

# 2019 Forum on Aging in Rural Oregon

Wednesday, May 1

## Track Key

Track 1: Social Services (SS)

Track 2: Community Approaches to Support Aging (CA)

Track 3: Clinical (C)

## Pre-Forum Workshop for Caregivers

8am – 12:15pm  
Nehalem/  
Mikonotunne

**Residential Treatment of Individuals Who Have Experienced Brain Injury: Understanding, Managing and Changing Challenging Behaviors**  
Sherry Stock, ABD/PhD, MS, CBIST, Executive Director – Neurogerontologist, Brain Injury Alliance of Oregon

## Forum

1 – 1:55pm  
Nehalem/  
Mikonotunne

**Welcome, Opening Remarks & Introductions**  
Robert Duehmig, Deputy Director, Oregon Office of Rural Health  
Rose Locklear, Field Services Program Manager, Oregon Office of Rural Health

## Plenary Session

2 – 3pm  
Nehalem/  
Mikonotunne

**Reflection, Connection, Community: Introducing the Health Humanities as a Strategy to Support Aging in Rural Oregon**  
Lois Leveen, PhD, Humanities for Healthcare  
Medical treatment today allows people to live longer. Yet many patients, physicians, nurses, and other healthcare practitioners feel a decreased sense of well-being. This problem can be especially profound for older patients, and for patients (or practitioners) who are geographically and socially isolated. Incorporating content and approaches from the humanities (literature, art, history, philosophy, anthropology, and related fields) increases opportunities for reflection and connection, which deepens a sense of community and improves the emotional quality-of-life for patients, families, and healthcare practitioners.

3:05 – 4pm

## Concurrent Sessions

Track 1 (SS)  
Sixes

**The Experience of Grief and Loneliness**  
Patrick Arbore, EdD, Director and Founder, Elderly Suicide Prevention & Grief Related Services at the Institute on Aging  
This session will explore ways to recognize loneliness and social isolation in older people, with an emphasis placed on cultural/ethnic, gender, and age differences. While both isolation and loneliness impair quality of life and well-being, efforts to reduce social isolation are likely to be more relevant to mortality. The negative outcomes of loneliness and social isolation, including grief, physical illness, depression and premature death, will be discussed.

# 2019 Forum on Aging in Rural Oregon

## Wednesday, May 1

Continued from previous page

**3:05 – 4pm**

**Track 2 (CA)**

**Takelma**

### **Oregon’s Medically At-Risk Driver Program**

**Kristopher Kyes, Medical Programs Coordinator, Oregon Department of Motor Vehicles (DMV)**

This presentation will provide an overview of Oregon’s At-Risk Driver program. By the end of the session attendees will have an understanding of: Different ways at-risk driver reports are received; how the DMV handles reports; warning signs for healthcare providers, drivers, and those concerned about the driving of others; and resources available for those no longer able to drive.

**Track 3 (C)**

**Shasta**

### **Supporting the Long-Term Care Workforce: The Use of the Project ECHO Model to Build Knowledge and Skills in Nursing Home Staff**

**Maggie McLain McDonnell, MPH, Senior Program Manager, Oregon Echo Network**  
**Nirmala Dhar, LCSW, ACSW, Older Adult Behavioral Health Services Coordinator for Oregon Health Authority’s Health Systems Division**

This session will explore the Project ECHO model and its application in front-line nursing home staff to build knowledge and skills. Implemented in Oregon in March 2018, the Nursing Facility Behavioral Health (NFBH) ECHO program has had over 100 participants from 19 facilities. Presenters will describe the historical successes and development of this long-term care geriatric mental health ECHO program and share how the program was developed in Oregon including, implementation and analysis (pre-, post, and per-session results).

**4 – 5:30 pm**

**Networking & Light Refreshments**

## Thursday, May 2

**8 – 8:50am**

**Breakfast, Announcements**

**8:50 – 9am**

**Break**

**9 – 10am**

### **Plenary Session**

**Nehalem/  
 Mikonotunne**

### **Depression, Suicide, & Aging in Rural Communities**

**Patrick Arbore, EdD, Director and Founder, Elderly Suicide Prevention & Grief Related Services at Institute on Aging**

As a society we’re experiencing exponential growth in the number of those age 65 and over, along with a rise in the rate of socially isolated older adults. This presentation focuses on the Interpersonal Theory of Suicide and how it might explain suicide ideation and protective factors which can reduce suicide rates. Concerted efforts of intervention will be needed if we are to make an impact on the rates of suicide in older adults. Connection, compassion, public education campaigns to highlight the issue and promotion of expertise on social isolation in health-care professionals are powerful approaches to address social isolation.

# 2019 Forum on Aging in Rural Oregon

Thursday, May 2

Continued from previous page

**10 – 10:30am**      **Break**

**10:35 – 11:30am**      **Concurrent Sessions**

**Track 1 (SS)**

Takelma

**Introduction to Older Adult Mental Health First Aid**

**Lois Orner, LCSW, Clackamas County Social Services Volunteer Connection Program Manager**

This presentation will follow the evidence based Older Adult Mental Health First Aid (MHFA) curriculum. MHFA provides people with understandable, supportive, de-stigmatizing information and tools so that they may assist people facing mental health challenges and facilitate the transition to professional help. MHFA is analogous to a regular first aid course for physical health issues.

**Track 2 (CA)**

Shasta

**The Online Doctor Will See You Now: Health Resources for Rural Elders**

**Michele Spatz, MS, All of Us Research Program Community Engagement Coordinator, National Network of Libraries of Medicine, PNW Region, University of Washington**

Are you stymied when an elder asks for health or medical information? Do you have one “go-to site” that you hope will work for all elders’ health information requests? If WebMd is your fail-safe, your elders are missing out on a wealth of free, helpful, and carefully curated health information. Presenters will discuss evidence-based health resources support elders’ need for current, trustworthy health information recommended by a long-time librarian with expertise in providing health information to both patients and the general public. In this workshop you will hear about and see demonstrations of a range of resources that go beyond the basic. Attendees who have a laptop or iPad can have an interactive experience at this session.

**Track 3 (C)**

Sixes

**Navigating Rural Healthcare for Advanced Age Patients in the Years to Come**

**Michael Knower, MD, HMDC, FAAHPM, St. Charles Hospice**

**Chris Kelley, RN, MHL. Mt. Bachelor Memory Care**

Care of the advanced age patient is often complex. This presentation will focus on the current and anticipated needs of elders in rural Oregon, including the supply of and demand for housing and residential care communities and the anticipated increased need for professional, ancillary, and informal caregivers. The existing channels and resources for future care providers and strategies for closing these projected gaps will also be explored.

**11:30 – 11:45am**      **Break**

**11:45am – 1pm**      **Lunch & Roundtable Discussions**

Continued on next page

# 2019 Forum on Aging in Rural Oregon

Thursday, May 2

1:05 – 2pm

## Concurrent Sessions

Track 1 (SS)  
 Takelma

### The Aging and Disability Resource Connection (ADRC) of Oregon: Connecting You to Community Resources

**Monica Sandgren, Oregon DHS-APD, Community Services & Supports**

**Lacey Hanson, ADRC Program and Technical Specialist**

The Aging and Disability Resource Connection (ADRC) of Oregon will discuss local public and privately paid options for those seeking information about services to address aging or disability needs. This presentation will provide an overview of the ADRC and a demonstration of the public website with tips on how to use the website to search for local, state, and national resources. A panel discussion with local ADRC staff who provide information & referral and person-centered options counseling will follow the presentation.

Track 2 (CA)  
 Sixes

### Independence, Rural Communities, and the Stigma of Social Services

**Rebecca Arce, MPP, DHS Aging & People With Disabilities**

**Ashley Carson Cottingham, JD, Director, DHS Aging & People With Disabilities**

DHS Aging and People with Disabilities strives to serve all of Oregon's elders with dignity, respect, and equity. With the distribution of resources centered in Western Oregon and the spirit of independence and self-determination embedded in communities throughout Eastern Oregon, there may be a disconnect in service delivery. In this session we will seek to understand the perceptions that rural Oregonians have of state workers and social services to develop tools for collaboration and partnerships with the communities who may not actively seek social services.

Track 3 (C)  
 Shasta

### Empowering Advocates and Navigators to Facilitate POLST Discussions in Their Community

**Valerie Jimenez, Executive Director, Oregon POLST Program**

This session will empower patient advocates and navigators to support end-of-life care conversations with elders in their community. Participants will learn when to talk about POLST (and when it is too soon), what tools to use to start the conversation, and how to use the POLST form in different care settings.

2:05 – 3:05pm

## Concurrent Sessions

Track 1 (SS)  
 Sixes

### Positive Approaches to Care—Normal Aging/Not Normal Aging

**Janet Holboke, MSW, LCSW, Older Adult Behavioral Health Specialist,**

**Greater Oregon Behavioral Health, Inc**

**Rod Harwood, MDiv, MA, BCC, Older Adult Behavioral Health Specialist,**

**Greater Oregon Behavioral Health, Inc**

Based on Teepa Snow's Positive Approach to Care (PAC) caregiver education series, certified PAC trainers will lead the audience through "Normal Aging, Not Normal Aging," the first in a series of trainings now available in some rural communities. Participants will see Teepa Snow "on the big screen" demonstrating the normal changes we all experience as we grow older. Participants learn how the brain changes as dementia progresses and have an opportunity to practice a few key skills when working with someone living with dementia.

Continued on next page

# 2019 Forum on Aging in Rural Oregon

Thursday, May 2

Continued from previous page

2:05 – 3:05pm

## Concurrent Sessions

Track 2 (CA)

Takelma

### Healthy Aging through Community and Exercise:

#### A Case-Study of Strong Women Programs in the Columbia River Gorge

**Lauren Kraemer, MPH, Assistant Professor of Practice, Oregon State University, Strong Women Ambassador & Master Trainer**

**Claire Culbertson, Strong Women Leader & Oregon State University Extension Service Community Volunteer**

**Ann Dow, Strong Women Leader & Oregon State University Extension Service Community Volunteer**

This presentation will address the topics of supporting and developing community programs for older adults and caregivers, as well as lifestyle, nutrition, and wellness for older adults. Discussion will include the history and background of the Strong Women Program from its development by researchers at Tufts University through its dissemination across the country via the Extension Service. Program leaders will discuss the value of the program demonstrated through case studies; the importance of providing accessible, affordable exercise and social programs in a rural environment; and results of a recent survey of the Columbia Gorge programs. Attendees of this session will have the opportunity to practice a few of the balance exercises and learn more about joining a program in their own community as well as the steps for getting a program started if one doesn't exist.

Track 3 (C)

Shasta

### MOVE-ing Toward Person-Centered Care: Practical Tools for Caregivers

**Leah Brandis, Lead project manager for the Oregon Nursing Home Resident Safety Collaborative at Health InSight Oregon**

**Serena Hasworth, MPH, Research assistant and project manager in the Portland State University Institute on Aging**

Everyone says they are providing it but what does it really mean to provide person-centered care? How can caregivers be sure they are doing it? This session, hosted by MOVE (Making Oregon Vital for Elders), Oregon's coalition for culture change in long-term care, will explore the components of person-centered care and tools for incorporating person-centered care into your care routines. Presenters will highlight a new web-based training tool for caregivers and how it can be used to support person-centered care in multiple settings, including adult foster homes, assisted living and residential care, memory care, and nursing homes.

3:05 – 3:35pm

## Networking & Light Refreshments

3:35 – 4:30pm

## Concurrent Sessions

Track 1 (SS)

Takelma

### A Hidden Crisis – The Rise of Grandparents Raising Grandchildren in Oregon

**Keren Brown Wilson, PhD, Jessie F. Richardson Foundation CEO**

**Stephanie Hooper, Jessie F. Richardson Foundation, President**

An in-depth look at the dramatic increase of grandparents raising grandchildren; the surprising numbers, not so surprising causes, and unique challenges for aging older adults parenting a second time around. Additionally, presenters will discuss new resources, tools, and legislation that is emerging and in place to support Oregon's grand-families.

Continued on next page

# 2019 Forum on Aging in Rural Oregon

## Thursday, May 2

Continued from previous page

3:35 – 4:30pm

### Concurrent Sessions

Track 2 (CA)

#### Hospice in Lincoln County, Oregon

Sixes

**Jerry J. Robbins, MD, Assistant Director of Hospice, Samaritan Healthcare**  
**Warren Sparks, MD, Hospice Medical Director, Samaritan Healthcare**

This session will explore hospice services in Lincoln County, Oregon. Topics will include: the services that are offered and not offered through hospice; goals of care; and the appropriate time to utilize hospice. Other aspects such as: rural geography; hospice inclusion in a hospital system, Samaritan Health Services; a small but growing service volume despite a large percentage of elderly in our service area and how this impacts providers/staff employment.

Track 3 (C)

#### Empowering Communities through the LiveWell Method™

Shasta

**Barbara Kohnen Adriance, Founder of The Malden Collective**

**Lisa McKerlick, MSN, RN, RN Facilitator/Lead Trainer, Providence Portland Medical Center**

The LiveWell Method is an innovative approach to long term care service and support. From 2016 to 2018, LiveWell was rolled out to 40 communities, and the response was overwhelmingly positive. Communities that used the tools ended up with more engaged staff, fewer falls, and a much better understanding of problems like medication errors and overuse of antipsychotic and antibiotic medications. Most of all, they learned how to improve outcomes for their residents. LiveWell is a “bottom up, top enabled” method that honors the people doing the work and the culture that they have already created. It is a “how” program that enables any community to achieve the improvements it desires.

## Friday, May 3

8 – 8:45am

Breakfast, Announcements

8:50 – 9:50am

### Concurrent Sessions

Track 1 (SS)

#### When a Guardian is Appointed: What Happens Next? The Role of a Fiduciary

Takelma

**Jerry Rainey, Certified National Guardian, and cofounder of Cornerstone Services**

Attendees will learn how family members or professionals become the substitute decision makers for an older adult, the difference between laws and standards, and how to approach the complicated decisions guardians face in the day-to-day life of a protected person. The role of a professional fiduciary will be covered and how they can help people working in the social services sector, including mental health workers, adult protective services, hospitals, and more. The session will explain how guardians can partner with a professional fiduciary: what is required to be appointed on cases as conservator or guardian; and what options are available to social workers and families to coordinate services for vulnerable individuals. Best practices, practical ideas, and resources will be provided.

Continued on next page

# 2019 Forum on Aging in Rural Oregon

Friday, May 3

Continued from previous page

**Track 2 (CA)**

Shasta

**Blue Zones Project -Purpose Workshop—Part I**

**Jessie Hecocta, Relationship Manager, Blue Zones Project, Klamath Falls**

This is part one of this two-part session. The Blue Zones Project® has a strong focus on maintaining meaning in life and have found that many elders throughout the five “Blue Zones” are able to articulate their purpose later in their life. This session will assist attendees in their work within the elder population and how they can encourage elders to maintain their own sense of purpose into their later years, after retirement and beyond.

**Track 3 (C)**

Sixes

**Pruning the Pills: A Deprescribing Strategy for Addressing Polypharmacy**

**Lisa Honsvik, RN, DNS, Willowbrook Terrace**

**Michael Knowler, MD, HMDC, FAAHPM, St Charles Hospice**

Fifty percent of the Medicare population is taking five or more prescription medications. Expenditures on pharmaceuticals create a financial burden for elders on fixed incomes. As additional prescriptions are added, the potential for adverse drug-drug interactions increases exponentially. Polypharmacy is a significant risk factor for emergency department visits, hospitalizations, and premature death. Presenters will explore the dynamics of polypharmacy and present a practical, evidence-based, non-judgmental approach that we have found effective in our community. While presenters will draw on their experiences in long-term care and end-of-life care, this strategy is applicable across all health care venues.

**9:55– 10:55am**

**Concurrent Sessions**

**Track 1 (SS)**

Takelma

**Community-Based Palliative Care in Rural Oregon**

**Donna Becker, MSW, PeaceHealth Peace Harbor Palliative Care**

**Stephen Kerner, DO, PeaceHealth Peace Harbor Palliative Care**

This presentation will explore the ways that the community of Florence, Oregon has managed to develop and sustain a Palliative Care program in a rural setting. Presenters discuss techniques for other communities wishing to implement a Palliative Care program or enhance an existing program.

**Track 2 (CA)**

Shasta

**Blue Zones Project -Purpose Workshop—Part II**

**Jessie Hecocta, Relationship Manager, Blue Zones Project, Klamath Falls**

This is part two of this two-part session.

**Track 3 (C)**

Sixes

**Clinical Considerations for Cannabis Use**

**Danielle Backus, PharmD, BCGP, Pacific University**

**John Begert, PharmD, Pacific University**

This presentation will summarize the evidence-based therapeutic uses for THC and CBD. Discussion will include two patient scenarios to identify potential benefits and determine most evidence-based products. Lastly, the pharmacodynamic drug-drug interactions with THC and pharmacokinetic drug-drug interactions of CBD will be addressed.

# 2019 Forum on Aging in Rural Oregon

Friday, May 3

Continued from previous page

**11am – 12pm**  
Nehalem/  
Mikonotunne

## **Plenary Session**

### **Every Brain Needs Music**

**Larry S. Sherman, PhD, Professor in the Division of Neuroscience at the Oregon Primate Research Center**

This talk focuses on insights into some of the most exciting brain research in recent years - the connection between music, brain development, and the ways music can prevent or delay brain aging and help patients with damage to the brain. In this multi-media experience, Dr. Sherman mixes musical performances, humor, and neuroscience to reveal the amazing connection between music and human brain function.

**12pm**

### **Forum Wrap Up**