



**47th Annual Governor’s Conference on Aging
and the
33rd Montana Gerontology Society Annual Conference
with the
Lifespan Respite Coalition
and
Money Follows the Person**

Presents

***INSIGHTS INTO ALZHEIMER’S DISEASE
LIFESPAN RESPITE CARE AND
OTHER AGING RESOURCES and SUPPORTS***

Monday, May 11th

3:00 PM to 7:00 PM - Registration

5:00 PM to 8:00 PM - Vendor set up – Vendor tables assigned

Tuesday, May 12th (Day 1)

7:00 AM - Registration and Coffee



**8:00 AM to 8:30 AM – Ballroom - Opening General Session
Welcome and Opening Ceremonies**



Joan Taylor, Chairman of the Governor’s Council on Aging



Mindy Renfro, President of Montana Gerontology Society

Note: Participants who have registered for professional contact hours need to check in at the MGS-CE registration table in order to sign-in and collect the forms needed. If you have not signed up for contact hours but are interested, you can go to the MGS-CE table and pay the fee.



Tuesday, May 12th (Day 1)

8:30 AM to 9:45 AM - Ballroom – General Session



Golden Opportunities

Keynote Speaker: **Martha Roherty** Executive Director
National Association of States United on Aging and
Disabilities



Celebrating the 50th anniversary of the Older Americans Act, this plenary session will highlight the opportunities and challenges facing us in the next 50 years. Attendees will hear about trends in aging and disability policies based on national survey data collected by the National Association of States United for Aging and Disabilities. Second, attendees will learn about some promising aging network progress which are turning the challenges of shifting demographics, tightening budgets, and increased consumer expectations into opportunities. Third, a federal policy update will be shared with the audience.

Since 1964, the National Association of State Units on Aging has been the bipartisan, professional, nonprofit organization of representatives of state aging agencies (including the District of Columbia and the territories). In June 2010, recognizing the broadening scope of the state aging agencies portfolio, the association changed its name to the National Association of States United on Aging and Disabilities. The primary purposes of NASUAD are to serve as a focal point of communication between the states and the federal government and to provide an information network among the states on long-term services and supports.

Notes: _____



Tuesday, May 12th (Day 1)

9:45 AM to 10:00 AM – Ballroom



Mini – Grant Awards

This year Governor’s Advisory Council on Aging is awarding mini-grants to: Boulder Basin Senior Center; Daniels County Council on Aging; Lake County Council on Aging; Noxon Senior Center; Meagher County Senior Center; Prairie County Community Center; Three Rivers Senior Citizen’s Club and Treasure County Senior Citizens.

10:00 AM to 10:20 AM Coffee Break – Capitol/State Room



Visit the Vendors while enjoying the coffee break sponsored by:

MONEY FOLLOWS THE PERSON PROGRAM

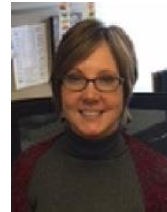


10:20 AM to 11:30 AM - Ballroom - General Session

Money Follows the Person Demonstration Grant



Keynote Speaker: **Traci Clark, BSW**
Department of Public Health and Human Services
Senior and Long Term Care



This grant helps states rebalance long-term care systems by increasing the use of home and community based services and reducing the use of institutionally based services. This session will provide information about Montana’s vision, partnerships, goals, and processes of the Money Follows the Person Demonstration Grant.

Notes: _____

11:30 AM Break for Centenarian Lunch setup – Visit the Vendor Area

- ***Please take all your personal belongings with you. We will be seating the Centenarians and their families first, then everyone else.***



Tuesday, May 12th (Day 1)

12:00 Noon to 1:30 PM – Ballroom - Centenarian Luncheon



Keynote Speaker: **Governor Steve Bullock**

At this luncheon, Governor Bullock will speak and honor Montana's Centenarians, those who are 100 years of age or older.

2015 Centenarians

Ruth Arnold, 104 years old, Three Forks, MT

Ruth was born in Ohio and moved to Michigan soon after her high school graduation where she raised her family. Her husband, Clarence passed in 1981. She joined her daughter Carolyn in Montana in 2004. Ruth attributes her longevity to heredity. Ruth's side of the family seemed to live into their late 90's with a sister and aunt who lived to the age of 101. Ruth is now the oldest approaching 104. The biggest events that she recalls in her early life was the first automobile in 1913, electricity in their home in 1930 and airplanes flying over their home in the '20s. Her favorite quote is "take it easy". Ruth considered herself a "tomboy" growing up. She pitched a no-hitter in baseball at the age of 12. She was an active golfer until the age 83. Ruth is a cancer survivor, an accomplished seamstress, quilter (3 of her quilts took blue ribbons at the Michigan State Fair). Ruth still maintains a great sense of humor, remains active and independent despite some health challenges.



Charles "Chuck" Bennetts, 102 years old, Fairfield, MT

Charles "Chuck" considers himself the "7th son of the 7th son". He was the first student to graduate from high school out of 11 students. He rode his horse to high school and in his senior year rode it to take an exam in 50 degrees below zero temps. Chuck married his wife Hannah in Butte in 1940 and remained married for 54 years until Hannah's passing in 1994. They have 2 sons and 1 daughter, 2 grandsons and 7 granddaughters. Chuck worked as a lineman for Montana Power in 101 different cities in Montana. He retired in 1974. He was presented the key to the city in Dillon in honor of all his service work and Montana Senior Citizen of the year on two different occasions. Chuck's secret to longevity is attributed to having "a good mother, a good wife and good kids" He also considered himself a hard worker and loves people, helping and serving others. His favorite quote is "if you can't boast, don't knock". Chuck was drafted into the military which he considered his toughest challenge in life and his most amazing event that of his wife and 3 children. Chuck did serve in the U.S. Army, roped in local rodeos and participated in numerous cattle drives. Memories he wished to share was that he used to love dressing up for Halloween.....as a woman, fooling many people. He did box in one boxing match at age 14. His mother watched from outside. He was awarded \$5 which was a lot of money at that



time. Half of this went to the boxing commission and what was left he gave to his mother. Chuck likes poems, stories, songs, cards, bingo and basketball and especially “a good Hershey bar”. Chuck continues to have a quick wit, an amazing sense of humor and he remembers so many great stories.

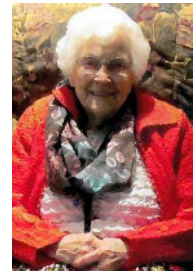
Keo Burcham, 103 years old, Missoula, MT

Keo was born in Nebraska but has lived various places on the west coast and Hawaii during WWII. She moved permanently to Montana at the age of 95 to be near her daughter. Keo’s theory of living a long life is that she experienced a lot of activities in her 103 years and did not do anything in excess. She has very good genes which in turn lends itself to minimal medical problems. Her attitude of caring toward others, happiness and curiosity continue to motivate her each day. She is a born caregiver. Keo continues to loves life each day and attends many community events and activities. She enjoys her frequent contact with her grandchildren and great grandchildren through the modern technology such as FaceTime and Skype which allows her to see “those faces and hear their voices”. Her favorite quote is “all things in moderation”.



Inga Morris-Connolly, 101 years old, Great Falls, MT

Inga was born on her family’s homestead on Red Lodge Creek. She moved to Norway at the age of 6 when her dad inherited the family farm there and where she continues to have many relatives. Inga learned to speak and write Norwegian fluently. At the age of 9, Inga’s family moved back to Red Lodge. She was able to return to Norway for a visit with her daughter and a good friend and show them where she lived. As a young lady Inga lived in Billings and then to Great Falls. Inga, with her husband, purchased a music store in Great Falls. Inga was instrumental in getting her children involved in music. Inga loved camping in their RV and fishing in their boat at Nylon and Hauser Lake on weekends. She was a great fisherman and enjoyed fishing with her grandsons after her husband’s passing. She also loved dancing and music and started a dance group called “45 plus” that gathered once a month to go travel to listen and dance to the dance bands were playing. Her most amazing event was the birth of her daughter. Her favorite quote is “Thank the Lord”.



Henry “Hank” James Dahl, 101 years old, Helena, MT

Born in Portland OR, he moved to Montana with his mother and brother, where he got a job with the Northern Pacific Railroad. Henry mined for gold at age 15, was a ratchet setter at a sawmill at age 16 and also repaired and operated a cat skinner. Henry began a long successful career in the automobile business at his Uncle Vince’s garage located in a livery in downtown Helena. The building still stands and is known as the Livery Building. Henry became part owner of the garage, which was known as Dahl-Larson Motors or Dodge City. After retiring from the business, he was recruited to work for the MT State Highway Department. Henry used his knowledge of mechanics and his sharp business sense to start the state auction of motor vehicles. The auction continues to this day and has made and saved the state millions of dollars. Henry says his life is a series of amazing events. He enjoyed building race cars, hunting, traveling and the company of others. His favorite quote is “Don’t get old – you won’t like it”! His motto to live by has been “Keep busy and do the best you can each day”.



Evelyn Dunlap, 101 years old, Missoula, MT

Evelyn was born in Canada and moved to Montana to be with her daughter and son-in-law. She states that her secret to longevity is walking. Her most amazing event was traveling to the New York World’s Fair in 1965. She also liked her trip to Hawaii with the Kodak Corp. Her favorite quote is “Love thy neighbor as thyself”. She is very social and active in her church.



Elizabeth Gibson, 100 years old, Helena, MT

No biography provided by the time of printing.



Florence “Chloe” Grimm, 100 years old Anaconda, MT

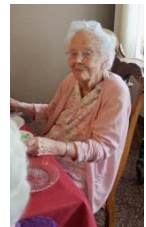
Chloe was born in Indiana and at the age of 33 she took a vacation to visit her Great Uncle in Montana where she fell in love with and eventually relocated to Montana. She ran her uncle’s business upon his retirement until she eventually retired. Her secret to longevity she says “you need to live one day at a time, enjoy sports, stay active and have a great sense of humor.” Chloe states that the most amazing event in her life was when she was elected into the Montana Women’s Bowling Hall of Fame in 1980 at 64 years of age. Her favorite quote is “Old Age Ain’t for Sissies”. Chloe bowled for 38 years and golfed for 57 stopping at age 97. Chloe was also involved in an entertainment group called the “Strickettes” for 35 years. This group did shows at a variety of venues that included lip-sync



performances, dancing and comedy. She was known to have a mean Rod Stewart impression. Chloe continues to work at the OPA office in Anaconda through the Experience Works program. She says she has enjoyed every minute there for the last 11 years. Her colleagues share that “she should, she thinks she is the boss”. They describe Chloe as an inspiration to all and her sense of humor as amazing and She is the life of the party. There is not a person that has ever met Chloe that is not a better person because of their friendship with her.

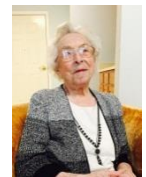
Alberta Haltom, 103 years old, Helena, MT

Alberta was born in Arkansas and eventually moved to Helena to be near her daughter and her family at the age of 96. She enjoyed activities like golfing which she did actively until the age of 90. Her secret to longevity includes her daily dose of vitamins which were recommended to our family about 1950 by a wise old family doctor who had read a government warning that a carrot was no longer a nutrient-wise due to the depletion of soils. The most amazing event in her life was the birth of her daughter. Her favorite quote is the Golden Rule- “Treat others as you wish to be treated yourself”.



Mary Lincoln, 101 years old, Chester, MT

Mary was born in a homestead 15 miles north of Rudyard. Her secret to longevity is that she has lived her whole life in a rural setting and kept active both mind and body. Her favorite quote is “Que Sera Sera, Whatever will be will be”.



Arvah Morton, 103 years old, Helena, MT

Arvah was born in Missouri. She attributes her longevity to her love of fresh vegetables that she grew in her own garden. Arvah would like to be remembered as a caring mother who quotes the birth of her 3 children as her most amazing event. Her favorite quote is one by Theodore Roosevelt, “Do what you can, with what you have, where you are”.



Alphonse “Al” Muggli, 101 years old, Clyde Park, MT

Al was born in North Dakota, moved to Montana in 1937. Al served as a captain in the Philippines in WWII. He ran his own business in Livingston for 25 years. An amazing event was being chosen as one of Montana Representatives for the Honor Flight. He was 99 years old. Secret to longevity he attributes to “his good heart”. He has a great sense of humor, loves to tell long stories and likes to joke around with folks. Al is very tech savvy and spends hours on his computer and iPhone 6.



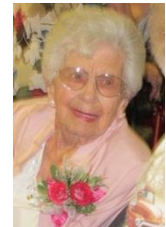
Lucille Nellis, 100 years old, Dillon, MT

Lucille was born in Kansas and relocated to Montana to live with her daughter. Her secret to longevity is staying active and being happy. She also adds that it is helpful to have a history of longevity in her family. She describes the births of her 8 children as the most amazing events in her life. At 95 Lucille published a book and states that her favorite quote is “the secret to happiness is good digestion and a bad memory.”



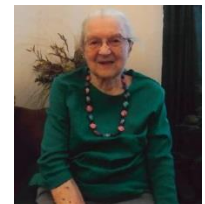
Charlotte Niklas, 104 years old, Helena, MT

Charlotte was born in Helena. She considers her secret to longevity as living a good clean life and to her parents who taught her well. She considers the important events in her life to be wedding and the births of her children. Her favorite quote she wished to share was: “they say golf is like life, but don’t believe them. Golf is more complicated than that” by Gardner Dickinson.



Christine Petersen, 100 years old, Butte, MT

Christine was born in Denmark. Tragically her mother died during childbirth and she and her siblings were cared for by a family friend, as her father made the journey to America to find work. After Christine’s father established himself as a sheep herder in Dillon, at age 8, she and her siblings also made the long journey to Dillon, MT. Her father became quite a successful rancher and they were able to enjoy the luxury of hired hands and maids. When Christine was 18 she decided to explore more of America and moved to California. It was during the Great Depression and for work, instead of having maids; she cleaned houses for \$1.00 a day. Christine and her husband, Herbert, worked long hours running apartment houses, rental properties and restaurants. At one time they also owned a spa resort where wellness was of utmost importance. Christine says her secret to long life is the inheritance of strong genes and proper eating. She was a vegetarian for many years. Staying active her whole life with activities like golfing, juicing, dancing and throwing parties for family and friends have kept her young. The best job she ever had was raising her two children and now enjoying her grandchildren and great-grandchildren. She is very proud of her family.



Edith Spencer, 100 years old, Bozeman, MT

Edith was born in Chicago and eventually moved to Bozeman in the late 1980s in order to be closer to their youngest son and his family. Her secret to longevity she says is “BUTTER”! Edith enjoyed teaching preschoolers, raising her six children and being part of her grandchildren’s lives. She has lived all across the US as well as in



England and Australia. Edith freely shares joy, humor wisdom, encouragement, comfort, warmth and ultimately love with everyone and anyone with whom she meets. Her favorite quote is “Night, night. Dream of the Angels”.

Ernie Stomsvick, 105 years old, Cut Bank, MT

Ernie was born in Ross, MN and moved, by horse and carriage, to a homestead north of Miles City when he was two years old. His secret to longevity is “Don’t worry about tomorrow, enjoy today”. He enjoys visiting with his friends (especially ones who bring his gum) and watching TV. His most amazing event was shooting an 80 on his 80th birthday at the Cut Bank Golf Course and getting a hole in one. Cold weather is in his blood and he loves lutefisk and lefsa, given his Norwegian heritage. He loves flowers and loved to grow them, especially red roses which are his favorite.



Helen Superneau, 100 years old, Missoula, MT

Helen was born and raised in Missoula. She has very vivid memories of Spruce Street. Her most amazing event was getting married, working with her husband at their clothing business and raising her family. Helen didn’t have a favorite quote but she has been known to say “I think I’m the luckiest old woman I know”!



Ann Van Sickle, 102 years old, Helena, MT

Ann was born in Butte. She attributes her secret to longevity as having “good genes”. Her father lived to be 91 years old. The births of her children were her most amazing event. Anne has been a devout Catholic her whole life and relies on John 3:16 as her favorite quote. She wants to be remembered as a thoughtful person.



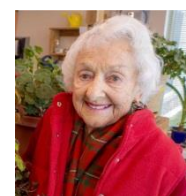
Frederick “Fritz” Weed, 100 years old, Helena, MT

Fritz was born in Terry and says his secret to longevity was Hard Work! His most amazing event in his life was meeting and falling in love with “his little gal”, his wife Violet.



Edith “Suzanne” Yerx, 100 years old, Bozeman, MT

Suzanne was born in Chicago, Ill, and upon retirement moved to Bozeman where she could be near family. Her secret to longevity is to live every day the best you can, keep active physically and mentally and to be positive. Suzanne attributes her enjoyment of life to her family who gave her the strength to make it through the ordeals of life. “Joie de Vivre” is her favorite quote. Suzanne worked as a volunteer (after retirement) at a hospital and finally retired at 90.



1:30 PM to 1:45 PM Break for room change – Visit the Vendor Area



Tuesday, May 12th (Day 1- Afternoon)

1:45 PM to 3:00 PM - Ball Room - General Session



Lifespan Respite Lifts all Boats

Keynote Speaker: **Jill Kagan**, Program Director
ARCH Lifespan Respite Network and Resource Center



The need for respite for family caregivers is growing exponentially with the aging of the baby boom generation and the increasing movement toward home and community based services. At the same time, quality respite options are in short supply for all family caregivers, regardless of the age or disability of the person in care. The goal of the Lifespan Respite Program is to build a system of coordinated respite services that maximizes limited resources to ensure access to respite for the aging population by enhancing access for everyone -- children, adults and the aging. Ms. Kagan will explore best practices in Lifespan Respite state systems, discuss how to engage collaborative partners, and look to future possibilities and innovations in sustaining respite services in economically challenging times. Ms. Kagan will also address the pressing needs of family caregivers of individuals with dementia, including Alzheimer's.

Notes: _____

3:00 PM to 3:30 PM Coffee Break – Capitol/State Room



Visit the Vendors while enjoying the coffee break sponsored by:

AGING HORIZONS TV PROGRAM

MOVING TO  JULY 2015



Tuesday, May 12th (Day 1- Afternoon) **Breakout Sessions/Workshops**

3:30 to 5:00 PM - Natatorium – This is a preregistration session **Lifespan Respite - Roundtable Summit**



The Lifespan Respite Summit is a special half-day event for respite providers and family caregivers representing all ages and disabilities, as well as for government agencies, Aging and Disability Resource Centers (ADRCs), statewide organizations, community and faith-based agencies.

The Lifespan Respite Program, funded by the US Administration for Community Living/Administration on Aging, was established to help states expand, enhance, and coordinate respite services. The Montana Lifespan Respite Coalition works to meet these goals and serve all family caregivers. The program includes families, individuals, and children affected by developmental disabilities, other disabilities, mental health issues, aging, chronic illness or individuals at risk for abuse or neglect

Join us for this working meeting to learn more about Lifespan Respite in Montana. Help us educate Montanans about the need for respite and ways to improve the accessibility of respite for our caregivers

3:30 PM to 5:00 PM - Gallery Room



Think You Know Who Receives Your Property When You Pass Away? Think Again.....

Speaker: **Marsha A. Goetting**, Ph.D., CFP®, CFCS
MT State University Professor and Extension Family Economics Specialist

Do you know who will receive your property if you pass away without an estate plan? Do you know when wills or trusts have control over property and when they don't? Dr. Marsha Goetting, MSU Extension Family Economics Specialist will answer these questions and also explore how you can avoid probate with payable on death designations (PODs), transfer on death registrations (TODs), and other beneficiary designations. Dr. Goetting will also highlight the Beneficiary Deed law that allows a Montanan to pass real property without probate.



Tuesday, May 12th (Day 1- Afternoon) **Breakout Sessions/Workshops**

3:30 PM to 5:00 PM - Clark Room



Home Alone (not the movie)

Speakers: **Kathleen Laurin & Cheryl Belitsky**

This presentation will focus on devices and technologies to support safety, functioning, and activity tracking within the home. Learning objectives:

1. Participants will be able to knowledgeably discuss devices that can help support safety and functioning within the home
2. Participants will understand the use of sensors for activity tracking in order to support safety in the home environment
3. Participants will be able to identify simple to complex monitoring options
4. Participants will be able to implement a process for determining how to best match a person's needs with the available technology options

3:30 PM to 5:00 PM - Lewis Room



Developing the Montana Alzheimer's Disease State Plan:

Where Are We Going?

Speakers: **Holly Garcia and Betty Mulette**

After attending this session, attendees will be able to knowledgeably discuss the work that is being done to create a state plan for Alzheimer's disease and related dementias.

3:30 PM to 5:00 PM - Meadowlark Room



LIFESIDE FARMS: Creating Person-Centered Support through Unlikely Partnerships

Speaker: Maarten Fischer, Day Program Manager, A Plus Health Care

Learn about a successful pilot program in the Flathead Valley based on a proven model from Europe in which seniors and people with disabilities participate in day programs on farms. Participants spend a day on a farm and share life with the people living on and running the farm who are trained to provide an enjoyable experience that is tailored to meet individual needs, abilities and interests. People help with chores, prepare and share lunch and take part in the social moments of farm life. Participants gain a sense of purpose and enhance their health and well-being by engaging in meaningful activities that support physical fitness and social interaction. Farmers gain a connection to the community and a new complementary opportunity to provide a service. It's a win-win!

Tuesday, May 12th (Day 1- Afternoon)
Breakout Sessions/Workshops

3:30 PM to 5:00 PM - Senate Room



Services and Supports to Indian Tribes under Title VI of the Older Americans Act

Speaker: **Cynthia LaCounte** , ACL/AOA Native American Coordinator

This presentation will focus on programs and issues related to our Native American Elders.

3:30 PM to 5:00 PM - Governor’s Room



Money Follows the Person Demonstration Services

Speaker: **Traci Clark**

This workshop will offer greater detail to service providers about the 10 demonstration services available to MFP participants. This will include a review of service definitions, policy parameters, and billing codes.

3:30 PM to 5:00 PM - Montana Room



Hospice Care for Advanced Dementia/Alzheimer’s Disease Patients

Moderator: **Pat Trammelle**, Rocky Mountain Hospice

Panel members include several local health care professionals working in varied aspects of the hospice area.

Rocky Mountain Hospice (RMH) anticipates a robust discussion about Hospice Care for Advanced Dementia/Alzheimer’s patients ranging from treatment options, approaches to medication, unique veteran-related to general caregiver concerns. The panel will explore how the holistic, interdisciplinary approach to care with hospice and enhanced communication with patients, family, caregivers and facility representatives results in improved care for this patient population.

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Tuesday, May 12th (Day 1- Afternoon)
Breakout Sessions/Workshops

3:30 PM to 5:00 PM - Judicial Room



The Current and Future Roles of Senior Centers

Speakers: **Shelli Boggess**, Director Powell County Senior Center
Richard Klose, President, Laurel Senior Center & member, Alliance Board of Directors
Bob Meyers, Director of the Great Falls Senior Center
Judy Morrill, Director of the Bozeman Senior Center

This panel discussion will cover a variety of topics the panelists have dealt with in building and sustaining their senior centers and their futures. They will cover programs, services and supports they provide and discuss any future plans to enhance their center.

5:00 PM adjourn for the day –

Please plan to attend this evening’s event sponsored by AARP Montana.

SPECIAL EVENING EVENT

5:30 PM to 7:00 PM in the Ballroom



**Wine & Cheese Reception
Open to Public**



Brain Health Event

Dr. Rambo: Brief Overview of Age-Related Cognitive Changes and Healthy Aging.

This discussion will cover mild cognitive difficulties which can emerge in the latter decades of the lifespan and recent advancements in healthy aging, particularly the impact of lifestyle on cognitive status.

Dr. Childers: Effect of Adverse Childhood Experiences on Healthy Aging.

A 10-item questionnaire will be available for participants to determine risk for significant health concerns across their lifespan based on personal experiences in childhood. How to mitigate these factors and live a longer and healthier life will also be discussed

Hosted by:



Helping Montanans over 50 live their best lives



Wednesday, May 13th (Day 2)

8:00 AM to 10:00 AM Opening Session - Ballroom



What Will Tomorrow Look Like?



Keynote Speaker: **Howard Federoff, MD, PhD**

By 2050, the Late Onset Alzheimer's Disease (LOAD) population worldwide is expected to triple, to over 115 million individuals, with devastating social and economic consequences. Of the top 10 reported causes of death in the world, only the prevalence for LOAD continues to rise, without a disease modifying treatment or cure. Potential reasons for therapeutic failures to date include initiating treatment during the clinical stages of LOAD and utilizing therapeutics primarily targeting beta amyloid (Ab), as this pathophysiologic mechanism has remained salient in the AD field. It is likely that the prodromal stage (mild cognitive impairment, MCI), or manifest LOAD may define disease progression to a point where the neural substrate is refractory to investigational therapeutics. In an effort to contemplate secondary prevention trials we have described and now refined a blood test to identify preclinical AD. Dr. Federoff will present these findings and discuss the implications of the work.

10:00 to 10:30 AM Coffee Break – Capitol/State Room



Visit the Vendors while enjoying the coffee break sponsored by:
State Health Insurance And Assistance (SHIP) Program



Breakout Sessions/Workshops

10:30 AM to 12:00 Noon - Natatorium

Powerful Tools for Caregivers



Speaker: **Sheryl Knowles**

Sheryl Knowles was born and raised in Montana, graduated from Montana State University with a Bachelor of Science in Home Economics and later a Masters of Human Services from the College of Great Falls. She served as the MSU Extension 4-H and Youth Development Agent in Cascade County for 36 years until retiring in August of 2013. She is currently serving a part time post-retirement position in Family and Human Development for Montana Extension.

According to AARP's Across the States Report, Montana family caregivers provide services valued at approximately 1.4 million dollars. Caregiving is stressful. Research finds high rates of depression and anxiety among caregivers and increased vulnerability to health problems. Today's program Powerful Tools for Caregivers will present information about a program that can make a significant difference in the way caregivers take care of themselves in order to better provide care for their loved ones.



Wednesday, May 13th (Day 2)
Breakout Sessions/Workshops

10:30 AM to 12:00 Noon - Clark Room



Research in Alzheimer's Disease in Montana and Region

Speaker: **Heidi Gibson**, Director, MT Alzheimer's Association

Moderator: **Beki Brandborg**

This session will be a short version of a Town Hall Meeting for the Alzheimer's/Dementia Work Group. The content will still be focused on the needs of individuals with Alzheimer's and Related Dementias (ARD) and their caregivers and advocates. It will be a qualitative approach of open-ended questions to encourage participation from the audience.

10:30 AM to 12:00 Noon - Lewis Room



Life After PACE: What Happened When PACE Closed

Speaker: **Miranda Meunier**, GNP- Billings Clinic

This presentation will review a research project conducted by Miranda Meunier, GNP-BC, following participants of the Billings Clinic Program of All-Inclusive Care for the Elderly (PACE) after its closure in July 2011. PACE was developed in San Francisco in the early 1970's to address the ineffective long term care delivery system for older adults living in the community. The participants in this study were followed for 2 years, assessing functional status; healthcare utilization including hospitalizations, ED visits, and nursing home placements; and number of deaths. Results from the study will be explored as well as future implications in caring for nursing-home eligible older adults in the community.

10:30 AM to 12:00 Noon - Senate Room



Do You Know the Signs of Financial Abuse or Fraud?

Speaker - **Janell Huff**, Bank of the Rockies

This presentation will provide information on several common types of financial scams that target the elderly, signs that caregivers and other family members can look for in the elderly that indicate financial abuse or fraud may be occurring and how to protect your loved ones.

Notes: _____



Wednesday, May 13th (Day 2)
Breakout Sessions/Workshops

10:30 AM to 12:00 Noon - Governor's Room



Money Follows the Person *Housing Workshop #1 - Housing 101*

Speaker: **Brian Barnes**

This session provides a basic overview of subsidized housing along with housing terminology. Additionally the presentation will provide suggestions and tips for casemanagers on helping individuals with the moving process. The workshop also provides tools such as a subsidized housing “cheat sheet” and an explanation of mthousingsearch.com to assist in the housing search. Finally this session provides a description of MFP’s Housing Bridge Rental Assistance.

10:30 AM to 12:00 Noon - Montana Room



Evidence Based Exercise Programs for Aging Adults

Speaker: **Mary Thane, PT GCS**

10:30 AM to 12:00 Noon - Meadowlark Room



What Community Based Services are Available in Montana

Speaker: **Connie Begger**

SYNERGY HomeCare

10:30 AM – 12:00 Noon - Gallery Room



Peer Diabetes Self-Management Education

Speaker: **Mark Gottlieb, Ph.D.**

Mountain Pacific Quality Health Care

Notes: _____



Wednesday, May 13th (Day 2)

12:00 Noon to 1:30 PM - Luncheon - Ballroom



National Alzheimer's Association presentation:



Alzheimer's as a Lifecourse Disease: Lessons from Around the World

Speaker: **Michael Splaine**, Splaine Consulting, Columbia, MD

Although older persons make up the bulk of the millions of persons living with Alzheimer's and other dementia around the world, we now understand Alzheimer's is a lifecourse process which has implications for care and support and even how we live our lives. The presentation will bring lessons about this from Mr. Splaine's work in dementia that in recent years has gone global in a light and entertaining way.

Breakout Sessions/Workshops:

1:30 PM to – 3:00 PM - Natatorium



Caregiving Stress and the Brain

Speaker: **Dawn Tarabochia**, MSU

This workshop will explore stressors associated with caregiving and the relationship between stress and the brain. Techniques will be shared that can reduce caregiver stress and improve well-being for caregivers

1:30 to 3:00 PM – Gallery Room



MFP Housing Workshop #2

Speakers: **A Panel Discussion**

The panel discussion will address the increase of the aging population within the state during the coming decades and possible issues/solutions surrounding housing needs. The panel will discuss specific programs that will be useful to the aging population.

Notes: _____



Wednesday, May 13th (Day 2) **Breakout Sessions/Workshops**

1:30 – 3:00 PM - Clark Room



Designing a Road Map for Aging with Alzheimer's

Speaker: **Jennifer Crowley RN**

A diagnosis of dementia often leads to feelings of helplessness and loss of control over one's life. This presentation will help the participant understand the importance of initiating difficult conversations early in the process and the steps which can be taken to help guide decision-making. Using the methodology of a Certified Life Care Planner who specializes in Alzheimer's and Dementia care, the participant will gain knowledge to make a seemingly complex and arduous process easier. Designing a "road map"-or long-term care plan- for the future improves control over one's life, helps ensure a person's wishes are protected and avoid impulsive decision-making in times of crisis.

1:30 – 3:00 PM - Lewis Room



Caring for a Loved One with Alzheimer's:

A Person Centered Approach to Alzheimer's and Dementia

Speaker: **Tony Marchi**, Home Instead

In this time where Alzheimer's Disease and dementia are reaching epidemic status, there is a great concern with the quality of life for seniors. With no cure on the horizon, and more people than ever developing dementia, non-pharmacological alternatives and behavior reducing approaches to care are in high demand. This session will explore the person-centered concept and the impact it can have on the quality of life.

1:30 – 3:00 PM - Senate Room This is a preregistration session



Applicant Background Processes and Fingerprint Training – Part I

Speaker: **Tim Wong**, Department of Justice

Pre-registration for this workshop is required for this two part session. This training is for agencies who submit fingerprints to the Montana Department of Justice Criminal Records Section. The training includes the process involved at the Criminal Records Section and practical training in the capture of ink fingerprints.

This training will help those agencies who have statutory authority in requesting federal fingerprint based background checks. It will also provide the agency the training to capture ink fingerprints themselves for submission.



Wednesday, May 13th (Day 2)
Breakout Sessions/Workshops

1:30 – 3:00 PM - Governor’s Room



What Legal Documents Do I Need Done and Why?

Speaker: Lou Villemez, Attorney, Montana AAA Legal Services

In Elder Law an ounce of prevention can be worth a ton of cure. We will discuss the advantages and potential pitfalls of several documents that become increasingly important as we age, including the Power of Attorney, Living Will, POLST, Will, Beneficiary Deed, and Homestead Declaration

1:30 – 3:00 PM - Montana Room



“10 Signs of Alzheimer’s Disease”

Speaker: Charlotta Eaton, MD

Memory loss that disrupts daily life may be a symptom of Alzheimer’s or another dementia. Alzheimer’s is a brain disease that causes a slow decline in memory, thinking and reasoning skills. This presentation will discuss the 10 warning signs and symptoms.

1:30 – 3:00 PM - Meadowlark Room



Estate Planning With A Charitable Twist

Speaker: Amy Sullivan, Montana Community Foundation

This is not your normal estate planning session. Please join Amy as she engages participants in how as a “nation of givers” we have a role to play in creating legacies for ourselves, our families and our state.

3:00 PM Coffee Break –Capitol/State Room



Visit the Vendors while enjoying the coffee break sponsored by: **Money Follows the Person**



Notes: _____



Wednesday, May 13th (Day 2) **Breakout Sessions/Workshops**

3:30 – 5:00 PM - Gallery Room



Montana Living Life Well:

Living a Happy, Healthy Life with a Chronic Condition

Speaker: **Debra Albin**, MSU Extension

Living with a chronic condition can be physically and emotionally challenging for, not just the sufferer, but for family, friends and caregivers. This session will introduce participants to proven skills to help manage challenges such as physical limitations, fatigue, difficult emotions, depression and ineffective communication. This will be a hands-on session and participants will leave with new skills and a new-found confidence to manage a chronic condition.

3:30 – 5:00 PM - Clark Room



“The Bain in the Palm of your Hand”:

Using mobile devices to support independence.

Speakers: **Leslie Mulette & Cheryl Belitsky**

This presentation will address an overview of how mobile devices, including phones and tablets, can be used to enhance safety, memory, organization, and independence.

Learning objectives:

1. Participants will be able to customize the mobile device to be user friendly
2. Participants will understand how to use built-in reminders, alerts and information sharing to enhance memory, organization, and other daily living tasks
3. Participants will be able to implement a process to identify and choose apps for memory and organization

3:30 – 5:00 PM - Lewis Room



Avoiding Transition Trauma

Speaker: **Cindy Garthwait**, MSW

This presentation will describe the concept of care and housing transitions on older adults and their families. Guidelines for minimizing the negative impacts of transition and preventing transition trauma will be provided.

3:30 – 5:00 PM - Senate Room This is a preregistration session



Applicant Background Processes

& Fingerprint Training -- Part II (Continuation of 1:30 PM Session)



Wednesday, May 13th (Day 2)

Breakout Sessions/Workshops

3:30 – 5:00 PM - Governor’s Room

You Want it and Need it, Now let’s Get IT!



Speakers: **Vicki Clear and Kerrie Reidelbach**

This session will show you how to navigate the Lifespan Respite website, whether you are searching for a respite provider, information or applying for respite funding. It will also focus on the application process for the respite voucher system. It will cover who qualifies, how to fill out the application, how vouchers can be used, and what surveys and reports need to be completed. Referral sources, agencies that deal with caregivers, agencies that provide respite and caregivers themselves will benefit from this session.

3:30 – 5:00 PM - Montana Room

The Role of Senior Centers in Supporting Families Facing Alzheimer’s Disease



Speakers: **Michelle Hastings & Emily Propst**

3:30 – 5:00 PM - Meadowlark Room

Aging With Essential Oils:



Essential Oil Use for Those in Their Golden Years

Speaker: **Laurell Asay**

The benefits of using pure, therapeutic-grade essential oils and their accompanying daily supplements are important at any age, and should definitely be considered for those in their golden years. Essential oils can be a part of a daily health routine and play an effective role in preventative healthcare. They are used to address ailments and issues that may become magnified during this phase in one’s life. Live your life to the fullest! Incorporating pure, therapeutic-grade essential oils can help you achieve that goal with wellness and vitality!

3:30 – 5:00 PM - Natatorium

Humor and the Caregiver (The Real Recipe)

Speaker: **Kathryn Quinn McBee**



How does one survive in the intense pressure cooker of daily caregiving and come out with a spicy view of life? Kathryn will share her recipes for life, wit, wisdom and unique ideas using what she calls her “spicy tool kit”.


5:00 PM adjourn for the day – Please plan to attend this evening’s event


from 5:30 to 7:00 PM sponsored by St. Peter’s Hospital Behavioral Health Unit.



Wednesday, May 13th (Day 2)

Evening Event



 **St. Peter's Hospital**
Helena, Montana

Behavioral Health Unit

INVITES YOU TO TOUR

**MONTANA'S ONLY
DEDICATED GERIATRIC INPATIENT
HOSPITALIZATION PROGRAM FOR THE
TREATMENT OF ACUTE DEMENTIA SYMPTOMS**

**TOURS
5:30PM TO 7:00 PM
LEAVING FROM THE RED LION COLONIAL INN**

If you need information or assistance regarding this event, please check with the Conference Registration desk.



Thursday, May 14th (Day 3)

8:00 AM to 10:00 AM - Ballroom – General Session



***Caring for and Communicating with People with Dementia:
We're All in This Together***

Keynote Speaker: Dr. Dena Shenk



Dr. Dena Shenk is Professor of Anthropology and Graduate Director of the Gerontology Program at the University of North Carolina at Charlotte. She has just stepped down after 23 years as Director of the Gerontology Program. Her research interests are diversity within the older population based on gender, culture and environment with an emphasis on individual expectations and experiences of aging. Her current research focuses on person-centered care for people with dementia and the direct care workers who care for them, aging in the Ahiska Turkish community and the use of photographic methods. She is a Fellow of the Gerontological Society of America (GSA) and Association for Applied Anthropology, and a charter Fellow of the Association for Gerontology in Higher Education (AGHE) and the UNC Institute on Aging. Dr. Shenk was the recipient of the AGHE Distinguished Teacher Award, AGHE Friedsam Mentorship Award, the SGS Gordon Streib Distinguished Academic Gerontologist Award, the Evelyn Berger Educator and Advocate Award, and the UNC Charlotte Harshini diSilva Mentoring Award.

The ways in which we understand dementia and frame people with dementia determine the ways in which we approach and communicate with them to a very great extent. This presentation will focus on how people with dementia can be aided to maintain their self-identity as we live with and care for them as formal and informal caregivers. The case study of Portia Rezk will be utilized to demonstrate the challenges and goals in providing person-centered care. Dr. Shenk will demonstrate three research-based techniques for communicating with people with dementia.

10:00 AM to 10:30 PM Coffee Break – Capitol/State Room



Visit the Vendors while enjoying the coffee break
sponsored by: **Aging and Disability Resource Center
and Options Counseling Program**



Notes: _____



Thursday, May 14th (Day 3) **Breakout Sessions/Workshops**

10:30 to 12 Noon - Gallery Room



Animals and the Elderly:

The Human-Animal Relationships to Promote Successful Aging

Speaker: **Dr. Marie Suthers**, DMV/Professor

Carroll College, Anthrozoology Program

This presentation will look at human health benefits of interaction with animals including physiological benefits such as reduction in cardiovascular disease risk factors and stress reduction, psychological benefits, social benefits and facilitation of healthy activities. Animal assisted interventions will be discussed including the positive effects of therapy animals for Alzheimer's patients and benefits for caregivers. In addition we will consider the use of fish aquariums to sooth Alzheimer's patients, increase food intake, and improve staff morale.

10:30 to 12 Noon - Clark Room

**Drugs in the Management of Behavioral Disturbances
in Alzheimer's Disease Patients**



Speaker: **Paulette Docktor**, Pharm.D.,

Paulette is a consultant pharmacist for seven long term care facilities in western Montana and a clinical preceptor for the UM School of Pharmacy. She will discuss medications, other than antipsychotics, that can be used for the treatment of behavior issues in patients with dementia. Using case studies, she will discuss a multidisciplinary team approach using non-drug interventions to address problem behaviors in dementia patients.

10:30 to 12 Noon - Lewis Room



**Physical Activity in Preventing and Slowing
Alzheimer's Disease and Dementia**

Speaker: **Brace Hayden** PT, DPT

This presentation will provide an understanding and knowledge about the importance of physical activity in both preventing and slowing the effects of Alzheimer's Disease and/or other dementias in older adults, perform standardized strength and balance tests to experience and better understand how these are applied to the older adult population, and learn to recognize and promote group fitness opportunities within their community to increase physical activity for older adults.



Thursday, May 14th (Day 3) **Breakout Sessions/Workshops**

10:30 to 12 Noon - Senate Room



Veterans Benefits and Home & Community Based Services

Speakers : **Kerrie Reidelbach**, ADRC Program Manager, SLTC Division

Bridget S. McGregor, MHSA, RN Manager, HCBS, VA Medical Center

This session will provide you with general information on a new resource for Montana Veterans, the Veteran Directed Home & Community Based Services (VD-HCBS) program, a partnership between the Department of Veterans Affairs, Administration on Aging, the State Unit on Aging and Aging & Disability Resource Centers.

10:30 to 12 Noon - Montana Room



Hoping for the Best, planning for the Worst;

Difficult Housing and Care Decisions

Speaker: **Cindy Garthwait**

This panel presentation will address the challenges faced by older adults and their families when considering housing options as health and mental health issues result in increased dependency and caregiving burden. Panel members will discuss how to honor family and marital commitments while considering out of home placement.

10:30 to 12 Noon - Meadowlark Room



Mind Your Manners: A Guide to Disability Etiquette

Speaker: **Margaret Keener**, BSW

WIPA Project Director/NCILS Site Manager

Are you or do you know someone who has a disability? Have you ever been uncertain about what to say or how to act when you are with a person who has a disability? The likelihood of us having personal experience with those who have disabilities is high, the National Organization on Disability estimates that there are nearly 54 million Americans with disabilities. This presentation is designed to inform, educate, and promote a sense of ease when communicating or interacting with individuals with various types of disabilities

10:30 to 12 Noon - Natatorium



The Future of Senior Centers

Panel will discuss the future of senior centers related to the roles of boards and why they are important; the vision, mission and purpose of your center; changing names – the stigma of senior centers and more.



Thursday, May 14th (Day 3)

12:00 Noon to 1:30 PM – Ball Room



Montana Gerontology Society Luncheon



MGS Awards

1:30 PM to 3:00 PM - Ball Room - General Session



Creating Dementia-Friendly Communities in MT

Keynote Speaker: **Dr. Patricia Coon**



Patricia Coon MD is a Geriatrician, Health Services Researcher, and Medical Director of the Center for Clinical Translational Research at Billings Clinic in Billings, Montana. Dr. Coon completed a Geriatric Fellowship at Johns Hopkins School of Medicine and a NIH Medical Staff Fellowship (Metabolism Section) at Gerontology Research Center, NIA in Baltimore, MD. For over twenty-five years, her clinical career has focused on improving the health and quality of life of seniors, especially those with Alzheimer’s Disease and related dementias (ADRD). In her role as Medical Director at a long-term care facility, she works to ensure patient-centered quality care and safety for a frail high-risk older population. Research interests and endeavors include exploring innovative, effective ways to manage obesity and vascular risk in rural areas, care transitions, and ADRD.

Notes: _____

3:00 to 3:30PM – Closing Remarks and Door Prizes



Connie Beggar- Montana Gerontology Society



Joan Taylor – Governor’s Advisory Council on Aging

Thank you for attending this year’s Governor’s Conference on Aging
and Montana Gerontology Society Conference

