



The Maryland Gerontological Association

34th Annual Conference

Healthy Aging in a New Age



LOCATION

Thursday, June 9, 2016
8:00 a.m-4:00 p.m
Charlestown Retirement Community
715 Maiden Choice Lane
Catonsville, MD 21228

MEMBERSHIP

Membership in the MGA entitles you to discounted rates at the annual spring conference, which offers access to the latest trends, research and policies in aging. In addition, membership includes peer contact through additional networking breakfasts and events.

REGISTRATION

The Annual Spring Conference registration fee includes continental breakfast, luncheon, conference materials and social work continuing education certificates for members and non-members. You are invited to join the MGA now and qualify for discounted registration for this conference.

EXHIBITORS & SPONSORS

All of the sponsor and exhibitor fees include 2 attendee registrations. Exhibitor space is in the conference hall which enhances networking and enables you to attend the conference. In addition, Social Work CEU's are included in the registration fees

CEU

The Maryland Gerontological Association is an approved sponsor of the Maryland Board of Social Work Examiners for Continuing Education for licensed social workers in Maryland and maintains responsibility for this program. The training is approved for 5 hours of Category I continuing education units. .

THURSDAY JUNE 9, 2016

Charlestown Retirement Community
Catonsville, Maryland



The Johns Hopkins Geriatric Workforce Enhancement Program



Vantage House



Real Possibilities

This conference would not have been possible without the generous support of Charlestown Retirement Community, The Johns Hopkins Geriatric Workforce Enhancement Program, AARP, and Being There Senior Care.



Conference Program

June 9, 2016

8:00 - 8:45 a.m. Registration, Exhibits and Continental Breakfast

8:45 - 9:00 a.m. Welcome and Opening Remarks

Virginia M. Thomas, MSW, ACSW MGA President
Clara Parker, Executive Director of Charlestown

9:00 - 10:30 a.m. Keynote Speaker: "How Words Make Worlds"

Judah L. Ronch, PhD
Dean and Professor, The Erickson School at UMBC

"How Words Make Worlds" will describe the importance of the words we use and how language drives everyday practice in our field. The language that we use for aging creates expectations, emotions, mindsets, response tendencies and much more. Therefore, it is important that leaders understand that thoughts about ageist language can cause harm in Long Term Care through deficit-based thinking and stereotype threats. This presentation will challenge you to avoid the corporate speak or ageist language that is common in our culture and replace it with person first language to drive better practice in long-term care.

Moderator: Jackie Gouline, LGSW Oak Crest Village

10:30 - 11:00 a.m. Networking and Break

11:00 - 12:00 p.m. Don't Get Tech-Twisted: How Embracing Technology Can Positively Impact Aging

Mike Kulick, Program Specialist AARP

Learn about how technology has shaped our aging population, especially over the last 10 years, and ways that older adults cannot feel 'left in the dust' as technology continues to rapidly change all around us.

Moderator: Marsha Ansel, MSW, LCSW-C, Howard County Mental Health Authority

12:00 - 1:15 p.m. Lunch and Awards

Lunch sponsored by MB HomeCare, Charlotte Hall Veterans Home, and Somerford Place Annapolis



SOMERFORD PLACE
ALZHEIMER'S ASSISTED LIVING

FIVE STAR SENIOR LIVING™



Conference Program

June 9, 2016

1:30 - 3:00 p.m.

Arts Intervention Strategies for the Healthcare Provider

*Nancy Havlik, Teaching Artist AFTA
Brandi Rose, Program Director AFTA
Arts for the Aging, Inc. (AFTA)*

In this presentation, an experienced AFTA Teaching Artist will share how arts intervention strategies can be used by caregivers to improve interaction with clients while explaining the significance of incorporating the interventions. For example, techniques employed by dancers can be used by caregivers to reduce falls and demonstrate methods for sitting and standing safely. Research also shows that arts activities can enhance memory in aging adults, and we will present specific techniques for exercising the mind artfully. Participation in the arts enhances the quality of life and promotes social connection. We will show caregivers how they can use the arts to foster a deeper connection with their clients, create a stronger sense of community in their facility, and bring a sense of joy to daily routines. Caregivers will discover that participation in the arts increases their own quality of life, decreasing stress and promoting positivity in the workplace

Moderator: Sybil Greenhut, APRN,BC. Program Manager, Mental Health Services for Seniors, Montgomery County Department of Health and Human Services

3:00 - 4:00 p.m.

Benefits of Motion in the Elderly

Daniel Kraus, D.C. Clinic Director

Dr. Kraus brings his expertise in rehabilitation to a discussion of the benefits of motion in the elderly, including improved quality of life, safe and pain-free movement, circulation, and strength. Recommendations for exercise, sample exercises and goal specific exercises will be addressed. The program will include body weight, fun and fitness, preventive health care and injury treatment prevention.

Moderator: Karen Sylvester, MPA. Unit Manager, Prince George's County Department of Family Services, Aging and Disabilities Services Division

4:00 p.m.

Conference conclusion



OBJECTIVES

By attending the conference, participants will be able to :

- Identify types of non-conforming language used in their workplace.
- Understand and identify person first language to replace non-conforming language in their workplace.
- Define frame, metonym, metaphor, primes and how these affect practice in long-term care.
- Understand the meaning of a metonym in aging services and how they prime deficit-based thinking
- Identify and avoid words that will evoke stereotype threat.
- Become a bilingual leader that will promote using positive metaphors as primes rather than corporate speak or ageist language.
- Learn about how technology has shaped our aging population, especially over the last 10 years, and ways that older adults cannot feel "left in the dust" as technology continues to rapidly change all around us.
- Learn about recent developments in research on arts and be able to understand how older adults benefit in participation in the arts, based on AFTA's own evaluation data and anecdotal examples.
- Learn specific arts intervention strategies for caregivers to enhance the physical, mental and emotional health of older adults.
- Identify goals, benefits and specific exercises for older adults.



MGA Membership & Conference Registration



MGA MEMBERSHIP

Time to renew or join the MGA?

The Annual Spring Conference registration fee includes continental breakfast, luncheon, conference materials and social work continuing education certificates for members and non-members. You are invited to join the MGA now and qualify for discounted registration for this conference.

Individual Membership: \$50

Organization Membership: \$250 (includes 10 memberships)

Senior (60+) or Student Membership: \$30

Join the MGA or renew your membership **BEFORE** registering for the conference to qualify for the discounted rate. You will receive a link to register for the conference with your MGA membership confirmation email. Membership payments need to be a separate transaction from the conference payment.



REGISTRATION

Conference registration fees:

The Annual Spring Conference registration fee includes continental breakfast, luncheon, conference materials and social work continuing education certificates for members and non-members.

	MGA MEMBER	NON-MGA MEMBER
INDIVIDUAL	\$90	\$110
ORGANIZATION	\$90	\$110
STUDENT	\$50	\$50
SENIOR (60+)	\$50	\$50

***Students and Seniors will need to register at the Individual Rate (\$90) for the Conference to receive SW CEU's.**

*Students need to provide a copy of full time student ID

*All registrants need to individually sign up for the conference, with the exception of our Organization memberships. Organization members may all register at one time if an existing Organization membership exists and pay the \$90/per person rate.

Please email me at mdgero@gmail.com with any questions or issues regarding MGA's membership registration or MGA's Annual Conference registration.

*Amy Stipe
MGA Program Coordinator*