

2024

# Let's Talk About Health

CARING FOR OLDER ADULTS IN RURAL NEW YORK



A VIRTUAL CONFERENCE FOR HEALTHCARE PROFESSIONALS AND CAREGIVERS



Please join us for a  
VIRTUAL CONFERENCE FOR  
**HEALTHCARE  
PROFESSIONALS  
& CAREGIVERS**

Don't miss out on this  
**Special All-Day Event!**

**FRIDAY, MAY 17**  
**8:30<sup>am</sup> - 4:30<sup>pm</sup>**

Continuing education credits available.

**FREE FOR CAREGIVERS**

**SPECIAL BONUS!**  
First 100 registrants  
receive the book:  
*Age in Place*  
by Lynda G. Shrager

**COST**

\$10 for those who register for  
Continuing Education Units (CMEs, CEUs)

**FREE TO ALL OTHERS!**

For more information, contact:

**tsblasio@alz.org**

or call **585.358.4953**

**REGISTER HERE**

<https://cvent.me/rL7bOQ>

Or, scan code below:



Send us your favorite

**RURAL PHOTOS**

For our Rural Life in Pictures Project

Email photos to: **tsblasio@alz.org**

**#ruralhealthNY**

This program is sponsored in part by grants from the NY State Department of Health and the Health Resources and Services Administration (HRSA).

Co-sponsored by:



# 2024 Let's Talk About Health: Caring for Older Adults in Rural New York

## ~AGENDA~ Friday, May 17, 2024



### 8:30am - WELCOME

*Thera Blasio, Director of Professional Education, Alzheimer's Association, Rochester & Finger Lakes*

### 8:35am - NEW YORK STATE MASTER PLAN ON AGING

*Ann Marie Cook, President/CEO, Lifespan of Greater Rochester*

Governor Hochul signed an Executive Order on November 4, 2022, to embark on a process to create a NYS Master Plan on Aging (MPA). The goal of the MPA is to coordinate existing and new state policy and programs creating a blueprint of strategies to be implemented to ensure older New Yorkers can live fulfilling lives, in good health, with freedom, dignity and independence to age in place for as long as possible. The New York State Department of Health, in coordination with the State Office for the Aging, convened a Council to advise the Governor in developing the MPA. Ms. Cook will provide an update on the progress of the Council and the implications of the MPA for older adults living in rural areas.

### 9:35am - BREAK

### 9:40am - DEPRESSION IN OLDER ADULTS

*Carol Podgorski, PhD, MPH, LMFT, Professor, Department of Psychiatry, University of Rochester Medical Center*

Depression in older adults is common but it is not a feature of normal aging. There are many risk factors that contribute to the onset of depression in older adults, many of which are modifiable. This presentation will address: the prevalence of depression across several subpopulations of older adults; the many symptoms associated with depression and how it can look different in older adults; and non-pharmacological interventions to reduce risk factors for and symptoms of depression in older adults.

### 10:40am - BREAK

### 10:45am - NYS OFA AND AAA RESOURCES

*Greg Olsen, MSW, Director, New York State Office for the Aging (NYSOFA), and Becky Preve, Executive Director, Association on Aging in New York*

This presentation will review the results from a statewide needs assessment including the reframing of older adults in rural areas as assets. Discussion will include challenges to serving this population as well as opportunities, recent innovations, and how to access free supports for older adults in rural areas.

### 11:45am - LUNCH (45 min)

### 12:30pm - KEEP THEM SAFE-KEEP YOU SANE; A CAREGIVER'S GUIDE TO A SAFE HOME

*Lynda Shrager, OTR, MSW, CAPS, Chief Executive Officer, At Home for Life*

This presentation explains what is involved with an environmental assessment which results in recommendations for necessary decluttering, potential modifications/adaptations, and organizing strategies to decrease potential for falls. It highlights gadgets and equipment that improve accessibility and increase ease with activities of daily living with a focus on the needs of those with dementia.

### 2:00pm - BREAK

### 2:05pm - SHARING FOR CARING @ YOUR LOCAL LIBRARY

*Stacey Wicksall, MSLIS, Director, Macedon Public Library*

Receiving a diagnosis of Alzheimer's or another dementia comes with a whole host of questions, new responsibilities, and new challenges. Let the library help you navigate this new life experience with useful resources.

### 2:50pm - BREAK

### 2:55pm - CARING FOR VETERANS WITH DEMENTIA: THE IMPORTANCE OF EARLY DETECTION AND CARE COORDINATION

*Arick Combs, LCSW, CDP, Dementia Care Coordinator, Finger Lakes Health Care System*

Recognizing early warning signs of cognitive issues is vital to better outcomes. The Veterans Health Administration is committed to helping veterans receive services for identifying, treating, and planning for Alzheimer's disease and related dementias. We will discuss the Cognitive Care Clinic and how it is meeting the needs of our rural veterans!

### 3:55pm - ALZHEIMER'S ASSOCIATION AWARENESS

*Lauren Snyder, Alzheimer's Association Volunteer, Finger Lakes Walk Champion*

Join this talk with Lauren about the mission and vision of the Alzheimer's Association, with a special focus on the free programs and services available to support local families and communities. Learn how to connect with the Chapter near you, as well as opportunities to get involved as Lauren shares her own story of engaging with the Association.

### 4:15pm - CLOSING AND EVALUATION

## CONTINUING MEDICAL EDUCATION (CME)

**ACCREDITATION:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Rochester School of Medicine and Dentistry and Alzheimer's Association Rochester/Finger Lakes Chapter, Ithaca College Gerontology Institute, Lifespan of Greater Rochester and WNY Rural Health Education Center. The University of Rochester School of Medicine and Dentistry is accredited by the ACCME to provide continuing medical education for physicians.

**CERTIFICATION:** The University of Rochester School of Medicine and Dentistry designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**SOCIAL WORK:** University of Rochester Medical Center, Center for Experiential Learning is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0005. Each session has been approved for 6.25 contact hours.

Attendance at the entire program is required (no partial credit can be awarded).