



Grand Valley State University's
5th Annual Art & Science Of Aging Conference
Friday, February 12, 2010



Staying Healthy, Wealthy, & Wise

IN HARD ECONOMIC TIMES



Richard M. DeVos Center | 401 West Fulton | Grand Rapids, MI

What is the Art & Science of Aging Conference?

The goal of the annual Grand Valley State University Art & Science of Aging Conference is to broaden the dialogue on aging within West Michigan by providing an interdisciplinary forum where research on aging topics and best practices in working with and for the older adult are presented. To achieve this goal, the conference planners identify a current "hot-topic" in the aging field as a conference theme, identify a national speaker to present the research on that theme and translate the implications of research for practice. In addition, they identify films or other media that can serve as a stimulus for discussion among conference attendees on the annual theme.

Faculty and students at GVSU and surrounding educational institutions are invited to submit papers and workshops, or poster sessions on any aging-related research or topic. Sessions are grouped into common "tracks". A final plenary is held to close out the day and usually relates to the theme. There are student poster presentations and a luncheon, and registration costs are minimized (to cover the costs of lunch and allow the planners to have a better estimate of attendance).

The target audience for this conference is broad: faculty and students from GVSU and the wider community are encouraged to attend, community professionals that deal with older adults in health, social service, housing and aging-network settings are also targeted. Community members, including older adults themselves, are also a target audience as many are active and interested in learning and contributing.

To support professional participation, we offer a "certificate of attendance," and, where appropriate, offer professional or continuing education credit for Nursing and Social Work. For community participants we incorporate the film and discussion sessions and, as appropriate, book signings by our keynote speaker.

Each year, a historical figure is selected that represents the theme. Past figures included Leonardo DaVinci, Benjamin Franklin, and Maggie Kuhn. The Friday, February 12, 2010 conference theme figures include all those people who not only "survived," but who "thrived" during the Great Depression. The conference program and other illustrated materials were created in memory of Mabel Dombrowski, the mother of one of our founding conference committee members, Irene Fountain. Photos of Mabel and her siblings and parents, taken in the 1930's, are included as part of the colorful photo collage.

Use it up
Wear it out
Make do
Do without

DEPRESSION ERA
POSTER





Featured Speaker:

DR. ANDREW ACHENBAUM

**Professor of History
and Social Work**

University of Houston

W. Andrew Achenbaum is Gerson and Sabina David Professor of Global Aging and professor of history and social work at the University of Houston. He also holds three appointments in the University of Texas Medical Center. A University of Michigan Ph.D., he spent much of his career at the Institute of Gerontology in Ann Arbor. Author of five books, his first book, *Old Age in the New Land* (Johns Hopkins, 1978), was selected by CHOICE as "Academic Book of the Year." More recently, *Older Americans, Vital Communities: A Bold Vision for Societal Aging*, lays out his understanding of the implications of an aging society and how the extension of the life course will affect all elements of life in America. In addition to his books, Dr. Achenbaum has contributed historical essays to several handbooks on aging.

His perspectives are grounded in years of research and leadership in the field. Achenbaum is a past board chair of the National Council on Aging. He has also been active in the Gerontological Society of America's committee on the Humanities and Arts in Aging since its inception in 1978 as one of the first convenors. He presently serves on the editorial board of the *Journal of Aging, Humanities, and Arts*.



Acknowledgements

This event is sponsored by:

Grand Valley State University

Gerontology Education Center of Michigan

Michigan State University

Gerontology



Network

Serving Older Adults

SINCE 1979

And supported by the following Community Gerontology Resources:

- Alzheimer's Association
- Aquinas-Ollie College
- Grand Rapids Parks and Recreation
- West Michigan Area Agency on Aging

Special Thanks to the Gerontology Conference Planning Committee, including the following Grand Valley State University Faculty & Staff:

- Cynthia Beel-Bates, Kirkhof College of Nursing
- Teresa Castelao Lawless, Philosophy Dept.
- Seohee Chang, Hospitality and Tourism Management
- Jing Chen, Psychology Dept.
- Douglas Chung, School of Social Work
- Jan Coye, Kirkhof College of Nursing
- Lindsey DesArmo, Human Resources
- Irene Fountain, Office of Graduate Studies
- Mihaela Friedlmeier, Psychology Dept.
- Priscilla Kimboko, School of Public, Nonprofit, and Health Admin.
- Jeffery Libra, Physician Assistant Studies
- Cynthia McCurren, Kirkhof College of Nursing
- Judith McKenna-Shea, Autism Education Center
- Judy Palmer, Grand Forum
- Susan Sloop, Human Resources

And the following Community Partners:

- Joan Ilardo, Michigan State University
- Linda Kirpes, Covenant Village of the Great Lakes

**We will not have
any more crashes
in our time.**

**JOHN MAYNARD KEYNES
1927**

**There may be a
recession in stock
prices, but not
anything in the
nature of a crash.**

**IRVING FISHER
LEADING U.S. ECONOMIST
SEPT. 5, 1929**



**Men seldom
make passes at
girls who wear
glasses.**

**DOROTHY PARKER
1937**



**'Goodness, what
beautiful diamonds!'**

**'Goodness had nothing
to do with it.'**

**MAE WEST
NIGHT AFTER NIGHT
1932**



The session tracks for 2010 are identified in the program with the following symbols:



Health



Wealth



Wisdom

Continuing Education Credits

Social Work: Social Work CEUs will be offered for those who attend the conference sessions designated with the notation **(SW)** in the program. The cost is \$15 for 4 CEU credits. In order to receive these credits, you will need to register and pay for the CEUs upon arrival at the conference.

Nursing: Continuing Education Credit: Grand Valley State University Kirkhof College of Nursing, a Michigan Board of Nursing approved nursing education program, is authorized by Administrative Rule 333.10602g to award contact hours to participants at continuing education programs provided by the Kirkhof College of Nursing. Participants who were in attendance for an entire conference session designated for nursing CE credit will receive a certificate awarding 1.0 contact hours. Those sessions are designated with the notation **(N)** in the program.

**My mother was a
teacher in a two
room school
room. I think she
taught 1st to 4th
grades. The
government check
could not be
cashed because
there was no
money. She sold
her checks to
people who could
hold on to them
until the
government could
cover them. She
often wished she
could have kept
one.**

Detailed Program

There will be no interruption of our permanent prosperity.

MYRON E. FORBES
PRESIDENT, PIERCE
ARROW MOTOR CAR CO.
1928

- 8:00 AMRegistration
Continental Breakfast and Coffee
Social Work CEU Registration (*available until 10:30 AM*)
Hager-Lubbers Exhibition Hall
- 8:30 AMCommunity Gerontology Resources (*available until 1:30 pm*)
121E
Participating Vendors:
Alzheimer's Association
Aquinas-Ollie College
Gerontology Network
Grand Rapids Parks and Recreation
GVSU Kirkhof College of Nursing
West Michigan Area Agency on Aging



- 9:00 AMWelcome: George Grant, PhD, LMSW, Dean, GVSU College of Community and Public Service
Loosemore Auditorium
- 9:15 AM**Keynote: Harvesting the Fruits of a Lifetime: Lessons for Living and Thriving in Tough Times – Loosemore Auditorium (SW)**

Andrew Achenbaum, PhD, Professor of Global Aging and Professor of History and Social Work, University of Houston

Next year, the first wave of Baby Boomers turn 65. But "65" does not mean what it once did. These children of an age of affluence, who have lived and thrived through unexpected economic dislocations and fundamental social changes, are harvesting diverse fruits as (grand)parents, citizen workers, volunteers and as human beings. Their mental and physical health is equally variegated. They need - and will demand - access to different types of delivery of health and social services than their parents. This lecture highlights several key adjustments that professionals in the aging arena must make.

- 10:15 AMBreak: Refreshments
- 10:30 AM**Breakout Session I**



Health Track - Loosemore Auditorium

Depression Among Older Adults: There is Good News! (N) (SW)
Cynthia McCurren, PhD, RN

Depression in the elderly is a widespread problem that is often not diagnosed; misdiagnosed as dementia or other cognitive disorders; dismissed as a normal part of aging; and/or frequently under treated. Undiagnosed and untreated depression causes needless suffering but the good news is, depression interventions are effective. This session will explore interventions and offer insight from the presenter's own research related to depression among those living in long term care and community settings.





Wealth Track - 207E

Senior Citizen Awareness of SCAMs in West Michigan
Ken VanderMeeden

The Senior Citizen Awareness Mission (S.C.A.M.) is a program of the Better Business Bureau designed to provide information to seniors, their caretakers, and loved ones about the different types of current consumer scams directed toward senior citizens. The audience will learn how to spot potential fraud, such as sweepstakes scams, phony charitable solicitations, investment schemes, medical cures, and home repair scams. Pre-purchase awareness by seniors is the best solution to this unwieldy problem which crosses interstate lines and defies effective regulatory and law enforcement.

We're the first nation in the history of the world to go to the poorhouse in an automobile.
WILL ROGERS



Wisdom Track - 136E

The Aging Brain: Use it Or Lose It? (N) (SW)
Jing Chen, PhD, Linda Kirpes, MSW

As we age, our brain undergoes a number of structural changes. Despite these unavoidable biological changes, some older adults are able to maintain their cognitive abilities and show no signs of decline at the behavioral level. The first part of the session will cover some recent research that investigates the mechanisms that allow older adults to maintain a high level of performance. The second part will address seven areas to enhance brain performance and maintain health and wisdom throughout the years. Effective strategies for combating normal memory loss will be identified. Participants will have the opportunity to engage in unique and enriching exercises that strengthen the brain and make it perform with more agility, speed and comprehension.

11:30 AM Student Poster Session - Learn About GVSU Students' Research on Aging
121E Adjoining Hallway

Community Gerontology Resources
121E

12:00 PM Buffet Luncheon - Hager-Lubbers Exhibition Hall
Community Gerontology Resources
121E

1:00 PM **Breakout Session II**



Health Track - 207E

The More the Merrier: Friends and Family Enhance Well-being (N) (SW)
Cynthia Beel-Bates, PhD

In tough times and as we age our social support network becomes more critical to our health and well being. During this session the audience will learn about instrumental and socio-emotional support, the importance of the size of their network and the types of relationships that contribute to health. Finally, participants in this session will explore ways to build their network and experience a greater sense of well being.



Wealth Track - 136E

Elder Law: Legal and Financial Issues as We Grow Older (N) (SW)
Lauretta Murphy, JD

As our family and social structures have become more complex, legal issues involved in aging have also become more complex. Medical costs may become the overriding



My mother-in-law thinks kids today are super spoiled with all their clothes and toys. Her quote, "When I was in school I only had two dresses... I wore one on Mon/Wed/Fri and the other on Tues/Thurs."



concern for older people, particularly when nursing home or other long term care becomes necessary. Who should make financial and medical decisions for a person who can't make their own decisions? How do we balance autonomy with protection from harm or exploitation? What role do governmental benefit programs like Medicaid and Medicare play in paying for long term care expenses? What are the financial, legal and ethical ramifications of protecting family legacies by using planning techniques to shift long term care expenses to public benefit programs?



Wisdom Track - Loosemore Auditorium

Engaging Experienced Adults in Systems Change (SW)

Janay Brower, Judi Buchman, Lori Fedewa, Joni Jessup, Jane Royer, Melvine Tardy

This panel presentation will focus on the Grand Rapids Area Coalition to End Homelessness and the Community Experience Partnership's efforts to engage experienced adult volunteers in changing the system to end homelessness in Kent County. Each panel member will describe their organization's role in the Community Experience Partnership. They will also share how capturing the energy, skills and experiences of adults age 50+ presents a mutually beneficial and invaluable opportunity to those volunteers with a strong desire to build community through meaningful work.

2:00 PMBreak: Refreshments

2:15PM**Breakout Session III**



Health Track - 207E

East Meets West: Promoting healthy living through two different exercise modalities

Douglas K. Chung, MSW, MA, PhD, LMSW, Lindsey DesArmo, MPA, CPT

This interactive workshop aims to demonstrate and engage participants in physical activities that promote healthy living. Presenters transition between Tai Chi, an Eastern approach to movement and Silver Sneakers®, a Western approach. Each style promotes positive energy to all who participate and practice. Attendees will benefit from learning a diversity of exercises for the mind and body.



Wealth Track - Loosemore Auditorium

Housing Wisdom: A model Program for Helping Older People Live in Affordable and Appropriate Homes (SW)

Carolyn Hastings, MSW

This session presents the design and evolution of three programs offered by the Housing Bureau for Seniors of the University of Michigan Health System. Based on the belief that suitable housing is the foundation for a healthy and happy life, the three programs (HomeShare, Housing Counseling and Care, and Elderly Eviction Prevention) will be described and discussed. Participants will learn from the Executive Director who has overseen the development of



these programs about the values underlying the programs, key elements in their design, and the micro and mezzo level impacts of these model programs on the lives of the program participants.



Wisdom Track - 136E

Older Adults and Intergenerational Social Support: Lessons from International Experience (SW)

Lihua Huang, PhD, Candidate, MSW, Linda Rynbrandt, PhD

This session features an overview of what we know about intergenerational family relations in the US during the Depression and subsequent economic recessions. Drawing on classic studies in sociology this session will illuminate the contributions of the older generation to the younger, to offset images that it is always the younger who 'take care of' the older. Similarly, lessons learned from research in social support and aging in China and Ghana will be featured. Presenter will discuss the values and contributions of older people to intergenerational social support, especially during family hardship and crisis. Drawing on the international perspective, the possible roles of the older generation in coping with tough economic times and family survival will highlight practical implications for Michigan families, communities, and human service agencies.

3:15 PMBreak: Refreshments

3:30 PM**Video Presentation and Discussion – Loosemore Auditorium**

Lessons Learned from the Great Depression
Gleaves Whitney, PhD

This session features a short video of interviews with local senior citizens about their experiences during the Depression, and guided discussion following the video. *Video produced and directed by Adam Bird, Adam Bird Photo, Inc.*

Between two evils, I always pick the one I never tried before.

**MAE WEST
KLONDIKE ANNIE
1936**

Presenter Biographies

Cynthia Beel-Bates, Ph.D. is an associate professor of nursing in the Kirkhof College of Nursing at GVSU, where she teaches undergraduate gerontological and ethical content. A registered nurse with 37 years of experience, her nursing career has included acute care, community health, health promotion, discharge planning, outpatient neurology (Alzheimer's disease research center), program development, nursing home administration, dementia care in assisted living facilities, hospice, research, and nursing education. Since 1980 her nursing practice and research has focused on older adults, with a special interest in dementia care.

If Stupidity
got us into
this mess,
then why
can't it get
us out?

WILL ROGERS

Adam Bird has been a freelance assignment photographer for editorial publications ranging from the Grand Rapids Press and the New York Times to Smithsonian Magazine and Newsweek. Having worked in Europe as a wire image photographer before settling in Grand Rapids, he has photographed everything from riots and oil spills to images of four different presidents. As an artist he continues to explore various mediums and methods to share emotions, moments and stories. Adam earned bachelor's degrees in photography and journalism from GVSU.

Janay Brower is the Coordinator for the Grand Rapids Area Coalition to End Homelessness. The Coalition is actively working to end systemic homelessness by increasing resources for prevention, coordinating support services, building the infrastructure and ensuring access to quality, affordable permanent housing in the greater Grand Rapids area. Prior to working with the Coalition, Janay worked for six years at the City of Grand Rapids in Our Community's Children office coordinating a community collaborative focused on systems change for after school programming. Janay has a Bachelor's degree in International Relations from the James Madison College at Michigan State University and is currently in the Masters in Urban & Regional Policy & Planning program at GVSU.

Judi Buchman has a BS in Education with 20 years of experience teaching elementary school; 10 of those years with Foster Grandparents in her classes. She has 40 years of experience working in the peace and social justice movements and has connected with Encore folks from a variety of walks of life. Judi volunteered at what has become Well House Community starting in 1978; and is now the Director. She made commitment 40 years ago to live below federal poverty-level herself, thus leading to committing herself daily to women and families that deal with poverty and related stresses in their lives.

Jing Chen, Ph.D. is an Associate Professor of Psychology at GVSU, where she teaches developmental courses (Child Development, Lifespan Development, and Perspectives on Aging). She earned her Ph.D. in experimental psychology/cognitive aging from Washington University. Her recent research focuses on autobiographical memories and how they can be influenced by various experiential factors.

Douglas K. Chung, MSW, MA, Ph.D., LMSW is a professor in the School of Social Work at GVSU. He is the first social work scholar to introduce ancient Chinese Qigong Healing Technologies into human services. He has taught Qigong Therapies as self care courses to graduate students and served as Qigong therapist and master since 1995. Trained as a researcher in mental health, community organization, and family therapy, he has extensive practice and teaching experience and has publications in cross-cultural social work education and practice. He was one of the editors and authors of Social Work with Asian Americans, and is Executive Director of the Asian Center.

Lindsey DesArmo, MPA CPT, Health and Wellness coordinator at GVSU, is responsible for implementing and promoting faculty and staff wellness program initiatives. She has experience in the fitness setting working as a technician at the Campus Recreation Fitness and Wellness Center and has taught a variety of group





fitness classes on campus and in the West Michigan area for 5 years. She has instructed senior fitness programming through GRCC's Older Learner Center and leads Silver Sneakers classes at Walker Ice and Fitness Center. She is a certified personal trainer through the American College of Sports Medicine and received her Masters in Public Administration from Grand Valley in December 2008.

Lori Fedewa coordinates the GRACE Congregational Partnership Program with the Greater Grand Rapids Area Coalition to End Homelessness. Her responsibilities include informing, engaging and training congregational partners to support the Vision to End Homelessness by assisting persons experiencing a housing crisis. Before joining GRACE in 2008, Lori worked as Coordinator of Volunteer Services at the Inner City Christian Federation, a non-profit housing development agency in Grand Rapids. Lori earned her Bachelor's of Arts degree at Alma College.

Carolyn Hastings, MSW is the founding Executive Director of the Housing Bureau for Seniors of the University of Michigan Health System. She has been working with older adults and housing problems for 25 years. Each service provided by HBS was developed under her guidance and in response to needs of the local community. Carolyn has an undergraduate degree in Social Work from the University of Wisconsin (Madison) and a master's degree in Social Work Administration from the U of M.

Lihua Huang, MSW is an adjunct faculty professor in the School of Social Work at GVSU, and will complete a Ph.D. in Social Work from Michigan State University in Spring 2010. She has worked as a counselor at the Eaton County Grandparents Support Group and as a foster care case manager at Bethany Christian Services. She has won several distinctions and awards, including the Pearl Aldrich Research Award in Gerontology from MSU and the Outstanding Educator Award from East China University of Science and Technology, Shanghai, China.

Joni Jessup is Manager of Volunteer Services at Habitat for Humanity of Kent County, one of the largest Habitat affiliates in the country. She is responsible for the recruitment, training, scheduling and retention of over 4,500 volunteers each year. Joni earned her Master's in Counseling from Western Michigan University and spent a great deal of her career in the field of Property Management. Her previous volunteer experience with Habitat and other organizations led her to make a career change and she has been gratefully employed in the volunteer department for over three years.

Linda Kirpes, MSW earned her Master's degree in Social Work from GVSU and a certificate in gerontology from Grand Rapids Community College. She is the Campus Director of Life Enrichment for Covenant Village of the Great Lakes in Grand Rapids, Michigan and a pioneer in "brain aerobics" workshops across the continuum of care at Covenant Village. Her workshops are offered regularly through retirement communities, churches, senior centers and adult education programs. She is an adjunct professor at GVSU's School of Social Work and presents at professional conferences on topics related to brain health across the lifespan and aging and sexuality.

Chicken feet was the least expensive cut from fresh chicken and this is what flavored the soup my mother ate. She ate chicken feet soup. After a quick internet search I've discovered that chicken feet is actually a delicacy in some cultures. Wouldn't she be surprised to hear that?

Women are like Elephants. I like to watch them, but I wouldn't want to own one.

W.C. FIELDS
MISSISSIPPI
1935

Cynthia McCurren, Ph.D., RN - Cynthia McCurren received her BSN and MSN from the University of Missouri-Columbia and her PhD from the University of Kentucky. She is the Dean of the GVSU Kirkhof College of Nursing, appointed in November 2007. Prior to coming to Michigan, she was the Associate Dean and Interim Dean at the University of Louisville School of Nursing; and also held the position of Director of Nursing Research for the University of Louisville Hospital. She has received grant funding for her research on delirium among hospitalized elders and depression among nursing home elders. She is past President of the Louisville Chapter of the National Gerontological Nursing Association. Membership in professional organizations includes the Midwest Nursing Research Society, American Nurses Association, and Sigma Theta Tau. She is active in the American Association of Colleges of Nursing; the Michigan Association of Colleges of Nursing, and provides leadership in a number of nursing initiatives for the state of Michigan.

Lauretta K. Murphy, J.D. is an attorney specializing in elder law, estate planning, estate tax, probate, trusts (including special needs trusts for people with disabilities), Medicaid, asset protection and Medicare. She is currently the president of Kent County Council on Aging and chair of the Board of Directors of Elder Law of Michigan. She is on the board of directors for Disability Advocates of Kent County, and the Grand Rapids Art Museum Foundation, and is a member of the Grand Rapids Bar Association Probate Section, and the West Michigan Estate Planning Council, the Elder Law and Disability Rights Section of the State Bar of Michigan, the National Academy of Elder Law Attorney and the American College of Trust and Estate Counsel. She recently co-edited the book "Advising the Older Client or Client with a Disability in Michigan" for the Michigan Institute of Continuing Legal Education.

Jane Royer is the Director of the Volunteer Center at Heart of West Michigan United Way in Grand Rapids, Michigan. She is responsible for linking companies with opportunities to serve the community and providing volunteer resources to area non-profit organizations. Jane is a past president of the Volunteer Management Association of Western Michigan and a member of the Encore Coming of Age training team for the Johnson Center for Philanthropy at GVSU. She has teaching experience in a variety of settings including urban and suburban high schools and adult education programs.

Linda Rynbrandt, Ph.D. is an associate professor of sociology at GVSU. She earned her Ph.D. from Western Michigan University, and is the coordinator of the GVSU Minor in Aging and Adult Life emphasis. She has published extensively on the "lost women" in the history of the discipline of Sociology.

Melvene Tardy is a Program Coordinator in the Nonprofit Leadership Institute (NLI) of the Dorothy A. Johnson Center for Philanthropy and Nonprofit Leadership at GVSU. She is currently coordinating the Grand Rapids Community Foundation's Encore learning labs which seek to leverage the energy and expertise of people 50+ by engaging them in meaningful work in their communities, and is part of a team working to assist organizations pursuing cultural competency. Melvene is a native of Grand Rapids and has served on boards and committees of local and regional organizations and councils, and actively supports the development of emerging leaders. Melvene has a Bachelor of Arts in General Education from Aquinas College with an emphasis in Business Administration and Organizational/Industrial Psychology. She is currently pursuing her Master's of Communications with an emphasis in Leadership at GVSU.



Ken VanderMeeden has been the president of the Better Business Bureau of Western Michigan since 1992. He is active in national BBB committees involving marketing, member identification policy, peer review, and as a board member for the national Council of Better Business Bureaus. The BBB of Western Michigan has won national awards for their programs in operations development, advertising, charity review and in Senior Citizen education regarding SCAMS and fraud. Prior to joining the non-profit BBB he spent 22 years in a variety of positions that included: general management, marketing, finance, dealer development and self-employed consulting.

Gleaves Whitney, Ph.D. has been the director of the Hauenstein Center for Presidential Studies at GVSU since 2003. Prior to his arrival at Grand Valley, he worked 11 years in Michigan Governor John Engler's administration, serving as senior writer, chief speechwriter, and historian. In addition to his public work, Gleaves is a scholar who writes and lectures nationally on a variety of historical topics. He has taught at the University of Michigan, Droste-Hulshof Gymnasium, Colorado State University, Aquinas College, and GVSU. In 2006, he received the honorary Doctor of Humane Letters from the Graduate Theological Union, Berkeley, California.



What she needs is a guy that'd take a sock at her once a day - whether it is coming to her or not.

**CLARKE GABLE
IT HAPPENED ONE NIGHT
1934**



The more I know of men, the more I like dogs.

**CLARA BOW
1937**

That would be a good thing for them to cut on my tombstone: Wherever she went, including here, it was against her better judgment.

**DOROTHY PARKER
1929**

My grandparents courted through the years of the depression and after, and they tell of the greatest fun of their lives. The family farms provided everything a family needed in the way of food, so most ate very well. Most farms were handed down from generation to generation, as is still the case, so there were no mortgages to worry about.

They told us about Friday evenings or Sunday afternoons of making homemade ice cream and sitting on the backyard swings with other couple-friends and visiting...playing cards on a cold winter night around the kitchen table...working in the church kitchen with other girls for funeral dinners or for church potlucks...attending church dances and meeting the boys that would become their spouses. These were a hard-working people who really did not know what was going on in the world around them because they were virtually untouched by it. Babies were birthed at home, they grew and canned their own food, many still used horse and buggies to get around, or bikes, and cars were utilized only for drives into town or to church.

Student Posters: Health, Wealth, and Wisdom

Are Gradual Dosage Reductions of Psychotropic Medications Effective for Residents in Long Term Care Facilities?

Anna Neuenschwander (Social Work)
Corie Shira (Social Work)

Can a Nursing Home Ever be a Home?

Nicole Hollenbrands (Psychology & Women and Gender Studies)
Courtney Krips (Pre-Nursing)

Grandparents Raising Grandchildren: Rewards and Stressors

Megan Ludwisiak (Pre-Nursing) and Sarah Morse (Psychology)

Happiness in Aging Adults: Findings from Positive Psychology

Melanie Gross (Psychology/Art and Design)

Leisure: Function and Benefits in Older Adults

Kayla Smogoleski (Health Professions/Recreational Therapy)

Negative Effects that the Lack of Transportation Has on Seniors

Caitlin Vanderwilp (Social Work)

Stuck in the Middle: "The Sandwich Generation"

Kristin Cameron (Psychology)

The Role of Spirituality/Religiosity in the Life of the Elderly

Joshua Witherspoon (Pre-Nursing)

Gentleman, you have come sixty days too late. The depression is over.

HERBERT HOOVER
1930



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The session tracks for 2010 are identified in the program with the following symbols:



Health

Breakout Session I: *"Depression Among Older Adults: There is Good News!"* **(N) (SW)**

Breakout Session II: *"The More the Merrier: Friends and Family Enhance Well-being"* **(N) (SW)**

Breakout Session III: *"East Meets West: Promoting Healthy Living Through Two Different Exercise Modalities"*



Wealth

Breakout Session I: *"Senior Citizen Awareness of SCAMS in West Michigan"*

Breakout Session II: *"Elder Law: Legal and Financial Issues as We Grow Older"* **(N) (SW)**

Breakout Session III: *"Housing Wisdom: A Model Program for Helping Older People Live in Affordable and Appropriate Homes"* **(SW)**



Wisdom

Breakout Session I: *"The Aging Brain: Use It or Lose It?"* **(N) (SW)**

Breakout Session II: *"Engaging Experienced Adults in Systems Change"* **(SW)**

Breakout Session III: *"Older Adults and Intergenerational Social Support: Lessons from International Experience"* **(SW)**

General Sessions:

Keynote: *"Harvesting the Fruits of a Lifetime: Lessons for Living and Thriving in Tough Times"* **(SW)**

Student Poster Session

Video Presentation: *"Lessons Learned from the Great Depression"*

Personal Conference Planner

TIME	SESSION	LOCATION
8:00 AM - 1:30 PM	Community Gerontology Resources	121E
9:15 AM	Keynote: Harvesting The Fruits Of A Lifetime: Lessons For Living And Thriving In Tough Times	Loosemore Auditorium
10:30 AM	Breakout Sessions	
11:30 AM	Student Poster Session Community Gerontology Resources	121E and Adjoining Hall
12:00 PM	Lunch • Community Gerontology Resources	Hager-Lubbers Exhibition
1:00 PM	Breakout Sessions	
2:15 PM	Breakout Sessions	
3:30 PM	Video Presentation and Discussion: "Lessons Learned From The Great Depression"	Loosemore Auditorium

