

NJ Foundation for Aging's 18th Annual Conference
Choose Well to Age Well

Agenda and Session Descriptions

2016 Morning Keynote Speaker: Ruth Finkelstein (9:15 am)

Ruth Finkelstein, Associate Director of the Robert N. Butler Columbia Aging Center, leads the translation of interdisciplinary scientific knowledge on aging and its societal implications into policy-focused practice. The goal of the Center's policy work is to maximize productivity, quality of life, and health across the life course. Dr. Finkelstein is an Assistant Professor of Health Policy and Management at the Mailman School of Public Health. She also serves as director of ILC-USA.

Longevity trends in aging and the rapid growth in the population of the over- 60 group is spurring the need for advocates of cities, towns and non-profits to look at optimizing opportunities to adapt structures and services to be more accessible and inclusive for older adults. Considerations include accessible building and public transportation, aging at home, public spaces health and social services, nutritious foods, long-term care, and the public's engagement and involvement in planning.

Morning Sessions 10:45 am-12pm & Afternoon Sessions 1:30 pm -3 pm

1&7 Older Worker Programs, Job Training and Employment Programs

Sherie Jenkins, Program Manager, NJ Department of Labor and Workforce Development

Maria Heidcamp, Director, New Start Career Network and Senior Researcher, Heldrich Center for Workforce Development.

Learn about a new initiative, the New Start Career Network. It is designed to provide a mix of free virtual and in-person assistance/coaching to help older, long-term unemployed job seekers improve their job search techniques, including resume-writing, mock interviews, information about job clubs, training and other topics.

This session will also provide an understanding of the benefits of SCSEP and the WorkForce 55+ program. Goals are to integrate seniors into workforce, promote self-sufficiency, independence and promote skill development of seniors via on the job training. This stipend program is a resource for low-income seniors.

The screening and supportive counseling and guidance of both programs will be addressed and their impact on successful employment placements.

2&8 Late on set of Hearing Loss, Detection and Devices

Dr. Maris Appelbaum, Clinical Preceptor, Adjunct Lecturer, Montclair State University

Dr. Maryrose McInerney, Associate Professor at Montclair State University

Hearing loss is the third most common chronic condition reported by the elderly. It can lead to reduction in quality of life and other health related difficulties.

The session will cover the incidence and causes of adult onset hearing loss, as well as, the challenges and remedies.

Specific strategies will be discussed on how to adapt to different settings and listening situations to provide effective communication. Devices and equipment will be demonstrated.

3&9 Affordable Community Housing Options: Shared, Cooperative, Alternate Family Care

Lisa Blum, Executive Director, Home Sharing, Inc.

Marymae Henley, President, Senior Health and Housing

Kathleen Silvagni, Coordinator, Adult Family Care, Senior Citizens United Community Services (SCUCS)

Affordable housing is the most impactful economic resource to seniors and families.

Community options are expanding. In this session, three models will be presented, including shared space, alternate family care in small group settings and cooperative housing with a blend of residents with physical and cognitive needs.

The models will be described including their screening tools and how to assess the ongoing needs of residents.

4&10 Reducing barriers to Hospice and Palliative Care: Recognizing Ethnic and Cultural Biases

Malvina Williams, Director of Home Care and Hospice, VNA of Mercer County

Dr. Vikranta Sharma, Medical Director of Hospice and Palliative Care, VNA Health Group

Cultural barriers impact ethnic and racial communities when they consider choosing hospice and palliative care services.

This session will explore what interventions are possible, including staff outreach, health promotion and health literacy materials. The issue of cultural competency will be a focus. For example, while they have a higher incidence of cancer, shorter survival time after diagnosis, and higher cancer death rates, African Americans comprise only 8.7 percent of the hospice population.

Presenters will address the importance of cultural factors, family dynamics, and religious beliefs. These factors called for a unique level of sensitivity when advancing the appropriateness of palliative and hospice care.

5&11 The Importance of Early Diagnosis of Dementia and Caregiver Support

Dr. Chirag Shukla, Geriatric Neurology Program, Capital Health Systems

Kristine Allen, President, Act Now Foundation

Early identification of dementia using a variety of testing modalities that can assess risk factors along with early treatment protocols. The Medical expert will address the variety of screening tools including infection assessments, cognitive measures (beyond the mini-mental tool), laboratory results to determine infection or deficiencies, etc. Patients along with family perspectives can assist in developing a complete profile and prognosis.

Family engagement is vital for patient support. However, limitations need to be recognized.

The session will also cover identification of Caregiver Stress Syndrome, resulting from exhaustion, anger, or guilt due to unrelieved caring for chronically ill aging loved one.

Participants will learn the risks, signs and tips for coping.

6&12 Social Security and Medicare Basics

David Vinokurov, Social Security Administration

Mary McGeary, State Coordinator, State Health Insurance Assistance Plans (SHIP)

Social Security benefits can and should play in overall financial planning. This workshop will cover; Setting up a MySSA account and utilizing SSA's Financial Calculators to gain a better understanding of when and how to apply.

The discussion will include retirement, disability, survivors and new Medicare Coverage options, like Hospice Care.

The session will also address Frequently Asked Questions about enrollment and benefits for Social Security and Medicare health insurance, including programs to help lower Medicare costs.

2016 Luncheon Keynote Speaker: Karin Price Mueller (12:15 pm)

Ms. Price Mueller writes the “Bamboozled” consumer affairs column for The Star-Ledger which often addresses scams. Karin is also the founder of a personal finance website, njmoneyhelp.com.

This session will focus on consumer affairs issues and scams with a tilt toward those that routinely target older folks.

The session will address ways to protect yourself, your clients and seniors from scams. The lecture will include examples of scams seen across NJ and the agencies that can help.

Speaker Bios

Sherie Jenkins, Program Manager, NJ Department of Labor and Workforce Development.

Ms. Jenkins has been employed with NJ Department of Labor and Workforce Development (LWD) since 1991. Ms. Jenkins is Cross trained in the following LWD Divisions: Business Services (Former Assistant Director), Employment Services, Unemployment, Workforce Development and Economic Opportunities.

Maria Heidkamp, Director, New Start Career Network and Senior Researcher, Heldrich Center for Workforce Development.

Maria Heidkamp is the Director of the Heldrich Center's New Start Career Network, an initiative to assist New Jersey's older (45+), long-term unemployed job seekers to reenter the workforce. She is also a Senior Researcher at the Heldrich Center, where she works on research and technical assistance projects regarding dislocated workers, older workers, the long-term unemployed, and persons with disabilities. Recent publications have included *Improving Education and Training for Older Workers*, co-written with Dr. Carl Van Horn and Kathy Krepcio and published by the AARP Public Policy Institute.

Dr. Maris Appelbaum, Clinical Preceptor, Adjunct Lecturer, Montclair State University

Maris Appelbaum has been working as a clinical audiologist for over 30 years. She specializes in hearing aids and medical audiology. Dr. Appelbaum has taught in the graduate audiology programs at Lehman College, The Graduate Center of the City University of NY, and is currently the Director of Hearing Services at Montclair State University. She is a previous VP of the NJ Academy of Audiology, and a member of the American Speech and Hearing Association.

Speaker Bios (continued)

Dr. Maryrose McInerney, Associate Professor at Montclair State University

Dr. Maryrose McInerney is an Associate Professor at Montclair State University (MSU) where her focus is on Amplification and Aural Rehabilitation for the Life Span. Prior to 2013, Dr. McInerney was a professor at LI AUD Consortium, St. John's University. She is the Chief Executive Officer of Hackensack Audiology and Hearing Aid Associates, LLC. Dr. McInerney's research interests include quality-of-life issues of the hearing impaired as well as the development of outcome measures of amplification systems. She assisted in the development and implementation of a program entitled "Open the Doors to Better Hearing," which raises awareness among doctors, nurses and other health professionals about the invisible disorder of hearing loss.

Lisa Blum, Executive Director, Home Sharing, Inc.

Lisa Blum has been the Executive Director of HomeSharing for the last two years. She is a licensed clinical social worker with a doctorate in social work as well. Working in the field for more than 30 years, she has expertise in the fields of domestic violence, gerontology, disabilities, and housing. In these areas, she has been involved in direct service, management, research, policy and planning, program development and teaching.

Marymae Henley, President, Senior Health and Housing

Marymae Seward Henley is a Director/Consultant skilled with startup, development, management, and operations especially as related to seniors, baby boomers, health, and housing. Versed in for profit and not for profit sectors. She is a Certified Assisted Living Administrator in NJ. She received her bachelor's degree in social psychology from Tufts University. She attended the University of Southern California and the Andrus Center, receiving her master's in psychology with emphasis in clinical aging. She has worked in Assisted Living, independent living, hospice, CCRC, nursing home, dementia, and hospital facilities, and in Adult Day, dementia, Home Care, and community program development and operations. Marymae owns a consulting firm, Senior Health and Housing, and partners with facilities and organizations for start-up and growth of mission driven senior living and services.

Kathleen Silvagni, Coordinator, Adult Family Care, Senior Citizens United Community Services (SCUCS)

Kathleen has a Masters in nursing administration and over 40 years in nursing and hospital administration. She is responsible for development of new programs/services, long-range planning, staff development and fiscal management. Kathleen Silvagni is the Coordinator of Adult Family Care at Senior Citizens United Community Services (SCUCS) in Audubon, NJ. She received her RN at St. Francis Hospital school of Nursing in Trenton and her BSN and MSN at University of Pennsylvania. Kathleen developed and coordinates the Adult Family Care Program, a Medicaid waiver program licensed by NJ Dept. of Health.

Malvina Williams, Director of Home Care and Hospice, VNA of Mercer County

Ms. Williams is a Licensed Registered Nurse – State of New Jersey and a Certified Case Manager. Her expertise is in Homecare/Hospice Administration, Public/Community Health Nursing, Case Management, Coordination of Service, and Discharge Planning. Ms. Williams has received her R.N. from New Jersey College of Medicine and Dentistry.

Dr. Vikranta Sharma, Medical Director of Hospice & Palliative Care, VNA Health Group

Dr. Vikranta Sharma is the Medical Director of Hospice and Palliative Care at the Visiting Nurse Association Health Group, Inc. (VNA Health Group). As Medical Director, Dr. Sharma is a resource to the medical community and hospice field staff regarding symptom management, palliative care and hospice care as well as assisting in the development of the agency's medical policies and procedures. She is actively involved in the CMS Demonstration Project (Medicare care choices model) directed at providing concurrent Palliative Care services to patients at End of Life, who do not wish to be on Hospice. Dr. Sharma has extensive knowledge of and work experience in Hospice and Hospice Care. Over the past six years she has been providing clinical oversight and overall management of complex end of life patients, managed QAPI and served on the Medical Advisory Board.

Speaker Bios (continued)

Dr. Chirag Shukla, Geriatric Neurology Program, Capital Health Systems

Dr. Shukla attended Shri M.P. Shah Medical College, Jamnagar, India and completed a Neurophysiology Fellowship at the University of Pittsburgh. He is Board certified by: American Board of Psychiatry & Neurology, American Board of Neurophysiology, American Board of Electrodiagnostic and American Board of Vascular Neurology.

Kristine Allen, President, Act Now Foundation

Ms. Allen is the Co-Founder and President of Act Now Foundation a not-for-profit 501(c)(3) organization dedicated to raising awareness and educating urban communities about Alzheimer's disease, prevention and early detection. For the last 4 years, Ms. Allen has worked tirelessly to raise awareness, advocate and educate New Jersey about Alzheimer's disease. As a public policy advocate, she has co-written two Bills on Alzheimer's disease in the state of New Jersey. She is also a founding member of the New Jersey State Caregiver Coalition and Co-Chair for the Steering Committee of the Community Networking Association of Hudson County

David Vinokurov, Social Security Administration

David provides direct leadership and guidance to one of the largest Social Security Offices in New Jersey. He also provides support to SSAs Area Office and Regional Office and administer the day-to-day operations of the Immediate Office. He is responsible for assigning and establishing controls and formulating responses to action items or inquiries requested by SSA's Central Office, Regional Office or other components. David's focus is educating the public about the Social Security Benefit Programs and their importance to all Americans. He serves as a direct liaison with community organizations and advocacy groups for SSA program policies.

Mary McGeary, State Coordinator, State Health Insurance Assistance Plans (SHIP)

Mary is Director of the State Health Insurance Assistance Program, known as SHIP, in the New Jersey Department of Human Services, Division of Aging Services. She has worked with SHIP since 2005 where she has been involved in health insurance counseling for aged and disabled Medicare populations. She also provides education and training on Medicare for professionals working in social services, legal, insurance and health care fields. As director of the program, she oversees funding and training of over 400 counselors statewide.

Conference Objectives

- Identify innovative approaches for health and wellness in order to improve outcomes.
- Explain best practice, & service models that enable older adults to live with interdependence and dignity in their community.
- Identify new models of care that empower seniors to live with independence and dignity in their community.
- Describe successful advocacy strategies and policy work.
- Understand ethnic and diversity barriers that impact seniors and families from seeking early identification & medical interventions including palliative care.

In order to obtain SW CEU's for this conference, you must be present for the whole day, you must sign in to each session (including Morning and Luncheon Keynote) and you must complete and had in an evaluation for each session as well. After the conference you will be emailed an certificate, once we have verified that are requirements have been met.

Grievance Policy

If you are dissatisfied with an aspect of NJFA's Annual Conference, you should in the first instance consider speaking directly with the staff member/s you have been dealing with. In order to have your concern addressed, please make us aware with 7 days of the program by one of the following methods:

By telephoning us at 609-421-0206 or;

By emailing us office@njfoundationforaging.org.

Grievance Policy (continued)

By notifying on the day of the conference, if appropriate find a NJFA representative to state your concern in person. If we receive your complaint verbally and we consider it appropriate, we may ask you to put your complaint in writing.

Following the investigation, we will notify you of our findings and any actions we may have taken in regards to your complaint.

If appropriate, NJFA will record your complaint for continuous improvement of our conference.

New Jersey social workers not pleased with a grievance resolution provided by the NJ Foundation for Aging may appeal to the approving entity of their jurisdictional board.

This course is pending approval by the Association of Social Work Boards - ASWB NJ CE Course Approval Program. Social workers will receive a total of 4.5 SW Credits. The type of credit(s) will vary depending on course selection.