

C4A *Connecticut Association of Area Agencies on Aging*

presents

5th Annual C4A Conference: “Taking Control of Life’s Transitions”

Wednesday, October 12, 2011

8 a.m. to 3:00 p.m.

CT Legislative Office Building • Hartford, Connecticut

with financial support from



Thank you to our Program Book Sponsors: (list in formation)

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Directions to Legislative Office Building (LOB), 300 Capitol Avenue, Hartford CT:

From I-84 East, take exit 48 (Capitol Avenue); stay in right lane, turn right onto Capitol Avenue. Take first right between the LOB and the Armory; proceed to back of garage and enter.

From I-84 West, take exit 48 (Asylum Street); turn right onto Asylum Street. At YWCA, turn left onto Broad Street, go through two traffic lights, left into access road in front of the Armory and left again; proceed to back of garage and enter.

Park on first level of garage (do not use reserved spaces), or park at the direction of the Capitol Police in the garage, or on the street in the area. Take walkway across to the LOB. Cafeteria is on the first floor, Opening Remarks in 2C on the second floor.

Funding for this conference was provided in part by the Older Americans Act under an agreement with the State Unit on Aging, the Connecticut Department of Social Services, Bureau of Aging, Community, and Social Work Services.

*C4A has applied for Continuing Education Credit hours from the National Association of Social Workers, CT Chapter, which will meet the continuing education criteria for Social Work Licensure renewal.
Participants may be eligible for 3 or 4 CECs, depending on the number of workshops attended.
C4A has also applied for professional credits for Substance Abuse Counselors from the CT Certification Board (CCB)*

6th Annual C4A Conference: “Taking Control of Life’s Transitions”

NOTE: the LOB staff asks us to remind you that all food and beverages must be consumed in the cafeteria; they may not be taken in any of the meeting rooms.

- 8:00 – 8:45** Registration
- 9:00 – 9:30** Welcoming Remarks, Room 2C
Penelope L. Young
President, C4A
- 9:30 – 10:45** KEYNOTE
LEADERSHIP IN TIMES OF CHANGE
Moderator: Penelope L. Young
Roderick Bremby, Commissioner,
Department of Social Services; Pat
Rehmer, Commissioner, Department of
Mental Health and Addiction Services;
Jewel Mullen, Commissioner,
Department of Public Health; Terry
Macy, Commissioner, Department of
Developmental Services (*please see
www.seniorresourcesec.org for full
bios*)

BREAK

- 11:00 – 3:00** Workshops A, B and C (Choose two or three) and /or Lunch*

**Note: Three workshop sessions are offered; 1 CEC is offered for each workshop. Participants may choose two workshops and lunch, or three workshops in lieu of taking a lunch break. Lunch vouchers may be used between 11 a.m. and 1:15 p.m.*

- 11:00 – 12:00** Workshop s A (or Lunch)

BREAK

- 12:15 – 1:15** Workshops B (or Lunch)

Break

- 1:30 – 3:00** Workshops C

Workshops A

(or Lunch)

- 1. *Depression in the Elderly: A Review* -**
Dr. Rajesh R. Tampi, MD, MS, FAPA
- 2. *Inclusivity Of LGBT Older Adults: National Resource Center on LGBT Aging* -**
Doreen Bermudez
- 3. *Supporting Returning Veterans and Their Families in Making the Transition* -**
Jim Tackett, BA

Workshops B

(or Lunch)

- 4. *Suicide Prevention In Senior Living Communities: The SPARK Initiative* -**
Dr. Gary Kennedy, MD
- 5. *Dealing with Change: Tackling Life’s Transitions-***
Remi Kyek, M.A.
- 6. *The Community Living Consultant Program in the PCA Waiver: What Have We Learned* -**
Therese Nadeau, MSW, Noreen Shugrue, JD,
MBA, MA

Workshops C

- 7. *Talking With Dolores: A One-Act Play , discussion facilitator*** Dr. Kerry Morrison, Psy.D.
- 8. *Confidently Navigating and Riding the Winds Of Change* -**
Dr. Steve Sobel

*For detailed session information
please visit www.seniorresourcesec.org*

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REGISTRATION FORM (PRE-REGISTRATION IS REQUIRED) Registration is **\$65 per person, due by October 7, 2011.** Registration includes vouchers for breakfast and lunch in the Legislative Office Building cafeteria.

Name _____ Title _____

Agency _____

Address _____ Town, State, Zip _____

Phone _____ Email _____

Please specify if you need special accommodations . We will contact you regarding the type of accommodations requested.

Choose 2 workshops and lunch OR 3 workshops (#1 - 8) - lunch is available between 11 and 1:15

Workshop A (11:00) # _____ **Workshop B** (12:15) # _____ **Workshop C**(1:30) # _____

Register online at www.seniorresourcesec.org, click on “Conference Registration”. Or return this form with check made payable to “CT Association of Agencies on Aging” **no later than October 7.**

Mail to: Senior Resources: Attention: Jean Young, 4 Broadway, 3rd floor, Norwich CT 06360

THANK YOU!
We look forward to seeing you!

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6th Annual C4A Conference

“Taking Control of Life’s Transitions”

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Workshop Descriptions

✚ Workshop # 1 "Depression in the Elderly: A Review" -Dr.Rajesh R. Tampi, MD, MS, FAPA.

Depressive disorders are not uncommon in the elderly. Depression in the older patients present with specific clinical characteristics, risk factors and neurobiological correlates. These disorders are associated with increased morbidity and mortality rates in the patients and come at immense cost to patients, their families and the society in general. Data for the treatment of these disorders indicates efficacy for both psychotherapeutic and pharmacotherapeutic modalities. This presentation will review the epidemiology, neurobiology, diagnosis and treatments for these important disorders.

Educational Objectives:

1. To define the nature of depression in the elderly.
2. To discuss the prevalence of depression in the elderly.
3. To explain the neurobiology depression in the elderly.
4. To enumerate the strategies for the prevention of depression in the elderly.
5. To review the treatment of depression in the elderly.

✚ Workshop # 2 "Inclusivity of LGBT Older Adults-National Resource Center on LGBT Aging" Doreen Bermudez.

The National Resource Center on LGBT Aging is the country's first and only technical assistance resource center aimed at improving the quality of services and supports offered to lesbian, gay, bisexual and transgender (LGBT) older adults. Established in 2010 through a federal grant from the U.S. Department of Health and Human Services, the National Resource Center on LGBT on Aging provides training, technical assistance and educational resources to aging providers, LGBT organizations and LGBT older adults.

Educational Objectives:

1. To raise awareness on how LGBT older adults at times are invisible within the aging network
2. To provide information on successful LGBT Aging including the tools needed for serving LGBT older adults

✚ Workshop # 3 "Supporting Returning Veterans and Their Families in making the Transition" Jim Tackett, BA

The workshop will provide an overview of the prevalent psychological and behavioral problems experienced by many returning Veterans and the resources available to support their transition from theater to civilian life. Operation Enduring Freedom (Afghanistan) and Operations Iraqi Freedom and New Dawn will also be discussed, as well as the military’s new focus on addressing the hidden wounds of war. Also explored will be the potential role of citizens in supporting Veterans and their families to excellence in their lives after their experience with war.

Educational Objectives:

1. To improve participants understanding of military service in today's all-volunteer military force.
2. To lead discussion on recent research pertaining to prevalent emotional and behavioral challenges faced many returning veterans.
3. To provide information on programs and services for Veterans and their families through the Connecticut Department of Mental Health and Addiction Services (DMHAS).
4. To discuss the responsibilities of a grateful nation for those sent into service in our name, and the potential role of individuals in assisting Veterans and their families in transitioning from the military to civilian life.

✚ Workshop # 4 "Suicide Prevention in Senior Living Communities: The SPARK Initiative" Dr. Gary J. Kennedy, MD.

Through the use of the speaker's review of the SPARK toolkits and interaction among attendees, a consensus regarding implementation of suicide prevention efforts in senior living communities will be developed. Discussion of site specific examples will highlight both the promise and problem of promoting help-seeking behavior and prevention of depression to combat suicide and suicide attempts in senior communities.

Educational Objectives:

1. Attendees will gain an appreciation for the demographic and clinical profile of older adults at elevated risk of suicidal behavior.
2. Attendees will review the methods and materials developed in the SPARK initiative, Suicide Prevention in Senior Living Communities.
3. Attendees will share experiences in implementing mental health interventions in senior living communities.

✚ Workshop # 5 "Dealing With Change: Tackling Life's Transitions" Remi Kyek, M.A.

The Mental Health Association of CT, Inc. is a statewide organization which operates residential community support programs for individuals with severe and prolonged psychiatric disabilities, provides community education about behavioral health matters and advocates legislatively for improved mental health services. The presentation will cover life transitions, stress management and maintaining wellness.

Educational Objectives:

1. Importance of learning about transitions
2. Define and differentiate between "change" and "transition"
3. Types of changes in later life
4. The anatomy of transition
5. Strategies for moving forward

**✚ Workshop # 6 "The Community Living Consultant Program in the PCA Waiver: What Have We Learned?"
Therese Nadeau, MSW, Noreen Shugrue, JD, MBA, MA.**

A recent demonstration project implemented in the PCA waiver, called the Community Living Consultant Program and funded through the Connecticut Council on Developmental Disabilities, provides individuals on the waiver significantly increased support services. These services include up to 15 home visits providing education on all aspects of hiring and managing personal care assistants. The UConn Health Center is providing independent evaluation of the demonstration.

Educational Objectives:

1. This program will give participants an in-depth look at the Program, its successes and challenges, and results from the first year evaluation.
2. Identify gaps that still exist in services, and how a support broker model has also expanded the goals and objectives of the program.

 **Workshop # 7 "Talking With Dolores" Playwright Dee O'Connor, Dr. Kerry Morrison**

"Talking with Dolores" is a one-act play about aging, life and death choices and elder depression. The play is a creative way to bring awareness to geriatric suicide. The performance is enjoyable in the sense that one is watching theater however it also serves as a means to learn about some very serious and difficult issues.

Educational Objectives:

1. To identify depression in the elderly
2. Gain knowledge of end-of-life choices
3. To understand the issues related to elder suicide

 **Workshop # 8 "Confidently Navigating and Riding the Winds of Change" Dr. Steve Sobel**

This workshop will provide a wonderfully informative and uplifting presentation that allows participants to be acquainted with the strategies and insights to embrace change, work effectively during times of change and how change can be a process for organizational and personal growth.

Educational Objectives:

1. To build a better team at work during times of transition and change.
2. To use humor to decrease stress and maintain a positive perspective.