

From: Licensing [mailto:DSS_LICENSING@LISTSERV.COV.VIRGINIA.GOV] **On Behalf Of** Williams, Edwina (VDSS)
Sent: Friday, May 12, 2017 1:31 PM
To: DSS_Licensing
Subject: APSC 2017 Conference

This file with an attachment is being sent to assisted living facilities and adult day care centers from the Virginia Department of Social Services Email Distribution Service.

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Good Afternoon,

Below is a message from the Virginia Commonwealth University.

Our Area Planning and Services Committee (APSC) on aging with lifelong disabilities will be hosting its annual conference at the Doubletree by Hilton off Midlothian Turnpike on Monday, June 5th. This year's theme is **A Balanced Life: Making Meaningful Connections.**

We focus on spirituality, social media and technology, guardianship, art, supportive communities, and music, among other things, as tools for making or keeping connections.

For information and registration, please go to <http://www.apsc2017.eventbrite.com/> or contact eansello@vcu.edu.

A Balanced Life: Making Meaningful Connections

Monday, June 5, 2017

Doubletree by Hilton, 1021 Koger Center Boulevard, Richmond, VA

8:15-4:30

The 13th Annual Conference of the Area Planning and Services Committee for Aging with Lifelong Disabilities (APSC)

8:15-9:00 Registration and Coffee

9:00-9:15 Welcome and Overview

9:15-10:30 Keynote Address

Nurturing the Spirit: A Vital Part of Holistic Care, by Kathy Fogg Berry, MS, Department of Patient Counseling, School of Allied Health Professions, Virginia Commonwealth University, and Chaplain, Westminster Canterbury Richmond

Regardless of people's physical or cognitive abilities, their spirits are alive and well. How do we recognize and nurture the spirit? Through lecture, discussion and story, we'll explore spirituality and religion and how to assess people's spiritual and religious needs. As we address those needs, we can help people living with lifelong disabilities make valuable connections and achieve holistic well-being.

10:30-10:45 Coffee Break

10:45-12:15 Morning Breakouts

A. *Supportive Communities: L'Arche Metro Richmond and Wall Residences* with Cheryl Emory and Sharon Stroble

There is an array of residential programs which allow individuals with disabilities to live and participate in their communities. This session will highlight two different models. L'Arche is an international movement which has established homes and communities which focus on respect, friendship, and faith as people with and without disabilities share homes. Wall Residences has established over 140 homes across Virginia where families share their homes with children or adults with intellectual disabilities under the Sponsored Placement model. Our speakers will talk about the philosophy,

values, and history of their organizations as well as the challenges they face. In this session, we will also show the short film, *Place Matters*, a documentary about people with disabilities moving out of the state facilities to return to the community.

B. *Art for the Journey: Opening Minds through Art* with Mark Hierholzer, President/CEO, Art for the Journey; Cynthia Paullin, Volunteer Coordinator, Art for the Journey; Nan Pascal, Community Relations Director, St. Mary's Woods Retirement Community; and volunteers from the Virginia Commonwealth University ASPIRE Program.

Attendees will learn about the Opening Minds through Art (OMA) program, developed by the Scripps Gerontology Center at Miami University of Ohio to engage individuals with dementia in creative expression. Through a collaboration among Art for the Journey, St. Mary's Woods, and the VCU ASPIRE program, OMA has been offered in an assisted living facility in the Richmond area. Participants will have hands-on opportunities to make their own piece of art while applying OMA principles and techniques.

C. *Supportive Social Media* with Tony Gentry, PhD, OTR/L, FAOTA, Associate Professor, Dept. of Occupational Therapy, VCU

People with disabilities and their families now have wide-ranging online resources for community engagement, health care networking, collaborative problem-solving, shopping, and caregiving. We will discuss some of the most popular social media being used for these supportive engagement purposes, their benefits and challenges, and show how to access and use them to your advantage. New and emerging technologies will be introduced as well. We hope you will share your own experiences with supportive social media as we all learn together how best to use these networking tools.

Luncheon (12:15-1:15) *Thanksgiving in June* (roast turkey, vegetables, salad, and dessert)

1:15-2:45 Afternoon Breakouts

D. *When Words Fail: Practically Addressing the Spiritual Needs of People with Dementia* with Kathy Berry

Just as people with dementia gradually lose communication and self-care abilities, they lose the ability to practice their faith and initiate spiritual practices which would provide comfort, encouragement, and peace. They

need help to practice their faith and to feel the assurance of God's presence. Participants will receive practical information to help: discern the emotional and spiritual needs of people living with dementia, address those emotional and spiritual needs throughout the different stages of dementia diseases, and learn valuable communication techniques to help with providing spiritual care.

E. *WINGS (Working Interdisciplinary Networks of Guardianship Stakeholders)* with Paul DeLosh (Director of Judicial Services, Virginia Supreme Court), Erica Wood (Assistant Director, American Bar Association Commission on Law and Aging), Sally Balch Hurme, and Amy Marschean (Senior Policy Analyst, Department for Aging and Rehabilitative Services)

Panelists will discuss the history and goals of Working Interdisciplinary Networks of Guardianship Stakeholders (WINGS), and inform participants about how this initiative was started and is gaining momentum in Virginia. WINGS bring stakeholders together to improve and reform the guardianship process. Approximately 14 other states and the District of Columbia have active networks.

F. *Connections through Music: The Science of Music and Music & Memory* by Daniel Goldschmidt, BME, Goldschmidt Music Services, LLC; and Catherine Tompkins, MSW, PhD, and Emily Ihara, Associate Professors of Social Work, George Mason University.

Music Therapy is a viable approach for many individuals, even those who are resistant to other treatments. What does that look like? This session will focus on the research-based practice of music therapy by board-certified music therapists, as well as music-based strategies for caregivers. Music & Memory is a program prevalent across the U.S., Canada, and eight other countries that brings personalized music into the lives of older adults with dementia and people with disabilities. Positive outcomes are often found to be related to the level of significance that music had in the person's life prior to the onset of cognitive decline. We will discuss some of the research that we are doing with the Music & Memory program in their organizations.

2:45-3:00 Break

Closing Plenary (3:00-4:15)

Closing Plenary Session: *Stories of Connections* with and by consumers

Registration fee of \$35 includes materials, lunch, and breaks. For information and registration, please go to <http://www.apsc2017.eventbrite.com/> or contact eansello@vcu.edu.

This program has been made possible by the generous support of the Region IV Consortium of Community Services Boards.