

## 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  
EMHS  
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 1. 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. 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 4 will receive a refund less a \$75 processing fee. Cancellations received after May 4 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

**Physicians and PAs:** The University of New England is accredited by the AOA and the ACCME to provide continuing medical education for physicians. UNE has designated this activity for 11.5 AOA Category 2A credits, 11.5 AMA PRA Category 1 Credits™ and 11.5 contact hours.

**Nursing Home Administrators:** it is anticipated that this activity will be approved for 11.5 credits by the Nursing Home Administrators Licensing Board.

**Nursing Credits:** This continuing nursing education activity has been submitted for approval to ANA-MAINE, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**Thursday, June 4 credits: 5.75**

**Friday, June 5 credits: 5.75**

### CONFERENCE PLANNING COMMITTEE

**Paul Weston**, Trescott Township, Chairman  
(covehawk@wildblue.net)

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

**Amy E. Cotton, M.S.N., F.N.P.-B.C.**,  
Director of Operations, Rosscare, The Center for  
Healthy Aging, Bangor (acotton@emh.org)

**Carolyn Dorrity, R.N., BSN**, Executive Director, Acadia Health  
Education Coalition\*, Bangor (cdorrity@meahec.org)

**Marilyn R. Gugliucci, Ph.D., AGHEF, GSAF, AGSF**  
Associate Professor and Director of Geriatric Education and  
Research, University of New England College of Osteopathic  
Medicine, Biddeford (mgugliucci@une.edu)

**Sue-Ellis Hermansen, R.N., M.S.**, University of Maine School  
of Nursing, Orono (susan.hermansen@umit.maine.edu)

**Leslie Ingraham, M.S., CMP**, Director Continuing Medical  
Education, University of New England College of Osteopathic  
Medicine, Biddeford (lingraham@une.edu)

**Lenard Kaye, DSW, Ph.D.**, Professor, School of Social Work,  
Director, Center on Aging, University of Maine, Orono  
(len.kaye@umit.maine.edu)

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

### Evaluation comments from past attendees:

- Best conference I've been to! I am 67 years old!
- Keep it up with the excellent programs.
- I find this conference informative and enlightening. I am new to this conference (second year), but I return to work refreshed with new ideas I pass on to staff.
- Keep doing what you are doing. The conference was informative and engaging. Great selection of presenters. Bravo to the planning committee.
- This was a fantastic conference!
- Speakers were excellent. Networking also helpful. Planning committee did excellent job in determining content and speakers.

*"Each year, I evaluate educational opportunities for myself and key staff, and I continue to budget for the Annual Bar Harbor Geriatrics Conference because it offers exposure to top quality education in the areas of policy and practice, as well as providing a rich networking environment where ideas and knowledge flow easily."*

### Nelson Durgin

Executive Director of Phillips-Strickland House in Bangor



College of Osteopathic Medicine

Continuing Medical Education  
1.1 Hills Beach Road  
Biddeford, Maine 04005



# 19<sup>th</sup> Annual Maine Geriatric Conference

*Where Policy Meets Practice*

**June 4–5, 2009**  
**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

## THURSDAY, JUNE 4

### 8:00 a.m. WELCOME & INTRODUCTIONS

#### 8:15 a.m. Quality Geriatric Care

*Lawrence Ramunno, MD, MPH, CDE, Chief Quality Officer, Northeast Healthcare Quality Foundation* | Dr. Ramunno is responsible for conducting quality improvement programs with hospitals, nursing homes, home health agencies and physician office practices in ME, NH and VT. He will discuss interventions that will directly improve the quality of care delivered to the elderly. His objective is to help us learn how to provide the right care for every patient every time. He will compare error rates in health care with those of other industries and discuss how to change our systems to improve quality.

### 9:30 a.m. BREAK

#### 10:00 a.m. Cultivating Meaningful Conversations to Guide Care: End of Life Care Planning in Dementia

*Elizabeth Hart, MD, Associate Medical Director for MaineGeneral Rehabilitation and Nursing Care* | Essential conversations about care for people with advanced dementia often occur during a crisis, rather than as an anticipatory set of guiding principles based on patient and family choices. This presentation focuses on fostering awareness of dementia as a terminal disease, with an incremental course of decline. It discusses ways to give voice to patients' wishes, establish care goals, that anticipate specific treatment decisions that they are likely to face.

#### 11:15 a.m. Celebrate What's Right With the World™

*Amy Cotton, MSN, FNP-BC, Director of Operations, Rosscare; Marilyn Gugliucci, PhD, AGHEF, GSAF, AGSF, Director of Geriatric Education and Research, University of New England College of Osteopathic Medicine* In a world filled with daily challenges, it is critical that those who provide care and services for older adults have tools to develop solutions. This session focuses on the powerful force having a vision of possibilities can be, integrating a video presentation with a facilitated discussion.

### 12:00 p.m. LUNCH

### 1:30 p.m. WORKSHOPS

*Remember to indicate your workshop preferences on the registration form!*

#### 1. Infectious Disease in Geriatric Populations: What You Need to Know

*Vicki Rea, RN, MPH,CIC, Field Epidemiologist, Maine Center for Disease Control* | Ms. Rea discusses the most common infectious agents that are transmitted in long term care and residential facilities, highlighting the challenges and resources for control of outbreaks related to these pathogens. The agents of focus include norovirus, influenza, MRSA, Clostridium difficile and scabies.

#### 2. Maine POLST (Physician Orders for Life-Sustaining Treatment): A Tool for Honoring Patients' Wishes for Care in Life-Limiting Illness

*Tammy Rolfe, RN, NHA, MS HPM, Director of Quality Improvement and Regulatory Affairs, Maine Health Care Association; Elizabeth Hart, MD, Associate Medical Director for MaineGeneral Rehabilitation and Nursing Care* | The POLST template communicates patients' wishes for end of life care through a recognized physician order set. To improve care delivered at the end of life, we must have honest discussion about options for treatment, and assure that patient preferences are documented in an accessible and understandable way. This workshop introduces POLST, discusses its content and implementation, and reviews the progress the coalition is making in disseminating this model in Maine.

#### 3. Title to be Announced

*Lawrence Ramunno, MD, MPH, CDE, Chief Quality Officer, Northeast Healthcare Quality Foundation*

#### 4. PGCM: Providing Strategies and Support for Seniors

*Pauline Juneau, RN, CMC, BS and Mary Toppi-Beane, LSW, CMC, Senior Geriatric Care Managers, Aident-LLC* | Professional Geriatric Care Managers (PGCMs) are committed to maximizing the independence and autonomy of elders and ensuring the highest quality and most cost effective health and human services. PGCMs help elders and their families cope with the challenges of aging through a team approach to education, advocacy, counseling, and service delivery. Families who live at a distance rely on Care Managers to provide a trusted link to their elder parents. This workshop explores the role the PGCM plays in in helping elders access quality care.

### 2:45 p.m. BREAK

### 3:15 pm WORKSHOPS

#### 5. Preventing Harm in Geriatric Health Care

*Marilyn Gugliucci, PhD, AGHEF, GSAF, AGSF, Director Geriatric Education and Research, University of New England College of Osteopathic Medicine; Amy Cotton, MSN, FNP-BC, Director of Operations, Rosscare* | Reducing health care errors and eliminating preventable harm are current national patient safety goals in all settings of health care. This workshop presents an overview of the Always/Never Care Model© (ANC Model), which is designed to enhance internal quality processes to identify and eliminate preventable harm in the provision of health care. The ANC© Model project is supported by Sigma Theta Tau International Honor Society of Nursing and the John A. Hartford Foundation.

#### 6. The Power of Advocacy to Create Change

*Brenda Gallant, RN, Executive Director Maine Long-Term Care Ombudsman Program; Graham Newson, MA, Executive Director Maine Association of Area Agencies on Aging* | Maine's challenging economic situation and demographics make effective advocacy more important than ever: shrinking resources and an aging population require a strong advocacy presence to assure that the interests of consumers are protected. This workshop provides an overview of the state budget and legislation affecting Maine's elderly and disabled citizens with a particular focus on advocacy for home and community-based services, including the legislatively mandated Blue Ribbon Commission to Study the Future of Home-Based and Community-Based Care. The presenters also provide specific advocacy strategies, including: communicating with legislators; partnering with other organizations; and working with the media.

#### 7. Elder Abuse: Recognizing Elder Sexual Assault and Undue Influence: A Workshop For Professionals Who Work With Older Adults.

*Rick Mooers, LSW, Program Administrator, Maine DHHS Adult Protective Services; Sharon R. Herrick, BS, MSW, Project Coordinator for the Elder Justice Training Partnership and the Elder Victim Assistance Program* | Elder sexual assault and undue influence are just two types of abuse that are often difficult to identify, especially for those older adults whose capacity has diminished. This presentation, including case examples and group discussion, provides health care professionals and others who work with older adults new knowledge and tools to recognize sexual assault and undue influence. Participants also learn about a number of elder abuse prevention and intervention efforts occurring throughout the state.

#### 8. The Use of Professional Ethics as a Guiding Principle for Decision Making When Working with Aging Individuals

*Nancy Kelly, MSW, ACSW, Field Coordinator for the BASW and MSW programs, University of Maine Orono* | This workshop provides an opportunity for attendees to increase awareness of, and sensitivity to, ethical issues in professional practice, focusing on work with elders in rural areas. It presents ways to: identify competing arguments by examining their limitations and strengths; recognize the ethical principles involved in practice settings; develop a greater understanding of the complexities of ethical

decision making; reach thoughtfully reasoned conclusions; and apply ethical principles using various decision making models.

#### 4:30 p.m. Maine Gerontological Society Meeting

*All conference attendees and exhibitors are invited to attend*

## FRIDAY, JUNE 5

### 8:00 a.m. WELCOME TO DAY 2

#### 8:15 a.m. Developing a Competent Health Care Workforce to Care for Older Adults

*Rosanne M. Leipzig, MD, PhD, Vice Chair Education, Mt Sinai School of Medicine* | The Institute of Medicine report, "Retooling for an Aging America: Building the Health Care Workforce." recommends that, "All licensure, certification and maintenance of certification for health care professionals should include demonstration of competence in the care of older adults as a criterion." The Association of American Medical Colleges and the John A. Hartford Foundation have challenged medical schools to adopt a minimum set of behaviorally based competencies that assure safe care of older patients by new interns. This presentation discusses these competencies and how other disciplines such as nursing, social work, pharmacy, and occupational and physical therapy might use them to create their own competencies in geriatrics.

#### 9:15 a.m. Policy and Legislative Issues Affecting Maine's Elders

*Brenda Harvey, MSeD, CRC, Commissioner, Maine DHHS*

### 9:45 a.m. BREAK

#### 10:15 a.m. Motivational Interviewing: An Introduction to Effective Helping Conversations

*Bob Jope, MA, LMHC, Case Management Supervisor, Massachusetts Department of Mental Health* | Motivational Interviewing (MI) is a person-centered method of communicating that enables change by increasing intrinsic motivation. A helping professional using MI assists the client to explore his or her ambivalence and commit to positive action. This session includes discussion of the use of MI with elder populations, enabling participants to experience and practice the techniques of MI with one another.

#### 11:30 a.m. Meditation Practice: Sit...Breathe.... Peacefully Rejuvenate

*Larry Landau, Founder and Instructor, Dragonfly Taijiquan, Portland and Kennebunk, ME* | Meditation is often viewed as esoteric, elusive and challenging. In fact, its practice can be simple, accessible and gratifying. Larry guides us in understanding how awareness of postural alignment, breath, visualizations, and gestures can transform meditation into a peaceful, rejuvenating experience and self care that that allows you to care for others more effectively.

### 12:00 p.m. LUNCH

### 1:15 p.m. WORKSHOPS

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

*Larry Landau, Founder and Instructor, Dragonfly Taijiquan, Portland and Kennebunk, ME* | 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 seniors, promoting relaxation, breathing and groundedness, especially in people coping with symptoms of depression and dementia. The same qualities that make taijiquan so useful for seniors also benefit their caregivers. Staff, family caregivers and seniors themselves notice substantial positive differences in their physical health and mental well being within a relatively short period of time. The workshop discusses and practices some of the basic principles that form the foundation for this ancient healing art.

#### 10. Using Reflective Statements to Foster Rapport and Enable Change

*Bob Jope, MA, LMHC, Case Management Supervisor, Massachusetts Department of Mental Health* | The proper use of reflective statements

## REGISTER EARLY!

*Space is limited, and this conference fills up fast!*

is a core concept in Motivational Interviewing. Reflections can build a strong alliance between helper and client, encourage a client to explore options, and strengthen change motivation. This workshop focuses on the basic types of reflections and their uses, and participants are given opportunities to practice reflections in conversation.

#### 11. Practicum on Providing Professional Services to Lesbian, Gay, Bisexual, and Transgender Elders

*Douglas Kimmel, PhD, Psychologist in Independent Practice, Hancock, ME* Most lesbian, gay, bisexual, and transgender (LGBT) elders in Maine require gerontological services only when health or physical impairment prevents independent living. In such situations, affirmative support must be provided that recognizes the personal and historical context of the person's life circumstances. This workshop discusses strategies for in-home services, assisted living arrangements, nursing home care, and hospice services that respect the competing needs for privacy, disclosure, and affirmation, while addressing potential lack of knowledge, assisting caregivers who are knowledgeable about basic LGBT issues.

#### 12. Fireside Chat with a Leading Geriatrician

*Rosanne M. Leipzig, MD, PhD, Vice Chair Education, Mt Sinai School of Medicine* | Dr. Leipzig's research and publications highlight evidence-based treatment for older adults, the role of medications in geriatric syndromes, the use of restraints in hospitalized elderly, and the teaching of evidence based medicine. Her clinical interests include geriatrics, clinical pharmacology, and evidence based geriatrics. This workshop, in a "Fireside Chat" format, provides an open forum to ask questions, discuss issues, or to simply listen and learn from the conversation that ensues.

### 2:30 p.m. BREAK

### 3:00 p.m. WORKSHOPS

#### 13. Taijiquan (T'ai Chi Ch'uan) for Elders and Their Caregivers (repeat of Workshop #9)

#### 14. Geriatric Psychiatry: Supporting Evidence (or Lack of It) in Treating the 3Ds

*Janis B. Petzel, MS, MD, Research and Development Coordinator and Geriatric Psychiatrist, Togus VA Medical Center and Private Practice* Dr. Petzel reviews the medical literature on the evaluation and treatment of delirium, dementia and depression in the elderly, with a particular focus on new data about the risk of antipsychotic medications, efficacy information on current dementia medications, non-pharmacologic treatments, and prevention. Too often, studies have not been done or done well, resulting in a lack of good evidence. This workshop covers approaches for risk/benefit analysis of treatment decisions in the real world. Participants are encouraged to bring cases for discussion.

#### 15. Implications of Vision Loss in the Elder Population

*Laura Vittorioso, BS, M.Ed, Director of Vision Therapy Development, The Iris Network; Samantha Green, BS, MA, Certified Vision Rehabilitation Therapist, The Iris Network* | The incidence of vision loss increases as the population ages. The majority of persons classified as legally blind are 75+ years of age, and most persons in this age group will be coping with co-morbidities. Vision Rehabilitation services addresses vision loss impact using a model which incorporates: medical management, adaptive skills training, psycho-social intervention and specialty devices. This presentation defines vision rehabilitation, describes service delivery, and demonstrates environmental adaptations that are easy to incorporate into activities of daily living.

### 4:15 pm ADJOURN

## REGISTRATION

### 19<sup>TH</sup> MAINE GERIATRIC CONFERENCE

Please print or type. Duplicate as needed.

NAME	DEGREE(S)
JOB TITLE	PROFESSION
ORGANIZATION	
PREFERRED ADDRESS <input type="checkbox"/> work   <input type="checkbox"/> home	
CITY STATE ZIP	
EMAIL	FAX
DAYTIME PHONE	ALT/EVENING PHONE

**FEES:** Please check applicable fields:

- Full Conference (Thurs./Fri.): \$219  Thursday June 4 only: \$119  
 Full time students: \$50/day  Friday June 5 only: \$119

**SPONSORS:** (*Members, staff, faculty, preceptors*):

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

- Full Conference: \$187  June 4 only: \$100  June 5 only: \$100

#### PAYMENT METHOD:

- Check or money order (*payable to UNE*)  MC  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 4, 1:30 PM

1. Infectious Diseases in Elders  
 2. Maine POLST  
 3. Lawrence Rammuno (Title TBD)  
 4. Geriatric Care Managers

#### THURSDAY, JUNE 4, 3:15 PM

5. Preventing Harm in Geriatric Care  
 6. Power of Advocacy  
 7. Elder Abuse  
 8. Professional Ethics

#### FRIDAY, JUNE 5, 1:15 PM

9. Taijiquan  
 10. Reflective Statements for Change  
 11. LGBT Elders  
 12. Fireside Chat

#### FRIDAY, JUNE 5, 3:00 PM

13. Taijiquan (rep of #9)  
 14. Geriatric Psychiatry/3Ds  
 15. Vision Loss in Elders

\* A member of Penobscot Community Health Care, Bangor Area Health Education Center.