potential contributors.

Topics covered include: Senior Centers as the catalyst for environmental change, as anchor organization for linking age-friendly efforts and formal community based long term care services, the association between being socially connected and physical and mental health outcomes, and the importance of social connectedness for elders living in low income neighborhoods.
Learning Objectives

After attending the presentation attendees will be able to:

- Identify three ways in which the social and physical environments can affect health outcomes for older adults
- Describe how participation in senior center activities may ameliorate negative environmental effects on health
- Explain how senior centers can play a vital role in reducing overall health costs
- Understand how programs designed to enhance the role of senior centers in promoting general population health can be developed and implemented
- Enhance their understanding of the role of senior centers in empowering older adults and the association between empowerment and positive health outcomes

Lauren Ring is Planning Associate at the Philadelphia Corporation for Aging and directs the Geographic Information Systems program. Ring serves as senior investigator on several current studies and is author of articles, book chapters and invited presentations on the impact of environment on health for older adults.

Allen Glicksman is Director of Research and Evaluation at the Philadelphia Corporation for Aging, and is an adjunct faculty member in the School of Nursing at the University of Pennsylvania and the School of Public Health at Drexel University in Philadelphia. He is a Fellow of the Gerontological Society of America.

FR10 - Assistive Technology: PIAT and PATF – a Tale of PA’s Two Programs

Assistive technology (AT) isn’t just about safety. It is about independence- independence in the home and community. Individuals facing new or existing challenges at home are often unaware of the available resources which can allow them to remain in their home safely and independently. AT refers to devices that will help a person with a disability do something they may have difficulty doing or might not otherwise be able to do. As technology has advanced so has the scope and application of assistive tools available to individuals and service providers.

Learning Objectives

By attending this session, participants will:

- Better understand the application of Assistive Technology
- Identify available resources to access Assistive Technology and education
- Understand the importance of maintaining independence throughout the life span

Sandra McNally is Assistant Director, Community Services at the Institute on Disabilities at Temple University. She began working at Pennsylvania’s Initiative on Assistive Technology (PIAT) in 2002 and became its Program Director in 2014. Sandi coordinates other funded statewide assistive technology activities, including iCanConnectPA, the National Deaf-Blind Equipment Distribution Program in Pennsylvania. She is a member of the Advisory Council for the Board of the Philadelphia...
Corporation for Aging, as well as the Council on Community Advocacy for the Association of University Centers on Disability. She is currently Vice Chair of the Telecommunications Equipment Distribution Program Association (TEDPA), and was recently appointed to represent TEDPA as an alternate on the Relay and Equipment Distribution Subcommittee of the Federal Communications Commission’s Disability Advisory Committee. She is also the parent of two young adults with disabilities.

Susan Tachau, a founding member of PATF’s Board of Directors, was appointed Executive Director, and now Chief Executive Officer, of PATF in 2003. Ms. Tachau is passionate about expanding financing opportunities for people with disabilities in order to access assistive technology. Ms. Tachau is responsible for the overall management, advocacy efforts and fundraising activities of PATF.

Ms. Tachau is a Director-at-Large for the National Disability Institute. She is a founding member of the Disability Community Development Financial Institution (CDFI) Coalition and is a co-chair of the Technology Subcommittee of the National Council on Independent Living. She also serves as a member of the Montgomery County Aging and Adult Services Advisory Council and is a member of the Board of Directors for HomeWorks, a micro-board that supports individuals with disabilities who are living independently in Montgomery County.
Registration Fees

The cost for all 2017 conference sessions will again be $40.00/session.

Full-time graduate students and seniors 65+ may attend any session for $20.00 per each 2.5 hour session. Applications must be sent to Tom Shea at PCA for special processing (see mailing instructions).

Registration Deadlines

You may register ONLINE any time from August 21st through the day of your session, using a credit card. However, some sessions fill up quickly, so sooner is much better than later. To register on-line, please go to:

https://www.regonline.com/2017regionalconferenceonaging

You may MAIL your registration and check payment any time prior to September 8th. After September 8th, you must register ONLINE, or in person at the conference. Again, sessions fill fast, and once room capacity is reached, no more participants may be added.

On-Site Registration Hours

On-site registration will be open each day of the conference from 8:30 AM to 2:30 PM.

Do you have special needs?

The conference site is ADA accessible. PCA can arrange for individual needs in accommodations if informed in advance of your needs. Please type your phone number in the box on the form and PCA’s conference staff will contact you.

Cancellation Policy

Your registration fees, less a $15.00 administrative fee, will be refunded for cancellation requests received in writing by September 22, 2017. Please send cancellation emails and questions to tshea@pcaphl.org. All requests must be in writing, without exception.

*If a session you have chosen is cancelled, you will be given your choice of another session or the equivalent refund. All refunds will be processed within 30 days of the conclusion of the 2017 Regional Conference on Aging.
REGISTRATION FORM - 2017 Regional Conference on Aging

First Name: ____________________________   MI: ____   Last Name: ____________________________

Position or Job Title (no degrees/credentials): _______________________________________________

Organization: _________________________________________________________________________

Street Address: _____________________________________________________________________

City: _________________________________   State: _____ Zip: _________________________________

Daytime Phone: ________________________________ Fax: ___________________________________

*E-Mail Address (required) _______________________________________________________________

Address is:    __   Organization    __   Home

I have special needs:    __   Hearing impaired    __    Visually impaired    __   Other, please contact me

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Total Registration Fees

Optional: CEU Certificate ($15.00 for each 2.5 hr. session)

IMPORTANT NOTE: Payment is due at time of registration. Please be sure your check accompanies your registration. ANY registration form unaccompanied by proper payment will be considered incomplete and therefore not processed until payment has been made.

My check (number: ___________________) in the amount of $____________ payable to “Philadelphia Corporation for Aging” is enclosed.

Mailing Instructions:

Please mail registration and payment to:

Philadelphia Corporation for Aging
642 North Broad Street - Philadelphia, PA 19130
Attn: Thomas J. Shea - 2017 Regional Conference on Aging

Phone: 1-215-765-9000 x.5065
Regional Conference on Aging Travel Information

Location

All 2016 Regional Conference on Aging activities will be held at:
Philadelphia Corporation for Aging (PCA)
642 N. Broad Street
Philadelphia, PA 19130
Telephone: 215-765-9000

Parking near PCA

To reiterate, PCA has arranged for free parking for attendees from other agencies and counties – as we did last year. The enclosed lot is between N. Watts Street and Ridge Avenue. The nearest public parking lot is on the corner of North Broad and Spring Garden, 3 blocks south of PCA. Limited metered parking is also available, but be sure to note restrictions posted on the signs.

**Note: There is no parking available in the PCA parking lot.**

Accommodations

Guestrooms for attendees are available at the nearby Windsor Suites Hotel, which is located less than a mile from the PCA. This hotel is across from the Philadelphia Free Library, and 1 block from Comcast and Verizon buildings. The Franklin Institute Science Museum, the Museum of Art, and the Rodin Museum are less than 8 blocks away.

**Windsor Suites**
1700 Benjamin Franklin Parkway,
Philadelphia, Pennsylvania 19103
Phone: 1-215-981-5678
ContactUs@thewindsorsuites.com
http://www.thewindsorsuites.com/

**Note: The Hotel does not provide shuttle service to PCA facilities.**

Hotel Parking

Valet Parking is available at the hotel. Please call for particulars. The Windsor is located less than a mile from PCA, a short taxi ride away. You can also take an invigorating walk from the hotel to PCA’s building, which should take about 20-30 minutes.

Area Airport

Philadelphia International Airport (PHL) Visit their website for more info http://www.phl.org

Train Service

Amtrak service to Philadelphia (PHL) arrives at 30th Street Station, 2955 Market St, Philadelphia, PA (215) 349-2135. PCA would be a cab ride from the station.
Driving Directions to PCA facilities:

**From Northeast Philadelphia**
Take I 95 S. to Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT on 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

**From West Philadelphia**
From Schuylkill Expressway: 76 E. to 676 E. Get off Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

**From New Jersey (Ben Franklin Bridge)**
Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That’s PCA (Broad and Wallace).

**From New Jersey (Betsy Ross Bridge)**
Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That’s PCA (Broad and Wallace).

**From South Philadelphia**
If you take 95 N: get off at Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT onto 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

If you take Schuyllkill Expressway 76 W: Take 676 E. Get off at the Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).
THANK YOU AGAIN TO OUR SPONSORS!