2018 Geriatric Symposium • DAY TWO

Evolution and Advancement in the Aging Community

August 14, 2018

Sheraton Austin Georgetown Hotel and Conference Center
Georgetown, Texas
Welcome

2018 Geriatric Symposium • DAY TWO

Evolution and Advancement in the Aging Community

Learn important information about caring for older adults, including those with dementia. This portion of the conference is for all health care providers, family members, loved ones, guardians, friends and clients.

Tuesday ★ Aug. 14, 2018

7 – 8 a.m.  Registration
8 – 8:15 a.m.  Welcome
8:15 – 9 a.m.  Opening Keynote Address  
Lance A. Robertson  ■  Administrator and Assistant Secretary for Aging  
Administration for Community Living, U.S. Department of Health and Human Services

9 – 9:20 a.m.  Break
9:20 – 10:50 a.m.  Breakout Sessions • 1
10:50 – 11:10 a.m.  Break
11:10 a.m. – 12:40 p.m.  Breakout Sessions • 2
12:40 – 1:50 p.m.  Lunch (on your own)
1:50 – 3:20 p.m.  Breakout Sessions • 3
3:20 – 3:40 p.m.  Break
3:40 – 4:40 p.m.  Closing Keynote Address  
Scott Abel, JD  ■  Leadership and Professional Development Specialist, Leadership Innovation Manager, Texas Health and Human Services

4:40 – 5 p.m.  Closing Remarks
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.
Tuesday ★ Aug. 14

7 – 8 a.m.  Registration
San Gabriel Ballroom

8 – 8:15 a.m.  General Session ■ Opening Remarks
San Gabriel Ballroom  Michelle Dionne-Vahalik, DNP, RN • Director, Quality Monitoring Program, Medicaid and CHIP Services, Texas Health and Human Services

8:15 – 9 a.m.  Opening Keynote Address:
Community Living: Giving People What They Want (at a Lower Cost!)
San Gabriel Ballroom  Lance A. Robertson • Administrator and Assistant Secretary for Aging, Administration for Community Living, U.S. Department of Health and Human Services

We know older adults overwhelmingly prefer to live their lives as independently as possible, in their own homes. Making community living possible through services provided in the home or in the community is usually far less expensive than institutional care. For more than 50 years, the national aging and disability networks have been proving it is possible. So, what’s next? We need to better integrate the networks of community-based service providers into the overall system of health care delivery.

9 – 9:20 a.m.  Break

9:20 – 10:50 a.m.  Breakout Sessions ■ 1
San Gabriel C and D  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 person with advanced dementia, so that the care their loved one receive is consistent with their wishes.

San Gabriel G  Ageism: To the Old, to the Young
Laura M. Keyes, PhD, AICP
The session will explore the parallels between socially constructed perceptions of aging and the dynamics of policy narratives. Participants will engage in this discussion through the lens of a model that demonstrates how the individual categorization of people results in policy decisions that may be equitable or inequitable. Participants will also examine the ethical tools to help policy makers recognize how images are portrayed and how these images influence their own decision making.
**Bring It On: Strategies to Create a Positive Workplace**

Meg R. Soper, RN

This high energy, interactive workshop will seek to create awareness about different personality styles and related tactics and strategies for resolving differences based on the DiSC model of human behavior. The session will begin with a group exercise that will get people mixing and energized. It will then be followed by a humorous but insightful exploration of different personality styles in the workplace and how these styles influence people’s behavior and their response to conflict and stressful situations. This segment is intended to create both self-awareness and social awareness among participants to help them understand the sources of conflict and strategies for collaboration with colleagues, patients and other stakeholders within Texas health organizations.

**Engaged Leadership: Building a Culture to Overcome Employee Disengagement**

Clint Swindall, CSP • President and CEO, Verbalocity

Research indicates that less than one-third of employees are truly engaged. The vast majority of employees simply show up to work each day prepared to do the minimum to get by. This problem of employee disengagement is a source of ongoing frustration for leaders of any organization. In this session, we’ll discuss specific steps to lead employees to higher levels of engagement.
I’ve Got One Nerve Left, and You’re Standing on It
Karyn Buxman, MSN, RN, CSP, CPAE
Expanding responsibilities, shrinking budgets, cranky coworkers, family demands, too much to do and not enough time to do it. Is it any wonder that we’re all a little edgy? Find out how taking care of yourself can affect everyone’s bottom line. Learn how to get through the toughest of days and remain smiling. Discover how to survive and thrive in a world of change.

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.

How to Develop a Dental Program for a Nursing Facility
Michèle J. Saunders, DMD, MS, MPH
This program will cover federal and state requirements for oral health care in nursing facility residents, the 10 components of a NF dental program and how to determine the best methods to assure dental care for NF residents in three case studies.

Seeing Dementia Differently: Enriching Lives With the Arts
Pia Kontos, PhD
A diagnosis of dementia is associated with stigma — stereotypes, prejudice and discriminatory practices — that creates social exclusion, diminishes dignity and threatens well-being and quality of life. Persons living with dementia are presumed to be unable to grow, develop and make meaningful contributions to their own lives and the lives of others. This session will challenge these assumptions by exploring how people living with dementia can express themselves in creative ways. Examples of music, storytelling and elder-clowning illustrate the strong and continuing presence of persons living with dementia. Discussion will highlight the importance of providing opportunities for persons living with dementia to engage with the arts in order to bring them into meaningful relationships and to support their creative self-expression.

Technology in Aging • Panel Presentation:
Changing the Resident Experience Through Engagement Technology
Juliet Kerlin, MA • It’s Never 2 Late
Engagement technology provides nursing, activity and rehab professionals with opportunities to improve quality-of-care outcomes for their residents. Technology that engages through person-centered experiences can improve the quality of life of people undergoing physical and cognitive decline by allowing them to focus on their strengths and interests and by encouraging creativity, self-expression and continued personal development. A growing number of senior living communities have achieved transformative results by integrating engagement
technology programs that allow staff to embrace the belief that well-being encompasses all the dimensions of personhood — mind, body and spirit. By examining qualitative case studies and quantitative research, the presenter will demonstrate how person-centered engagement technology allows senior living organizations to focus on the resident’s preferred view. This approach often results in the attainment of an optimal person-environment fit, which can improve wellness and quality of life for all residents.

**Robotic Animals for People With Alzheimer’s and Dementia**
Takanori Shibata, PhD • National Institute of Advanced Industrial Science and Technology, Japan
Hear about the psychological, physiological and social effects of robotic animals for people with Alzheimer’s and dementia. Learn about the PARO therapeutic robot seal used in nursing homes worldwide. In this session you will learn about the CPT codes for reimbursement of biofeedback therapy with PARO by Medicare and private insurance in addition to the contents of the short abstract.

**Understanding and Eliminating Distress in Persons Living With Dementia**
Christopher Johnson, PhD
Participants will learn about causes of distress and current evidence-based interventions for eliminating this condition in persons living with dementia (PLWD). Dr. Johnson will outline the problems and challenges of distress for PLWD and their care partners. Distress begins with diagnosis (eg., “medical hexing”) and continues throughout the course of the PLWD’s disability. Stereotyping all dementia as “Alzheimer’s” will also be addressed as part of an overall revolution in education in dementia studies. Symptoms of distress for PLWD include depression, psychosis, aggression, “wandering” or walking, agitation, apathy and emotional disturbances, all of which depend upon the PLWD’s disease. These behaviors can limit the ability of PLWD to carry on everyday activities and reduce their quality of life. Distress can cause or exacerbate sleep deprivation, fatigue and eating problems. The Master of Science with a Major in Dementia and Aging Studies program at Texas State University follows in many ways
the National Dementia Strategy in England in effectively empowering PLWD. Instead of the dementia-as-tragedy motif which augments distress, we advocate the idea of dementia being a disability with a focus on personhood and dementia citizenship in care partnerships. Dr. Johnson’s presentation will point out what research indicates are the major causes of distress in PLWD. He will highlight the need for more community-based personal support, reduced use of antipsychotic medication and alternative approaches to the support and empowerment of PLWD.

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.

10:50 – 11:10 a.m.
Break

11:10 a.m. – 12:40 p.m.
Breakout Sessions • 2

San Gabriel A and B

Compassionate Touch: A Non-Pharmacological Approach That Prevents Behavioral Expression and Builds Care-Partner Relationships
Pamela Brandon, BS

In this session, you will learn about Compassionate Touch, 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. You will leave with an understanding of why skilled touch is good “medicine” in dementia care, how touch strengthens care-partner relationships, two Compassionate Touch techniques, the clinical impact of skilled touch on behavior, pain and anxiety, and case examples of integration in existing eldercare communities. The experiential focus of the session makes the knowledge “come alive,” and attendees will leave with a new skill they can use immediately.

San Gabriel K

Continue the Race: Creating Images, Seeing the New in the Aging Generations
Ben Dickerson, PhD, LPCS

Characteristic of complex societies is making choices and judgments about people’s behavior. Such decisions stem from experiences in the past, relying heavily on “anchorages” failing to recognize the new culture of growing older. Dr. Dickerson discusses principles of creating images reflecting changes and challenges in contemporary patterns of aging.

San Gabriel C and D

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.
**Living for the Weekday:**
What Every Employee and Boss Needs to Know About Enjoying Work and Life

Clint Swindall, CSP • President and CEO, Verbalocity

We live in a world of disengagement. This disengagement often causes people to count down the days to the weekend. True joy in life comes from finding ways to live for the weekday as much as we live for the weekend. By taking a proactive approach to finding ways to start living for the weekday, we’ll not only find more ways to enjoy our life, but also contribute to an overall culture of employee engagement. In this session we’ll discuss specific steps to change the way we see our professional life and personal life coming together.

**Taylor 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 H and J**

**Music in and for Aging**

Joseph A. Kotarba, PhD

This session examines two features of music in aging. The first is the actual use of music as a therapeutic intervention for conditions such as dementia and memory loss. The second is the place music holds in the normal, everyday life of the elderly. Findings indicate that music experiences among the elderly very closely resemble those of young children. At both ends of the lifecycle, people are dependent on others to create situations in which music is performed and enjoyed. In this presentation, there will be a comparison on the care value of both by examining music situations in nursing homes, assisted living facilities, community service centers, music performance centers, at home and at the homes of others. The goal is to discuss possible applications of this knowledge to caregiving.
**Ames Room**

The Cognitive Health of Older Hispanics with Vascular Dementia  
Viola Benavente, PhD, RN, APN  
This session will help health care providers and caregivers evaluate potential cognitive benefits of interventions and activities that promote cognitive health to understand the quality and weight of common recommendations. The dementia education gap among Hispanic patients and caregivers is critical, and current evidence does not support a mass public education campaign to encourage people to adopt specific interventions to prevent cognitive decline or dementia. Participants will learn to draw conclusions about the relative effectiveness of different cognitive training approaches or techniques for therapeutic caregiving.

**San Gabriel F**

Memory and Cognition in Aging and Alzheimer’s Disease  
Rebecca G. Deason, PhD  
This session will provide an overview of current scientific research on the aging brain and the best strategies for improving learning and memory. Topics will include the changes that occur in the brain as it ages and how these changes can impact memory and cognition. Learn the differences between cognition in healthy aging and dementia, with an emphasis on factors associated with healthy cognitive aging.

**Belfort Room**

Yoga Therapy and Validation Techniques for Persons with AD  
Lyn Litchke, PhD, MS, BS  
Participants will be guided through a research-based yoga therapy protocol for persons with AD. Throughout the yoga session, verbal prompts will be given to demonstrate the integration of the validation strategies and three levels of yoga modifications to maximize residents’ engagement. The presentation will highlight application of the six stages of the published theoretical model for yoga for persons with AD and their caregivers.

**San Gabriel G**

Veterans’ Resources • Panel Presentation:  
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 veterans back into society.

Post-Traumatic Stress and Dementia Behaviors in Long-Term Care: The Wars Within  
Kathy Johanns, BA • Program Administrator, Veterans Land Board, Texas State Veterans Homes  
Sara Rodriguez, RN • Nurse Manager, Veterans Land Board, Texas State Veterans Homes  
In this session, we will discuss the idea that post-traumatic stress is an injury to the soul including how to manage it and heal from it late in life. We will explore how to work with your residents who have PTS and behaviors caused by PTS and dementia.
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 – 1:50 p.m. Lunch (on your own)

1:50 - 3:20 p.m. Breakout Sessions ■ 3

San Gabriel E
Advancements in Technologies for the Care and Treatment of Alzheimer’s Disease
Laura Colgin, PhD
Participants will learn about state-of-the-art techniques and recent breakthroughs in the study of Alzheimer’s disease and other dementias and memory disorders.

San Gabriel F
Antibiotic Stewardship for Nursing Homes: “To Dipstick or Not, That Is the Question”
Michael Fischer, MD, MPH, TM
Participants will learn about the CDC’s seven core elements and the evidence supporting them. They will also learn how to develop and implement an evidence-based model aimed at the reduction of unnecessary antibiotic use in the treatment of asymptomatic bacteriuria utilizing the seven core 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.
**Ames Room**

**Community Evidence-Based Programs:**
**The State of Being Active for Life — One Day at a Time**

Cindy Quinn, BS, CHWI

Active for Life’s Health and Wellness Evidence-Based Programs provide knowledge, skills and tools to empower older Texans to age well while aging in place.

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**San Gabriel H and J**

**Connecting Generations: Bridging the Generational Gap**

Clint Swindall, CSP • President and CEO, Verbalocity

For the first time in history, we have five generations in the workforce — five generations that have been shaped by the times in which they grew up. In order to begin connecting the generations, an effort must be made to look beyond our own perspective and understand what has happened to each generation to make it unique. In this session we’ll look at the differences and the similarities, and how leaders can benefit by taking time to understand each generation.

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**Taylor Room**

**Engage the Ages: Creating Effective Intergenerational Programs for All Ages and Abilities**

Donna Butts • Executive Director, Generations United

Today’s age-segregated society needs innovative strategies that connect the generations and engage our older adults and children as valuable resources. Intergenerational programs do just that by creating intentional opportunities to engage youth with older adults, including all ages and abilities. This interactive workshop will share promising practices in intergenerational programming and equip participants to create and expand intergenerational programs in their communities.

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**San Gabriel A and B**

**Key Issues in Evolving Dementia Care**

Christopher Johnson, PhD

Participants will learn how key issues have evolved in dementia care for persons living with dementia (PLWD). Dr. Johnson will describe how the commodification of care relates to institutional abuse (e.g. polypharmacy, staffing, “warehousing” social activities etc.) for PLWD. He will identify how the lack of dementia and gerontology education for long-term care administrators and staff contributes to institutional abuse. He will define institutional abuse and discuss situations where it is applicable for certified nursing assistants and residents. Finally, Dr. Johnson will outline some examples of poor Memory Care Neighborhood designs and how this relates to institutional abuse.

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**San Gabriel G**

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

**Recognizing and Reporting Elder Abuse, Neglect and Exploitation for All Professionals**

Michael S. Roberts, MPA
Dirk Sheridan, EdD

The elder population is growing in raw numbers and as a proportion of the total population. Nurses, first responders and other professionals who interact with older adults are in the right place to recognize and report abuse, neglect
and exploitation. This session covers the signs of maltreatment, how to report suspected maltreatment to the proper authorities, and how Texas Adult Protective Services conducts investigations and provides protective services. This session will also include an explanation of how Texas Adult Protective Services staff work with first responders in emergency situations.

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.

Resources in the Community • Panel Presentation:
Healthy Living for Your Brain and Body
Delia Jervier, BA • Executive Director, Alzheimer’s Association Capital of Texas Chapter

Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagements to incorporate into a plan for healthy living.

Silver Alerts: Lost Time Is Never Found Again
Ben Patterson, BS • Emergency Management, Texas Department of Public Safety

The state of Texas has issued almost 850 Silver Alert activations since the inception of the program in 2007. In each of the alerts, time is always the most critical factor in locating the missing person, i.e., having families notify local law enforcement quickly when a loved one is missing, collecting all the needed information for public dissemination and issuing the actual alert. This session will discuss the state of Texas Silver Alert Program, its requirements and how silver alerts are issued.
San Gabriel C and D

The Impact of Sleep Deficits on Memory in Aging and Dementia
Carmen E. Westerberg, PhD

Recent research indicates that one major function of sleep is to preserve recent experiences and integrate them with our existing knowledge base. In this session you will learn how different aspects of sleep contribute to memory formation and maintenance, how sleep changes concomitant with age and disease impact this process, and strategies for improving sleep and memory.

San Gabriel K

T.R.A.I.N.: We’ve Moved Down the Line; Where Are We Now?
Uduak Ntuen, PharmD
Michelle Dionne-Vahalik, DNP, RN

This session will provide you with information related to antipsychotic medication usage in long-term care. The discussion will begin with the initiative to reduce the usage of antipsychotic medications in residents diagnosed with Alzheimer’s, dementia or other related conditions in nursing homes (Texas Reducing Antipsychotics In Nursing Homes), where we were at when the initiative launched and where we are today. We will also share the lessons we have learned along the way that have helped us reach a standard of care that is applicable to all care settings. Additionally, information will be provided on the root cause analysis and what this analysis has shown in all areas of care for those who are prescribed antipsychotic medications. In this session you will receive provider resources that provide information about reducing the use of antipsychotic medication in multiple areas of care.

Room 246, 249 and 250

Virtual Dementia Tour: Life Through Their Eyes
Stephanie Wofford, BSN, RN, CDP  •  VDT Certified Trainer, and 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.

3:20 – 3:40 p.m.
Break

3:40 – 4:40 p.m.
General Session  ■  Closing Keynote Address
San Gabriel Ballroom

Ethical Leadership in Tough Environments: Doing the Right Thing
Scott Abel, JD • Leadership and Innovation Manager
Texas Health and Human Services

Ever wonder why some leaders succeed while others falter? Why some organizations last while others fail? The answer is quite simple: character. It lies at the heart of true leadership and is the solid foundation upon which all lasting success is built. At this session you will review examples of unethical behavior, learn strategies for principled decision-making, and explore the dynamic effect that will take place upon you and your team when you emphasize character just as importantly as performance.

4:40 – 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
Keynote Speakers

Lance A. Robertson • Administrator and Assistant Secretary for Aging Administration for Community Living, U.S. Department of Health and Human Services

Assistant Secretary Robertson’s vision for the Administration for Community Living focuses on five pillars: supporting families and caregivers, protecting rights and preventing abuse, connecting people to resources, expanding employment opportunities and strengthening the aging and disability networks.

His leadership in the fields of aging and disability began in Oklahoma, where he served for 10 years as the director of Aging Services within the state’s Department of Human Services. Prior to that, he spent 12 years at Oklahoma State University, where he co-founded the Gerontology Institute and served as the executive director of the nation’s largest regional gerontology association.

Lance earned his undergraduate degree from Oklahoma State University and a master’s of public administration from the University of Central Oklahoma. He is also a veteran of the United States Army.

Scott Abel, JD • Leadership and Innovation Manager, Texas Health and Human Services

Scott Abel is a Leadership and Innovation manager with Texas Health and Human Services and has served in various state government leadership positions for more than nine years. Abel has provided leadership in the field of higher education and intercollegiate athletics as a senior administrator at various universities and with the National Collegiate Athletic Association, where he was the youngest-elected chairman of the organization’s prestigious Legislation Committee, and is a graduate of the Texas Health and Human Services Executive Leadership Academy. He speaks frequently to state agencies, organizations and non-profits on leadership, teamwork and generational differences in the workplace through a blend of storytelling and interactive group dynamics.
Breakout Session Speakers

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 an 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 mealt ime 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.

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.

Pam 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.

Donna Butts, BA

Donna Butts is the executive director of Generations United, a position she has held since 1997. Generations United’s mission is to improve the lives of children, youth and older adults through intergenerational collaboration, public policies and programs for the enduring benefit of all. Previously she held leadership positions at the YWCA, National 4-H Council and Covenant House. She has served on five United Nations expert panels on intergenerational collaboration, public policies and programs for the enduring benefit of all. Previously she held leadership positions at the YWCA, National 4-H Council and Covenant House. She has served on five United Nations expert panels on intergenerational and family issues and was an at-large delegate to the 2005 White House Conference on Aging. Butts is a graduate of Stanford University’s Executive Program for Nonprofit Leaders, and her awards include: recognition three years in a row by The NonProfit Times as one of the top 50 most powerful and influential nonprofit executives in the US; one of the 2015 Top 50 Influencers in Aging by Next Avenue; and the 2015 Eisner Prize for Excellence in Intergenerational Advocacy.
Karyn Buxman, MSN, RN, CSP, CPAE

Karyn Buxman is a neurohumorist and 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.

Laura Colgin, PhD

Laura Colgin is an associate professor in the Center for Learning and Memory and the Department of Neuroscience at the University of Texas at Austin. Her research investigates the role of brain rhythms in learning and memory operations. Dr. Colgin’s research findings have been published in highly respected journals including Nature, Neuron, the Journal of Neuroscience, and Proceedings of the National Academy of Sciences of the United States of America. She has received several awards for her research including the Peter and Patricia Gruber International Research Award in Neuroscience, an Alfred P. Sloan Foundation Research Fellowship, the Klingenstein Foundation Award in the Neurosciences, an Office of Naval Research Young Investigator award, and an National Science Foundation CAREER award. In addition, she is a member of the eLife Board of Reviewing Editors.

Rebecca Deason, PhD

Dr. Rebecca Deason has been an assistant professor at Texas State University since 2013 and runs the Memory and Cognition research lab. She received her Ph.D. in Cognitive and Biological Psychology from the University of Minnesota and then completed her postdoctoral fellowship at Boston University School of Medicine and VA Boston Healthcare System. The overall goal of her research is to understand how we learn and remember items, how memory changes with aging and disease, and how we can use this understanding to improve the daily lives of older adults and patients with Alzheimer’s disease. Deason’s research is published in high impact journals such as Neuropsychologia, Neuropsychology and Cortex, and she has presented at many national and international conferences.

Ben Dickerson, PhD, LPCS

Dr. Ben Dickerson is a native Texan with two degrees from Texas A&M University and a Ph.D. from Louisiana State University in Baton Rouge. He is a retired colonel of the United States Army Reserve, a licensed professional counselor and a certified supervisor. He has been involved in higher education for more than 40 years at Stephen F. Austin State University, Baylor University, Texas A&M University, the University of Indianapolis, Delgado Community College of New Orleans and Command and General Staff College in Fort Leavenworth, Kansas. Dr. Dickerson has coauthored and authored books and articles on age and aging topics. He has received many awards and recognitions, including being the first recipient of the Houston Livestock Show and Rodeo Scholarship. He also received Outstanding Professor in Gerontology by the Association for Gerontology in Higher Education, the Silver Beaver Award from Boy Scouts of America, a Lifetime Achievement Award at DHS Aging Services of Oklahoma and the Meritorious Service Medal from the United States Army Reserves. He is currently serving as a member of the Texas Legislative Committee on Aging.

Michelle Dionne-Vahalik, DNP, RN

Michelle holds a doctorate in nursing practice and has been an RN for 27 years. Most of her clinical and nursing experience has been caring for those who are aging. Her background is in acute care, long-term care, and home and community-based services. Her state government experience includes long-term care regulatory, home and community-based services; Medicaid waivers and state plan services; and quality-based initiatives. She currently is the director of the Office of the Quality Monitoring Program with Texas Health and Human Services. She also holds an appointment on the Advisory Council on Alzheimer’s Research, Care, and Services with the U.S. Department of Health and Human Services.

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.

**Delia Jervier, BA • Executive Director, Alzheimer’s Association Capital of Texas Chapter**

Delia Jervier has worked in the nonprofit industry for over 24 years, serving in a variety of roles starting with delivering programs and services for people with diabetes at the American Diabetes Association for 17 years. During her tenure at the ADA, she worked diligently to raise awareness and support the families of those affected by the disease. She has been with the Alzheimer’s Association for almost five years starting as the director of chapter operations at the organization’s home office and more recently as the executive director for the Capital of Texas Chapter. She has a well-rounded knowledge of the association’s mission and the programs and services they provide to people with Alzheimer’s disease and their caregivers.

**Kathy Johanns, BA**

Kathy Johanns is the program administrator at the Texas State Veterans Homes Division of the Veterans Land Board. She oversees the daily operations of the homes via two management companies and eight on-site representatives. She also provides training programs for the homes including PTS and behavior training.

Ms. Johanns has worked in long-term care for 18 years including hospice care, skilled nursing, social work, assisted living and CCRC. She has a degree in social welfare from California State University, Northridge.

**Christopher Johnson, PhD**

Dr. Chris Johnson is clinical professor of sociology at Texas State University. He came to the Department of Sociology at Texas State University to develop America’s first online Master of Science in Dementia and Aging Studies. There are 17 such programs at European universities. His specialty is dementia studies and aging in the life course (gerontology). Dr. Johnson’s research lies in the areas of end-of-life dementia care partnerships, the social reconstruction of “dementia”, sociology of religion, caregiving issues, dementia citizenship and the sociology of dementia. He was director of gerontology and developed an award-winning Master of Science in Gerontology online degree program at the University of Louisiana. Dr. Johnson spent several years at the Iris Murdoch Dementia Center at the University of Stirling in Scotland prior to his appointment at Texas State. Dr. Johnson is a clinical sociologist and is licensed as an MFT in Louisiana.

**Juliet Kerlin, MA**

Juliet Kerlin is the director of research and program partnerships at It’s Never 2 Late. She identifies and secures funding opportunities that provide senior living organizations access to the iN2L Program to improve the quality of life and care of their residents. She also partners with research institutions to validate the benefits of engagement technology for older adults undergoing cognitive and physical decline. An accomplished international speaker, she encourages senior living professionals to embrace the belief that wellbeing encompasses all the dimensions of personhood — mind, body and spirit — and that having fun is important for better health at every stage of life. Juliet holds a master’s degree in gerontology and served on the organizing committee of the LeadingAge Hackfest, advisory board of the Dementia Action Alliance and the board of directors of A Little Help.

**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.

**Pia Kontos, PhD**

Pia Kontos is a senior scientist at Toronto Rehabilitation Institute — University Health Network and an associate professor at the Dalla Lana School of Public Health at the University of Toronto. Her academic training is in medical anthropology and public health sciences. Her research focuses on improving care relationships and health outcomes for people living with dementia in long-term care settings. Kontos draws on the arts (e.g., music, dance and improvisational play) to engage people living with dementia, reduce social isolation and enhance quality of life. She also creates research-based dramas to effect personal and organizational change so that practice is consistent with the principles of relational caring.

**Joseph A. Kotarba, PhD**

Joseph A. Kotarba is professor of sociology at Texas State University, as well as the medical sociologist for the Institute for Translational Sciences at the University of Texas Medical Branch in Galveston. His scholarly focus in sociology is on the culture of health, illness
and health care delivery. In 2013, he published an award-winning book titled “Baby Boomer Rock ‘n’ Roll Fans: The Music Never Ends” in which he discusses the role music plays in the experiences of middle age, including health concerns. A follow-up book explores two health-related roles music plays in the later stages of aging. The first is the actual use of music as a therapeutic intervention for conditions such as dementia and memory loss; and the second is the place music holds in the normal, everyday life of the elderly. The care-related finding is that music experiences among the elderly very closely resemble those of young children in that, at both ends of the lifecycle, people are dependent on others to create situations where music is performed and enjoyed.

Lyn Litchke, PhD, MS, BS
Dr. Lyn Litchke is an associate professor of therapeutic recreation in the Department of Health and Human Performance at Texas State University, where she has taught for 16 years. She is the 2016 recipient of the university’s Presidential Award for Excellence in Service. Lyn has been a certified recreation therapy specialist for over 30 years, and has a current certification as a master trainer in Drums Alive Drumtastic, 200hr. Integrative Yoga Therapy, Lakshmi Voelker Chair Yoga and YogaFit Kids. Her research focuses on improving quality of life for persons with disabilities through various therapeutic recreation interventions, in particular yoga as an intervention for persons with Alzheimer’s disease and youth with autism spectrum disorder.

Ben Patterson, BS
Patterson is passionate about ensuring that all levels of public safety staff are prepared when it comes to missing people. When time is of the essence, knowing what to do and the resources available can definitely increase the chances of an expedited recovery. Mr. Patterson has held several management positions within the Texas Department of Public Safety’s Division of Emergency Management over the last 19 years, specifically in the areas of Preparedness, Operations and Recovery. He currently serves as the state’s Alert Program coordinator for AMBER, Blue, Silver and Endangered Missing Persons Alerts. A native of East Texas, Mr. Patterson holds a bachelor’s degree in emergency administration from the University of North Texas.

Cindy Quinn, BS, CHWI
Cindy Quinn has been actively involved in the implementation of evidence-based programs for local, regional and statewide areas since January 2009. She is one of the two Texas T-Trainers for the Chronic Disease Self-Management Programs developed at Stanford and is a master trainer in several other evidence-based programs. She is a gerontology graduate of Weber State University and was one of the program developers of Texercise Select. She is the Active for Life program manager for the Center for Population Health and Aging.

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 a management analyst in operations for three years and then as policy development manager for Adult Protective Services for six years.

Sara Rodriguez, RN
Sara Rodriguez, RN, is the quality nurse manager at the Texas State Veterans Home Division of the Veterans Land Board, where she oversees the quality nursing staff and provides clinical oversight of the two management companies of eight veteran nursing homes. She also provides training programs for the homes including PTS and behavior training. Ms. Rodriguez has worked in long-term care for 25 years including hospice care, skilled nursing, pharmacy and assisted living.

Michéle J. Saunders, DMD, MS, MPH
Dr. Saunders is a national and international expert in geriatrics health professions education, including faculty training in education, curriculum and program development, evaluation and minority elderly health promotion. She is a consultant to a number of state and federal programs and national associations and has conducted research on the oral health status of minority and veteran elders. From 1993 – 2000, she directed the $3.7 million Research Center on Oral Health in Aging study of oral health among San Antonio’s elderly population, entitled “Oral Health: San Antonio Longitudinal Study of Aging.” Dr. Saunders is a past president of the Gerontological Society of America, and the American Society for Geriatric Dentistry and serves on the editorial board of the Journal of the American Geriatrics Society. She is also a fellow or diplomat of a number of professional organizations.
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.

Takanori Shibata, PhD
Dr. Shibata has his Bachelor of Science, Master of Science and Ph.D. in electronic and mechanical engineering and has held senior research scientist positions. His research interests include human-robot interaction, robot therapy and mental health for astronauts in long-term missions and humanitarian de-mining. He was certified as an inventor of a robotic seal named PARO, the World's Most Therapeutic Robot, by Guinness World Records in 2002. In 2015, PARO was awarded the Patient Trophy as innovation of non-pharmacological therapy for dementia by the Assistance Publique-Hôpitaux de Paris.

Meg R. Soper, RN
Meg Soper can motivate a room. She is currently one of North America’s leading motivational humorists and tours the continent speaking to health care, educational and corporate audiences. 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.

Clint Swindall, CSP
Clint is the president and CEO of Verbalocity, Inc., a personal development company with a focus on leadership enhancement. As a professional speaker, he travels the world delivering speeches and training in an entertaining and inspirational style to Fortune 500 companies, government agencies, and trade associations. His programs are based on his books, “Engaged Leadership: Building a Culture to Overcome Employee Disengagement” and “Living for the Weekday: What Every Employee and Boss Needs to Know about Enjoying Work and Life.” He is the recipient of the Certified Speaking Professional designation, held by less than 10 percent of speakers worldwide who belong to the National Speakers Association and the International Federation for Professional Speakers.

Uduak Ntuen, PharmD
Ntuen has been with the Quality Monitoring Program since October of 2017. As a pharmacist quality monitor, Ntuen conducts individual and team-based Quality Monitoring visits to Texas nursing facilities to educate staff about evidence-based best practices, recommend changes to policies or procedures, and offer technical assistance to improve systems. Ntuen’s past experience includes retail, long-term care and sterile compounding pharmacy. Ntuen earned a Bachelor of Science from North Carolina Agricultural and Technical State University and a Doctor of Pharmacy from Campbell University in North Carolina.

Carmen Westerberg, PhD
Dr. Carmen Westerberg, associate professor of psychology at Texas State University, received her Ph.D. in cognitive neuroscience from the University of Minnesota in 2003 and completed a postdoctoral fellowship at Northwestern University before joining the faculty at Texas State in 2011. Her research investigates how sleep contributes to memory in young adults, older adults and people with Alzheimer’s disease. Her influential work in this area is published in many prestigious journals and she is a member of the Memory Disorders Research Society, an exclusive group of world-renowned memory researchers, the Cognitive Neuroscience Society, the Society for Neuroscience and the Sleep Research Society.

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.
Texas Department of State Health Services
The University of Texas at Austin School of Nursing
Second Wind Dreams – Virtual Dementia Tour
Texas Board of Nursing
Texas Health Care Association
TMF Quality Innovation Network
Texas and New Mexico Hospice Organization
Sheraton
Austin Georgetown Hotel and Conference Center
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