



**Featured Speaker**  
Ben A. Bahr, PhD, William C. Friday Chair/Distinguished  
Professor, UNC-Pembroke

## Successful Aging: Raising **Awareness** through Education



Joint Provided with the Lumber River  
Council of Governments

Thursday, November 16, 2017  
8:00 a.m. - 4:15 p.m.

**Location:**

Southeastern NC Agricultural Center  
1027 US Hwy 74 East  
Lumberton, NC 28358

## Target Audience

Healthcare providers who work with and care for older adults such as nurses, social workers, physical and occupational therapists, social workers and caregivers.

## Program Description

This one-day conference will feature multiple tracks for both the healthcare professionals and the caregivers who work with and care for older adults. Sessions will include topics related to Alzheimer's disease and dementia, healthy aging, Medicare, polypharmacy, opioid use/abuse, and the Five Love Languages, among other important topics.

## Objectives

Discuss the healthcare professionals' role in supporting the healthy outcomes of the older patient.

## Agenda

8:00 - 8:30 a.m. Registration/Continental Breakfast/Mingle with Exhibitors

8:30 - 8:45 a.m. Welcome/Housekeeping

8:45 - 9:35 a.m.



### **Your Beautifully Designed Brain Needs Strategies to Prevent Poor Cognitive Aging and Dementia**

Ben A. Bahr, PhD, William C. Friday Chair/Distinguished Professor, UNC-Pembroke

*Alzheimer's disease is not an older person's disorder. The session will cover some of the challenges faced when studying the complex brain and the complicated pathogenesis of Alzheimer's disease, and will highlight new information from the work at UNC-Pembroke and other labs.*

9:40 - 10:10 a.m.

### **What is SHIP? And how does it Assist Medicare Beneficiaries?**

Vance Braxton Director/ Deputy Commissioner for the Seniors' Health Insurance Information Program (SHIP) at the North Carolina Department of Insurance

*This session will provide an overview of the Seniors' Health Insurance Information Program, along with information and discussion about Medicare and Medicare related products.*

10:10 - 10:30 a.m.

Break with Exhibitors

10:30 - 11:15 a.m.

Concurrent Sessions: Select ONE

Healthcare Provider A	<b>Dementia Capable NC</b> Mark Hensley, MA, Dementia Services Coordinator, NC DHHS, Division of Aging and Adult Services <i>Join us for a session learning about North Carolina's State Alzheimer's Plan, which is focused on 'Dementia-Friendly Communities' that are informed, safe, responsive and respectful of individuals with dementia and their families and provides supportive options that foster quality of life.</i>
Healthcare Provider B	<b>Healthy Aging NC: A Resource Center for NC Evidence Based Programs</b> Nicole Miller, MS, MPH, RD, LDN, Director of State and Community Collaboration at the NC Center for Health & Wellness at UNC Asheville <i>This presentation will provide an overview of Healthy Aging NC, an initiative of the North Carolina Center for Health &amp; Wellness at UNC Asheville.</i>
Caregiver A	<b>The 5 Love Languages for Caregivers</b> Yvetta Smith, BS, Eastern Director, NC Baptist Aging Ministry <i>Learn how to communicate love and concern most fluently to those who are caregivers and their recipients.</i>

Caregiver B	<p><b>Pressure Points: Working with Families Caring for Persons with Dementia</b>          Lisa Gwyther, MSW, LCSW, Associate Professor, Department of Psychiatry and Behavioral Sciences, Duke University  <i>The aim of this presentation is to increase the effectiveness of family care on patient outcomes and to minimize negative health and social effects of caring on families.</i></p>
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11:15 - 11:25 a.m. Break

11:25 a.m. -12:10 p.m. Concurrent Sessions: Select ONE

Healthcare Provider A	<p><b>Pressure Points: Working with Families Caring for Persons with Dementia</b>          Lisa Gwyther, MSW, LCSW  <i>This presentation will prepare professionals to recognize and respond to key transitions in dementia recognition, care, services and supports, 80% of which are provided by families.</i></p>
Healthcare Provider B	<p><b>Polypharmacy Issues and the Older Adult</b>          Joe Williams, PharmD, MBA, Owner, Brisson Drugs, St. Pauls, NC  <i>Polypharmacy is recognized as causing serious health consequences for the elderly through over prescribing, and duplication of treatment efforts. Improved communications among seniors, physicians, and pharmacists is needed to reduce these adverse consequences.</i></p>
Caregiver A	<p><b>Dementia Capable NC: Responding to Caregivers</b>          Mark Hensley, MA</p>
Caregiver B	<p><b>Healthy Aging NC: A Resource Center for NC Evidence Based Programs</b>          Nicole Miller, MS, MPH, RD, LDN</p>

12:10 - 1 p.m. LUNCH- Provided

1:00 - 1:30 p.m. **Laughter Really is the Best Medicine: An Introduction to Laughter Yoga**  
 Lisa Levine, BS  
*Join us for an interactive session where participants are led through laughter and breathing exercises in order to reduce and manage stress.*

1:35 - 2:20 p.m. Concurrent Sessions: Select ONE

Healthcare Provider A	<p><b>Understanding and Responding to Dementia-related Behaviors</b>          Mary Ann Dybzinski, BA, Program and Outreach Coordinator for the NC Alzheimer's Association  <i>This session features practical information for families and caregivers to learn how to decipher behaviors and determine how best to respond using a 4-step process.</i></p>
Healthcare Provider B	<p><b>Effects of Opioid Abuse/Misuse on the Aged</b>          Special Agent Steve Smith, NC State Bureau of Investigation  <i>This session will provide a brief overview of the statistics of narcotic prescriptions prevalent in seniors as well as signs and indicators of abuse and misuse. Included with the presentation will be diversion awareness for healthcare professionals.</i></p>

Caregiver A	<b>AARP: Taking Care of those Who Need You: Caregiver Resources</b> Suzanne LaFollette-Black, BS, Associate State Director of AARP, NC <i>Connect with family caregivers, caregivers and professionals to help guide conversations around topics such as how to build a support network, tips to care for yourself and where to find local resources.</i>
Caregiver B	<b>Americans with Disabilities Act</b> Wendy Pulley, MPS, North Carolina Emergency Management, Asst. Human Services Branch Manager and Functional Assessment Support Team Program Manager <i>This presentation will provide a general overview of how to interact with individuals with access and functional needs to help staff comply with the American's with Disability Act.</i>

2:20 - 2:30 pm.

Break

2:30 - 3:15 p.m.

Concurrent Sessions: Select ONE

Healthcare Provider A	<b>Promoting Food Security for Older Adults</b> Audrey Edmisten, RD, LDN, MPH, Aging Program Specialist, NC Division of Aging and Adult Services <i>Participants will be provided profiles of the state of senior hunger in North Carolina and actions individuals, professionals and government can take to promote food security for all older adults in NC</i>
Healthcare Provider B	<b>Interacting with Individuals with Access and Functional Needs</b> Wendy Pulley, MPS
Caregiver A	<b>Understanding and Responding to Dementia-related Behaviors</b> Mary Ann Dybzinski, BA
Caregiver B	<b>No Wrong Door and NC 2-1-1</b> Stacy Hurley, M.Ed, No Wrong Door State Coordinator, NC Department of Health and Human Services, Division of Aging and Adult Services Leah Proctor, Resource and Outreach Specialist, United Way of NC <i>The NC Department of Health and Human Services, Division of Aging and Adult Services (DAAS) is partnering with United Way of NC to make it easier for individuals, families, and caregivers of aging adults and/or people with disabilities to learn about and access the help they need to remain in their homes and communities. Efforts are underway to develop a "virtual front door" to long-term services and supports (LTSS); providing awareness, education and assistance with connection to services.</i>

3:15 - 3:30 p.m.

Break

3:30 - 4:15 p.m.

**Closing: Remembrance & Stories: Ways of Caring and Healing**

Cherry Beasley, PhD, MS, FNP, CNE, Belk Endowed Professor in Rural and Minority Health, Department of Nursing, UNC- Pembroke

William J. Puentes, PhD, RN, FAAN, Brenda B. Brooks Distinguished Professor of Nursing, UNC- Pembroke

*The purpose of this presentation is to provide participants with information regarding the concepts of reminiscence and storytelling. The relationship between storytelling and health/wellness will be explored.*

4:15 p.m.

Adjourn

**Early Registration Date**

Registration Deadline: November 10, 2017

**Fees**

\*\$15 Caregivers

\*\$25 General Registration

\*\$15 Full time students with copy of Student ID

\*\$40 Healthcare Professionals - no CE credit

\*\$50 Healthcare Professionals who wish to receive CE credit

Make check payable to "Lumber River Council of Governments"

Mail to: LRCOG, 30 CJ Walker Road, Pembroke, NC 28372

\*Registration includes lunch

**Substitutes/Refunds/Transfers**

Participants who register for the program and are not able to attend, may:

- Send a substitute;
- Cancel two (2) business days (Monday-Friday), before the program and receive a refund for 70% of the registration fee.

Cancellations less than two business days (Monday-Friday) before the program are non-refundable. Participants who register for a program and do not attend will forfeit the full amount of the program registration fee.

Please dress in layers as the temperature in the rooms may vary.

For continuing education references concerning inclement weather, tobacco-free campus and ADA requirements, please go to: [www.southernregionalahec.org/General Reference](http://www.southernregionalahec.org/General Reference)

**Credit**

CEU: 0.6

Contact Hours: 5.58

Southern Regional AHEC is solely responsible for all aspects of the programs. No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit.

CNE: Nursing Continuing Education Contact Hours: 5.58

Southern Regional AHEC is an approved provider of continuing nursing education by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Planners and presenters have declared that they have no conflicts of interest related to the content of this activity. Any conflict of interest from the speaker will be announced at the beginning of the event.

NCBPTE: 6.0 hours

As part of the NC AHEC system, SR-AHEC is an approved provider by the North Carolina Board of Physical Therapy Examiners with regard to activities directly related to physical therapy for continued competence.

**Questions about this program?**

Contact Andrea Novak, PhD, RN-BC, FAEN, Administrator of Nursing, Allied & Public Health Continuing Education/910-678-7216.

# Registration Form

Form may be duplicated.

**Successful Aging: Raising Awareness  
Through Education**

Make check payable to Lumber River Council of Governments

**Phone:** 910-618-5533 **or email:** [lrcog@lrcog.org](mailto:lrcog@lrcog.org)

**Mail:** LRCOG, 30 CJ Walker Road, Pembroke, NC 28372

Circle one: Dr. Mr. Mrs. Ms.

Name \_\_\_\_\_ Last 4 digits of SS# \_\_\_\_\_

Certifications/Degrees \_\_\_\_\_ Specialty Area \_\_\_\_\_ Are you an NCC? \_\_\_\_\_

Employer \_\_\_\_\_ Job Title \_\_\_\_\_

Work Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone (work) \_\_\_\_\_ (home) \_\_\_\_\_

A valid email address is needed for program communications. The secondary email will only be used if your primary email replies as "undeliverable."

Email (primary) \_\_\_\_\_ (secondary) \_\_\_\_\_

Special Needs / Food Allergies \_\_\_\_\_

## Payment Information (accepting checks only)

Check (Make payable to "Lumber River Council of Governments")

SR-AHEC.org  
1601 Owen Drive • Fayetteville, NC 28304  
(910) 678-7226

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