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The University of Maine Center on Aging is proud to announce our 5th annual interdisciplinary continuing education program. The Professional Excellence in Geriatrics Series (PEGS) and the Geriatric Organizational Leadership Development Seminars (GOLD) offer a wide variety of workshops designed with the professional service provider in mind. Whether you currently work with older adults or you want to learn more about the field, these workshops will keep you informed about the latest trends in aging. Recognized leaders in geriatrics will present sessions in their fields of expertise. Sessions will utilize a variety of educational methods including lecture, group discussion, panel presentation, and analysis of case studies. Participants will receive a certificate of attendance for each individual session, using the University of Maine's Continuing Education Unit. Continuing education credits issued through the Maine Board of Social Worker Licensure, Maine Medical Association, Maine Nursing Home Administrators Licensing Board, and American Nurses Association-Maine have been applied for.

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The Center on Aging is an interdisciplinary research center affiliated with the University of Maine's School of Social Work and College of Business, Public Policy, and Health. Our mission is to promote and facilitate activities on aging in the areas of education, research and evaluation, and community service, in order to maximize the quality of life of older citizens and their families in Maine and beyond.



*Many thanks to our planning committee and community sponsors.*

**Planning Committee**

- Elizabeth Bicknell, M.S., R.N., C.N.A.A., BC  
Associate Professor of Nursing  
University of Maine
- Jennifer Crittenden, M.S.W.  
Research Associate  
UMaine Center on Aging
- Lenard W. Kaye, D.S.W., Ph.D.  
Professor, UMaine School of Social Work  
Director, UMaine Center on Aging
- Mary Kellogg  
Graduate Student Intern  
UMaine Center on Aging
- Nancy Kelly, M.S.W.  
Field Coordinator  
UMaine School of Social Work

- Penny Lamhut, M.D.  
Geriatrician  
Sunbury Medical Associates  
Medical Director, Dirigo Pines
- Judith A. Metcalf, A.P.R.N., B.C., M.S.  
Director  
University of New England Geriatric  
Education Center
- Barbara Steller, R.N.C., B.S., M.L.A.  
Executive Director  
Dirigo Pines
- Robert A. Strong, Ph.D., CFA  
University Foundation Professor of  
Investment Education  
University of Maine

**Community Sponsors**



**DirigoPines**  
*A New Vision of Home*



Event planning provided by



**Arden Training  
& Consulting**

[info@ardentrainers.com](mailto:info@ardentrainers.com)



# Spring 2006 Continuing Education

TUESDAY, APRIL 25, 2006  
University of Maine at Augusta  
Augusta

## Session 1

### **Targeting the Boomer Consumer**

9:00-11:30 a.m.

*Susan R. Kaye, M.S., M.B.A.*

*Jewett Hall, Room 180*

*Principal, Packard Judd Kaye Strategic Marketing Group*

*Instructor, University of Maine Business School*

This workshop is designed for business owners, managers, and marketing personnel across industries who seek knowledge and skills for effective marketing to America's 78 million baby boomers. Regardless of specialty, there is good news for those pursuing baby boomers as clients and customers. These consumers account for more than half of U.S. spending and, as they age, their spending power actually strengthens. Understanding and applying current information and the proven strategies covered in this workshop not only improves return on marketing investment, it also allows the business community to meet the unique needs and wants of those baby boomers served. It is possible to do well and do good.

## Session 2

### **ABCD: A Community Development Model**

1:00-3:30 p.m.

*Student Technology Center, Room 138*

*Anne B. Schink, Program/Training/Disability Officer, Maine Commission for Community Service*

*Larry Ullian, Director of Program Development, Muskie School of Public Service, University of Southern Maine*

*Jane Brissette, Coordinator, Patient Navigator Program, American Cancer Society*

Asset Based Community Development is a tool that leverages resources to solve community problems. This workshop will describe ABCD using the Patient Navigator Program, which trains volunteers to provide emotional, informational and process support for patients diagnosed with cancer. Hands on activities will incorporate the principles of ABCD into the work of participants.

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THURSDAY, APRIL 27, 2006  
University of New England (Westbrook College Campus)  
Portland

## Session 3

### **Introduction to Handhelds and Epocrates®**

1:00-3:30 p.m.

*Rorie Lee, Ph.D., M.P.H., C.H.E.S.*

*Blewett Hall, Room 233*

Handheld Personal Digital Assistants (PDAs) provide a quick, useful method of obtaining and communicating important information to patients and family members. This workshop will provide an overview of basic information on PDAs, how to access a free version of the Epocrates software and a demonstration of the Epocrates Essentials software that is available for handhelds.

TUESDAY, MAY 2, 2006  
University of Maine at Augusta (University College Bangor)  
Bangor



Session 4

**Fraud and Identity Theft**

2:00-4:30 p.m.

*Michael R. Desrosiers, U.S. Postal Inspector*  
*James L. McCarthy, Assistant U.S. Attorney*

*College Center, Room 132*

The advancement of technology has created more ways than ever before to steal identities, wealth and our overall sense of security. This workshop will combine a Power Point presentation and interactive segments including multiple examples of identity theft and fraud with ample opportunities for questions and answers. Presented by a U.S. Postal Inspector and an Assistant U. S. Attorney both with extensive experience in fraud investigations and prosecutions.

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WEDNESDAY, MAY 3, 2006  
University of Maine at Presque Isle  
Presque Isle

Session 5

**End of Life Issues—Let's Talk About Them**

1:00-3:30 p.m.

*Kim-Anne Perkins, L.C.S.W., Director, UMPI School of Social Work*

*Campus Center*

Professionals from a cross section of service delivery will participate in a panel presentation about important issues related to preparing for the end of life. Specialists in the areas of hospice care, services for care providers, spirituality, and legal issues will offer their perspectives on subject material that is often neglected.

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MONDAY, MAY 15, 2006  
Dirigo Pines  
Orono

Session 6

**Music Therapy and the Elderly**

9:00-11:30 a.m.

*Alan Wittenberg, M.A., CMT, NRMT*

*The Inn, Penobscot Meeting Room*

This seminar will focus on the treatment of the elderly with common geriatric issues from depression to Alzheimer's Disease. Music therapy activities and approaches have been successfully employed in individual and group sessions in nursing homes, on Alzheimer's care units, and in hospice settings. Music can offer a social and interpersonal lifeline to those in isolation, despair and disorientation. Music therapy can stimulate memory, physical activity and self-confidence.

Session 7

**Thematic Programming for Dementia**

1:00-3:30 p.m.

*Barbara Fister, R.N., M.A.*

*The Inn, Penobscot Meeting Room*

Take part in an introduction to the Best Friends Program, a practical and easy to understand social model of care developed by Virginia Bell and David Troxel. A 'hands-on' activities example describing the thematic programming concept that has been developed at My Friend's Place will be included.

FRIDAY, MAY 19, 2006  
University of Maine at Augusta (University College Bangor)  
Bangor

Session 8

**Substance Abuse in Seniors**

1:00-3:30 p.m.

College Center Ballroom

*Brent Scobie, L.C.S.W., Clinical Supervisor, Acadia Hospital Substance Abuse Services*

Substance abuse problems often go unrecognized by seniors or their families. Many people use medications and alcohol to help them cope with depression and research has shown that alcohol and medication abuse is responsible for falls, insomnia and heart problems. Substance abuse may be masked and complicated by lack of awareness, provider behavior, other health problems or ageism. These challenges can be successfully addressed and this workshop will explore these issues and share strategies for dealing with substance abuse in seniors.

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MONDAY, MAY 22, 2006  
Hutchinson Center  
Belfast

Session 9

**Avoiding Staff Burn Out**

9:00-11:30 a.m.

Hutchinson Center

*Lesa Andreasen, M.S., M.A., President, BLF Inc.*

Do you have staff complaining that work is not fun anymore? Do you have staff that overreact to minor hassles, report being overwhelmed, and complain of minor health ailments? If so, you could be dealing with employees who are feeling burnt out with their work, which is a constant threat for staff working in the geriatric field. This workshop will help participants develop skills in identifying the signs and signals of burnout within themselves and others and will give strategies for dealing with burnout.

Session 10

**Medicare Prescription Drug Coverage (Part D)**

1:00-3:30 p.m.

Hutchinson Center

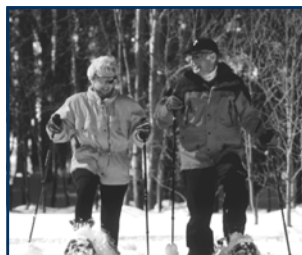
*Mary Walsh, Manager of Community Programs, Office of Elder Services*

*Doreen McDaniel, Community Programs Specialist, Office of Elder Services*

*Anne Smith, Medicare Rights Advocate, Legal Services for the Elderly*

*Susan Lutton, Director of Litigation and Training, Legal Services for the Elderly*

The addition of prescription drug coverage to Medicare has been the most significant change that Congress has made in the Medicare program in forty years. It has brought affordable drug coverage to some people with Medicare but is a challenging program for many to navigate. Learn about collaborative efforts of state and local organizations to educate and assist people with Medicare in getting prescription drug coverage through Medicare Part D. Hear what issues have been encountered, what actions have been taken, and about plans for the future—including how to appeal coverage decisions.



# Spring 2006 Continuing Education *Registration Form*

Please detach this registration form and send along with money order or check made out to the University of Maine to the address below. Call 207-581-3617 with questions.



University of Maine Center on Aging  
5723 Donald P. Corbett Business Building  
Orono, Maine 04469-5723



*If special arrangements are required for an individual with a disability to attend a course, please contact Mary Peters at 207-581-3617.*

Name: \_\_\_\_\_ Title: \_\_\_\_\_

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Please Check One:      \_\_\_\_\_ Regular Registration                      \$40 per session or \$70 per day  
                                  \_\_\_\_\_ Maine Gerontological Society Member              \$35 per session or \$60 per day  
                                  \_\_\_\_\_ Sponsoring Agency Employee                      \$35 per session or \$60 per day  
                                  \_\_\_\_\_ Student/Retired/Unemployed                      \$20 per session or \$35 per day

Are you interested in professional continuing education credits?      \_\_\_\_\_ Yes      \_\_\_\_\_ No

Walk-in registrations are welcome. Registration fees cover the cost of materials, certificate of attendance and refreshments. All fees are non-refundable. Lunch is not provided.

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|------------------------------------|-------------------------------------|----------------|
| <b>Tuesday, April 25, 2006</b>     | <b>UMaine Augusta</b>               | <b>Augusta</b> |
| _____ Session 1    9:00-11:30 a.m. | Targeting the Boomer Consumer       | <i>GOLD</i>    |
| _____ Session 2    1:00-3:30 p.m.  | ABCD: A Community Development Model | <i>PEGS</i>    |

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|-----------------------------------|--|-----------------|
| <b>Thursday, April 27, 2006</b>   | <b>UNE / Westbrook College Campus</b>    | <b>Portland</b> |
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| <b>Tuesday, May 2, 2006</b>       | <b>UMaine Augusta/University College Bangor</b> | <b>Bangor</b> |
| _____ Session 4    2:00-4:30 p.m. | Fraud and Identity Theft                        | <i>PEGS</i>   |

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|-----------------------------------|--|---------------------|
| <b>Wednesday, May 3, 2006</b>     | <b>UMaine Presque Isle</b>                 | <b>Presque Isle</b> |
| _____ Session 5    1:00-3:30 p.m. | End of Life Issues - Let's Talk About Them | <i>PEGS</i>         |

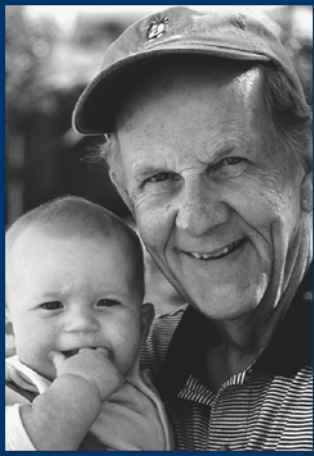
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| <b>Monday, May 15, 2006</b>        | <b>Dirigo Pines</b>               | <b>Orono</b> |
| _____ Session 6    9:00-11:30 a.m. | Music Therapy and the Elderly     | <i>PEGS</i>  |
| _____ Session 7    1:00-3:30 p.m.  | Thematic Programming for Dementia | <i>PEGS</i>  |

|                                   |   |               |
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| _____ Session 8    1:00-3:30 p.m. | Substance Abuse in Seniors                        | <i>PEGS</i>   |

|                                    |  |                |
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| _____ Session 10    1:00-3:30 p.m. | Medicare Prescription Drug Coverage (Part D) | <i>PEGS</i>    |

*Directions for all workshop locations can be found at [www.umaine.edu/mainecenteronaging](http://www.umaine.edu/mainecenteronaging)*





University of Maine Center on Aging

Spring 2006

**Continuing Education**

**PEGS** Professional Excellence in Geriatrics Series

**GOLD** Geriatric Organizational Leadership Development Seminars



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Center on Aging  
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