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***INFORM, INSPIRE, ADVOCATE, EMPOWER***

*Making the most of all our resources in tough times*

**June 3, 2009**

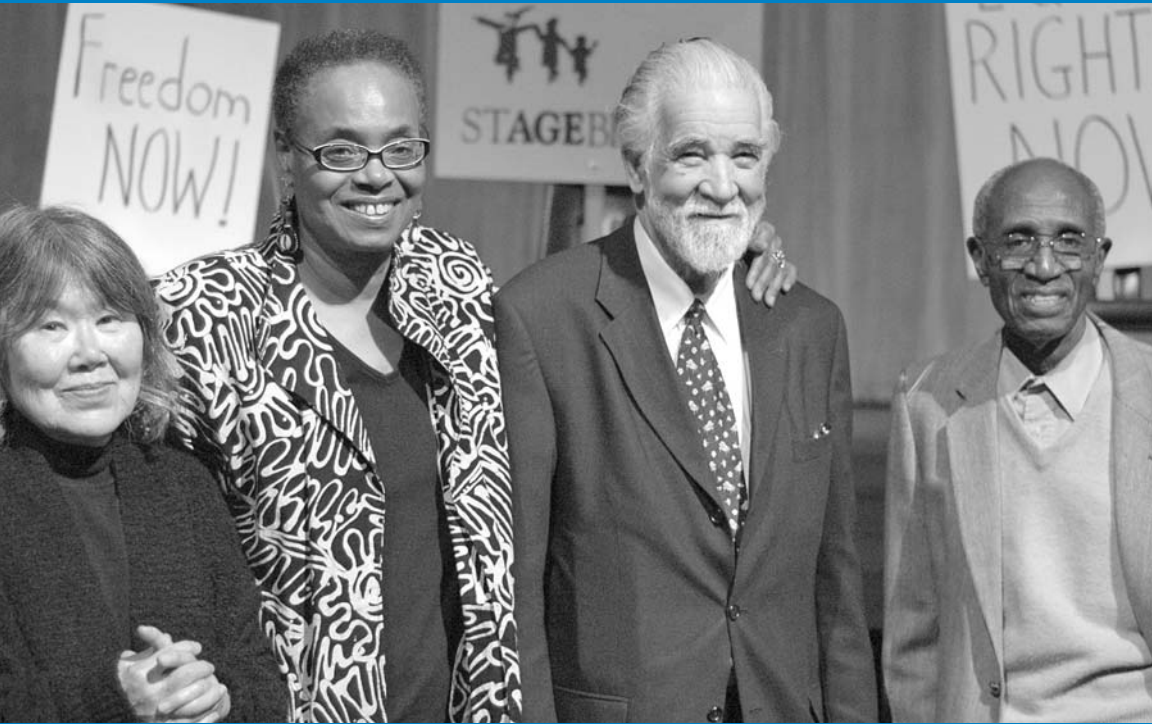
Charlestown Retirement Community  
Catonsville, Maryland



# The Maryland Gerontological Association 27<sup>th</sup> Annual Conference

## *INFORM, INSPIRE, ADVOCATE, EMPOWER*

*Making the most of all our resources in tough times*



*June 3, 2009*

Charlestown Retirement Community  
Catonsville, Maryland



CHARLESTOWN®



This conference would not have been possible without the generous support of the Erickson Foundation, Charlestown Retirement Community, The Johns Hopkins Geriatric Education Center Consortium and the National Gerontological Nursing Association, MD/DC Chapter.

This conference is co-provided by The Institute for Johns Hopkins Nursing and the Health Facilities Association of Maryland.

# MARYLAND GERONTOLOGICAL ASSOCIATION

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# MARYLAND GERONTOLOGICAL ASSOCIATION

## 27TH ANNUAL CONFERENCE • JUNE 3, 2009

### CONFERENCE OBJECTIVES

*By attending the conference participants will be able to:*

- Identify innovative programs which assist with the care of chronic health conditions among older adults
- Learn a model for culturally competent service delivery to address psychosocial needs of older adults.
- Define two cost effective programs that are addressing the needs of frail or vulnerable seniors living at home or in independent living housing facilities.
- Describe the key elements of the Domestic Partners Act and how it will influence the care of older adults who are part of a non- traditional partnership.
- Identify common areas of concern pertaining to late life financial matters, common financial pitfalls and becoming prepared to discuss the issue of effective money management with clients.
- Define approaches individuals may take in planning for a healthy older age.

### CONFERENCE FACULTY

C. Edwin Becraft, Jr., MD  
Maryland Department of Transportation

Mary Grate-Pyos, MBA  
Financially Focused, Inc.

Cindy Hounsell, JD  
Women's Institute for a Secure Retirement

Astrid Humaney, LGPC, MA  
Hispanic Outreach Program

Aileen McShea, MHS  
Catholic Charities Senior Housing

Mary Pivawer, MSW, LGSW  
Jewish Community Services

Jack Schwartz, JD  
University of Maryland School of Law

George A. Taler, MD  
Washington Hospital Center

Laurie Young, PhD, LICSW  
National Gay and Lesbian Task Force

Gail Zuskin  
Jewish Community Center of Greater Baltimore

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Sue Fryer Ward, MSW, LCSW, BCD\*

*\*Member, MGA Board of Directors*

# Maryland Gerontological Association 27th Annual Conference Program

**8:00 - 8:45 AM**

**Registration, Exhibits, Continental Breakfast**

**8:45 - 9:00 AM**

**Welcome**

*Reba Cornman, MGA President*  
*The Honorable Gloria Lawlah, Secretary,*  
Maryland Department on Aging (invited)

**9:00 - 9:45 AM**

**Keynote Address**

National Initiatives to Transform Health Care for Frail Elders.

*George A. Taler, MD*

Chronic conditions have superseded acute and episodic illness as the major concern in the health care for older adults. Patients with multiple chronic conditions associated with functional disability are most likely to use high-cost resources and constitute the small percentage of the population that drives the costs of health care. The major challenge to the "helping professions" is to change our health care delivery system from one designed for episodic conditions to one that best addresses chronic illness. This presentation will highlight 3 approaches: the Patient-Centered Medical Home, Special Needs Programs and Independence at Home.

**9:45 - 10:30 AM**

**Cultural Approach to Mental Health and Aging Programs**

*Astrid Humanez, LGPC, MA*

Older adults are a culturally diverse population, requiring an understanding of language, values, and practices to effectively address psychosocial needs within the cultural context. The Hispanic Outreach Program, a mental health program for older adults, will be discussed as a model for provision of services assuring bilingual and culturally competent practice, including home visits, counseling, and coordination.

**10:30 - 11:00 AM**

**Conference Break, Exhibits, Refreshments**

**11:00 - Noon**

**Affordable Programs: Aging in Place**

*Moderator: Janice MacGregor, MS*

*Presenters: Gail Zuskin, Mary Pivawer, MSW, LGSW and Aileen McShea, MHS,*

In this session, participants will learn about two cost effective programs that are addressing the needs of frail or vulnerable seniors living at home or in independent living housing facilities: "Warm Houses" and Congregate Housing. "Warm Houses" is an innovative outreach program administered by Jewish Community Services, which identifies and serves seniors where they live neighborhood block by neighborhood block. Catholic Charities, the largest provider of Maryland's Congregate Housing Services Program, will describe the cafeteria menu of services available including the optional services of medication

reminders, and medication management as time permits. In addition, participants will learn the value and importance of developing partnerships with local hospitals

**Noon – 1:00 PM**

### **The Domestic Partners Law: New Rights, New Choices**

*Moderator: Sue Fryer Ward, MSW, LCSW, BCD*

*Presenters: Jack Schwartz, JD and Laurie Young, PhD, LICSW*

This session will enable those who attend to describe and understand the key elements in Senate Bill 566 of 2008, including who qualifies as a domestic partner and what rights a domestic partner has under the law. Special attention will be paid to the implications for the gay and lesbian community, and the ramifications for older gay, lesbian and transgendered couples.

**1:00 - 2:15 PM**

### **Conference Luncheon and Exhibits**

**2:15 PM - 3:15 PM**

### **Retirement Readiness and Retirement Risks**

*Moderator: Christine Costello, PhD*

*Presenters: Cindy Housnell, JD, Mary Grate-Pyos MBA*

This panel discussion will describe the different phases of money management over the life cycle and ways to manage market volatility during those stages. The audience will become comfortable with basic fiscal concepts relevant to each stage, and will leave with increased awareness about some of the financial tools that can be used to produce retirement income, and some of the pitfalls to avoid in managing retirement assets.

**3:15 - 4:00 PM**

### **Bravo! Active Aging = Aging Well.**

*C. Edwin Becraft, Jr, MD*

The session will discuss key biomarkers - their significance, typical changes and relationships in the aging process - including skeletal muscle mass, resting metabolic rate, percentage body fat, aerobic capacity and insulin sensitivity. The utilization of strength and cardiovascular exercise to improve these biomarkers and ultimately improve the individual's health and quality of life will be highlighted.

**4:00 PM**

### **Conference Concludes**

Please note that continuing education certificates will not be distributed until the conclusion of the program.

# Continuing Education Accreditation

**Social Work:** The Maryland Gerontological Association is an approved provider of social work continuing education by the Maryland Board of Social Work Examiners. This program has been approved for 5 Category I continuing education credits.

**Nursing:** The Institute for Johns Hopkins Nursing is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. This 5.25 contact hour Educational Activity is provided by The Institute for Johns Hopkins Nursing.

**Nursing Home Administrator:** HFAM is a Registered Sponsor with the National Association of Boards of Examiners. This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Boards of Examiners of Long Term Care Administrators (NAB) and approved for 5 clock hours and 5 participant hours. Program Approval Number: 362009-29641-5

**Occupational Therapy:** The Maryland Board of Occupational Therapy has approved this program for 5.25 contact hours total for the completion of this program. The approval number is 2008-9:0478. Assignment of contact hours by the Maryland Board of Occupational Therapy Practice does not guarantee that an individual licensee will be credited with the maximum amount assigned to the course.

## Directions to Charlestown Retirement Community

- Take I-95 North or South to I 695 (Baltimore Beltway) toward Towson.
- Take Exit 12 B (East), Wilkens Avenue.
- Turn left at the first traffic light, Maiden Choice Lane.
- Proceed less than one block and turn right into Charlestown Retirement Community
- Stop at the gate and inform the security guard you are attending the MGA Conference.
- The security guard will provide parking instructions.

## MGA Membership Information

*Time to renew your membership!*

*Or join for the first time!*

You are invited to join the MGA now and qualify for discounted registration for this conference. To renew or join please add the membership rate to your registration payment.

- Individual Membership: \$50
- Organizational Membership: \$250  
(includes 10 discretionary memberships)
- Senior (Age 60+): \$30
- Full Time Students: \$30  
(Please attach a copy of a valid student ID)

- 
- I am renewing my MGA membership
  - I am a new member

## Annual Conference Registration Fees

- MGA Members: \$90
- Non-Members: \$110
- Full Time Students: \$50  
(Please include a photo copy of a valid student ID)  
(No CEUs or CNEs)
- Senior (60+): \$50  
(No CEUs or CNEs)

The registration fee includes continental breakfast, luncheon, conference materials and continuing education certificates for members and non-members.

# Registration Information

Please print and fill out all information requested.

Name \_\_\_\_\_ Degree \_\_\_\_\_

Title \_\_\_\_\_ Organizational Affiliation \_\_\_\_\_

Mailing Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Email address \_\_\_\_\_ Daytime Telephone Number \_\_\_\_\_

Are you a MGA member through an organization?  Yes  No

If so, which organization \_\_\_\_\_

## Payment Information

*Check or Money Order*

Amount enclosed for registration: \$ \_\_\_\_\_

Amount enclosed for membership: \$ \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

Credit card payments can be made on our website starting April 1.  
<http://www.mdgerontology.org>.

Please send the completed registration form along with check or money order made payable to:  
THE MARYLAND GERONTOLOGICAL ASSOCIATION and mail to:  
Maryland Gerontological Association  
Attention: Denise Orwig, PhD  
660 West Redwood Street, Suite 200  
Baltimore, Maryland 21201

Registration by mail must be received no later than May 22, 2009.

For registration information, please call 410-706-8951 or email  
[marylandgerontologyassoc@yahoo.com](mailto:marylandgerontologyassoc@yahoo.com).

For general information, please call 410-706-4327.  
<http://www.mdgerontology.org>.