Spring 2019 Conference

Thursday, May 9, 2019
8:00 A.M. TO 4:15 P.M.

University Center
At DeSales University

Presented by CURA
an elior company

Register at Phoebe.org/PIAConference by April 30, 2019.
#phoebeinstituteonaging
UNDERSTANDING MENTAL HEALTH AND Older Adults

Many older adults today report frequent mental distress but don’t receive adequate help or support to deal with the various sources of stress they face. This conference will explore the types, causes, and detection of mental illness in seniors, treatments and therapies, and how to support the overall mental well-being of the elderly. The conference will also provide an overview of the multiple dimensions of mental illness and aging, including resources and services to address them.

KEYNOTE BIOGRAPHY

Judy Collins

Few artists have as much staying power as music icon Judy Collins. She has celebrated over 50 years of recording with 37 albums, top 10 hits, Grammy wins, and gold and platinum status. Through her extraordinary passion for words and music, she survived the pain of losing her son when he committed suicide at age 33. She is the author of several books including “Sanity and Grace,” a deeply moving memoir of her journey from agony to hope and clarity, and the 2011 memoir “Sweet Judy Blue Eyes,” an evocative, deeply personal account of her life, in which she talks about her alcoholism, her relationships, and the music that helped define a generation. Collins offers solace in the face of grief and loss. Speaking clearly and with a gift for creative expression, she assures us all that there is only one way to heal: right through the pain. In her deepest moments of suffering, Collins found relief by reaching out to others for help and support. Now she extends her hand to comfort other survivors whose lives have been affected by similar tragedies.
Morning Sessions

8:00 – 9:00 A.M.
CONFERENCE FILM AND DISCUSSION: “KINGS POINT”
Moderated by Donna Schudel, AAC, MA, Community Relations & Grants Specialist, Phoebe Ministries
Panelists: Kimberly Doutt, RN, Staff Development Coordinator, Phoebe Allentown; The Rev. Jamie Moyer, M.Div., BCC, Phoebe Richland; Nancy Richards, ADC/EDU/ MC, CDP, Founder and CEO of Activity Pathways LLC
2013 Academy Award® nominee for Best Documentary (Short Subject), “Kings Point” tracks the stories of five residents of this typical retirement complex who arrived decades ago with their health intact and spouses by their sides. Now that they and their community, which comprises primarily widowed women, face advanced age and mortality, paradise demands a higher price. Through candid interviews the film exposes the dynamic interplay of their desire for independence, need for community, and ambivalence toward growing old. Filmmaker and Emmy® nominee Sari Gilman deftly balances seriousness with humor, providing a bittersweet look at love, loss, and self-preservation, as well as a deeply empathetic portrait of aging in America.

9:30 – 10:30 A.M.
KEYNOTE: SANITY & GRACE: A JOURNEY OF SUICIDE, SURVIVAL, AND STRENGTH
Judy Collins, Folk Singer, Author, Artist
Legendary folk singer and author Judy Collins will discuss her personal challenges with loss, addiction, depression, and healing in the hope of inspiring older adults who are also struggling with a variety of mental health challenges. Honest and inspiring, Collins’ story will not only interest her followers but will also help soothe and heal those wounded by suicide and depression.

10:45 – 11:45 A.M.
A PERSONAL STRUGGLE WITH MENTAL ILLNESS AND RESOURCES FOR THE ELDERLY AND CAREGIVERS
Tuesday Bartholomew, MSN, CRNP, Advanced Nurse Practitioner—Geriatric Services, St. Luke’s University Health Network; Rep. Steve Samuelson; Rep. Justin Simmons
The speakers will cover a range of resources and initiatives regarding older adults and their caregivers, including programs and services designed to keep our seniors physically, financially, and mentally fit. Rep. Simmons will speak about his own personal struggles with depression and obsessive-compulsive disorder (OCD) and the therapy that worked for him, with the goal of helping others receive similar treatment. There will also be an overview of funding expected in the 2019-20 state budget earmarked for older adults.

Afternoon Sessions

FIRST BREAKOUT SESSION
12:30 – 1:30 P.M. (TWO OPTIONS)
OPTION A: COGNITIVE IMPAIRMENT IN OLDER ADULTS: A CONTINUUM OF DECISION-MAKING AND SAFETY
Renee Cantwell, Ed.D., Clinical Neuropsychologist, Owner/Director of Easton Neuropsychology and Behavioral Services LLC
This presentation presents an overview of the types of cognitive impairments typically found in an older adult population. These are discussed along a continuum as they relate to independent living, safety, and decisional capacity.

OPTION B: ADDICTION TREATMENT IN OLDER ADULTS
Ming R. Wang, M.D., FASAM, Staff Physician, Caron Treatment Centers
This session identifies addiction in older adults with the understanding that symptoms of addiction in this population may mimic symptoms of typical medical, mental health, or aging conditions. The session will also address physiological changes in older adults that would render this population more susceptible to the effects of mood-altering agents, and describe management strategies for detox and treatment unique to this population using case examples.

SECOND BREAKOUT SESSION
1:45 – 2:45 P.M. (TWO OPTIONS)
OPTION A: UNDERSTANDING CO-OCCURRING MENTAL HEALTH DISORDERS IN OLDER ADULTS WITH A FOCUS ON DEPRESSION, SUBSTANCE ABUSE, SELF-CARE, AND SUICIDE
Devon Dautrich, Ph.D., Psychologist, Caron Treatment Centers; Lauren Falgout, LCSW, Counselor/Associate Professor, Lehigh Carbon Community College
This session addresses the prevalence and multidisciplinary assessment of co-occurring mental
health conditions in older adults affected by life span and aging. It covers the importance of psychological/cognitive testing for diagnosis, treatment, and coping strategies.

**OPTION B: MORAL INJURY AND WAR**

Thomas L. Applebach, MPA, Director of the Lehigh County Office of Veterans Affairs

This session introduces the concept of moral injury; deep-rooted damage to one’s moral beliefs. Due to its slow, debilitating nature, moral injury can significantly impact our older veterans, and those around them, years after they have completed their military service.

**THIRD BREAKOUT SESSION**

3:00 - 4:00 P.M. (TWO OPTIONS)

**OPTION A: THE ROLE OF PRESCRIPTION MEDICATIONS IN ADDICTION**

Shane Lawrence, Pharm.D., BCGP, Director, Clinical Pharmacy Services, Phoebe Pharmacy; Cindy Richart, R.PH, Vice President, Phoebe Pharmacy

This session will focus on prescription medications commonly associated with misuse and abuse in seniors. Lawrence and Richart will also discuss the initiatives in place to address the current prescription drug abuse crisis, reviewing alternative treatment options to medications prone to abuse in the management of pain and anxiety.

**OPTION B: COMPASS (CIRCLES OFFERING MINDFUL PARTICIPATION AND SAFE SPACES) COMMUNITY TENDING OF SOUL WOUNDS**

The Rev. Leah Knox, M.Div., BCC, Staff Chaplain, Phoebe Berks; The Rev. Steven Hamilton, M.Div., Pastor, St. Peter’s Tohickon United Church of Christ; COMPASS Facilitator, St. Andrew’s United Church of Christ’s Touchstone Veterans Outreach

The speakers will share their experiences working with aging veterans and the unique mental health and spiritual crises they face and how to facilitate spiritual healing. This is an experiential piece for professional and personal caregivers, highlighting “COMPASS,” a faith-based healing circle centered in the community which tends to veterans’ soul wounds in a place of safety, sharing, and healing.

Learn more about the conference sessions and speakers at: Phoebe.org/piaconference

REGISTER BY APRIL 30, 2019
BREAKOUT SESSION SPEAKERS

Thomas L. Applebach, MPA, Director of the Lehigh County Office of Veterans Affairs

Thomas Applebach is a veteran of the Iraq War, having served in both the U.S. Air Force and the U.S. Army. As director of the Lehigh County Office of Veterans Affairs, he assists veterans and their families with veterans’ benefits. He chairs the Lehigh Valley Homeless Veteran Task Force, serves on the Governor’s Advisory Council on Veterans Services and the Southeastern Veterans’ Center Advisory Council, and is a committee member of the Lehigh County Veteran Mentoring Program.

Tuesday Bartholomew, MSN, CRNP, Advanced Nurse Practitioner, Geriatric Services, St. Luke’s University Health Network

Tuesday Bartholomew assesses, diagnoses, and provides treatment for patients at various acute, rehabilitation, and long term care settings in the Lehigh Valley. Her work focuses on optimizing the care and treatment plan for the older adult patient by understanding what the patient’s baseline health status is in correlation with current medical issues and guidelines.

Renee Cantwell, Ed.D., Psychologist, Easton Neuropsychology and Behavioral Sciences LLC

Dr. Renee Cantwell is a licensed psychologist and clinical neuropsychologist specializing in the evaluation and treatment of adolescents and older adults experiencing cognitive issues. Providing more general psychological evaluation, treatment, and services, Dr. Cantwell has experience working in both inpatient and outpatient settings (medical and psychiatric), including local hospitals, retirement communities, rehabilitation units, and outpatient locations.

Devon Dautrich, Ph.D., Psychologist, Caron Treatment Centers

Dr. Dautrich has experience working with children, adults, and families from diverse backgrounds who presented to treatment with a wide range of mental and behavioral health concerns, including mood, anxiety, and substance use disorders. Dr. Dautrich takes an individualized and integrated approach to each patient emphasizing interpersonal, psychodynamic, mindfulness, trauma-informed, and cognitive-behavioral tenets in her work, incorporating psychological, diagnostic, and neuropsychological testing.

Kimberly Doutt, RN, Staff Development Coordinator, Phoebe Allentown

Kimberly Doutt has over 25 years of experience in nursing, mostly spent in assisted living or long term care settings. As a staff development coordinator, she oversees training for staff on a number of subjects, including dementia, Alzheimer’s disease, first aid, and CPR, and maintains the med tech program at the David A. Miller Personal Care Community at Phoebe Allentown.

Lauren Falgout, LCSW, Counselor/Associate Professor, Lehigh Carbon Community College

Lauren Falgout is a licensed clinical social worker counseling adults, adolescents, and couples. In her work, she addresses depression, adjustment concerns, self-care, trauma, positive psychology, suicide, and lifespan impact on psychological disorders.

The Rev. Steven Hamilton, M.Div., Pastor, St. Peter’s Tohickon United Church of Christ; COMPASS Facilitator, St. Andrew’s United Church of Christ’s Touchstone Veterans Outreach

The Rev. Steve Hamilton, a Navy veteran, has been a pastor for the past 12 years and part of the Touchstone Veterans Outreach program for the past six years. He became a COMPASS Facilitator four years ago, and strives to raise awareness of veterans’ issues.

The Rev. Leah Knox, M.Div., BCC, Staff Chaplain, Phoebe Berks

The Rev. Leah Knox has served as full-time chaplain at Phoebe Berks since November 2014. She has served as both a hospital chaplain at Carolinas Medical Center – University Campus, and as a chaplain for Regional AIDS Interfaith Network (RAIN) in Charlotte. Rev. Knox is ordained and endorsed by the Alliance of Baptists and is a board-certified chaplain with the Association of Professional Chaplains (APC). She is also certified as a spiritual director by the Kairos School of Spiritual Formation.

Shane Lawrence, Pharm.D., BCGP, Director, Clinical Pharmacy Services, Phoebe Pharmacy

Dr. Shane Lawrence is primarily responsible for the monitoring and regulatory compliance of medication use in nursing facilities serviced by Phoebe Pharmacy, striving for safe and effective medication utilization. He is also a resource to facilities and residents regarding management of Medicare Part D.

The Rev. Jamie Moyer, M.Div., BCC, Chaplain, Phoebe Richland

The Rev. Jamie Moyer is an ordained United Church of Christ (UCC) minister who has served in churches in both the Pennsylvania Northeast Conference and the Pennsylvania Southeast Conference of the UCC, and as chaplain for state hospitals. Rev. Moyer specializes in Gestalt Pastoral Care, a healing ministry integrating Gestalt growth work, spiritual companionship, and prayer.

Cindy Richart, R.PH, Vice President, Phoebe Pharmacy

Cindy Richart has over 30 years of experience in pharmacy operations, mostly spent in the long term care sector. She is responsible for the operation and supervision of the pharmacy and support staff, overseeing four pharmacy locations, as well as the budget and revenue cycle for the pharmaceutical supply chain.

Steve Samuelson, Pennsylvania House of Representatives, 131st Legislative District

Steve Samuelson is the Democratic Chair of the House Aging and Older Adult Services Committee. Samuelson promotes legislation addressing the needs of Pennsylvania’s senior citizens.

Nancy Richards, ADC/EDU/MC, CDP, Founder and CEO of Activity Pathways LLC

Nancy Richards is a certified activity director with specializations in education and memory care. She is a national speaker, workshop designer, certified dementia practitioner, and approved instructor for the National Certification Council for Activity Professionals.

Rep. Justin Simmons, Pennsylvania House of Representatives, 131st Legislative District

Justin Simmons serves as a member of the Human Services, Insurance, Liquor Control, and Urban Affairs committees. Simmons has publicly announced that he lives with obsessive-compulsive disorder (OCD) and the related effects of this chronic anxiety disorder. He attributes his success to consistent therapy.

Donna Schudel, AAC, MA, Community Relations & Grants Specialist, Phoebe Ministries

Donna Schudel is a certified activities professional and previously the community life director at Phoebe Richland. She spent twenty years as an interdisciplinary arts educator and administrator.

Rep. Steve Samuelson, Pennsylvania House of Representatives, 131st Legislative District

Steve Samuelson is the Democratic Chair of the House Aging and Older Adult Services Committee. Samuelson promotes legislation addressing the needs of Pennsylvania’s senior citizens.

Dr. Shane Lawrence is primarily responsible for the monitoring and regulatory compliance of medication use in nursing facilities serviced by Phoebe Pharmacy, striving for safe and effective medication utilization. He is also a resource to facilities and residents regarding management of Medicare Part D.
CONTINUING EDUCATION UNIT HOURS

SIX TOTAL HOURS ARE AVAILABLE FOR THE DAY. Three credit hours are available for the morning, and three for the afternoon. ATTENDANCE OF THE CONFERENCE FILM AT 8:00 IS REQUIRED FOR FULL CREDIT. Please visit the designated CEU tables during registration to receive your paperwork.

NURSING CEUs
Phoebe has applied to the Pennsylvania State Board of Nursing for six CEUs for the full day. If approved, they will be available for $10.

LONG TERM CARE ADMINISTRATOR CEUs
Phoebe has applied to the National Association of Long Term Care Administrator Boards (NAB) for six CEUs for the full day (this replaces NHA and PCHA credits). If approved, they will be available for $10. All NHAs and PCHAs are required to register for an NAB Continuing Education Registry ID to receive continuing education hours from a National Continuing Education Review Service (NCERS) sponsor. To create and manage your account, visit NABweb.org/manage-my-account.

SOCIAL WORK CEUs*
Six CEUs will be awarded for completion of the full-day course or three for the morning program. Bring a check payable to the National Association of Social Workers-PA (NASW-PA) the day of the event: $15 for NASW-PA members; $50 for non-members.

COMMUNITY LIFE PROFESSIONAL CEUs
Phoebe has applied to the National Certification Council for Activity Professionals (NCCAP) for six CEUs for the full day. If approved, they will be available for $10.

PASTORAL CARE CEUs
Six units are available at no cost for the full day.

CERTIFICATE OF ATTENDANCE
Phoebe Ministries offers a certificate of attendance at no cost.

* NASW-PA has been designated as a pre-approved provider of professional continuing education for social workers (Section 47.36), Marriage and Family Therapists (Section 48.36), and Professional Counselors (Section 49.36) by the Pennsylvania State Board of Social Workers, Marriage & Family Therapists and Professional Counselors.

DIRECTIONS & PARKING

FROM ROUTE 309 TRAVELING SOUTH
- Take state Route 309 South to Route 378 North.
- Turn LEFT and follow Route 378 North to Preston Lane (next to the Copperhead Grille).
- Turn RIGHT on Preston Lane.
- Turn RIGHT on Landis Mill Road to enter the DeSales University Campus.
- Turn LEFT on Station Avenue. The University Center parking lot is the first left. Additional parking and a shuttle are located across Landis Mill Road in front of Billera Hall, across the street in front of Billera Hall.

FROM ROUTE 309 TRAVELING NORTH
- At the intersection of Route 309 and Route 378, bear right.
- Follow Route 378 North to Preston Lane (next to the Copperhead Grille).
- Turn RIGHT on Preston Lane.
- Turn RIGHT on Landis Mill Road to enter the DeSales University Campus.
- Turn LEFT on Station Avenue. The University Center parking lot is the first left. Additional parking and a shuttle are located across Landis Mill Road in front of Billera Hall.

PARKING
Parking is available in the lot in front of University Center. Overflow parking will be available across the street in front of Billera Hall. Carpooling is encouraged. A shuttle from Billera Hall and a walking path to the nearby University Center are both available. Please note in your registration if you need a reserved spot close to the building due to a physical limitation.
The cost for the full-day conference, which includes all programming, a continental breakfast, and a packed lunch, is $25.

Students and Phoebe employees are admitted free with a valid ID (which must be presented during morning check-in) and should register online in advance of the conference. Most CEUs are offered at an additional cost.

Cash is no longer accepted on the day of the conference for CEU purchases. Please bring a check or debit/credit card, or add them to your online registration, as available.

**Register online** at Phoebe.org/piaconference by April 30, 2019.

- Seating is limited and registrations will be taken in the order they are received, so please register early.
- PLEASE NOTE: The conference room tends to be cool, so please be mindful of your own comfort as you dress for the day. We recommend layers that can easily be added or removed throughout the day. The temperature in the conference rooms cannot be changed.

*Please call 610-794-5152 with questions or if you do not have access to the internet.*
Applications have been submitted for Nursing, Long Term Care Administrator, Social Work, and Community Life credits.