

## PLAN TO VISIT THE VENDOR AND AGENCY EXHIBITS AT THIS CONFERENCE!

### WHO SHOULD ATTEND

Physicians, PAs, Nurses, Nurse Practitioners, Nursing Facility Administrators, Certified Nursing Assistants, Psychologists, Social Workers, Mental Health Practitioners, Occupational and Physical Therapists, Substance Abuse Counselors, other healthcare providers, elders and their families.

### SPONSORS AND SUPPORTERS

This conference is sponsored by:  
Acadia Health Education Coalition  
Maine Gerontological Society  
DHHS Maine Center for Disease Control and Prevention,  
Office of Rural Health & Primary Care  
University of New England College of Osteopathic Medicine

with additional grant support from:  
DHHS Office of Elder Services  
Maine Alzheimer's Association  
Rosscare-Eastern Maine Health Care Systems  
University of Maine Center on Aging

### ACCOMMODATIONS

**The Bar Harbor Regency** (123 Eden St., Bar Harbor) is holding a limited number of rooms at the conference rate of \$109 per night, single/double occupancy. The deadline to reserve a room at this special rate is May 11. Rooms are "as available" after that date.

**To make a hotel reservation**, call (800) 234-6835. Indicate you are part of the UNE Geriatric Conference, and use the code BHG. For more information on the Bar Harbor Regency, including driving directions, visit the hotel's website at [www.oplhotels.com](http://www.oplhotels.com).

**If you require special accommodations of any kind to fully participate in this conference, please notify the CME Office at UNE (207-602-2589) at least two weeks prior to the event.**

### SUBSTITUTIONS/CANCELLATIONS

If this conference is cancelled because of unforeseen circumstances, all registration fees will be refunded. Registrants who cancel by May 12 will receive a refund less a \$75 processing fee. Cancellations received after May 12 are not eligible for a refund. Substitution may be made without additional charge by calling Marolyn Bissonnette at (207) 602-2589.

### CONTINUING PROFESSIONAL EDUCATION CREDITS

The University of New England (UNE) is accredited by the American Osteopathic Association and by the Maine Medical Association's Council on Continuing Medical Education to provide continuing medical education for physicians. UNE has designated this educational activity for a maximum of 11 Category 1A osteopathic and *AMA PRA Category 1 Credits*.™ Nursing CEUs are pending and nursing home administrator CEUs are anticipated. The University designates UNE contact hours for this activity.

**Thursday, June 12 credits: 5.25**  
**Friday, June 13 credits: 5.75**

Attendees should only claim credits commensurate with their participation in this educational activity.

### CONFERENCE PLANNING COMMITTEE

**Sharon Ann Berz, LCSW**, Long Term Care Director, Aroostook Agency on Aging, Presque Isle ([sberz@aroostookaging.org](mailto:sberz@aroostookaging.org))

**Amy E. Cotton, M.S.N., APRN, BC, FNGNA**, Director of Operations, Rosscare-Eastern Maine Health Care Systems, The Center for Healthy Aging, Bangor ([acotton@emh.org](mailto:acotton@emh.org))

**Carolyn Dorrity, R.N., BSN**, Executive Director, Acadia Health Education Coalition (part of the Maine AHEC network), Bangor ([cdorrity@meahec.org](mailto:cdorrity@meahec.org))

**Marilyn R. Gugliucci, Ph.D., F-GSA, F-GHE**, Associate Professor and Director of Geriatric Education and Research, University of New England College of Osteopathic Medicine, Biddeford ([mgugliucci@une.edu](mailto:mgugliucci@une.edu))

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**Peggy Pineo, MHA**, Administrator, VP of Long-Term Care, Sunrise Care Facility, Downeast Health Systems ([peggyp@dech.org](mailto:peggyp@dech.org))

**Romaine Turyn, M.A.**, Director of Policy, Planning and Resource Development, Office of Elder Services, Augusta ([romaine.turyn@maine.gov](mailto:romaine.turyn@maine.gov))

**Paul Weston**, Program Chair, Trescott TWP ([covehawk@wildblue.net](mailto:covehawk@wildblue.net))

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# 18<sup>th</sup> Annual Bar Harbor Rural Geriatric CONFERENCE

*Where Policy Meets Practice*

**June 12–13, 2008**  
**Bar Harbor Regency Hotel**

**Acadia Health Education Coalition**  
**Maine Gerontological Society**  
**DHHS Maine Center for Disease Control and Prevention, Office of Rural Health & Primary Care**  
**University of New England College of Osteopathic Medicine**

The Acadia Health Education Coalition (AHEC) is a member of the Maine AHEC Network, which is supported by a grant from the Health Resources and Services Administration (grant number U77HP 03021).

# AGENDA



THURSDAY, JUNE 12

8:00 a.m. Welcome & Introductions

8:15 a.m. Late Life Depression: You Don't Want to Miss It!

*Susan Wehry, M.D., Director Vermont Agency of Human Services*

Dr. Wehry will address the differences between normal sadness and clinical depression, describe easy-to-use screening tools and evidence-based treatments and discuss individual - and institutional - strategies for prevention and early intervention.

9:45 a.m. Break with Exhibitors

10:15 a.m. A Year in the Life of the Commissioner

*Brenda Harvey, M.S.Ed., CRC, Commissioner, Maine Department of Health and Human Services*

In this presentation, the Commissioner provides an overview of the financial challenges experienced by the state over the past year resulting from lower-than-projected state revenues, and changes in federal programs. She discusses how these challenges have affected programs for Maine's seniors.

11:00 a.m. It's All About You: Humor as a Stress Reliever

*Ed Latham, R.N., FNGNA, Coordinator of Dynamic Solutions, St. Marguerite d'Youville Pavilion*

Changes in organizations, increasing workloads and nearly impossible deadlines multiply stress. Learn how to decrease your own and others' anxieties by using humor - or just come for the laughs. Laughter at work is no longer just "nice to have." It's a "need to have." Humor is a skill and this is an opportunity for you to practice.

12:00 p.m. LUNCH

1:30 p.m. WORKSHOPS

1. Taijiquan (T'ai Chi Ch'uan) for Elders and Their Caregivers

*Larry Landau, Instructor, Dragonfly Taijiquan* Taijiquan is a Chinese meditative movement art which has been shown to improve balance, flexibility, strength and coordination. It is a gentle discipline that is extremely successful with our senior population, promoting relaxation, effective breathing, and groundedness (i.e., coping with symptoms of depression and dementia.) The same qualities that make taijiquan so useful for seniors also benefit their caregivers. Staff as well as clients notice differences in their physical health and mental well being in a relatively short period of time. This workshop will include discussion and practice of some of the basic principles that form the foundation of this ancient healing art.

2. Long Term Care Needs in Maine

*Julie Fralich, MBA, Associate Director, Institute for Health Policy, Muskie School of Public Service; Diana Scully, M.S.W. Director, Maine DHHS Office of Elder Services*

This workshop will provide an overview of a model that has been developed to estimate the effect of changes in disability, income and an aging population on the future use of and demand for long term care services. The workshop will include a discussion of the policy options and implications of the results of the model's use.

3. Hand in Hand: Satisfaction and Intimacy in Old Age

*Marilyn Gugliucci, Ph.D., F-GSA, F-AGHE, Director, Geriatric Education and Research, University of New England College of Osteopathic Medicine*

Intimacy often takes on a sexual connotation, but its origins include social, emotional, spiritual and physical connections. In modern times we need more than modern words to develop knowledge, understanding, and empathy as we explore intimacy and satisfaction in later life. This workshop will assist in constructing a path for understanding intimacy, and will discuss formal and informal tenets that can guide caregiver actions around intimacy and satisfaction for older adults in a variety of living environments.

4. Capacity Evaluations in Adult Guardianships

*Susan Wehry, M.D.* This workshop will present a new conceptual model and assessment template, based on a national model reported in the November 2007 issue of *The Gerontologist*. Using this template, in March 2008 Dr. Wehry will be training all of Vermont's probate judges as the state's first step in bringing some standards and consistency to this process.

2:45 p.m. BREAK WITH EXHIBITORS

3:15 pm WORKSHOPS

5. Uprising: Culture Change in Nursing Home Facilities – More Choice and Modern Management

*Ed Latham, R.N., FNGNA* It's not about IF the culture will change. The culture will change with or without us. Let's rise up and take it on! One of the changes that we have already begun to embrace is "evidence based practice." It's now time to recognize that we must start to look at "evidence based staff education" and "evidence based management." We will explore questions like, "What has stopped working? What has been proven to be effective? What can we do about resistance to change?"

6. Taijiquan for Elders and Their Caregivers (repeat of Workshop #1)

7. Mindfulness and Elder Care

*Lucia McBee, LCSW, MPH* This didactic and experiential workshop will provide an overview of the clinical applications of mindfulness practice adapted for frail elders and their caregivers. Mindfulness practices focus on abilities, rather than disabilities, in order to provide paths to the inner strengths and resources that we all possess. Mindfulness-Based Elder Care (MBEC) conveys to this population the benefits of mindfulness through meditation, gentle yoga, massage, aromatherapy, humor and other creative therapies.

8. Hospice Utilization in Maine

*Julie Fralich, MBA* This presentation will provide an overview of the research on the use, cost and quality of hospice care and the implications for policy and planning in Maine.

4:30 p.m. Maine Gerontological Society Meeting – All Welcome

5:15 p.m. Maine Gerontological Society Reception – All Welcome

FRIDAY, JUNE 13

8:00 a.m. Welcome to Day 2

8:15 a.m. The Future Health Care Work Force for Aging America: a Recent Report from the Institute of Medicine (IOM)

*Marie A. Bernard, M.D., Professor & Chair, Reynolds Department of Geriatrics, University of Oklahoma College of Medicine*

This presentation will summarize the findings and recommendations of the IOM panel of this title, on which Dr. Bernard has served. The report is due for release in late March or early April; it will hopefully guide health policy makers and planners to meet the surging demographic imperative with the aging of the Baby Boom generation.

9:15 a.m. BREAK WITH EXHIBITORS

9:45 a.m. The Anatomy and Physiology of the Aging Brain

*Frank Willard, Ph.D., Professor of Anatomy, University of New England College of Osteopathic Medicine*

This presentation will describe, in a way that is accessible to all, what happens in the brain as we age. Not only for health care professionals, the talk's goal is to promote understanding of the physical changes that occur in order to better respond to the behavioral and other manifestations of aging.

11:00 a.m. Pharmacology for Elders: What Drugs to Use and What Drugs to Avoid in the Older Patient

*David Mokler, Ph.D., Professor of Pharmacology, University of New England College of Osteopathic Medicine*

Focusing mainly on cardiovascular and central nervous system medications, this talk clarifies ways in which the actions of these drugs differ in elders, and how they interact with drugs used for common geriatric conditions such as arthritis, high blood pressure, urinary incontinence and others.

REGISTER EARLY!

Space is limited, and this conference fills up fast!

12:00 p.m. LUNCH

1:15 p.m. WORKSHOPS

9. Memory: Where Does It Go?

*Frank Willard, Ph.D.* Our brains change physically throughout our lives, from our earliest thoughts to the time when aging affects our thinking and remembering. In this workshop, Dr. Willard will discuss what's happening in the brain during normal memory formation, and changes that can occur that result in memory loss.

10. A "Fireside Chat" with a Leading Geriatrician: Keys to Good Care for Older Adults

*Marie A. Bernard, M.D.* This workshop provides a rare opportunity to "cozy up" and chat with one of the nation's leading geriatricians. Dr. Bernard's user-friendly style offers a unique learning experience for all who attend. She offers a brief introduction to the Keys to Good Care for Older Adults, and plenty of time is allocated to questions and group discussion, all with Dr. Bernard's guidance.

11. Staying at Home: Safe and Easy Living

*Lynn Gitlow, Ph.D., OTR/L, ATP; Colleen Adams, COTA/L, ATP; Denis Pratt, ATP*

This workshop is for attendees interested in promoting and enhancing performance in the home. It discusses requirements and standards to make home structures accessible. Attendees will learn about home modifications and assistive technology (AT) solutions for safe and easy home living. There will be an opportunity to view and handle several AT devices and to explore applications for their use.

12. The Use of Osteopathic Medicine for Elders

*Ronald Mosiello, D.O., Osteopathic Manual Medicine/Neuromuscular Medicine Specialist, University of New England College of Osteopathic Medicine*

This workshop describes the importance of maximizing musculoskeletal function to improve overall health and well being. Osteopathic Manual treatment is used to reduce pain and enhance elders' ability to move, ambulate, perform activities of daily living, and to be as independent as possible.

2:30 p.m. BREAK WITH EXHIBITORS

3:00 p.m. WORKSHOPS

13. Staying at Home: Safe and Easy Living (repeat of Workshop #11)

14. Older Drivers: Goin' Around the Bend

*Marilyn Gugliucci, Ph.D., F-GSA, F-AGHE; David Mokler, Ph.D.* Driving is a necessity in rural Maine. Weather conditions, dark roads and other hazards pose a challenge to any driver. For older drivers, there are also issues of health and medication use, as well as the changes often associated with aging. This workshop looks at older adult function through the example of driving, and it introduces the implications of the use of medications (primarily prescription), presents medication options for consideration in relation to (driving safety) function, and discusses best practice approaches for health care providers in determining driver safety and potential needs for driving cessation.

(This session is appropriate for all care givers.)

15. Healthy IDEAS (Identifying Depression, Empowering Activites for Seniors)

*Linda Samia, R.N., MS, Program Manager, Healthy Choices for Maine, Partnership for Healthy Aging*

This workshop describes Healthy IDEAS, which is an evidence-based program designed to detect depression and reduce the severity of depressive symptoms among community-dwelling older adults. Healthy IDEAS is being implemented throughout Maine by two distinct groups: the five Area Agencies on Aging, working with caregivers of persons with Alzheimer's Disease; and Elder Independence of Maine, working with consumers of home and community based services. Representatives of these organizations will be present to describe their projects and some early outcomes.

16. The Use of Osteopathic Medicine for Elders (repeat of Workshop #12)

4:15 pm ADJOURN to the 2009 Conference, June 11–12

REGISTRATION FORM

18<sup>TH</sup> ANNUAL RURAL GERIATRIC CONFERENCE

Mail: CME Office,  
11 Hills Beach Rd.,  
Biddeford, ME 04005  
Fax: (207) 602-5957  
Phone: (207) 602-2589  
Email: cme@une.edu  
Online: www.une.edu/com/  
cme/ruralgeriatric.asp

Please print or type. Duplicate as needed.

NAME	DEGREE(S)	
JOB TITLE	PROFESSION	
ORGANIZATION		
WORK ADDRESS		
CITY STATE ZIP		
EMAIL	FAX	
WORK PHONE	CELL PHONE	HOME PHONE

FEES: Please check applicable fields:

- Full Conference (Thurs./Fri.): \$219       Thursday Jun 12 only: \$119  
 Full time students, with current ID: \$50/day       Friday June 13 only: \$119

Members, staff, faculty, preceptors of the following sponsoring organizations: (Choose One)

- Acadia Health Education Coalition       Maine Gerontological Society  
 Maine Office of Rural Health & Primary Care       University of New England:

- Full Conference: \$187       Thurs. June 12 only: \$100       Fri. June 13 only: \$100

PAYMENT METHOD:

- Check or money order (payable to UNE)       MasterCard       VISA       Discover

CREDIT CARD #	# EXP. DATE
NAME ON CARD	3-DIGIT SECURITY CODE (VIN)
CARDHOLDER ADDRESS (IF DIFFERENT FROM ABOVE) INCLUDING ZIP	
CARDHOLDER SIGNATURE	

WORKSHOP CHOICES (choose one in each time slot):

THURSDAY, JUNE 12, 1:30 PM

1. Taijiquan  
 2. Long Term Care Needs in ME  
 3. Hand in Hand  
 4. Capacity Evaluations

FRIDAY, JUNE 13, 1:15 PM

9. Brain & Memory Loss  
 10. Fireside Chat  
 11. Staying at Home  
 12. Osteopathic Medicine & Elders

THURSDAY, JUNE 13, 3:15 PM

5. Uprising: Culture Change in NH Facilities  
 6. Taijiquan (rep. of #1)  
 7. Mindfulness & Elder Care  
 8. Hospice Utilization in ME

FRIDAY, JUNE 13, 3:00 PM

13. Staying at Home (rep of #11)  
 14. Older Drivers  
 15. Healthy IDEAS  
 16. Osteopathic Medicine & Elders (rep of #12)