Keynote Presenter

Lori Stevic-Rust, Ph.D., ABPP

Dr. Lori Stevic-Rust is a board certified clinical health psychologist with a Diplomate from the American Board of Professional Psychology. She completed an internship at Henry Ford Hospital with specialty training in geriatrics, cardiac care, women’s health and integrative medicine. She is a national healthcare consultant and serves on numerous professional boards. She is the recipient of awards for excellence in leadership and advocacy and has been honored as a woman of achievement. Dr. Stevic-Rust is a successful national speaker and winner of the Corporate Keynote Speaker Award.

Over the past twenty-five years, she has been a regular on air television and radio contributor. She writes a Dr. Lori column for several national magazines and is a regular blogger for the Huffington Post.

Dr. Stevic-Rust is the author of five books on topics ranging from depression, heart disease and wellness, a personal memoir on the art of aging with gratitude, Greeny for Life and is awaiting publication on her newest book, Put on Your Big Girl Shoes.

She is the proud member of a five generation family, a chocolate addict and describes herself as an avid Cleveland sports fan—which she claims by default makes her a professional optimist.

Acknowledgements

This conference was planned by the Education and Resource Development Committee of the Cuyahoga County Advisory Board on Senior and Adult Services.

Co-Chairs: Denise Rucker-Burton, DSAS and Cheryl Bradas, MetroHealth

Linda Ambrose, Summa Health System

Marsha Blanks, NAAMI Greater Cleveland

Victoria Bowden, MetroHealth

Ann Gillett, MetroHealth

Judy Jackson-Winston, ADAMHs Board

Sarah Jones, DSAS

Kelsey Loushin, Eldercare Professionals of Ohio, LLC

Armond Budish, Cuyahoga County Executive

Dr. Akram Boutros, President and CEO, The MetroHealth System

22nd Annual Cuyahoga County Conference on Aging Goals:

The Cuyahoga County Conference on Aging is co-convened by the Cuyahoga County Division of Senior and Adult Services (DSAS) and The MetroHealth System. We attract nearly 300 attendees (social workers, counselors, nurses, nursing home administrators, physical therapists and occupational therapists).

The overall conference objectives are:

- To identify, discuss and disseminate information on specific ethical aging issues impacting older adults, caregivers and providers;
- To foster a greater understanding of the aging population and the resources available to support older adults;
- To increase and improve communication, collaboration and networking among professionals, volunteers, advocates and older persons.

Continuing Professional Education

The Cuyahoga County Division of Senior and Adult Services (DSAS) has applied for 5.0 hours of continuing education credits for counselors and social workers. These credits may also be applied to meet nursing licensure requirements. DSAS is an approved provider of the The Counselor, Social Worker, and Marriage & Family Therapist Board (RS249801). DSAS has also applied for 5.0 hours of continuing education credits for physical therapists and occupational therapists through the Ohio Occupational Therapists, Physical Therapists, Athletic Trainers Board (OTPTAT).

Glycyrhiza County’s Division of Senior and Adult Services has applied for 5.0 credit hours for nursing home administrators through the Board of Executives of Long-Term Services & Supports (BELTSS). Continuing Education Units will only be given to those nursing home administrators who are in attendance for the entire conference. The Division of Senior and Adult Services is a limited provider.

Approved provider status does not imply endorsement by the provider, ANCC, OBN or ONA of any products displayed in conjunction with an activity.

**Participants who successfully complete this program must sign in on the attendance sheet, attend the entire program, and submit a program evaluation to receive contact hours/continuing education unit credits.

For additional information, please contact:

Cacy Peña 216-348-3978
Ohio Relay Service 711

**Registration for this event implies agreement to be videotaped. Your photo may be used for PR & marketing purposes for the Division of Senior and Adult Services and The MetroHealth System.
Conference Schedule
8:00 a.m. – 8:30 a.m.  Registration & Continental Breakfast
8:30 a.m. – 8:40 a.m.  Welcome  Denise Rucker-Burton, MPA, Program Administrator, Cuyahoga County Division of Senior and Adult Services
8:40 a.m. – 8:50 a.m.  Welcome & Opening Remarks  Richard Jones, Ph.D., Administrator, Cuyahoga County Division of Senior and Adult Services
8:50 a.m. – 9:00 a.m.  Welcome & Opening Remarks  Armond Budish, Cuyahoga County Executive
Dr. James Campbell, Director, Geriatric Health, The MetroHealth System
9:00 a.m.-10:30 a.m.  Keynote Speaker: Lori Stevic-Rust, Ph.D., ABPP  “Greedy for Life: Perspectives on the Future of Aging”
This keynote session will provide a framework for professionals in the field of gerontology that both embraces longevity and smartly prepares us for the future. The role of innovation in addressing aging will also be explored, as well as the need for professionals to practice self-care in the process of working through our “new reality”.
Facilitators: Lee Ann O’Brien and Denise Rucker-Burton
10:30 a.m.-10:45 a.m.  Break
10:45 a.m.-11:45 a.m.  Keynote continued
11:45 a.m.-12:00 p.m.  Break
12:00 p.m.-1:00 p.m.  Lunch & Awards Ceremony
1:15 p.m.-2:30 p.m.  Concurrent Breakout Sessions
Session 1  “Transforming Person-Centered Care through Technology in the Care of our Elderly”
The session will provide education on the Person-Centered Care movement and the voice of the consumer in direct care. Chronic Disease Self-Management Support (SMS) will be discussed and technology available for providers. The use of music and technology to improve clinical outcomes for behaviors, memory and decreased antipsychotic use will be explored.
Presenter: Shelly Szarek-Skoday, CEO/President, UNHA
Facilitators: Kelsey Lushins and Dauin Elliott
Session 2  “Innovation, Leadership and the 21st Century Senior Center”
Leadership is a hot topic. Innovation is even hotter. Managers and administrators are curious about the overlap of these two fascinating subjects and what happens when you examine the values and behaviors of leaders who are responsible for big innovations that shake up the marketplace. In this session a government model of aging and innovation that encompasses the values of excellence, community engagement, and partnership will be examined.
Presenter: Richard L. Jones, Ph.D.
Facilitators: Linda Ambrose and Denise Rucker-Burton
Session 3  “Aging Mastery Programs: Now and Future”
This session explores the Aging Mastery Program (AMP). The AMP was developed by the National Council on Aging (NCOA) in cooperation with several experts in the field of aging. AMP was created by conducting community focus groups, discussions with several senior center directors and pilot studies.
Presenters: Mary Mnnamar, LSW, Melissa Gleeson, MSW, LSW
Facilitators: Jeanne Masler and Cynthia Mason
Session 4  “Grandmother Caregivers and their Families”
This session will discuss aging and intergenerational caregiving. We will explore innovative strategies to assist health care providers with providing optimal care to grandmother caregivers and their families.
Presenter: Camille Bedekett Warner, PhD.
Facilitators: Judy Jackson-Winston and Cacy Peña
Session 5  “Healthy Mind-Healthy Body”
Discover how The Osher Lifelong Learning Institute and Encore Cleveland models contribute to overall physical and mental health by nourishing intellect, expanding knowledge and exploring new ideas.
Presenters: Cate O’Hara, MA, Wendy Albin Satin, MURP
Facilitators: Melanie Rak and Marsha Blanks
2:30 p.m.-2:45 p.m.  Break
2:45 p.m.-4:00 p.m.  Resume Concurrent Breakout Sessions
4:00 p.m.  Adjournment
Directions to Holiday Inn:
9601 Rockside Rd.
Independence, OH 44131
From I-90 and Points North (Erie, Buffalo): Take I-271 (local lanes) South to 480 West to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
From Downtown Cleveland: Take to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
From Cleveland Hopkins Airport: Take 71 North to 480 East to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
From Points East (Pittsburgh, Youngstown): Take the Ohio Turnpike (I-80) West to Exit #187. Take I-480 West to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
From Points West (Illinois, Indiana, Toledo, & Michigan): Take the Ohio Turnpike (I-80) East to Exit #9A. Follow I-480 East to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
From Points South (Columbus): Take I-71 North 480 East to 77 South. Exit on Rockside Road. Turn Left onto Rockside Road. You will see the Holiday Inn on the left hand side of the road. Make a Left into the driveway.
Ample parking is available on the grounds.
22nd Annual Cuyahoga County Conference on Aging
Friday, October 7, 2016
Holiday Inn Independence
Registration
Name ___________________________
Title/Position ___________________________
Organization ___________________________
Address ___________________________
City ___________________________
State ______ Zip Code ______
Phone ___________________________
Fax ___________________________
Email ___________________________
Breakout Sessions: (Check two desired session numbers)

☐ Session 1  ☐ Session 2  ☐ Session 3
☐ Session 4  ☐ Session 5

CEU Certificate Requested (Check box):
☐ SVI/Counseling (5.0)  ☐ BELSS (5.0)
☐ Nurses (may use)  ☐ PT (5.0)
☐ OT (5.0)

BELSS License # ___________________________

General Registration: $65.00 includes continental breakfast, lunch, and continuing education credits.
Please make checks payable to: Division of Senior and Adult Services.
Mail registration form and check to: ATTN: Sarah Jones
Division of Senior and Adult Services
13815 Kinsman Road, Cleveland, OH 44120
Registration Deadline is Friday, September 30, 2016.
No refunds will be issued after Friday, September 30, 2016.
Online registration available at: http://www.metrohealth.org/2016-conference-on-aging

* Five percent of fee is designated to the MetroHealth Fund to help support philanthropic initiatives of The MetroHealth System (which relates to the credit card fee)