

28th Annual Maine Geriatrics Conference – June 14-15, 2017 (Thurs & Fri) ~ Harborside Hotel, Bar Harbor, Maine
“Where Policy Meets Practice”

Committee: Val Sauda (Husson), Marilyn Gugliucci (UNE/UNECOM), Len Kaye (UMaine Ctr on Aging), Cliff Singer (EMHS/DGS), Elizabeth Gattine (USM/Muskie), Tanya Sleeper (UMaine Fort Kent (Aroostook Cty)), Judy Rawlings (MCOA); Holly Zielinski, (M4A), Kalie Hess (MPCA)

Ex-Officio Members: Ami Esquivel, Susan McPherson

SCHEDULE

DAY I- THURSDAY – JUNE 14, 2018

| TIME | SPEAKER | TITLE/DESCRIPTION |
|---------------------------------|---|---|
| 8:00 am | Welcome | Marilyn R. Gugliucci, PhD Susan Wehry, MD, Chief, Division of Geriatrics, UNE College of Osteopathic Medicine |
| 8:30-9:45 Morning Keynote | Claus Hamann MD, MS, FRCPC, FACP | Title: Population Health, Meet Eldercare! Description: Population health and eldercare share formal origins in the 20 th century and align for a dynamic future. Insights into health risks and chronic illness outcomes of older populations suggest optimism for active life expectancy. Healthcare and health payment reform must translate into preference-guided actions that emphasize quality of elders’ lives and enhance healthcare for all people. |
| 9:45-10:15 | BREAK | Exhibit Hall Open |
| 10:15- 11:30 | Morning Workshops | |
| 1 | Donna Hyde, MSN/Ed, RN University of New England, Department of Nursing, Nursing, Portland, ME | Title: The Life Book Project: A Window To The Past – An Impact on Nursing’s Future in Gerontology Description: This project aims to dispel common myths of aging, uncover experiences shaping lives of older individuals, and provide reciprocal, therapeutic interventions for participants. Guided life review questions are posed to participants. Erikson’s Stages of Development are evaluated and summarized. Students provide personal reflections of projects and implications for future practice. Participants receive deliverable projects (e.g., Life Book, Music Playlist) as keepsakes. Positive responses from participants and students are reported. Students gain insight on the uniqueness and wisdom provided, changing perspectives about older adults. Some students envision practice in gerontological nursing. Conference attendees will dive into interview questions and answers from |

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| | | anonymous past participants based on Haight & Haight (2007) Life Interview questions. Will determine whether Erikson's Stages of Development have been met/unmet and the potential implications on the participant. Will also review qualitative reflection of students and discuss future impact on healthcare. Example of Life Books will also be provided. |
| 2 | Kimberly Snow, M.H.S.A. Muskie School & Ben Jenkins, JD, Maine Legal Services for the Elderly | Title: Measuring the Costs of Elder Abuse Description: This workshop will describe two current research projects in Maine focused on improving our knowledge and understanding of elder abuse, neglect and exploitation, including its financial costs. The first project focuses on estimating the amount of dollars lost to financial exploitation in Maine. The second focuses on the characteristics of elder abuse victims and estimates the health care costs associated with the abuse. This research potentially opens new avenues of data analytics to help identify persons at risk of mistreatment. |
| 3 | Susan Wehry, MD Chief, Division of Geriatrics University of New England College of Osteopathic Medicine | Title: Does Asking for Help Make Me Look Helpless? Description: Finding optimal balance between a reliance on others and the desire for independence is a fundamental task across the lifespan and can be particularly challenging for older people. Applying research on interpersonal dependency, this workshop will explore the idea of healthy dependence, its impact on health and well-being, and demonstrate from personal experience (a fall, a fracture, & surgery) how radical acceptance of the need for help <i>accelerated</i> recovery, which enabled me to participate in a month-long medical pilgrimage in the Himalayas just weeks after surgery. Better understanding of the complex nature of interpersonal dependency and autonomy has implications for public policy, for delivery of social services, and for health care. This workshop will help practitioners engage more effectively with older people, and assist them to balance the need for help—when it arises—with their abiding desire for independence. |
| 4 | Greg Marley, LCSW, Clinical Director NAMI Maine, Augusta, Maine Dee A. Kerry, Project Manager Maine Medical Association, Manchester, Maine | Title: Prevention in Older Adults; Breaking Isolation with Men Description: Though suicide attempts are more common among older women, older men die by suicide at 8 times the rate. In Maine over the past 15 years, there have been 583 suicides among persons aged 65 or older; 517 were men. Risk factors include active depression, isolation & loneliness, loss of independence and access to lethal means. The connection with, and intervention from knowledgeable home visitors can break isolation and activate a pathway to help. Learn about programs, training and support to prepare staff and community volunteers for life-saving intervention offering help to the hopeless. Suicide prevention is a community effort. |
| 11:30 -12:45 | LUNCH | Exhibit Hall Open |
| 12:45-1:45 Afternoon Keynote | James Goodwin, PhD Professor & Director, Chief Scientist, Age UK, London, England | Title: Back to the Future: Age Friendly Cities and the Future of Ageing Description: Age Friendly Communities is an idea that we all take for granted and one that is growing world-wide, with some 500 cities now in the WHO program, including New York and all 15 cities in Santa Clara County. And |

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| | INTERNATIONAL SPEAKER | globally, there are 15 universities now designated as 'age friendly', including UNE. The Age Friendly concept is proving it is not only valid some 12 years after its inception but is proving to be highly sustainable. But hear from Age UK's Chief Scientist – who was engaged right from the beginning – how precarious its founding was, the tensions and personalities that were involved, how 'age friendly' pre-dated many current ideas and how it provided the solution to problems before they were known. |
| 1:45-2:45 Afternoon Plenary | Mark Brennan-Ing, Ph.D. Senior Research Scientist [2017-Present]. Brookdale Center for Healthy Aging, Hunter College, City University of New York. | Title: GEN SILENT: A Focus on LGBT Aging Issues Description: The plenary session will portray some key issues for Gay, Lesbian, Bisexual and Transgender older people who fought the first battles for equality. Many now face so much fear of discrimination, bullying and abuse that are causing them to hide their lives to survive. Thousands are dying earlier than their straight counterparts because they are isolated and afraid to ask for help. But a growing number of people are fighting to ensure that LGBT aging is not characterized with aging in silence. |
| 2:45- 3:15 | BREAK | Exhibit Hall Open |
| 3:15-4:30 | Afternoon Workshops | |
| 5 | David C. Wihry, MPA; Kara Janes, K, LMSW University of Maine, UMaine Center on Aging, Bangor, ME; At Home, Downeast Community Partners, Blue Hill Peninsula and Mount Desert Island, ME | Title: Evaluation of a Maine Village Model for Supporting Aging in Place Description: The Village Model is an increasingly used strategy across the nation for supporting aging in place. An evaluation of the At Home program has demonstrated initial evidence through a quasi-experimental study of reduced percentage of clients hospitalized (36.8% 6 months prior to membership, 5.3% 6 months post membership start, N=19) as well as a reduced percentage experiencing ER visits (42.1% 6 months prior to membership, 26.3% post membership start, N=19). Study findings related to depression, access to healthcare, self-rated health, and a cost analysis will be highlighted. Participants will learn best practices for Village Model implementation in rural communities. |
| 6 | Moderator: Mark Brennan-Ing, PhD Panelists: John Hennessey Sandra Butler | Title: LGBT Health: Considerations and Conversation Description: This workshop will provide information on LGBT health for community dwelling adults and also provide information for training opportunities for long term care settings. SAGE Maine was founded in 2013 and since this time has conducted a number of trainings across the state to ensure that older LGBT adults are treated with respect and dignity regardless of the care setting. The lack of informal social support resources for older LGBTQ adults will require them to turn to formal community-based care providers. The panel and moderator will dialogue with attendees and share examples of training content. |
| 7 | James Goodwin, Ph.D. Afternoon Keynote Presenter | Title: Fireside Chat: Aging Concepts and Controversies Description: Chatting with Dr. Goodwin and Dr. Hamann will invigorate your thoughts and feelings regarding the |

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| | Claus Hamann, M.D. Morning Keynote Presenter | integration of population health and the role of community in keeping older adults healthy and engaged. The conversation may follow the plenary content from each speaker or it may expand into other areas, attendees decide! |
| 8 | Lori Parham, M.S., Ph.D. State Director, Maine AARP Amy Gallant, MS, Associate State Director for Advocacy and Outreach | Title: Aging in Place in Maine: Policies & Programs in Practice Description: This workshop will give participants an overview of the current landscape for aging in place in Maine highlighting the work in multiple communities- large and small, rural or suburban. The presentation will highlight research across the 8 Domains of Livability seen as critical for aging in place and showcase case studies where programs are being implemented across the 8 Domains in Maine. Practitioners will leave with information and ideas to connect locally to communities for research and program development. |

DAY 2- FRIDAY JUNE 15, 2018

| TIME | SPEAKER | TITLE/DESCRIPTION |
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| 8:00 am | Welcome | Marilyn R. Gugliucci, PhD Thomas Meuser, PhD, Founding Director, UNE Center for Excellence in Aging and Health |
| 8:15-9:15 Keynote | Stephanie Studenski Supervisory Medical Officer (Clinical) National Institutes of Health | Title: Aging, Mobility and the Health Care Team Description: Mobility affects function and quality of life and problems with mobility affect older adults and persons with many diseases. Mobility can be assessed using self-report or physical performance. Mobility measures have been shown to predict future function, cognition, health care use and survival. These measures are becoming incorporated into health care planning for older adults and in populations with a variety of medical and surgical conditions. Key next steps include evaluating novel contributors to mobility problems and testing interventions to prevent or treat mobility disability. |
| 9:15- 10:00 Plenary | Rebecca K. MacAulay, PhD. Assistant Professor University of Maine, Psychology Department | Title: The Aging Brain: What can we do about it? Description: This plenary session will discuss aging from a brain health perspective. Research has shown that normal age-related decline and pathological processes related to Alzheimer's disease can begin in midlife. Consideration will thus be given to normal aging as compared to neurodegenerative disease processes. Next, we will identify modifiable behavioral risk factors and their role in cognitive decline. We will also discuss activities that might help to offset the effects of age on brain health. We will conclude by discussing mental and physical health, and how integrative treatment approaches may help to prevent or delay the onset of cognitive decline. |
| 10:00-10:30 | BREAK | Exhibit Hall Open |

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| 10:30- 11:45 | Morning Workshops | |
| 9 | Rebecca K. MacAulay, PhD Assistant Professor University of Maine, Psychology Department | <p>Title: Fireside Chat: Diving Deeper into the Aging Brain</p> <p>Description: This Fireside Chat provides an opportunity for attendees to engage and discuss topics related to the Aging Brain and associated areas of interest. Conversation may expand on the plenary content or dive into other areas that are of relevant interest to the attendees.</p> |
| 10 | Lenard Kaye, Ph.D. D.S.W. Director, UMaine Center on Aging | <p>Title: Program Design Recommendations and Treatments Strategies with Older men</p> <p>Description: This workshop considers the challenges surrounding designing programs and providing services for older met. While there are generational differences, the current cohort of older men continue to present a special set of values, attitudes, and expectations that need to be considered in the designing and delivery of health and human services. Strategies for attracting and retaining men in the delivery of community services will be offered</p> |
| 11 | Kristin Overton, MBA, Chief Operating Officer Spectrum Generations - Nate Miller LMSW, Community Services Manager Seniors Plus | <p>Title: Improving Patient Activation through Evidence Based Self-Management Programs</p> <p>Description: As Maine's population continues to age, and fall related injuries and chronic diseases become more of a challenge for our population and health systems, innovative work is underway to address these challenges at the community level. Healthy Living for ME is a statewide network of community partners providing evidence-based health and wellness classes throughout Maine while building partnerships with healthcare providers to promote referrals to workshops that can augment clinical care and engage participants more actively in their own health management. Learn more about the programs as well as the benefit these programs bring to participants and the healthcare community</p> |
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| 12 | Mary Lou Ciolfi, J.D., M.S. University of Southern Maine The Muskie School of Public Service James VanKirk, MD, Medical Director, Eastern Maine Supportive Care Hospice of Eastern Maine | Title: Understanding POLST – Maine’s Physician Orders for Life Sustaining Treatment Description: Maine’s Physician Orders for Life Sustaining Treatment (POLST) program offers seriously ill patients dignity of choice around medical interventions. While POLST has been used in Maine for several years, there remain questions about when its use is appropriate; how it differs from an advance directive; where health care providers can get the form; how paper and electronic forms are managed; and how providers can obtain training for POLST conversations to assist patients and families with healthcare choices. This presentation will provide a brief history of POLST nationally and in Maine, and answer your questions about use of POLST in acute care, long term care, and home care settings. REPEATED AGAIN in SESSION 15 Below |
| 11:45-1:00 | LUNCH | Dirigo Geriatrics Society Meeting Networking Lunch Tables |
| 1:00 – 2:15 | Afternoon Workshops | |
| 13 | Stephanie Studenski, MD MPH Professor Emeritus University of Pittsburgh | Title: Fireside Chat: Aging, Mobility and the Health Care Team Description: This Fireside Chat provides an opportunity for attendees to engage and discuss topics related to Dr. Studenski’s presentation in the morning session and related areas of interest. Conversation may expand into other areas that are of interest to the attendees. Bring your questions and ideas! |
| 14 | Eileen Fingerman, MD Maine General Geriatrics & Family Medicine Institute, Augusta | Title: Making Your Own Herbal Tinctures: Who, What, Why, & How Description: Patients are increasingly interested in the use of herbal remedies. Herbal remedies can often provide an effective alternative to prescription and/or OTC medications. In some cases herbal remedies are preferred in that their efficacy is similar but the side effect profile is less. Many efficacious herbs grow locally in Maine, and making tinctures is an inexpensive and reliable method for insuring access to their use. This workshop will review commonly available herbs as well as demonstrate how to make your own tinctures. If you would like to make a tincture to bring home please bring a pint or quart mason jar and a bottle of vodka. Hannaford sells an organic vodka -brand “Prairie”. Herbs will be provided by Dr. Fingerman. |
| 15 | Mary Lou Ciolfi, J.D., M.S. University of Southern Maine The Muskie School of Public Service | REPEAT OF SESSION 12 Above Title: Understanding POLST – Maine’s Physician Orders for Life Sustaining Treatment Description: Maine’s Physician Orders for Life Sustaining Treatment (POLST) program offers seriously ill patients dignity of choice around medical interventions. While POLST has been used in Maine for several years, there remain |

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| MCOA Policy Track 16 | Jessica Maurer, J.D. Executive Director, Maine Council on Aging | Title: Aging Policy Year in Review Description: The Maine Council on Aging is leading a broad coalition of organizations that advocates for the immediate needs of older Mainers and works to implement a new vision of Aging in Maine. This workshop will explore the most pressing public policy issues that impact older adults and will offer participants a clear idea of how these issues are being addressed at the federal state and local level through various initiative and legislative actions. |
| 2:15-2:30 | BREAK- SHORTENED | Dessert available |
| 2:30-3:20 Attendee Forum | Valerie Sauda, MSN, RN- BS, MGSF Assistant Professor, Nursing Husson University | Title: Changing the Face of Aging in Maine: Tips for Future Health and Service Providers from Those Who Know Aging Best Description: The Attendee Forum is an open discussion for the audience to dialogue about what it means to be “older” in Maine, but with a purpose! In this Forum you will help us with contributing content to create a Toolkit that will be used to guide college educators in Maine to better prepare students for work with older adults. Specifically we will discuss ways to effectively communicate with and work with younger people to entice them to join the workforce in the field of aging. What barriers and successes do we need to address that will help guide younger people to work with older adults. Your participation in this Forum is essential to informing content for this Toolkit. We all need to work together to build the next generation of workers in the field of aging! |
| 3:20-3:30 | The Maine Geriatrics Conference Planning Committee | Raves and Rants Wrap up |