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**STAYING HEALTHY, ACTIVE AND
INVOLVED IN THE COMMUNITY:**

Optimizing Your Resources

June 22, 2011

Charlestown Retirement Community
Catonsville, Maryland



The Maryland Gerontological Association 29th Annual Conference

STAYING HEALTHY, ACTIVE AND INVOLVED IN THE COMMUNITY *Optimizing Your Resources*



June 22, 2011

Charlestown Retirement Community
Catonsville, Maryland



CHARLESTOWN®



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

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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Secretary of Aging, Maryland Department of Aging

*A special thank you to John Parrish, Sharon Harms, Dante Taylor, and The Charlestown and Erickson Community for their continued support and coordination.

MARYLAND GERONTOLOGICAL ASSOCIATION

29TH ANNUAL CONFERENCE • JUNE 22, 2011

CONFERENCE OBJECTIVES

By attending the conference participants will be able to:

- Identify key issues in maintaining quality of life for older adults.
- Identify latest trends and developments in bringing health care to older adults.
- Describe components of assessment for delirium in older adults in the community.
- Identify programs that address the spectrum of geriatric mental health needs of older adults and resources in the community to meet their needs.
- Describe innovative outreach programs for community dwelling older adults.
- Appreciate current hot topics in the forefront of health care that will impact older adults and health care professionals.

CONFERENCE FACULTY

Barbara Resnick, Ph.D., CRNP, FAAN, FAANP
University of Maryland
School of Nursing

W. Anthony Riley, MD
Medical Director of Gilchrist Greater Living
Division Head of Geriatrics at Greater Baltimore
Medical Center

Karin Neufeld, MD, MPH, APPN
Director of General Hospital Psychiatry
Johns Hopkins University School of Medicine

Judy Simon, MS, LDN, RD
Nutrition and Health Promotion Programs
Maryland Department of Aging

Marsha Ansel, MSW, LCSW-C
Howard County Mental Health Authority

Kim Vaughn, CRNP
Johns Hopkins University School of Medicine
Division of Geriatrics and Gerontology

Dan Hale, M.A., Ph.D.
Professor of Psychology
Stetson University
Adjunct Associate Professor of Medicine
Johns Hopkins University School of Medicine

Sylvia McGill, BS
Director of Baltimore City Experience Corps Program

Stephanie Hull, BA, MSW, JD
Chief, Long Term Care
Maryland Department of Aging

David Berman, LCSW-C
VA Based Primary Care

Chad Boulton, MD
Johns Hopkins University
School of Public Health

John Colmers, BS, MPH
Vice President, Health Care Transformation and Strategic Planning
Johns Hopkins Medicine

PROGRAM COMMITTEE

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Schaefer + Associates, LLC

Marina Tompkins, LGSW, MSW
Director, Adult Day Services
Keswick Multi-Care Center

Sue Fryer Ward, MSW, LCSW, BCD*

**Member, MGA Board of Directors*

Maryland Gerontological Association 29th Annual Conference Program

8:00 – 8:45am **Registration, Exhibits, Continental Breakfast**

8:45 – 9:00am **Welcome and opening remarks**

Virginia Thomas, MSW, ACSW, MGA President
Pat Alt, PhD and Jane Marks, RN, MS Conference Co-Chairs

9:00 – 9:30am **Maintaining Quality of Life**

Barbara Resnick, Ph.D., CRNP, FAAN, FAANP - University of Maryland, School of Nursing

Optimizing health in older adults is vital to maintaining themselves in the community. Strategies and rationale to strive for optimal function, cognition and social engagement will be addressed.

9:30 – 10:30am **Staying On Top of Your Health**

W. Anthony Riley, MD - Medical Director of Gilchrist Greater Living; Division Head of Geriatrics at GBMC
Karin Neufeld, MD, MPH, APPN - Director of General Hospital Psychiatry, Johns Hopkins University School of Medicine

Establishing a partnership with older adults to promote health through assessment, intervention, and planning is important in primary care. Traditional office practice and creative programs that outreach to older adults for primary care will be discussed. This will include awareness and assessment strategies to identify delirium in community older adults which is often missed until a crisis presents.

10:30- 11:00am **Break and Networking**

11:00-12:00pm **Mental Health Needs: Meeting the Challenge**

Judy Simon, MS, LDN, RD - Maryland Department of Aging
Marsha Ansel, MSW, LCSW-C - Howard County CSA
Kim Vaughn, CRNP - Johns Hopkins University, Division of Geriatrics

Mental Health needs of older adults fall along a continuum, requiring an array of specialized services. This session focuses on existing programs that address prevention, early intervention, in-home needs and acute care. Program profiles will enlighten attendees to resources that may exist within their communities. Collaborative strategies to address unmet community needs will be discussed.

12:00-1:00pm

Reaching Out To the Community

Dan Hale, M.A., Ph.D. - Stetson University

Sylvia McGill, BS - Baltimore City Experience Corps Program

Stephanie Hull, BA, MSW, JD - Maryland Department of Aging

Creative community collaborations are necessary in the current economic climate. Outreach programs that incorporate innovation and outside the box thinking to effectively meet the needs of older adults will be discussed.

1:00-2:30pm

Lunch

2:30-4:00pm

Hot Topics

John Colmers, BS, MPH - Johns Hopkins Medicine

David Berman, LCSW-C - VA Home Based Primary Care

Chad Boulton, MD - Johns Hopkins University, School of Public Health

We exist in a time of change. Health care reform has the potential to radically change the standard programs and practices we have come to know and understand. This session will address some of the recent changes in health care reform and the impact of the changes on areas such as VA programs and transitions of care.

4:00pm

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 5.0 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.

Credit Designation Statement: This 5.0 contact hour Educational Activity is provided by The Institute for Johns Hopkins Nursing.

Nursing Home Administrator: HFAM is a Registered Sponsor of professional continuing education with the National Association of Boards of Examiners of Long Term Care Administrators. This educational offering has been reviewed by the National Continuing Education Review Service (NCERS) of the National Association of Long Term Care Administrators Boards (NAB) and approved for 5.0 participant hours.

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 through June 16th.
<http://www.mdgerontology.org/newsevents.php>

Please send the completed registration form along with check or money order made payable to:
THE MARYLAND GERONTOLOGICAL ASSOCIATION and mail to:
Sherri Richardson
Maryland Gerontological Association
705 Cockeys Mill Road
Reisterstown, MD 21136

Registration by mail must be received no later than June 16, 2011.
For registration information, please call 410-550-0926 or email mdgero@gmail.com.

For general information, please call 410-550-0926.
<http://www.mdgerontology.org/newsevents.php>