

BEYOND THE YEARS: A JOURNEY THROUGH AGING AND BEREAVEMENT

Friday
April 26, 2024

8 a.m. - 2:30 p.m.

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Location:
Southern Regional
1601 Owen Drive,
Fayetteville, NC 28304



SOUTHERN REGIONAL AHEC

PART OF NC AHEC

In affiliation with the Duke AHEC Program

Register by QR Code



Target Audience

Physicians, Residents, Pharmacists, Advanced Care Practitioners, Nurses, Behavioral Health Professionals, Caregivers, and all others interested.

Program Description

Welcome to Beyond the Years: A Journey Through Aging and Bereavement Symposium, where we explore the intersections of healthy aging, grief in the elderly, and end-of-life care. Our interdisciplinary platform provides a space for dialogue and sharing strategies for self-care, essential for maintaining personal well-being while providing care. Join us for a day of insightful discussions and collaborative learning, aimed at better serving our aging population and those who care for them.



This project is supported by funds from the Bureau of Health Professions (BHP), Health Resources and Services Administration (HRSA), Department of Health and Human Services (DHHS) under grant number # 2U1QHP28734 Carolina Geriatric Workforce Enhancement Program. This information or content and conclusions are those of the author and should not be construed as the official position or policy of, nor should any endorsements be inferred by the BHP, HRSA, DHHS or the U.S. Government.

The UNC Center for Aging and Health, Carolina Geriatric Education Center also provided support for this activity.

Planning Committee

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Southern Regional AHEC

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Lumber River Council of Governments
Area Agency on Aging

Kendra Danzer, MSW, LCSW

Community Engagement and Partnership
Coordinator and Applied Suicide
Intervention Skills Training Master Trainer
Fayetteville NC Coastal Health Care System

Objectives

Upon completion of this workshop, participants will be able to:

- Discuss the journey experienced by individuals diagnosed with Alzheimer's disease and their loved ones as they navigate the progressive decline in cognitive function and the challenges associated with caregiving and coping with the effects of the disease.
- Identify strategies for holistic end-of-life care for individuals with Alzheimer's disease by incorporating music therapy, memory preservation techniques, and comprehensive support measures to enhance quality of life and provide meaningful support to caregivers and families.
- Review screening techniques for elder abuse and neglect, enabling the identification and intervention of potential cases to safeguard the well-being and dignity of elderly individuals.
- Recognize the distinct characteristics of grief in the elderly, including factors such as generational differences, accumulated losses, and social isolation, and develop effective support and coping strategies tailored to their unique needs during times of loss and bereavement.
- Review and practice first aid skills effectively address emergencies, ensuring the safety and well-being of the elderly under their care.
- Understand the significance of oral health in aging, enabling effective implementation of oral care strategies to enhance overall well-being and quality of life in elderly individuals.
- Recognize and address unrecognized grief in the elderly population, promoting emotional well-being and resilience.
- Learn strategies for fall prevention tailored to the elderly, empowering caregivers and individuals to mitigate fall risks and enhance safety and well-being in older populations.
- Discuss self-care through shared insights, practical tips, and collaborative strategies, fostering resilience and well-being in healthcare professionals and caregivers.

Fee

\$25.00	Credit-seeking professionals
FREE	If not seeking credit (caregivers, clergy, Grief Coalition, military, veteran, etc.) Caregivers , contact Stephanie Powers at (910) 775-9779 or stephanie.powers@lrcog.org , or Barbara White at (910) 323-4191 or bwhite@mccog.org to register. Registration is required.

Register Online

Register here: <https://www.southernregionalahec.org/courses-and-events/73185> or scan the QR code.



Agenda

8 a.m. Registration / Resource Fair

8:50 a.m. Welcome

9 a.m. **Plenary: The Long Goodbye – The Alzheimer’s Journey**

George Clement, MD, Geriatric Fellow, Division of Geriatric Medicine, UNC School of Medicine, UNC at Chapel Hill, School of Nursing

9:45 a.m. **Plenary: Music, Memory, and Support at the End of Life**

Phoebe Brush, MS, Dementia Alliance of NC

10:30 a.m. Break/Resource Fair

11 a.m. **Concurrent Session 1**

Breakout 1 Healthy Aging	Breakout 2 Grief	Breakout 3 Caregivers
Screening for Elder Abuse and Neglect <i>Adrian Black</i> Adult Services Program Manager, CC Department of Social Services	Grief Among the Elderly <i>Harold G. Koenig, MD</i> Duke Department of Psychiatry; Center for the Study of Aging and Human Development; Duke Center for Spirituality, Theology, and Health	First Aid for Caregivers <i>Justin Schwartz,</i> <i>MBA, BS, NREMT</i> Training Center Coordinator, Southern Regional AHEC

11:45 a.m. Lunch / Resource Fair

12:45 p.m. **Concurrent Session 2**

Breakout 1 Healthy Aging	Breakout 2 Grief	Breakout 3 Caregivers
Oral Health <i>Robin Zeigler, MPH,</i> <i>RDH</i> NC Division of Public Health, Oral Health Section, NCDHHS	When Grief is Unrecognized <i>Lisa DeCandia, MDiv,</i> <i>Chaplain, Liberty HomeCare</i> <i>& Hospice, and Community</i> <i>Grief Coalition</i>	Fall Prevention <i>Dr. Sara Morrison,</i> <i>DPT, Total Body</i> <i>Therapy and</i> <i>Wellness, Lillington,</i> <i>NC</i>

1:30 p.m. **Discussion Panel: Self Care**

Moderator: Lisa DeCandia, MDiv, Chaplain

Panel

Provider - Dr. Balichand Permashawar

Caregiver - Regina Smith

Grief Coalition - Johnnie Johnson Griffen, LMHC, DCC, LCMHC, NCC

Clergy - Rev. Dr. Arlecia Simmons

2:15 p.m. **Debrief / Intention Setting / Adjourn**

Credit

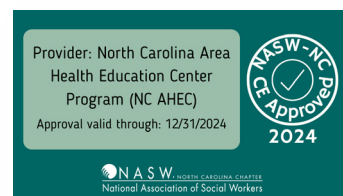
CEU: 0.5

Contact Hours: 4.75

Nursing Contact Hours: 4.75 Nursing Contact Hours will be awarded to participants who attend 90% of this educational activity.

Southern Regional Area Health Education Center is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

NASW-NC: NC AHEC is a 2024 NASW-NC approved provider of distance continuing education. This program has been approved for 4.75 contact hours.



NC Psychologists Category A: The program will provide 6.0 contact hours (category A) continuing education credit to NC Psychologists.

Southern Regional AHEC is solely responsible for all aspects of the programs.

No partial credit will be given. Individuals arriving 15 minutes or more after the starting time will not receive credit. Credit will be awarded to participants who attend 100% of the program.

Accreditation: This activity has been planned and implemented in accordance with the Essentials and Standards of the North Carolina Medical Society through the joint providership of the Southern Regional AHEC and the Mid-Carolina Regional Council, Lumber River Council of Governments, and Community Grief Coalition. The Southern Regional AHEC is accredited by the NCMS to provide continuing medical education for physicians.

CME Credit Statement: The Southern Regional AHEC designates this live activity for a maximum of 4.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Additional Credit: Other health professionals will receive Southern Regional AHEC CEU and/or Contact Hours and a certificate of attendance from *AMA PRA Category 1 Credit*[™] activity. These certificates are accepted by the NC boards for physician assistants, nurse practitioners, and nurses. License requirements are subject to change. Southern Regional AHEC recommends that participants contact their licensing board with specific questions. Southern Regional AHEC will provide 0.5 CEU (4.75 Contact Hours) to participants upon the completion of this activity.

Disclosure Statement: The Southern Regional AHEC adheres to ACCME Standards for Integrity and Independence in Accredited Continuing Education regarding commercial support of continuing medical education. Planners, faculty, and others in control of content and their relevant financial relationships with ineligible companies will be made known prior to the activity. All financial relationships will be mitigated. Speakers are also expected to openly disclose a discussion of any off-label, experimental, or investigational use of drugs or devices in their presentations.

Substitutes/Refunds/Transfers

- Cancellations must be in writing (fax, email, or mail)
- Registrants cancelling between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee.
- No refunds or credits will be given for cancellations received less than two full business days prior to the event.
- Cancellations greater than 2 weeks prior to the event will receive 100% refund.
- No vouchers will be issued in lieu of a refund.
- Transfers/substitute(s) welcome (notify in advance of the program)

Attendance at this activity grants permission for Southern Regional AHEC to use any photographs, audio, video, or other images from this activity for promotional or educational purposes. Please notify an AHEC staff member if you have concerns

ADA Service

Americans with Disabilities Act Individuals requesting accommodation under the Americans with Disabilities Act (ADA) should contact the ADA coordinator at least five days prior to the event at (910) 678-7226 or ashley.diehm@sr-ahec.org.

Contact

Ashley Diehm, Project Specialist
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Tonja Teter, BSN, RN, Director of Nursing CPD/RN Refresher Coordinator
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