

# Sessions for the 2022 Conference:

## Conference Day 1 - Thursday, May 12<sup>th</sup>

### CE Session 1 ~ 12pm-1pm (1 CE)

- *“Senior Bullying”* with Barbara Goll
  - Bullying is on the increase in senior living communities. During this session, we will explore: What is a bully? Who are the bullies? How frequent does bullying happen to older adults? What tactics do bullies use on their victims? Who are the victims? How bullying impacts the victim? We will also discuss interventions and responses to senior bullying.

### CE Session 2 ~ 1:15pm-4:30pm (with 15-minute break mid-way) (3 CE's)

- *“Dementia – Their Life”* with Danielle Griffith, BS/ACC
  - We struggle trying to accommodate our resident's needs. This session will help you understand Dementia from the perspective of those individuals struggling with this disease. Participants will join in exercises to better understand those with a diagnosis of Dementia; will be educated on the various types of Dementia; and will be offered tools and interventions to help manage behaviors related to the diagnosis of Dementia.

## Conference Day 2 - Friday, May 20<sup>th</sup>

### CE Session 1 ~ 12pm-1:30pm (1.5 CE's)

- *“Rediscovering Ourselves – in the Midst of Pain, Loss, & Grief”* with Ellen Bishop Little, CLC
  - This presentation will talk about the ever-changing story of our lives, including processing the grief of losing loved ones, disappointment, the pandemic, rediscovering hope, and changing the “sound track of our mind” to a channel of hope and healing. Ellen will be pulling lessons learned from her life's unexpected twists and turns, to help activity professionals find encouragement and gain positive perspective through the “big picture” of life.

### CE Session 2 ~ 1:45pm-2:45pm (1 CE)

- *“Stress and Self Care”* with Debbi Miller, MA, LPC
  - Healthcare personnel have endured high levels of stress and trauma in recent years. Learn how to care for yourselves in big and small ways and experience a short time of education regarding this impact. More importantly, come away from this session having been cared for emotionally, physically, and spiritually with renewed hope to move forward.

### CE Session 3 ~ 3:00pm-4:30pm (1.5 CE's)

- *“Sensorium”* with Nancy Richards, ADC/EDU/MC
  - During this session, learn about how our sensory systems work, and how they can change and become “clouded” with aging, disease, or dementia. Nancy will speak and give demonstrations, which can be applied to all levels of care. Attendees are encouraged to actively participate. So, bring a few favorite items from home or use a few from work for the interactive part of this CE!