



# TEXAS

## Taking the Next Step

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### *2018 Geriatric Symposium*

# AGENDA

**2018 Geriatric Symposium • DAY ONE**

### *The Power of Collaboration Among Geriatric Nurses*

**August 13, 2018**

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Sheraton Austin Georgetown Hotel and Conference Center  
Georgetown, Texas



**TEXAS**  
Health and Human  
Services

# SYMPOSIUM AT A GLANCE

## Welcome

### 2018 Geriatric Symposium • DAY ONE

#### *The Power of Collaboration Among Geriatric Nurses*

By nurses for nurses, this advanced training builds on concepts presented at the 2017 Geriatric Symposium, focusing on topics that affect the quality of life and care for the geriatric population.

## Monday ★ Aug. 13, 2018

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7 – 8 a.m.	<b>Registration</b>
8 – 8:15 a.m.	<b>Welcome</b>
8:15 – 9 a.m.	<b>Opening Keynote Address</b> Donna Howard • <i>Texas State Representative, District 48</i>
9 – 9:20 a.m.	<b>Break</b>
9:20 – 10:50 a.m.	<b>Breakout Sessions ■ 1</b>
10:50 – 11:10 a.m.	<b>Break</b>
11:10 a.m. – 12:40 p.m.	<b>Breakout Sessions ■ 2</b>
12:40 – 2 p.m.	<b>Lunch</b> ( <i>on your own</i> )
2 – 3:30 p.m.	<b>Breakout Sessions ■ 3</b>
3:30 – 3:50 p.m.	<b>Break</b>
3:50 – 4:45 p.m.	<b>Closing Keynote Address</b> Karyn Buxman, MSN, RN, CSP, CPAE
4:45 – 5 p.m.	<b>Closing Remarks</b>

# SYMPOSIUM INFORMATION

## General Information

**Electronic devices:** As a courtesy, silence your electronic devices during all conference sessions.

**Workshop selections:** The conference committee has worked hard to offer a diverse range of workshops. Please attend the workshops you selected at registration. Workshop spaces are extremely limited.

**Lunch on your own:** A list of nearby restaurants is available at the Sheraton front desk.

**Lost and found:** Available at the Sheraton front desk.

## Continuing Education Credits

The Texas Health and Human Services Commission Medicaid and CHIP Services plans to offer continuing education credit for licensed social workers, registered dietitians, certified nurse aides, ombudsmen, guardianship, assisted living facility managers, licensed nursing facility administrators, nursing facility activity directors, licensed psychology professionals and licensed professional counselors, physical therapists, occupational therapists, licensed marriage and family therapists and home health and hospice managers.

Texas Health and Human Services Commission Long-Term Care Regulatory Services is an approved provider of continuing nursing education by the Texas Nurses Association – Approver, an accredited approver with distinction, by the American Nurses Credentialing Center’s Commission on Accreditation.

## Conference Evaluation

We need your feedback to continue our success. Remember to complete evaluations for each workshop you attend and turn them in to room monitors or the conference registration desk.



# SYMPOSIUM AGENDA

## Monday ★ Aug. 13

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**7 – 8 a.m.**

*San Gabriel Ballroom*

### **Registration**

**8 – 8:15 a.m.**

*San Gabriel Ballroom*

### **General Session ■ Opening Remarks**

Michelle Dionne-Vahalik, DNP, RN • *Director, Quality Monitoring Program, Medicaid and CHIP Services, Texas Health and Human Services*

**8:15 – 9 a.m.**

*San Gabriel Ballroom*

### **Opening Keynote Address**

#### **Geriatric Health Care Policy: A Legislative Perspective**

Donna Howard • *Texas State Representative, District 48*

With our growing population of aging Texans, policy makers need to anticipate challenges to the health care delivery system. Rep. Donna Howard, a 12-year veteran of the Texas Legislature and a former nurse, will lay out what steps have been taken and what further action may be considered, and will offer tips on how to advocate for your interests at the Capitol.

**9 – 9:20 a.m.**

### **Break**

**9:20 – 10:50 a.m.**

*San Gabriel E*

### **Breakout Sessions ■ 1**

#### **Advanced Person-Centered Care in Dementia – Part 1**

Tam Cummings, PhD

“The Untangling Dementia” workbook (third edition) contains evidenced-based training materials designed for professional caregivers of persons with dementia. The workbook follows Dr. Cummings’ teaching of the connections between aging of the body, brain damage and corresponding behaviors and sensory changes, the eight most common forms of dementia and their identifying features. Understanding why a resident is displaying a specific behavior is much different than reacting to what appears to be sudden or new behavior. This session will explain the aging changes that affect ADLs; the use of a variety of staging tools; and identifying and treating pain using routine pain medication and antidepressants rather than antipsychotic medications. Participation in three exercises designed to teach approach techniques when working with PWD, along with the workbook’s three pretests, a final test and the test answers, are designed so participants can teach the workbook’s content in their home community.

In this two-part breakout, participants will need to attend both sessions to receive “The Untangling Dementia” workbook (third edition).



*San Gabriel G*

**Advanced Skin Integumentary System –  
Aging, Risks, Prevention of Skin Conditions,  
Texas and Prevention of Pressure Ulcers**

Maria Luisa Faner, DNP, APRN, FNP-C, WCC

Learn the skin conditions seen in the geriatric population and measures to prevent and treat skin breakdown in older adults. This session will also explore advanced best practices in the management of skin conditions in older adults.

*San Gabriel F*

**Aging and Mental Health • Panel Presentation**

**Mental Health in Aging Adults: Common Conditions and Advanced Strategies for Effective Management**

Cherie Simpson, PhD, MSN, MBA, PT, ACNS-BC

Cara Young, PhD, RN, FNP-C

This session will describe mental health conditions commonly encountered with aging adults, review advanced evidence-based guidelines for treating them, and discuss advanced strategies for optimizing mental health in geriatric clients.

**Money Follows the (Whole) Person: Helping Adults With Serious Mental Illness Return to the Community**

Jessie Aric, BA

People with serious mental illness (SMI) are more likely to have significant physical health issues and to enter nursing facilities earlier in life. The Texas Money Follows the Person (MFP) Behavioral Health Pilot was highly successful in reintegrating people with SMI into their communities. Learn about effective

*San Gabriel C and D*

rehabilitative practices used in the Pilot and free training / technical assistance available to Medicaid managed care organizations and their providers through the new Center for Excellence in Aging Services and Long Term Care funded under the federal MFP grant.

**Antibiotic Stewardship for Nursing Homes:  
“To Dip-Stick or Not, That is the Question”**

Michael Fischer, MD, MPH, TM

Participants will learn about the evidence supporting the CDC’s seven core elements and how to develop and implement an evidence-based model aimed at the reduction of unnecessary antibiotic use in the treatment of asymptomatic bacteriuria utilizing these elements. Throughout the presentation on the ASB model, participants will be introduced to criteria for determining when and when not to screen or treat asymptomatic bacteriuria, the complications of antibiotic use, the definition of symptomatic urinary tract infections and the challenges of diagnosis in the elderly.

*San Gabriel A and B*

**Emergency Preparedness for Long-Term Care Facilities**

Keri Beth Cain, MA

Recent natural disasters have highlighted the need for long-term care facilities to prepare their residents and staff for emergencies and disasters. This session will cover emergency and disaster preparedness for the facilities, with a special focus on Centers for Medicare and Medicaid Services preparedness conditions of participation and lessons learned from the Hurricane Harvey response in 2017. The session will also include information about regional health care coalitions and the support available from those coalitions.

*Taylor Room*

**Leadership Executive Coaching**

Norine Yukon, BSN • *Former CEO, United Healthcare Community Plan of Texas*  
John Gillis, EdD • *Management Consultant*

Executive coaching can help you improve your personal and professional life. This interactive session provides an opportunity for a limited number of participants to give and receive feedback and practice assertiveness and communication skills in a group setting.

*San Gabriel K*

**Helping the Helper: Providing Family Caregivers the Tools They Need to Effectively Care for Their Love Ones With Advanced Dementia**

Abraham Brody, PhD, RN, GNP-BC

Participants will learn about the most effective, evidence-based practices for working with caregivers to manage day-to-day care of persons with advanced dementia.

*Belfort Room*

**Optimizing Nutrition Through Supportive Handfeeding in Dementia**

Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC, FGSA, FAAN

Learn about current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three hand-feeding techniques for feeding assistance. Dr. Batchelor-Murphy will teach a positive approach to dementia care, present mealtime behaviors as a form of communication and discuss common responses to feeding behaviors to optimize meal intake.



*Ames Room*

### **Resources for Nurses • Panel Presentation: Resources for Nurses and Nurse Leaders**

Denise Benbow, MSN, RN • *Texas Board of Nursing*

Each nurse has a different scope of practice based on their licensure level, education and experience. Nurses and leaders of nurses will learn about resources related to scope of practice, delegation, and evaluation of nursing conduct.

### **University of Texas Center for Excellence in Aging Services and Long Term Care**

Tracie Harrison, PhD, RN, FNP, FAAN

Sherry Reddick, EdM

Hear about the UT Center for Excellence in Long Term Care and learn its mission, objective and approach to promoting the highest standards of geriatric care for the benefit of the citizens of Texas by using advances in technology, research and education.

*San Gabriel H and J*

### **Wit, Fit and Balance ... Strategies for Success**

Meg R. Soper, RN

This presentation offers Meg's unique perspective on how to deal with the daily stress in our lives. Meg will share how the decisions we make about nutrition, exercise and sleep all play a vital role in helping us find more balance and take attendees through her Balance Wheel exercise. The exercise touches on the different areas of our life that we can devote our energy to: home environment, career, mind, soul, body, relationships and family.

She will also explore how our emotions, perceptions and preconceived ideas can limit us and how we can be mindful of using both sides of our brain. Using real life examples, Meg demonstrates that by choosing to shift our perspective — and understanding the distinction between left- and right-brain thought patterns — we can break free of our usual behavior patterns, leading to healthier and stronger relationships with the people we work with. This motivational life

Room 246, 249 and 250

balance presentation will entertain, inspire and leave audience members with tangible strategies that can help us realize improvements in our health, self-confidence and our relationships at work and at home.

**Virtual Dementia Tour: Life Through Their Eyes**

Stephanie Wofford, BSN, RN, CDP • VDT Certified Trainer  
Texas Health and Human Services Trainers

The Virtual Dementia Tour is a real-life experience of dementia that allows care providers to gain a deeper understanding of the complications of cognitive impairment.

**10:50 – 11:10 a.m.**

**Break**

**11:10 a.m. – 12:40 p.m.**

**Breakout Sessions ■ 2**

San Gabriel E

**Advanced Person-Centered Care in Dementia – Part 2**

Tam Cummings, PhD

“The Untangling Dementia” workbook (third edition) contains evidenced-based training materials designed for professional caregivers of persons with dementia. The workbook follows Dr. Cummings’ teaching of the connections between aging of the body, brain damage and corresponding behaviors and sensory changes, the eight most common forms of dementia and their identifying features. Understanding why a resident is displaying a specific behavior is much different than reacting to what appears to be sudden or new behavior. This session will explain the aging changes that affect ADLs; the use of a variety of staging tools; and identifying and treating pain using routine pain medication and antidepressants rather than antipsychotic medications. Additionally this workshop is designed to include participation in three exercises, approach techniques when working with PWD, along with the workbook’s three pretests, a final test and the test answers so participants can teach the workbook’s content in their home community.

In this two-part breakout, participants will need to attend both sessions to receive “The Untangling Dementia” workbook (third edition).

San Gabriel A and B

**Advanced Respiratory System and Aging – Normal, Risks, Asthma, COPD, Emphysema, Etc.**

Carol Delville, PhD, RN, ACNS-BC

Join the discussion on how normal age-related changes increase the risk and severity of pulmonary complications. Discuss the cause of and advanced treatment for common respiratory disease in older adults such as chronic obstructive pulmonary disease, pneumonia and sleep apnea.

San Gabriel H and J

**Ageism in the Workforce**

Laura M. Keyes, PhD, AICP

Participants will explore the relationships between negative images of aging so often depicted in media, our language, and culture and their influence on our interactions, hiring practices, decisions about employee promotion, consumer choices, and even political views. Ageism has profound effects on



decisions in the workforce and outcomes for older adults. Participants will understand ageism and its impact on professional relationships and will explore the relationships between ageism and labor decisions. Ethical tools and policies needed to protect and support older adults in the workforce will be explored.

*Taylor Room*

### **Leadership Executive Coaching**

Norine Yukon, BSN • *Former CEO, United Healthcare Community Plan of Texas*

John Gillis, EdD • *Management Consultant*

Executive coaching can help you improve your personal and professional life. This interactive session provides an opportunity for a limited number of participants to give and receive feedback and practice assertiveness and communication skills in a group setting.

*Ames Room*

### **Nursing Care of Older Hispanics With Vascular Dementia and Their Caregivers**

Viola Benavente, PhD, RN, APN

This session will provide nurses and other health care providers with an update on plausible interventions that might prevent, delay or slow clinical Alzheimer's-type dementia.

Dementia and cognitive impairment are grave public concerns, and it is difficult to establish demonstrated techniques to prevent or reduce risk or manage the disease. Participants will learn about vascular dementia, the cultural perspectives that influence the care of older Hispanic patients, and care recommendations for caregivers.

*Belfort Room*

### **Oral Health in Aging: The Mouth and Nutrition**

Sarah J. Dirks, DDS

The relationship between proper nutrition and oral health is complex. However, it is essential that we recognize the most common scenarios that may or may not lead to serious health problems, diet decline and weight loss. Participants will learn how to assess and manage oral prostheses, such as partial dentures and dentures, and how to overcome difficulties.

*San Gabriel F*

**Pharmacological Concerns and the Aging Population – Opioids ATBs, Anxiolytics, Polypharmacy, OTCs**

Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC  
Molly Curran, PharmD, BCPS, BCCCP

The failure to engage in regular monitoring of appropriate use of medications with safety warnings in the elderly is one of the most frequent causes of preventable adverse drug events. In this session, you will learn advanced best practices for complex medications management for this population including multiple medication classes with risks.

*San Gabriel G*

**Programmatic Resources and Visiting Elder Services in the Community**

Carol Gaskamp, PhD, RN, PHNA-BC  
Patricia Bordie, MPA

Learn about services and resources that support independent living in community-based settings and the strategies for locating these resources.

*San Gabriel C and D*

**Texas Elder Abuse and Mistreatment Institute: A Multidisciplinary Model That Assists Older Adults**

James Booker, PhD  
Jason Burnett, PhD

The Texas Elder Abuse and Mistreatment (TEAM) Institute is a 20-year multidisciplinary collaboration between academic medicine and the Texas Department of Family and Protective Services’ Division of Adult Protective Services. This collaboration includes geriatricians, gerontologists, nurses, forensic experts and social workers. The TEAM Institute’s mission is to improve the lives of abused and neglected vulnerable adults through evidence-based multidisciplinary clinical assessment, research and care planning. As the first formal collaboration between a medical school and a state APS program, the TEAM Institute has provided multidisciplinary clinical assessments and guided short- and long-term care plans for more than 2,500 abused and neglected older adults. The TEAM Institute now has the first statewide elder mistreatment virtual assessment program in the U.S. and recently opened Senior Justice Assessment Center, one of the most-well funded elder mistreatment centers in the U.S. including grants from the National Institutes of Health, the National Institute of Justice, the Victims of Crime Act, the U.S. Office for Victims of Crime, the Borchard Foundation Center on Law and Aging and the Administration for Community Living. These efforts have had local, state and national impact.

*San Gabriel K*

**The Invisible Wounds of War: Caring for the Geriatric Veteran**

Michael “Mike” Barbour, RN, MSN

The United States is currently dealing with staggering numbers of aging veterans. Many of these people have received little to no treatment for their military service-related conditions. This session will focus on the veterans requiring behavioral health services, evidence-based treatment modalities and recommendations for communicating with the Veterans Affairs system to transition these individuals back into society.



Room 246, 249 and 250

### **Virtual Dementia Tour: Life Through Their Eyes**

Stephanie Wofford, BSN, RN, CDP • VDT Certified Trainer  
Texas Health and Human Services Trainers

The Virtual Dementia Tour is a real-life experience of dementia that allows care providers to gain a deeper understanding of the complications of cognitive impairment.

**12:40 – 2 p.m.**

**Lunch (on your own)**

**2 – 3:30 p.m.**

**Breakout Sessions ■ 3**

*San Gabriel F*

### **Addressing Goals of Care for Persons With Advanced Dementia at the End of Life**

Abraham Brody, PhD, RN, GNP-BC

Participants will learn effective methods for assisting families in developing clear goals of care for the persons with advanced dementia, so that the care their loved one receives is consistent with their wishes.

*San Gabriel H and J*

### **Aging with Developmental Disabilities**

Beth Stalvey, PhD, MHP

Expectations are that the population of persons with developmental disabilities age 60 and older will increase three-fold in the next 20 years. What does it mean to grow older with developmental disabilities? This session will highlight the unique health outcomes and support needs of people as they age with developmental disabilities, the needs of caregivers and other family members who are aging and how they plan for the future, and the resources available through the aging network and long-term services and support system that can assist individuals and caregivers throughout the lifespan.

San Gabriel E

**Bring It On: Strategies for Teamwork and Resilience**

Meg R. Soper, RN

The challenges of working in health care require us to be effective communicators. Meg has developed this interactive presentation to offer her audience strategies to enhance communication skills by creating greater awareness of the different generations in the workforce. People are different, not necessarily difficult. We may not be able change a person's behavior, but understanding them saves us time and lowers our stress level. The goal of this session is to enhance awareness of the changing demographics and their impact on the workforce as millennials emerge as the dominant cohort in today's workforce. Our teams are stronger because they are diverse. Participants will leave armed with practical, relevant strategies geared towards creating a more positive and productive workplace environment.

San Gabriel A and B

**Compassionate Touch: A Non-Pharmacological Approach That Prevents Behavioral Expression and Builds Care-Partner Relationships**

Pamela Brandon, BS

Compassionate Touch is an evidence-informed, proactive approach of skilled touch that helps prevent behavioral expressions in people with dementia while, at the same time, reducing job stress in care-partners.

In this session, you will learn why skilled touch is good "medicine" in dementia care, how touch strengthens care-partner relationships, Compassionate Touch techniques, the clinical impact of skilled touch on behavior, pain and anxiety, and case examples of integration in existing eldercare communities. Attendees leave with a skill that is immediately applicable as a new tool.

Ames Room

**Elder Abuse and Prevention • Panel Presentation:**

**Recognizing and Reporting Elder Abuse, Neglect and Exploitation for Nurses**

Michael S. Roberts, MPA

Dirk Sheridan, EdD

The elder population is growing. Nurses serve the elder population on a daily basis and are positioned to recognize and report abuse, neglect and exploitation. This session covers the signs of maltreatment and reporting suspected maltreatment to the proper authorities. This session also covers how Texas Adult Protective Services conducts investigations and provides protective services.

**The Nurse's Role in Prevention, Recognition and Reporting: Elder Abuse, Neglect and Exploitation**

Denise Benbow, MSN, RN • *Texas Board of Nursing*

Every person, especially the elderly, deserves to be free from abuse, neglect and exploitation. The nurse plays a pivotal role in patient safety and may be in a position to prevent, or recognize and report elder abuse, neglect and exploitation.



*San Gabriel C and D*

### **Improving Quality of Care Through Nursing Home Research — Panel Presentation**

Kathy Richards, PhD, RN

Doug Williams, BS, ACBIS, CALM

Andrea MacBeth, BBS, MS

Angelica Rangel, MS

Michelle Dionne-Vahalik, DNP, RN

Cindy Gayle Medeiros, MS

Liam M. Fry, MD, FACP, CMD

This presentation will focus on conduction of nursing home research from the perspectives of different stakeholders including nursing home administrators, regulatory agencies, nurse scientists, and family members of residents. Discussion topics are rationale and benefits of research for patients, staff and families; data collection and privacy issues; and priority research questions for improving the quality of nursing home care.

*Taylor Room*

### **Leadership Executive Coaching**

Norine Yukon, BSN • *Former CEO, United Healthcare Community Plan of Texas*

John Gillis, EdD • *Management Consultant*

Executive coaching can help you improve your personal and professional life. This interactive session provides an opportunity for a limited number of participants to give and receive feedback and practice assertiveness and communication skills in a group setting.

*Belfort Room*

### **Optimizing Nutrition Through Supportive Handfeeding in Dementia**

Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC, FGSA, FAAN

Learn about current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three hand-feeding techniques for feeding assistance. Dr. Batchelor-Murphy will teach a positive approach to dementia care, present mealtime behaviors as a form of communication and discuss common responses to feeding behaviors to optimize meal intake.

San Gabriel G

**The Aging Effect on Nutritional Status**

Marilyn Feist, RD, LD  
Rebecca Bekka, RD, LD

The aging process can affect nutrient intake, and therefore nutritional status. Dementia also presents additional risk factors to one’s nutritional status. Learn what nutrients may be under consumed, leading to increased health risks. Gain knowledge of resources and evidence-based best practices to be proactive during the aging process, and limit the decline in nutritional status.

San Gabriel K

**Understanding Military Trauma: Affected Veterans**

Tim Keesling, BS • *Director, Veterans Mental Health Program, Texas Veterans Commission*

Increasing numbers of health care professionals with no prior military service history are working with veterans and delivering patient care to this rapidly growing population. Learn about the indoctrination process of military culture, the impact of military-related traumas on families, and ways to work with military trauma-affected veterans. While mental health professionals are the primary audience, all health care professionals and public health providers are invited to attend.

Room 246, 249 and 250

**Virtual Dementia Tour: Life Through Their Eyes**

Stephanie Wofford, BSN, RN, CDP • *VDT Certified Trainer*  
Texas Health and Human Services Trainers

The Virtual Dementia Tour is a real-life experience of dementia that allows care providers to gain a deeper understanding of the complications of cognitive impairment.

**3:30 – 3:50 p.m.**

**Break**

**3:50 – 4:45 p.m.**

**General Session ■ Closing Keynote Address**

San Gabriel Ballroom

**Lead With Levity**

Karyn Buxman, MSN, RN, CSP, CPAE

Successful people in all areas of life have something in common. They understand that humor is an important trait for effective leaders. Ronald Reagan was a master at using humor on the world stage, the characters in M\*A\*S\*H used humor to retain their sanity in horrendous conditions, and your audience can learn how to use humor effectively in their daily work lives. When properly used, humor is a dynamic strategy that strengthens resilience, enhances communication and increases engagement. Karyn uses (hysterical) personal anecdotes, (solid) medical research and (practical) tips to help you enhance your humor skills in the service of better leadership.

**4:45 – 5 p.m.**

**Closing Remarks**

San Gabriel Ballroom

Michelle Dionne-Vahalik, DNP, RN • *Director, Quality Monitoring Program Medicaid and CHIP Services, Texas Health and Human Services*

# SPEAKER BIOGRAPHIES

## Keynote Speakers



### **Donna Howard • Texas State Representative, District 48**

Rep. Donna Howard has served in the Texas House of Representatives since 2006. She currently serves as the vice chair of the Calendars Committee, which sets the calendar for the House Floor. She is a key member of the House Appropriations Committee and sits on its Article III Subcommittee, which oversees education spending in the state budget. Donna is a longtime member of the House Higher Education Committee and the House Administration Committee. She serves on the Joint Interim Committee on Prescribing and Dispensing Controlled Substances and

the Joint Interim Committee on Higher Education Formula Funding.

A native of Austin, Donna earned a bachelor's degree in nursing and a master's degree in health education from the University of Texas. She worked as a critical care nurse at Brackenridge and Seton hospitals and served as Austin's first hospital-based patient education coordinator. Donna is a past president of the Texas Nurses Association (District 5) and was a health education instructor at the University of Texas.

Elected to the Eanes ISD board in Austin for the 1996–1999 term, Donna has served on the boards of Austin Area Interreligious Ministries, Common Cause Texas, Texas Freedom Network, and the Texas Campaign to Prevent Teen Pregnancy. She now serves as a board member of the Expanding Horizons Foundation, supporting low-income housing and education.

Rep. Howard is married to attorney Derek Howard, is the mother of three adult children and grandmother to four perfect grandkids, and is active in her neighborhood and church communities.



### **Karyn Buxman, MSN, RN, CSP, CPAE**

Karyn Buxman is a neurohumorist, an inductee into the NSA Speaker Hall of Fame and has received the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. She serves on the advisory boards of the Invisible Disabilities Association and the American Happiness Association. With more than 20 years of research and field experience, Buxman has spoken at the Mayo Clinic, Pfizer, AORN, the Air Force and the Million Dollar Round Table and is an author of several books. She has concluded that humor is power, because it helps lead an audience

toward a positive, healthy and happy life. Her TEDx talk, "How Humor Can Save the World," reflects her mission in life is to improve global health and business through laughter and heal the humor impaired.

## Breakout Session Speakers

### Jessie Aric, BA

Jessie has served as the manager for the Money Follows the Person Behavioral Health Pilot, a federal demonstration project, since 2014. She has over 10 years of experience in the human services field, having worked in philanthropy, nonprofits and government. Prior to joining Texas Health and Human Services, she served as program manager for the Ending Community Homelessness Coalition, the HUD funding umbrella for homeless services, where she helped coordinate the annual \$5.4 million Continuum of Care application for Austin and Travis County. She also administered HUD's Homeless Management Information System and Continuum of Care planning grants. She has served on several local boards including Austin's Community Council and the Girl Scouts of Central Texas' Women of Distinction Steering Committee. Jessie is a graduate of Texas Tech University.

### Michael "Mike" Barbour, RN, MSN

Mike Barbour is an assistant administrator and chief nursing officer at Emerald Coast Behavioral Hospital in Panama City, Florida since October 2011. His work involves overseeing all clinical programming in acute adult psychiatry, pediatric and adolescent psychiatry, active duty military, chemical dependency and veterans. Mike has 42 years of experience holding a variety of clinical, educational and administrative roles. He holds bachelor's and master's degrees in nursing from Bellarmine University in Louisville, Kentucky.

### Melissa Batchelor-Murphy PhD, RN-BC, FNP-BC, FAAN

Dr. Melissa Batchelor-Murphy is an associate professor at Duke University's School of Nursing. She is board-certified as a gerontological registered nurse and as a family nurse practitioner. She has worked as an administrative nurse in skilled nursing homes, and practiced as a FNP across long-term care settings including geriatric primary care, assisted living and skilled nursing facilities and house calls. Her program of research focuses on improving mealtimes for persons with dementia through three different handfeeding techniques – Direct Hand, Over Hand, and Under Hand – and in reframing mealtime behaviors as a form of communication rather than care resistance. Her research has been supported by the John A. Hartford Foundation, the Robert Wood Johnson Foundation Nurse Faculty Scholars program, and the National Institutes of Health and National Institute for Nursing Research. She co-developed a Train-the-Trainer program with Texas Health and Human Services to train all nursing home staff to use these techniques to improve resident nutritional outcomes.

### Rebecca Bekka, RD, LD

Rebecca Bekka is originally from upstate New York and grew up on a dairy farm during the early years of her childhood. Growing up on a farm, she was taught the importance of eating a well-balanced diet by her mother. Rebecca completed her Bachelor of Science in food and nutrition at the College of Saint Elizabeth and moved to Austin to complete her dietetic internship. Currently, she is a quality monitor for Texas Health and Human Services and enjoys educating nursing facilities on best practices, which enhance care for residents.

### Viola Benavente, PhD, RN, APN

Viola Benavente is an assistant professor in the St. David's School of Nursing at Texas State University at Round Rock. She is a recognized clinical expert as an advanced practice nurse with over 30 years of nursing experience, ranging from practicing in critical care environments to teaching in scholarly academic settings and successfully undertaking hospital administrative responsibilities. Recently, she received a Latino Aging Research Resource Center grant from the University of California at Davis, a recognized Resource Center for Minority Aging Research. As a health disparities nurse scientist, her research focuses on health promotion among Latinos to prevent heart attacks and brain attacks and manage existing risk of comorbidities, particularly for the development of vascular dementia and Alzheimer's disease.

### Denise Benbow, BSN, MSN

Ms. Benbow began employment at the Texas Board of Nursing in August of 2007 where she has developed and presented workshops, webinars, and presentations on various topics including nursing peer review, delegation, scope of practice, professional boundaries, and medication safety. She also has experience teaching as an adjunct faculty member working with first semester ADN students (2005 – 2007), as a unit educator on a cardiology unit working with people new to the unit and developing ongoing education and competency resources for experienced staff.

### James Booker, PhD

James Booker is the district director of Adult Protective Services in Houston, responsible for leading and directing operations in 13 counties including Houston, our nation's fourth largest city. James also serves as the co-director of the Texas Elder Abuse Mistreatment Institute, a collaboration that includes protective services, University of Texas McGovern Medical School, Harris Health System and other organizations dedicated to education, clinical care and research involving elder mistreatment and issues associated with aging. His professional experience in social services includes extensive work

with vulnerable populations of older adults, individuals with intellectual and developmental disabilities and families qualifying for supplemental assistance. James has trained professionals and students on issues related to aging, elder mistreatment, cultural diversity and ethics and has developed internship programs with Adult Protective Services and local universities benefiting students seeking careers in social services and social work. James also serves as adjunct faculty at University of Texas Health Science Center at Houston since 2012. His educational background includes a Doctor of Philosophy in educational leadership and Master of Arts in sociology from Prairie View A&M University, and a Bachelor of Arts in ethnic studies from the University of Texas.

### **Patricia Bordie, MPA**

Ms. Bordie is the director of aging services for the Capital Area Council of Governments. She is responsible for coordination between health care and community-based service partners to better address the issues surrounding the social determinants of health. The Area Agency on Aging of the Capital Area staff and Ms. Bordie provide community members and families with system navigation and access to information, referral and assistance for older adults and family caregivers seeking long-term and community-based service options. She has a master's level certification in evidence-based disease self-management interventions; chronic disease self-management, diabetes self-management and chronic pain self-management. She earned a Bachelor of Science in therapeutic recreation and a Master of Public Administration.

### **Pamela Brandon, BS**

Pam Brandon is president and founder of AGE-u-cate Training Institute based in Dallas-Fort Worth. Drawing on more than 25 years of personal and professional experience in caregiver education, Pam is passionate about embracing positive change in the field of aging and dementia training with practical tools for direct care staff and families that will create positive outcomes for older adults and those who serve them. Pam is the creator of the Dementia Live simulation and awareness program and collaborated with Ann Catlin, OTR, LMT, in the development of the Compassionate Touch program for dementia and end-of-life care.

### **Abraham Brody, PhD, RN, GNP-BC**

Dr. Abraham Brody is an assistant professor and associate director of the Hartford Institute for Geriatric Nursing at the NYU Rory Meyers College of Nursing. An expert in home-based inter-professional care of seriously ill older adults, he is a board-certified gerontological nurse practitioner with years of experience in the care of older adults across multiple settings, having worked in house calls, community-based facilities and acute care settings.

### **Jason Burnett, PhD**

Jason Burnett holds a joint appointment within the McGovern Medical School's Division of Geriatric and Palliative Medicine



(Primary) and School of Public Health's Department of Health Promotion and Behavioral Sciences in Houston. He co-directs the Texas Elder Abuse and Mistreatment Institute, the TEAM Clinical and Behavioral research program and the Forensic Assessment Center Network, which provides statewide in-home, telehealth and forensic evaluations for Texas APS clients. He has worked in the field of elder mistreatment for over 12 years and serves on local, statewide and national boards supporting the advancement of services and research for older and adult mistreatment victims. He is widely published and provides research methodology, statistical support and program evaluations for national elder abuse organizations and efforts.

### **Keri Beth Cain, MA**

Keri Beth Cain is the Hospital Preparedness Program state coordinator in the Health Emergency Preparedness and Response Section at the Texas Department of State Health Services. At DSHS, Ms. Cain supports health care preparedness and response efforts across Texas, including educating facilities about the Centers for Medicare and Medicaid Services disaster preparedness-related conditions of participation. Ms. Cain also supports other disaster preparedness and response activities, including serving on the Texas Disability Task Force on Emergency Management and on the DSHS incident management team as an operations section chief, mostly notably during the Hurricane Harvey response in 2017 and the Ebola response in 2014.

Prior to DSHS, Ms. Cain worked as the emergency and community preparedness manager at the Texas Association of Regional Councils, a policy analyst at the National Governors Association, and a budget policy analyst with the Maryland General Assembly. Ms. Cain completed her undergraduate education at the University of Oklahoma and earned her master's degree at American University in Washington, D.C.

### **Tam Cummings, PhD**

Dr. Tam Cummings is a gerontologist with more than 26 years of experience working, researching and advocating for education in dementia care and in skilled and memory care communities. A nationally recognized speaker with multidisciplinary gerontological degrees Dr. Cummings' brings a unique dimension in helping family and professional caregivers connect the dots between behaviors, caregivers' approach and dementia. Author of the bestselling dementia book "Untangling Alzheimer's," Dr. Cummings has spent significant time researching the teaching of dementia care and recently partnered with the Texas Health Care Association to demonstrate dementia care in the nine nursing homes in Texas with the highest usage of antipsychotic medications in the country. Dr. Cummings has refined her methodology, authoring "The Untangling Dementia" workbook (third edition). This year, in collaboration with Texas Health and Human Services, she has used the workbook to provide advanced person-centered behavior training to nursing facility providers who work with residents diagnosed with dementia.

### **Molly Curran, PharmD**

Dr. Curran is a clinical assistant professor in the Department of Health Outcomes and Pharmacy Practice at the University of Texas at Austin College of Pharmacy and a clinical pharmacy specialist in internal medicine at the Dell Seton Medical Center. She attended the UT College of Pharmacy and received her doctor of pharmacy in 2014. She also completed a one-year general pharmacy residency and a one-year critical care pharmacy residency at University Health System in San Antonio. She joined the faculty in 2016 and her research areas of interest include anticoagulation, infectious diseases and quality improvement initiatives.

### **Carol Delville, PhD, RN, ACNS-BC**

Dr. Carol Delville is a clinical faculty member at the University of Texas at Austin School of Nursing with a focus in the management of multiple chronic-conditions. She has worked closely with an inter-professional team in long-term care as an advanced practice nurse since 2003 and integrated her skills into adult-gerontology clinical nurse specialist education. Delville is responsible for the educational application of iPad Minis to provide integrated, comprehensive and evidence-based care for people with multiple chronic conditions, especially underserved populations such as residents in long-term and assisted living facilities.

### **Sarah J. Dirks, DDS**

Dr. Sarah J. Dirks is chief executive officer of Geriatric Dental Group and adjunct faculty at the University of Texas Health Science Center San Antonio School of Dentistry. The group serves as a clinical rotation site for dental assistant and dental hygiene students. Dr. Dirks has a post-doctoral fellowship in geriatrics and has served as clinical director of the school's Geriatric Dental Clinic.

### **Maria Luisa Faner, DPN, APRN, FNP-C, WCC**

Maria Luisa Faner has been a nurse practitioner since 1998 and has specialized in wound care since 2004. She works at Bienivir All-Inclusive Senior Health as the wound care specialist, evaluating various types of skin conditions and lesions, as well as formulating, recommending and implementing plans of care. She also works on quality improvement initiatives in the prevention of pressure injuries and other ulcers and coordinates the entire wound care service for almost 950 program participants. She spoke about skin and wound care at the 2017 Geriatric Symposium and the 2017 Annual Continuing Conference for Nurse Practitioners in El Paso.

### **Marilyn Feist, RD, LD**

Marilyn Feist has been a registered and licensed dietitian for almost 20 years and has worked in long-term care for 13 years. She has worked for the state of Texas in regulatory services, and as a consultant on the provider side of the industry. She values the Quality Monitoring Program because it utilizes her knowledge, experience and desire to improve the quality of care and quality of life of our long-term care residents.

### **Michael Fischer, MD, MPH, TM**

Michael Fischer has worked for the Texas Department of State Health Services for over six years in the Infectious Disease Control Unit and has recently taken on the role of Antibiotic Stewardship Expert for the Health Care Safety Group of IDCU. Prior to taking on this role, Michael has served Texas as the epidemiologist and subject matter expert for prion disease surveillance.

Michael has also served as a medical epidemiologist, during outbreaks involving high-consequence pathogens (West Africa Ebola virus epidemic in 2014) and events with elevated public concern (travel-related Middle East Respiratory Syndrome), providing consults to physicians, infection control practitioners, and health care facilities on appropriateness of testing, test results, prevention and control measures, and mechanisms of disease transmission.

### **Liam M. Fry, MD, FACP, CMD**

Dr. Fry attended the University of Texas at Austin for undergraduate school and received a Bachelor of Arts in the Plan II Honors Program. After college she attended Oxford University in England. She graduated from the UT Southwestern Medical School in 2002, followed by an Internal Medicine Residency at Mount Sinai Medical Center in New York City. After finishing residency, she completed a fellowship in geriatric medicine at the John A. Burns School of Medicine in Honolulu, Hawaii. She is board certified in internal medicine, geriatrics, and hospice and palliative medicine. She is the chief of the Division of Geriatrics and Palliative Care at the University of Texas Dell Medical School, was appointed by Gov. Gregg Abbott to serve on the Nursing Facility Administrator Advisory Committee, and is the current chairman of the geriatric committee of the Travis County Medical Society.

### **Carol Gaskamp, PhD, RN, PHNA-BC**

Dr. Gaskamp is an associate professor of clinical nursing and assistant dean for undergraduate programs at the University of Texas at Austin School of Nursing. A native of Houston, she has had a career in nursing education and community health nursing practice and administration and lived throughout the Midwest. She came back to Texas and joined the university's faculty in 2001. Her practice with the aging population has been in community settings through public health programs and home health nursing. Since returning to Texas, she continues to practice community health nursing through volunteer work at the Samaritan Health Ministries Clinic, a non-profit primary health care clinic for the uninsured located in Cedar Park.

### **John Gillis, EdD**

Dr. John Gillis, Jr. provides consulting expertise focused on talent management, change management and organization development. He designs and delivers leadership development programs around the world to cross-industry clients.

Dr. Gillis has been a certified management consultant for IBM's Strategic Change and Business Transformation solution groups, a human performance management consultant for Accenture, a performance consultant for Convergys, and a consultant for the Center for Creative Leadership.

His undergraduate degree is from the University of Texas. He received his MBA from Baylor University and his doctoral degree from the University of Pennsylvania's Graduate School of Education and Wharton School.

### **Tracie Harrison, PhD, RN, FNP, FAAN**

Dr. Tracie Harrison is a professor at the University of Texas at Austin, where she studies aging with disabilities along with the policy outcomes and implications of disability in people's lives. She has over 50 publications on women's experiences with severe permanent disabilities, along with the perspective from diverse populations primarily in the state of Texas, and is a nurse researcher with a focus in geriatric outcomes. Her research has been funded by federal, private and state agencies.

### **Tim Keesling, BS**

Tim Keesling is the director of the Veterans Mental Health Program within the Texas Veterans Commission. He has been in this role since September 2016. His work involves training and technical assistance for veteran peers, peer service coordinators, licensed mental health professionals, community and faith-based organizations, women and rural veteran organizations, and the Texas justice system. He is responsible for directing all components of program development and public awareness about veteran's mental health issues. Before working for the Texas Veterans Commission, Keesling served 20 years in the U.S. Army including 31 months in combat, worked in the private sector and non-profit sectors, and obtained his degree in business management. He is currently working on completing his MBA.



### **Laura M. Keyes, PhD, AICP**

Laura Keyes, an ACIP certified planner, holds a position of lecturer and undergraduate program coordinator for the Nonprofit Leadership Studies degree for the Department of Public Administration at the University of North Texas. Her doctoral dissertation examined age friendly cities and the bureaucratic responsiveness effects on age friendly policy adoption. She is the incoming chair of the American Society on Aging's Committee on Network on Environments, Services and Technology. Dr. Keyes teaches courses in community development and planning, proposal writing and grants administration, and volunteer program management. She recently published her research specific to aging policy in a variety of publications.

### **Andrea MacBeth, BBS, MS**

Mrs. Andrea MacBeth earned a bachelor's degree in behavioral science from Hardin-Simmons University and Master of Science from Abilene Christian University. She was the nursing advisor for the Abilene Intercollegiate School of Nursing for eight years. She completed post-graduate work at the University of Texas at Austin in the Educational Psychology Department and attended the Universidad Autónoma de Mexico for one year to complete post-graduate work in educational psychology while performing duties as a Rotary Scholarship Ambassador.

Mrs. MacBeth has 10 years of experience with elderly individuals while working in the Texas colonias on the Texas/Mexico border with families and elderly couples. The aging years produce different uncertainties and fears in the elderly, causing high levels of anxiety that require attention when they are living in third world conditions. Her knowledge of the study is based on being the primary caregiver of her 95-year-old mother while she participated in the study. The complexities of her aging years demonstrated a different aging anxiety that she was experiencing prior to and during the study.

**Cindy Gayle Medeiros, MS**

Cindy Gayle has been part of Brookdale Senior Living facility since 2015. For the past two years, she has been the program manager of the Memory Care Unit, commonly known as the Clare Bridge unit, in the facility at Round Rock. She focuses treatments on sustaining feelings of belonging, purpose and safety while seeking to preserve a sense of self.

**Angelica Rangel, MS**

Angelica Rangel received a Bachelor of Arts in psychology from St. Edward's University and a Master of Science in Clinical Psychology with a concentration in neuropsychology at the University of Texas at Tyler. She has six years of experience recruiting and collecting data for research projects and working clinically with vulnerable populations. As the research associate for the NightRest Project, she coordinates the recruitment of long-term care facilities by working with administrators and potential participants by working with their legally authorized representatives.

**Sherry Reddick, EdM**

Ms. Reddick's background is in higher education administration and communications where she has supported faculty and students at two major universities and served the wider community through her work in several non-profits. As assistant director of the Center for Excellence in Aging Services and Long Term Care, she manages the education website, social media, and monthly lecture series that presents evidence-based research practices on aging and disability topics from gerontology, nursing and policy experts from across the U.S. She also provides support in establishing and growing community and corporate partnerships with external funders and stakeholders in the long-term care industry.

**Kathy Richards, PhD, RN**

Dr. Kathy Richards is a research professor at the University of Texas at Austin and has 20 years of experience conducting clinical trials, leading interdisciplinary research teams and effectively collaborating with other investigators. In addition, she has a background in nursing, sleep disorders, physical activity, geriatrics and doctoral education and six years of advanced career development training in health services research, clinical trials and sleep medicine.

**Michael S. Roberts, MPA**

Michael Roberts is the director of performance and policy development for Adult Protective Services, a division of the Texas Department of Family and Protective Services. Michael has worked for the department since 2008, serving as management analyst in operations for three years, then as policy development manager for Adult Protective Services for six years.

**Donna Rolin, PhD, APRN, PMHCNS-BC, PMHNP-BC**

Dr. Donna Rolin is the director of the Psychiatric Mental Health Nurse Practitioner program at the University of Texas at Austin School of Nursing. Her clinical background as a psychiatric advanced practice registered nurse encompasses cognitive behavioral, group and family psychotherapies as well as psychiatric evaluation and pharmacotherapy disorders in inpatient, community, long-term care, and forensic settings. Rolin's research focuses on community psychiatry and substance use disorders. She is active in the American Psychiatric Nurses Association where she serves as on the national board of directors as treasurer and locally in the Psychiatric Advanced Practice Nurses of Austin.

**Dirk Sheridan, EdD**

Dirk Sheridan is the community engagement lead for Adult Protective Services. His responsibilities include identifying, developing, implementing and maintaining the APS State Office representation and liaison role to key state and national advocacy and stakeholder groups.

**Cherie Simpson, PhD, MSN, MBA, PT, ACNS-BC**

Dr. Cherie Simpson is a clinical nurse specialist with Senior Adult Specialty Healthcare in Research where she performs the medical management of geriatric psychiatric patients. She also conducts research in the areas of sleep, caregiving and depression in aging women. Simpson was an assistant professor at the University of Texas at Austin School of Nursing.

**Meg R. Soper, RN**

Meg Soper can motivate a room and is currently one of North America's leading motivational humorists touring the continent and speaking to health care, educational and corporate audiences. Meg inspires her audiences to shift their perspective by combining the insights and experiences gained over the last 30 years. Her experience as a staff nurse in the operating room gives her a front-line perspective of the challenges that people in the health care profession face on a daily basis. Her engaging and humor-filled presentations help audiences deal with different personalities, shifting workplace demographics, managing conflict and leading a more balanced and healthy life!

**Beth Stalvey, PhD, MPH**

Dr. Stalvey has served older adults and people with developmental disabilities for the past 25 years. She served as gerontologist and policy analyst at the Texas Department on Aging and the Texas Department of Aging and Disability Services, and public policy director for the Texas Council for Developmental Disabilities. After a family transfer to Atlanta, Georgia, she established



an aging and disability policy consultant group, serving as executive director for 10 years and working with public agencies and non-profit, private, and local grass roots organizations in areas of aging, health care, caregiving, education, transportation and employment. She conducted policy analysis for the North Carolina Council on Developmental Disabilities and led initiatives on legislative education, advocacy training, and long-term services and supports for people with disabilities and their families. She has been serving as the executive director for the Texas Council for Developmental Disabilities since 2015. Stalvey received both her master's and doctoral degrees in public health from the University of Alabama.

### **Doug Williams, BS, ACBIS, CALM**

Doug Williams received a Bachelor of Science in Sociology from Texas State University. He has an extensive management experience working at Brookdale Senior Living as an executive director for a Type A Assisted Living and Memory Care in Round Rock as well as an executive director for an Apollo Community within Brookdale. He has 10 years of experience working for patients with brain injuries as a medical coordinator. Doug has received multiple staff-level awards, Core Ideology Awards for partnership and Core Excellence awards.

### **Stephanie Wofford, BSN, RN, CDP, VDT Certified Trainer**

Stephanie Wofford received her bachelor's degree in health from Texas A&M University in 1996 and a bachelor's degree in nursing in 2006 from Stephen F. Austin State University and taught school before becoming a registered nurse. Wofford has been with Texas Health and Human Services as a nurse quality monitor since September 2015 and is a certified dementia practitioner.

### **Norine Yukon, BSN, Former CEO UnitedHealthcare Community Plan of Texas**

Norine Yukon is the former CEO of UnitedHealthcare Community Plan of Texas and currently serves as a board member, executive

coach, and strategic adviser for established and emerging health care corporations. Her comprehensive experience in the health care industry includes executive responsibility for large commercial and public sector health plans across the country. She is a lecturer for universities and has been appointed by several governors to various task forces, advisory committees and transition teams. In addition to serving as the chair elect of the Meals on Wheels Central Texas board of directors and Meals on Wheels In-Home Care board of directors, she serves as vice-chair for the advisory council for the University of Texas School of Nursing, and as an adviser to the University of Texas Center for Transdisciplinary Collaborative Research in Self-Management Science. She is a former director of the Texas Conference for Women board and volunteer in a neonatal intensive care unit. Yukon grew up in Texas, Bermuda and Tokyo. She graduated from The University of Texas School of Nursing and practiced in an inpatient setting for 10 years.

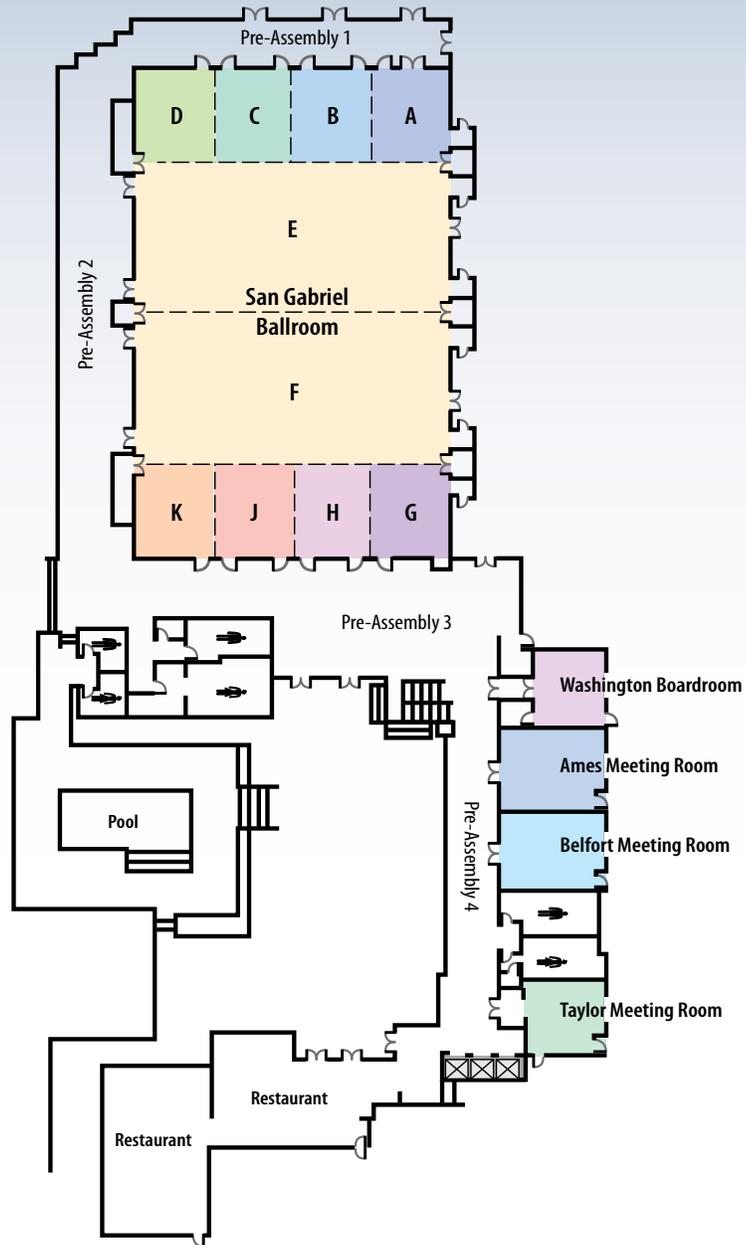
### **Cara Young, PhD, MSN, FNP-C**

Dr. Young received her MSN as an FNP and PhD from Vanderbilt University. After completing a two-year postdoctoral fellowship at Vanderbilt University School of Nursing, she came to UT-Austin as an assistant professor. Dr. Young is an expert on adolescent health with a particular focus on mental health promotion and prevention of mental illness in primary care. Her primary research has examined factors associated with the development of depressive and anxiety symptoms as well as contextual issues that impact effective treatment of mental health disorders such as provider stigma. She is currently testing a mindfulness-based intervention with young adolescents who are at high risk for depression.

# Symposium Sponsors

- Texas Department of State Health Services
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