

Enhancing Life for Older Adults: Mind, Body and Spirit



Provided by Wayne State University, Institute of Gerontology
Presented by Singh Senior Living

Thursday, April 28, 2011, 8:30am - 12:30pm

Featured Speakers:

AGENDA

8:30 - 9:00 Registration/Breakfast

9:00 -10:00 "Many Faces of Depression"

Dr. Peter Lichtenberg PhD, ABPP

Director, Institute of Gerontology, Wayne State University

Dr. Lichtenberg will talk about the impact of depression on overall well-being, both physically and emotionally. With the growing number of seniors in today's society, assessment and treatment of altered mental status has become essential in the care of the aged.

10:00 -11:00 "Safe Strides"

Jeff Alaska, PT, MPT, Safe Strides Program Director, Gentiva Home Health Services

Mr. Alaska heads up a home balance therapy program that helps reduce the risk of dangerous falls and relieving pain for older adults.

11:00 -11:20 Break

11:20 -12:20 "Spirituality in Aging"

John Woodard, PhD

Professor of Psychology, Wayne State University

Dr. Woodard's research is in the following areas: Neuropsychological and neuro-imaging studies of memory in aging and dementia; Cognitive and health-related risk factors for late life anxiety; Detection and tracking of sport related concussion and Statistical and methodological issues in neuropsychological test construction and assessment.

12:20 -12:30 Evaluation

12:30 Optional community tour and luncheon

Objectives:

1. Examine 3 theories of what causes late life depression.
2. Examine the different mechanisms that trigger depression in later life and treatment options for depression.
3. Analyze how well the DSM IV criteria for depression work for older adult depression.
4. Recognize the psychological, societal, and financial impact of a falls.
5. Review the physical requirements and sensory systems required to maintain balance.
6. Recognize the changes that occur as we get older that impact balance and risk factors for falling.
7. Discuss screening tools available to identify fall risk.
8. Recognize how spirituality differs from religion.
9. Explain how attending services can influence how long you live.
10. Discuss the effect spirituality has on health outcomes.
11. Describe the influence of spirituality on cognitive functioning.

3 Contact Hour NURSING: This activity has been submitted to the Ohio Nurses Association (OBN-001-91) for approval to award contact hours, The Ohio Nurses Association is accredited as an approver of continuing nursing education by the American Nurse Credentialing Center's Commission of Accreditation. Application submitted.

3 CE SOCIAL WORK: Institute of Gerontology, Wayne State University is an approved provider with the Michigan Social Work Continuing Education Collaborative. Approved Provider Number: MICEC-0066.

3 CE NURSING HOME ADMINISTRATORS: This program was submitted to the MI Board of Nursing Home Administrators. Application submitted.

Certificate will be issued after total completion of program. Evaluation, sign in and sign out required.

The planning Committee and the presenter declare no conflict of interest.

PROVIDED BY:

WAYNE STATE
UNIVERSITY
Institute of Gerontology



WALTONWOOD
A Singh Senior Living Community

3 CEs

COST: FREE
(INCLUDES LIGHT
BREAKFAST)

**WHO WILL
BENEFIT:**

Nurses
Social Workers
Home Care
Agency
Administrators
Allied Health
Professionals

LOCATION:

Waltonwood at
Cherry Hill
42600 Cherry Hill
Canton, MI 48187

To Register contact Donna MacDonald: 313-577-2297 or donnamacdonald@wayne.edu