



**31st Annual Saint Louis University Summer Geriatric Institute:
The Elixir for Health: Age-Friendly Systems**

June 1-2, 2020

Cognitive Stimulation Therapy (CST) Certificate Training

June 3, 2020

Saint Louis University, St. Louis, Missouri

When	Overview and Objectives
<p>Summer Geriatric Institute: Monday, June 1 - Tuesday, June 2, 2020 7:15 AM - 5:00 PM</p> <p>CST Certification Training: Wednesday, June 3, 2020 8:00 AM – 4:00 PM</p>	<p>The audience for this program includes students and professionals working with older adults, with a special emphasis on clinicians and administrators, including physicians, nurses, psychologists, occupational therapists, social workers, physical therapists, speech therapists, dietitians, marriage and family therapists, nursing home administrators, and those who specialize in alternative medicine.</p> <p>Objectives: The participant will be able to:</p> <ul style="list-style-type: none"> • describe the current practice of geriatric care in the community setting in assessment and intervention; • describe, through the plenary presentations, current research into assessment and intervention strategies in such areas as: dementia, cancer, exercise nutrition, loneliness and social isolation, palliative care, and developing aging-friendly health systems and communities; and • describe, through more in-depth workshop sessions, appropriate prevention, assessment, and intervention strategies in such areas as: cognitive stimulation therapy, exercise, volunteerism, meaningful activities in residential settings, fall risk and prevention, caregiver well-being, and non-pharmacological interventions for persons experiencing loneliness and social isolation. • develop and facilitate Cognitive Stimulation Therapy for persons experiencing mild to moderate cognitive impairment.
Where	Sponsors
<p>Margaret McCormick Doisy Learning Resources Center 3545 Vista Avenue Saint Louis, MO 63104</p>	<p>This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the partnership of Saint Louis University School of Medicine, Division of Geriatric Medicine, and co-provided by Saint Louis University School of Nursing in cooperation with the Gateway Geriatric Education Center, Saint Louis University School of Medicine, and the Saint Louis University School of Social Work.</p>
Details and Registration	<p>SGL Registration: https://slu.cloud-cme.com/default.aspx?P=5&EID=11491</p> <p>CST Registration: https://slu.cloud-cme.com/default.aspx?P=5&EID=11492</p>

AGENDA

Monday, June 1, 2020

7:15 AM - 7:45 AM	Registration, Sign-In, Coffee and Light Breakfast
7:45 AM – 8:00 AM	<i>Welcome - John E. Morley, MB, BCh and Marla Berg-Weger, PhD, LCSW</i>
8:00 AM – 9:00 AM	Lifestyle Modification and Alzheimer’s Disease, presented by George T. Grossberg, MD <i>Dr. Grossberg will present emerging research and practice interventions for helping older adults with dementia and their families adapt to living with dementia.</i>
9:00 AM – 9:30 AM	Trauma Informed Care of Older Adults, presented by Julie Gammack, MD <i>This session will discuss the use of trauma informed care strategies in providing care for older adults in in- and out-patient settings.</i>
9:30 AM – 10:00 AM	Innovation in Exercise for Frail Elders, presented by Janice Lundy, BSW, MA, MHA <i>Ms. Lundy will introduce the pilot implementation of the HUR (Helsinki University Research) exercise device with frail older adults at Perry County Memorial Hospital, Perryville, Missouri.</i>
10:00 AM – 10:15 AM	Morning Break
10:15 AM – 11:30 AM	Flood Memorial Alzheimer’s Disease Lecture: Rapid Geriatric Assessment and Primary Prevention of Frailty in Community and Primary Care, Presented by Reshma A. Merchant, MBChB, MRCP, FAMS, FRCP <i>With rapidly aging population worldwide and limited number of geriatricians, Rapid Geriatric Assessment (RGA) iPad application tool takes less than 5 minutes to screen and provide management plan for four geriatric syndromes: frailty, sarcopenia, anorexia of aging and cognitive dysfunction. At risk seniors are referred to peer-led dual-task exercise program conducted in more than 70 sites and expanding in Singapore.</i>
11:30 AM – 12:00 PM	High Prevalence of Geriatric Syndromes in Older Adults, presented by Angela Sanford, MD <i>This presentation will provide findings from the Saint Louis University Geriatric Workforce Enhancement initiative to utilize the Rapid Geriatric Assessment to identify the rates of geriatric syndromes found in older adults.</i>
12:00 PM – 1:00 PM	Lunch (Provided)
1:00 PM – 1:45 PM	The Magic of “Spells”, presented by John E. Morley, MB, BCh <i>Dr. Morley will address an issue presented by older patients, “Spells.” These episodes including syncope, epilepsy, and a variety of causes of dizziness and vertigo, can be a difficult diagnostic problem in older persons.</i>
1:45 PM – 2:30 PM	Inaugural Aging Successfully Lecture: Age-Friendly Health Systems: The John A. Hartford 4Ms Model, presented by Terry Fulmer, PhD, RN, FAAN <i>Dr. Fulmer will present concepts of the 4Ms model for creating an age-friendly health system. The 4Ms include: what matters, mentation, medications, and mobility.</i>
2:30 PM – 3:00 PM	The Multi-Disciplinary Effort to Combat Elder Abuse & Financial Exploitation - St. Louis’ Elder Financial Exploitation MDT Financial Exploitation of Older Adults, presented by Debra K. Schuster, JD, MHA, BA <i>This presentation will provide an overview of the work of the St. Louis Multidisciplinary Financial Exploitation Task force in the prevalence of financial exploitation of older adults along with identification and intervention strategies.</i>
3:00 PM – 3:15 PM	Afternoon Break

WORKSHOP SESSION I

3:15 pm – 5:00 pm	Workshop A: The Importance of Physical Health and Fitness on Successful Aging, presented by Beth Templin, PT, DPT, GCS
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	<i>The main goal of most older adults is to be able to age successfully in place, yet the number one limitation of people over 65 is difficulty with walking and stairs, making that goal more difficult to achieve. This workshop will address the importance of healthcare providers working with older adults understanding the role of maintaining their physical health and fitness.</i>
3:15 pm – 5:00 pm	Workshop B: Bridging the Generations: A Formula for Success, presented by Juliette Simone, MPH, MBA and Elizabeth Pawloski <i>Participants will learn how to effectively engage older adults in intergenerational volunteering.</i>
3:15 pm – 5:00 pm	Workshop C: Life is Movement: So Prime the Pump, presented by Sue Tebb, PhD, MSW, C-IAYT, RYT-500 <i>This workshop will address the benefits of moving our bodies by integrating somatic body movement with breath and mindfulness techniques. The presenter will introduce the benefits of moving our bodies especially as we grow older and discuss how to realistically and effectively incorporate somatic movement into your daily life.</i>
3:15 pm – 5:00 pm	Workshop D: Identification, Reporting, and Intervention in Adult Abuse, Neglect, and Exploitation, presented by Kathryn Sapp and Nicole Gatlin <i>If you're a mandated reporter; you have options in reporting adult abuse/neglect /exploitation in Missouri. This workshop will include information on MO Adult Protective Services (APS), Mandated Reporters of Adult Abuse, clients served, signs and symptoms of adult abuse, neglect, and exploitation, changes to MO Adult Abuse Hotline, reporting and expected responses from MO APS staff.</i>
3:15 pm – 5:00 pm	Workshop E: Geriatric Escape Room (Limited to 12 participants), presented by Helen W. Lach, PhD, RN, FGSA, FAAN <i>Escape from the Fairview Assisted Living—Mason Bailey is missing from the Fairview assisted living facility. You have been called in with your team to figure out what is going on and where he might have gone. Because of his health conditions, you have 1 hour to find Mr. Bailey. If you can follow the clues and solve the mystery of where he has gone, he will be fine. But fail and he may suffer dire consequences!</i>
5:00 PM	Adjournment for the Day

Tuesday, June 2, 2020

7:15 AM - 7:45 AM	Registration, Sign-In, Coffee and Light Breakfast
7:45 AM – 8:00 AM	Welcome Marla Berg-Weger, PhD, LCSW
8:00 AM – 9:15 AM	The Max K. Horwitt Memorial Nutrition Lecture: A Dynamic Duo – APRNs and Sensor Technology for Eldercare, presented by Marilyn Rantz, PhD, RN, FAAN, and Lori Popejoy, PhD, RN, FAAN <i>Drs. Rantz and Popejoy will present key results of the Missouri Quality Improvement Initiative funded from 2012-2020 by CMS along with findings and implications on her team's research on early illness recognition using sensor technology.</i>
9:15 AM – 9:45 AM	Treating Cancer in Older Adults, presented by Miriam Rodin, MD <i>Dr. Rodin will share current research and strategies for diagnosing and treating cancer among older adults.</i>
9:45 AM – 10:00 AM	Morning Break
10:00 AM – 11:00 AM	Health System Management of Community Services for Social Health Interventions using the 4Ms Model, presented by James Stowe, PhD <i>Dr. Stowe will discuss the implementation of the Age-Friendly Systems 4Ms Model (what matters, mentation, medications, and mobility) in the context of working with community-based services.</i>
11:00 AM – 11:30 AM	AIM—Targeting Palliative Care in the Home, presented by Mary Fox, MD <i>Dr. Fox will provide an overview of the palliative care-focused program, AIM, and the results of the ongoing project to assess patients' well-being.</i>

11:30 AM – 12:00 PM	<p>How Do We Address Loneliness in Older Adults? presented by Marla Berg-Weger, PhD., LCSW</p> <p><i>Dr. Berg-Weger will provide an overview of the prevalence, assessment, and intervention strategies related to loneliness in older adults.</i></p>
12:00 PM – 1:00 PM	<p>Lunch (Provided)</p> <p>Student Lunch Gathering—Drs. Cara Wallace and Marla Berg-Weger will be hosting a lunch for all students who are attending the Institute. Students, please pick up your box lunch and join the group to discuss opportunities for working with older adults.</p>
WORKSHOP SESSION II	
1:00 pm – 3:00 pm	<p>Workshop F: Facilitating Engagement and Adherence to Cognitive Stimulation Therapy and Exercise Therapy, present by Olaide Oluwole-Sangoseni, PT, PhD, DPT, MSc</p> <p><i>This workshop will highlight the integration of an exercise therapy program into a Cognitive Stimulation Therapy Group experience with an emphasis on the intersection of the two strategies for persons with dementia.</i></p>
1:00 pm - 3:00 pm	<p>Workshop G: Meaningful Activities in Residential Settings, presented by Mary Kate Halm, LCSW, Jan McGillick, MSW, LNHA, Susan, Elliott, NP, and Rebecca Goedecker, BA</p> <p><i>Creating a suite of programs for older adults living in a residential setting is critical for their overall health and well-being. This workshop will provide introductions to an array of meaningful activities being offered in a memory care and skilled care facility.</i></p>
1:00 pm - 3:00 pm	<p>Workshop H: Geriatric Assessment – From Basic to Advanced, presented by Angela Sanford, MD, Theodore Malmstrom, PhD, Gerald Mahon, MD, and Christina Traber, GNP</p> <p><i>This interprofessional team will provide an overview of assessment for older adults from basic, brief assessment through the more advanced, comprehensive assessments conducted by a geriatric care team, including home care and Medicare Annual Wellness Visits.</i></p>
1:00 pm - 3:00 pm	<p>Workshop I: Stay Standing, presented by Debbie Blessing, BS and Helen W. Lach, PhD, RN</p> <p><i>This workshop will examine the healthcare cost of falls for older adults, identify falls-risk assessments and describe proven evidence-based falls prevention programs.</i></p>
1:00 pm - 3:00 pm	<p>Workshop J: "All in the Family:" Initiatives that Help Support Family and Professional Caregivers, presented by Max Zubatsky, PhD, LMFT, and Jill Cigliana, OTR/L</p> <p><i>Using case studies and participant engagement, this workshop will highlight the theoretical/evidence base for caregiver interventions with a focus on caregiver outcomes data.</i></p>
3:00 PM – 3:15 PM	Afternoon Break
Workshop Session III	
3:15 PM – 5:00 PM	<p>Workshop K: Exercise and Strengthening Intervention for Older Adults, presented by Jill FitzGerald, PT, DPT, GCS, CSCS, CEEAA and Kelly Hawthorne, PT, DPT, GCS</p> <p><i>Drs. FitzGerald and Hawthorne will lead this interactive workshop to introduce the on-line curriculum they developed for facilitating exercise and strengthening activities with older adults.</i></p>
3:15 PM – 5:00 PM	<p>Workshop L: Addressing Loneliness and Social Isolation Through a Circle of Friends, presented by Marla Berg-Weger, PhD, LCSW</p> <p><i>This workshop will provide participants with knowledge and skills to facilitate this evidence-based non-pharmacologic intervention, Circle of Friends, developed to decrease loneliness and social isolation.</i></p>
3:15 PM – 5:00 PM	<p>Workshop M: Palliative Care, presented by Oscar Cepeda, MD, Lindsay Hinkle-Johnston, DO, and Lina Toledo Franco, MD</p> <p><i>Physicians working in palliative care will discuss the role of palliative care with older patients and their care partners.</i></p>

3:15 PM – 5:00 PM	<p>Workshop N: Nursing Home 101—How to Have a Great Nursing Home, presented by Susan Taylor, NHA, Debbie Lindemann, and Jeff Lorraine, RN</p> <p><i>From Quality Improvement to Patient Driven Payment Model for Nursing Homes (PDPM) and everything in-between, this workshop will highlight the key components of providing high quality skilled care for older adults.</i></p>
5:00 PM	Evaluation / Conference Adjourned

**COGNITIVE STIMULATION THERAPY
FACILITATOR CERTIFICATION TRAINING**

AGENDA

Wednesday, June 3, 2020

7:30 AM - 8:00 AM	Registration, Sign-In, Coffee and Light Breakfast
8:00 AM – 8:10 AM	Welcome and Introductions - Marla Berg-Weger, PhD, LCSW
8:10 AM – 8:45 AM	Introduction to Dementias, presented by Angela Sanford, MD <i>Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i>
8:45 AM – 9:15 AM	CST Historical Perspective, Development, and Evidence, presented by Janice Lundy, BSW, MA, MHA <i>Introduction of CST interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i>
9:15 AM – 9:45 AM	CST Key Features and Guiding Principles, presented by Max Zubatsky, PhD, LMFT <i>Dr. Zubatsky will provide an overview of the key features and guiding principles of individual and group CST.</i>
9:45 AM – 10:00 AM	Morning Break
10:00 AM – 11:00 AM	Why CST Works and Implementation of Group CST Intervention, presented by Debbie Hayden, RN, BSN, OTR/L <i>Ms. Hayden will review the evidence behind CST effectiveness and introduce the 14 sessions.</i>
11:00 AM – 11:30 AM	Individual CST (iCST), presented by Debbie Blessing, BS <i>Strategies for delivering Individual (iCST) will be presented.</i>
11:30 AM – 12:30 PM	Lunch (Provided)
12:30 PM – 1:15 PM	Incorporating Exercise in CST, presented by Janice Lundy, BSW, MA <i>Ms. Lundy will provide strategies and techniques for integrating an exercise protocol into CST interventions.</i>
1:30 PM – 3:50 PM	Afternoon Breakout Sessions: <i>CST group implementation will introduce participants to group development, facilitation, management, evaluation, and incorporating physical exercise into CST sessions. Participants will have the opportunity to practice skills of facilitating CST groups.</i> Group I—Janice Lundy, BSW, MA, MHA, and Debbie Hayden, RN, BSN, OTR/L Group II—Max Zubatsky, PhD., LMFT, Debbie Blessing, BS
3:50 PM – 4:00 PM	Wrap up and Evaluation