**30th Annual Maine Geriatrics Conference – June 11 & 12, 2020 (Thurs & Fri)**

**Harborside Hotel, Bar Harbor, Maine**

**“Where Policy Meets Practice”**

*March 4, 2020*

**Note**: Only the lead presenter is listed in this schedule

DAY I- THURSDAY – JUNE 11, 2020

| **TIME** |  | **TITLE** | **Speaker(s)** |
| --- | --- | --- | --- |
| 8:00am |  | Opening Session | Marilyn R. Gugliucci, PhD  Chair, Conference Planning Committee |
| 8:30am |  | **Title:** Recent Advances in Our Understanding and Treatment of Elder Abuse  **Description:**  Dr. Lachs is one of the most highly-respected physician scientists in the field of elder abuse, He has testified before the United States Senate Committee on Aging, spoken at the White House, and served as a consultant to the World Health Organization on matters related to Elder Abuse. In this presentation, he will give an overview of the definition and epidemiology of elder abuse and describe recent advances in the field which spans care, policy and education. | Mark S. Lachs, MD, MPH |
| **9:45am** | BREAK | **Exhibit Hall Open** |  |
| **10:15am - 11:30 am** | Morning Workshops |  |  |
| A1 |  | **Title:** Maine Relay: Resources for Mainers with Disabilities  **Description:**  Maine Relay Service is a free statewide service that connects voice telephone users with people who are deaf, hard-of-hearing, have a speech disability, or are late-deafened. The service allows consumers to use special equipment (such as captioned telephone, TTY, VCO or HCO) to communicate with standard voice telephone users through specially trained relay operators (RO). Stay connected with family, co-workers, and friends! Relay services use specially trained Relay Operators to connect calls between TTY or VCO users and standard telephone users. All calls are confidential. No records of any conversations are maintained. | Debra Bare-Rogers, MS |
| A2 |  | **Title:** Fireside Chat with Dr. Lachs  **Description:**  In this Fireside Chat with Dr. Lachs, there is open discussion that may (1) expand the topic from his morning keynote on Elder Abuse, (2) include insights from his Book – Treat Me, not My Age (2010), and/or (3) explore other areas he is working with in providing care to older adults. This Chat may take many directions depending on the participants’ and Dr. Lach’s interest! | Mark S. Lachs, MD |
| A3 |  | **Title:** “How to Think Globally About Cognitive Impairment in Primary Care”  **Description:**  “My memory’s not what it used to be!” It’s a common, oft-repeated phrase when working with older adults. Many older adults have some concerns about their cognition, and most would like to be able to discuss this concern with their primary care clinician. Why then, is it so difficult? This interactive session will explore the rationale for and barriers to assessing cognition in older adults, and we will discuss some of the ways we can improve how we globally address cognitive impairment in primary care. | Amy Madden, MD |
| A4 |  | **Title:** The Future of Aging in Maine – Aging Policy Year in Review  **Description:**  The Maine Council on Aging leads efforts to ensure we can all live healthy, engaged and secure lives in our homes and communities with choices and opportunities. This workshop will explore policy barriers to reaching this goal and help participants understand how these barriers are being addressed at the federal, state and local levels. The session will review action on the recommendations in the 2018 Maine Blueprint for Action on Healthy Aging, and highlight new legislative enactments, the State Plan on Aging process, MaineCare program reforms, and healthy aging alignment efforts. | Jess Maurer, JD |
| **11:30am** | Lunch  Special Session A  Special Session B | **Exhibit Hall Open - Networking Lunch Tables**  **Title:** EngAging: Photo-Voice Stories of Older Adults Living With & Living Through Loneliness  **Description:**  This interactive presentation distills the results of a year-long undergraduate thesis exploring an often silent international trend affecting the older alongside younger: loneliness. Grace dissects patterns and variations in the phenomena across cultures, identities, and environments of case study communities of Maine and Southern Chile. Creative mediums of photos and recordings of interviewees are interwoven to both directly voice interviewees’ lived experiences and to highlight loneliness’ social and environmental determinants. Grace is a learner, navigating what it means to see, hear, and amplify older adults in sustaining, to varying degrees, the roles, values, and connections which engAge us. Join her!  **Title:** AgingME ~ Geriatrics Workforce Enhancement Project   |  |  | | --- | --- | | **Description:**   |  | | --- | | The Geriatrics Workforce Enhancement Program (GWEP) is a 5 year initiative of the  Health Resources and Services Administration (HRSA), U.S. Department of Health and  Human Services launched in July, 2019 to create a more age-friendly health system.  Maine’s GWEP—known as AgingME –is a statewide effort led by the University of New  England – in close collaboration with the University of Maine, our major health care  systems, and key community based organizations - to transform primary care practices,  engage and empower older adults and better prepare an age-capable workforce. We look  forward to sharing our progress to date and to discuss ways you might get involved in this  important opportunity. | | | Grace Ellrodt, BA, Student Researcher  Susan Wehry, MD & Lenard Kaye, DSW/PhD |
| 12:45pm |  | **Title:** Social Isolation & Loneliness in Midlife and Older Age  **Description:**  There is growing interest in exploring the potential of interventions to address social isolation and loneliness, which are both risk factors for poor aging outcomes. Social isolation is the objective physical separation from other people (i.e., living alone), and loneliness is perceived social isolation, or the subjective distressing feeling of being alone, separated, or outcast. This talk will review evidence about the links between social isolation, loneliness and health, and touch on the potential to develop interventions to reduce isolation and loneliness in later life. | Lis Nielson, PhD |
| 1:45pm |  | **Title: From the Eyeballs Out: Designing** Technology Programs for Impact and Sustainability  **Description:**  Since 2004, Older Adults Technology Services (OATS) has developed technology programs to engage, train, and support more than 30,000 older adults in diverse settings across the country.  OATS Founder and Executive Director, Thomas Kamber, PhD, will review key lessons learned from the development and scaling of this innovative organization, highlighting the role of "design thinking" in program development and sustainability, as well as the importance of aligning program activities with measurable results. | **Tom Kamber, PhD** |
| **2:45pm** |  | **Exhibit Hall Open**  **BREAK** |  |
| **3:15pm - 4:30pm** | **Afternoon Workshops** |  |  |
| B1 |  | **Title:** Empowerment Self Defense: Protecting Ourselves and Others -- for Older Adults and all the rest of us!  **Description:**  Setting effective boundaries, de-escalating threats, and regulating ourselves when the situation is over are essential skills at any time in our lives. Empowerment Self Defense is a global movement that promotes awareness, verbal and physical intervention and response skills, and tools for healing. Learn strategies for navigating challenging interactions with family members, care providers, and unknown people at home, on the phone, online, and in the community and create a safer environment for yourself and for older adults in your life.This workshop is accessible and adaptable to all. Let’s grow our abilities to take power in our own lives.  **REPEATED DAY 2- Session # 14** | Clara Porter, MSW & Brigit McCallum, ThD (GEM) |
| B2 |  | **Title:** Fireside Chat on Isolation and Loneliness  **Description:**  In this Fireside Chat with Dr. Nielsen there is a wonderful opportunity for open discussion on the topic from her keynote address earlier; picking up on points that were presented but time didn’t allow a deeper dive into the topic. Actually, this Chat may take many directions depending on the participants’ and Dr. Nielsen’s interest! | Lis Nielson, PhD |
| B3 |  | **Title:** The Power of Personal Narrative: Using Story to Create Community  **Description:**  Sharing life stories creates instant intimacy, builds community, and fosters connection with any age group, but especially with older adults who may be facing issues of isolation and loneliness. In this interactive workshop, participants will be given storytelling tools to use with both staff and residents. We will begin with a quick (replicable) exercise to illustrate how even the simplest share starts conversations. We will then discuss why story matters, why structure is important (guidelines provided), and examine constructive listening and critiquing techniques. Participants will also be given a time-tested exercise to use with colleagues or to jumpstart their own resident programming. | Elizabeth Peavey, BA |
| B4 |  | **Title:** Probate Basics Workshop  **Description:**  This workshop will provide and explain such legal documents as an Advance Directive for Health Care and a Financial Power of Attorney.  Though ethics prohibit her from providing individualized legal advice, her teaching and judge experience helps explain the legalese and provide guidance to help attendees understand. She also encourages attendees to share their own experiences and helpful ideas on organizing legal documents in ways that promote family harmony and older adult empowerment. | Judge Susan W. Longley |

**DAY II- FRIDAY – JUNE 12, 2020**

| **TIME** |  | **TITLE** |  |
| --- | --- | --- | --- |
| 8:00am |  | Welcome & Announcements | Marilyn R. Gugliucci, PhD |
| 8:15am |  | **DENNIS McCULLOUGH MEMORIAL LECTURE**  **Title:** Dementia Reimagined  **Description:**  Dr. Powell, author of Dementia Reimagined (2019), will briefly review the history of dementia research, summing up our current failure to find a cure. She will explore various successful approaches to care that enhance quality of life for people with dementia and caregivers, including ways to improve the process of diagnosis, enhance social connection and provide patient-centered end of life care.  . | Patricia (Tia) Powell, MD |
| 9:15am |  | **Title:** Maine State DHHS/OADS Update | Commissioner Jeanne Lambrew |
| 10:00am | **BREAK** | **Exhibit Hall Open** |  |
| **10:30am-11:45am** | Morning Workshops |  |  |
| C1 |  | **Title:** Functional Contentment: Person Centered Dementia Care Model  **Description:**  This presentation is designed for care providers and care partners of people with dementia who are either living at home or in a dementia care environment. The goal of the session is to share a model of care that is individually designed to promote and encourage the highest level of physical and cognitive function while maintain the highest level of personal contentment. Attendees will learn how to organize information that we already know and have access to, but lay a new lens over it to optimize an individualized approach to the care of the person/patient/resident with dementia. | Daniel Pierce, DO, MSEd |
| C2 |  | **Title:** Introductory Interactive workshop with Kairos Alive!™  **Description:**  Join performing artists and educators, Maria and Parker Genné, for a lively interactive workshop that introduces Kairos Alive!™ They are part of the emerging national fields of creative arts & aging and arts & health, working alongside professionals in the arts, health care, social services and community development. They seek to raise awareness of the importance of creative involvement across the lifespan. They support moving away from a model that assumes the inevitability of declining health and isolation as we age, toward a strengths-based, research-based approach that focuses on potential, vital engagement, health maintenance and prevention, and continued connections to community.  **Full Kairos Alive Interactive Session during Attendee Forum at 2:30 pm** | Maria DuBois Genné, Med & Parker Genné, BMusic |
| C3 |  | **Title:** HELP [Hospital Elder Life Program] and Delirium Prevention  **Description:**  Delirium is a common complication of illness in older adults. When present, delirium increases risk of death and decline in function. Although not always preventable, there is evidence that delirium can be prevented in many situations. Early identification of confusion is also beneficial so that the care team can intervene to treat reasons and address risks for further complications. This presentation will give attendees tools to better recognize, prevent and manage delirium. | Heidi R. Wierman, MD |
| C4 |  | **Title:** Telehealth: Embedding Solutions Within At-Risk Facilities  **Description:**  Telehealth technology has revolutionized the delivery of health care through interactive, advanced equipment that expands access to care and gives patients the ability to engage in their own health care in the comfort of home and community. This workshop will demonstrate how the tools of advanced telehealth technology have achieved increased access to care, reduced healthcare costs, and increased consumer engagement. Attendees will have the opportunity to use these tools. We will also discuss telehealth’s application to broader population health efforts and share findings from our experience implementing *ConnectedCare Clinics* on remote islands and in subsidized and 65+ housing facilities. | Stephen Baybutt MS, RN |
| 11:45am | LUNCH | **Maine Dirigo Geriatrics Society Meeting &**  **Networking Lunch Tables** |  |
| **1:00pm - 2:15 pm** | **Afternoon Workshops** |  |  |
| D1 |  | **Title:** Fireside Chat with Dr. Powell  **Description:**  In this Fireside Chat with Dr. Powell, attendees will have the opportunity to generate related discussions from the morning keynote on Dementia Reimagined or explore other areas of working with or providing care to older adults. This Chat may take many directions depending on the participants’ and Dr. Powell’s expertise! | Tia Powell, MD |
| D2 |  | **Title:** Empowerment Self Defense: Protecting Ourselves and Others -- for Older Adults and all the rest of us!  **Description:**  Setting effective boundaries, de-escalating threats, and regulating ourselves when the situation is over are essential skills at any time in our lives. Empowerment Self Defense is a global movement that promotes awareness, verbal and physical intervention and response skills, and tools for healing. Learn strategies for navigating challenging interactions with family members, care providers, and unknown people at home, on the phone, online, and in the community and create a safer environment for yourself and for older adults in your life.This workshop is accessible and adaptable to all. Let’s grow our abilities to take power in our own lives.  **REPEAT OF DAY 1- Session # 5** | Clara Porter, MSW & Brigit McCallum, ThD (GEM) |
| D3 |  | **Title:** What'sApp-D?  **Description:**  Digital technology has become increasingly commonplace and user – friendly. Smart assistive technologies (SATs) designed to support safety, connection, independence and overall quality of life hold great promise for persons living with dementia and their care partners. We present findings from a small study we conducted to learn the views of persons living with dementia and their care partners about digital technology, their current use of SATs, their openness to learning and their suggestions for new technologies. Participants will have an opportunity to view and experience some of these devices and to brainstorm ways to use them in the household and therapeutic environments. | Susan Wehry, MD &  Regula Robnett, PhD, OTR/L |
| D4 |  | **Title:** Channeling Your Inner Marie Kondo: Tidying Up Medication Lists Through Deprescribing  **Description:**  Over 50% of community-dwelling older adults are prescribed five or more daily medications. Deprescribing is the process of identifying and reducing medications, where risk may outweigh benefit, in accordance with an individual’s goals of care, functional status, and life expectancy. Deprescribing provides the opportunity to optimize medication regimens and can aide in addressing the “polypharmacy epidemic.” However, it is often difficult to implement due to patient and caregiver perceptions, as well as varying provider comfort level. This workshop will present tips, tricks, and tools for deprescribing, which can be used anywhere from the exam room to the precepting room. | Sydney P. Springer, Pharm-D, MS  Macayla Landi, MA, PharmD, & Nicolette Centanni, PharmD |
| **2:15pm** | **BREAK** | Let there be cake!! |  |
| 2:30pm |  | **Attendee Forum**:  **Title:** *Kairos Alive™!* Dancing Together is Good Medicine!  **Description:**  “What if your patient was your dance partner?” Join performing artists and educators, Maria and Parker Genné, for a lively interactive program that introduces dancing together as creative approach to build healing relationships between older adults, their families and healthcare professionals. Take part in a curated celebratory event, based in the power of movement to engage us cognitively, physically and socially. Kairos Alive! Intergenerational Dance Hall™ is a lively reimagined dance hall, which offers inclusive and interactive dance, music and theater experiences, along with arts and health research learning. Fun and welcoming for all! | Maria DuBois Genné, Med & Parker Genné, BMusic |
| **3:25pm** |  | **Raves and Rants Wrap up** |  |