



2022 SCA AGING CONFERENCE

PRESENTED BY



Schedule of Events
10th Annual Senior Care Alliance Aging
Conference September 8-9, 2022

Thursday, September 8

Time	Event
7:00 a.m. – 8:00 a.m.	Registration Open
7:00 a.m. – 4:30 p.m.	Exhibits Open
7:00 a.m. – 8:30 a.m.	Continental Breakfast
8:00 a.m. – 9:00 a.m.	Session 1 – General Session
9:10 a.m. – 10:10 a.m.	Breakout Session 2
10:20 a.m. – 11:20 a.m.	Breakout Session 3
11:30 a.m. – 12:45 a.m.	Lunch
1:00 p.m. – 2:00 p.m.	Breakout Session 4
2:10 p.m. – 3:10 p.m.	Breakout Session 5
3:20 p.m. – 4:20 p.m.	Breakout Session 6 – Closing Session
4:25 p.m. – 4:40 p.m.	Door Prize Give Away

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All topics presented by special guest speaker Missy Buchanan

Time	Event	Room
7:30 a.m. – 8:30 a.m.	Registration Open	Hall C
8:30 a.m. – 10:00 a.m.	Understanding the impact of change and life transitions on the well-being of older adults and their families on the journey of aging	
10:15 a.m. – 11:45 a.m.	Supporting older adults and their families through seasons of loss and uncertainty	
12:45 a.m. – 2:15 p.m.	Communicating effectively with older adults as a way to build stronger relationships	
2:25 p.m. – 4:00 p.m.	Caring for the Caregiver	

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Session 1

8:00 a.m.-9:00 a.m.

Dr. Buster Lackey, Ph.D., LPC, LADAC

Mental Health & Substance Abuse

Description:

This presentation will discuss mental health and substance abuse issue regarding physical, social, and financial impact of substance abuse.

Objective:

This presentation will give information regarding the commonality of mental illness and the impact it has on the physical, social, and financial impact of a person. Presentation will also raise awareness and statistics to allowing for the advocating of better mental health care.

Schedule of Events

10th Annual Senior Care Alliance Aging Conference September 8-9, 2022

Session 2

9:10 a.m. – 10:10 a.m.

Dr. Joseph A. Cornell, B.S., D.C.

(also available in Session 3)

Spinal Care for the Aging Patient & the Healthcare Provider

Description:

This presentation will review the anatomy of the spine and discuss what happens as we age, especially with poster and arthritis. Tere will be a discussion on exercises to improve posture and prevent injury.

Objective:

Prevention is the key to healing from back injuries. This presentation will show how to improve posture, prevent back pain, and refresh spinal knowledge.

Alesia Davis, APRN certified ACNPC-AG

(also available in Session 3)

Heart Health & Aging

Description:

This presentation will provide a brief overview of the normal heart function and effects of the aging process. The most common age-related changes of the heart will be discussed along with preventative measures.

Objective:

Participants will be able to explain normal heart function, describe the aging process of the heart, identify the most common age-related cardiac changes, & discuss prevention measures to promote a healthy aging heart.

Danni Welch, M.S., CCC-SLP

(also available in Session 3)

Speech Therapy – So Much More Than Just Talking

Description:

This presentation will familiarize attendees with the roles and responsibilities across settings. The solutions available to residents/patients regarding speech pathology.

Objective:

Participants will learn the 9 major categories speech pathologist are able to assist with. In-depth look at swallowing and swallowing disorders as well as Flexible Endoscopic Evaluation of swallowing.

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10th Annual Senior Care Alliance Aging Conference September 8-9, 2022

Session 3

10:20 a.m. – 11:20 a.m.

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LUNCH SESSION

11:30 a.m. – 12:45 p.m.

Jordon Babcock; EMBA Chief Executive Officer
CEO Springwoods Behavioral Health

The Role of Primary Care in Preventing Suicide: Military Service Members, Veterans, and Their Families

Description:

This presentation will review the role primary care providers play in suicide prevention with our military service members, veterans, and their families.

Objective:

This presentation will show the unique perspective of primary care providers (PCPs), suicide risk and protective factors for military personnel & veterans and preventing suicide through primary care.



Schedule of Events

10th Annual Senior Care Alliance Aging Conference September 8-9, 2022

Thursday, September 10

Session 4

Jessiela Roberts, MD, Family Medicine, Palliative Care
Living Well to Die Well

1:00 p.m. – 2:00 p.m.
(also available Session 5)

Description:

Much attention is placed on building a life that will last forever. What if we live our life focusing on that which will outlive us? Would family and friends take priority over material things and work? Would comfort and peace exceed luxury and fortune. Let's explore what it means to live well so that yesterday will miss you and tomorrow will regret that you never came.

Objective:

Emphasize the need for early advanced care planning; redefining quality of life; in depth analysis of Palliative Care and when it's needed.

Session 4

Alicia Hanson, R.N.
Training Staff on Infection Control

1:00 p.m. – 2:00 p.m.
(also available Session 5)

Description:

This presentation will review regulations focused on infection control and educate staff on infection control practices that step outside normal in-services.

Objective:

Provide clear understanding of hand hygiene, PPE, cleaning & disinfecting, etiquette, and ideas on how to involve staff.

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Session 5

2:10 p.m. – 3:10 p.m.

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Closing Session

3:20 p.m. – 4:20 p.m.

Sheila Hyatt, Licensed Zumba Instructor

Zumba Health Benefits

Description:

Zumba Gold is a specialty of the Zumba program that is geared towards active older adults and the de-conditioned exerciser. It is less intense and moves at a slower pace than the original Zumba. Zumba Gold can even be done while sitting in a chair. Zumba Gold allows the participants to experience the same party atmosphere as Zumba without the impact.

Objective:

Provide understanding of Zumba Gold classes and benefits such as improved muscular strength and endurance, improved cardiovascular system, improved range of motion, improved posture and more.

Schedule of Events

10^h Annual Senior Care Alliance Aging Conference September 8-9, 2022

Friday, September 9, 2022

Special Guest Speaker Missy Buchanan

About

A popular author/writer and speaker on topics of aging and faith, Missy Buchanan has appeared on *Good Morning America* with co-anchor Robin Roberts and her mother, Lucimarian Roberts. The elder Mrs. Roberts personally found Buchanan's books to be a great source of encouragement and comfort. To access the GMA video, click on the TV Appearances tab found on More from Missy on this website.



Missy's books, *Living with Purpose in a Worn-Out Body: Spiritual Encouragement for Older Adults*, *Talking with God in Old Age: Meditations and Psalms*, *Don't Write My Obituary Just Yet: Inspiring Faith Stories for Older Adults*, *Aging Faithfully: 28 Days of Prayer* and *Joy Boosters: 120 Ways to Encourage Older Adults*, are top sellers for Upper Room Books. In addition, Buchanan often contributes a column, "Aging Well," for the *United Methodist Reporter*: unitedmethodistreporter.com. She also writes about aging for www.ministrymatters.org.

Missy has written for many other publications including *Presbyterians Today*, *Mature Years*, *Mature Living*, *Circuit Rider*, *Christian Association Serving Adults Ministries*, and the *Dallas Morning News*.

A native Texan and former creativity educator, Missy loves spending time with her family, including husband, Barry, three grown children/spouses, and the cutest-ever grandsons and granddaughter!

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10^h Annual Senior Care Alliance Aging Conference September 8-9, 2022

Friday, September 9, 2022

8:30- 10am

Understanding the impact of change and life transitions on the well-being of older adults and their families on the journey of aging

Participants will learn to:

- Gain a deeper understanding of aging in a culture that values youth and fast-paced change
- Identify ten examples of change-- physical, emotional and spiritual-- that are specific to the journey of aging
- Recognize specific losses that accompany change and life transitions and their impact on older adults and those who love and care for them
- Identify emotions that often correspond with unwanted changes that occur in aging as a way to increase empathy and compassion
- Recognize underlying stress factors related to unwanted change and how it impacts the well-being of older adults.

10:15- 11:45am

Supporting older adults and their families through seasons of loss and uncertainty

Participants will learn to:

- Better understand grief as a natural response to the many kinds of loss that older adults experience—not limited to grieving the death of a loved one
- Identify factors that cause the greatest worry and anxiety among older adults
- Help manage circumstances that contribute to negative mindsets
- Recognize the differences between grief, worry and depression on the journey of aging
- Recognize the difference between lamenting and grumbling in older adults who are dealing with great change and loss
- Help older adults implement the spiritual practice of lament as a way to move forward in life transitions
- Better recognize how having a sense of purpose positively impacts the overall well-being of older adults
- Access five specific tools for helping older adults rediscover a sense of purpose even as their bodies falter

Schedule of Events

10^h Annual Senior Care Alliance Aging Conference September 8-9, 2022

Friday, September 9, 2022

12:45- 2:15pm

Communicating effectively with older adults as a way to build stronger relationships

Participants will learn to:

- Recognize and confront ageism in their daily environment since ageism is a barrier to effective intergenerational communication and relationship-building
- Become a more effective communicator by being keenly aware of five things *not* to say to older adults
- Become a better communicator by using five phrases that are helpful to creating positive communication
- Develop listening skills that will enhance relationships and defuse stressful situations
- Become a better communicator through collaboration not lecture or instruction
- Develop healthier caregiving relationships by incorporating “joy booster” skills into each day
- Utilize storytelling as a unique way to communicate with older adults on the journey of aging

2:20- 4:00pm

Caring for the caregiver

Participants will learn to:

- Identify the full spectrum of emotions associated with being a caregiving
- Identify personal barriers to healthy self-care
- Recognize triggers to emotional stress and red flags for caregiver burn-out
- Diffuse stressful circumstances through spiritual disciplines and other self-care techniques
- Ways to ask for and to accept help when needed
- Give grace to the caregiver and set appropriate expectations
- Release the burdens of caregiving and embrace the value

FOR MORE INFORMATION VISIT MISSYBUCHANAN.COM