June 2018

PRESIDENT’S UPDATE

This edition of our chapter newsletter is a reboot since the South Central Chapter has had many newsletters since its founding over 30 years ago. It has been a few years since our last newsletter was published but now with the new formatting technology, the process of getting the news of our chapter out to you, our members, is greatly simplified. Our goal is to publish twice a year following our national conference and our chapter conference with editions coming out in June and December.

We hope you will find the information helpful and you will feel more connected to the wider community of Aging Life Care professionals in our 4 states. We also hope that you, our chapter members, will want to contribute to the content of the newsletter. We are looking for reports on your community activities such as service on local boards of groups like the Alzheimer’s Association, AARP, the Area Agencies on Aging and other groups serving the needs of the aging population. I know many chapter members speak on behalf of the Alzheimer’s Association or have their own presentations that they give in the community. We want to hear about YOU! Have you been featured in a local publication? Interviewed on a TV, radio or online broadcast? Please let us know!

Ann Pruski, of Sage Care Management in San Antonio, is our editor and will be happy to receive your information via email or a phone call. We are also looking for content of articles about aging issues. Have you read a good book lately on aging that you could write a review of? Even if you don’t want to review the book would you recommend it? We will have a section of our newsletter devoted to recommended resources.

In 2017, and again this year, the Board decided to move from monthly conference calls to bi-monthly. We now “meet” via conference call on the 2nd Tuesday in February, April, June, August, October and December at 4 PM Central. Since our chapter was one of the early chapters to transition from an independent 501(c)4 entity to a committee under the Aging Life Care Association, we are aided in our meetings by having Susan Mayer, the ALCA chapter liaison on our calls to take the minutes. We, also, rely on ALCA’s finance director, Julie Wagner, to manage our money which is in its own account and remains under the control of the Chapter Board. By relinquishing these administrative tasks to ALCA, the board can focus on setting the agenda and goals for the chapter and working toward them.

BOARD OF DIRECTORS

President:
Angela Thomas, MSN, RN, CMC
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Vice President: Spencer Brown, MSG, BA, LNFA, CMC
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Patricia Funk
Michele Ostentowski
Byron Cordes
Catherine Puett
Lina Supnet-Zapata
Andrea Zaite
Our annual chapter conference is one of those goals. In 2017 we decided not to have a chapter conference since our chapter hosted the national conference in San Antonio that year. Our last chapter conference was in November 2016 in Houston. In conjunction with that conference the chapter published its first ever Resource Directory. It was very well received, and we have managed to distribute over 12,000 of the directories around the chapter at conferences and to referral sources. A survey sent out in early May showed there was still an interest in producing another directory and the board has researched printer options and chosen a printer in the Dallas area that will publish it for us at a reasonable cost. Information on the directory and how to participate will be coming out in mid-July. Please be on the lookout in your email inbox for that information. The directory will feature the sponsors for our 2018 conference which will be held in the Dallas area. Please see the article elsewhere in the newsletter for more details on the conference titled “Care Managing the Modern Family.”

This year is my 4th and last year to serve as President of the Chapter. It has been my honor to serve in this role and to see the chapter through the transition to committee status and other areas of progress. However, right now I want to speak for a moment about the benefits I have received by serving on various committees and in various roles on the board. I have had the privilege of learning from and serving with some outstanding care managers. Many of my colleagues have become true friends and mentors to me as I grew into the role of an Aging Life Care professional. It has been fun to work with others toward a goal or project and see it come to fruition. Meeting via conference call monthly with other chapter presidents has given me insight into how other chapters operate as well as garner some great ideas for our own chapter. One of those ideas was for the resource directory which the Mid-Atlantic Chapter had done first. In any volunteer endeavor you usually find that the time you give is more than repaid in personal growth and new friendships. I know others that have served or are serving on our board or with national on a committee would agree. So, I want to put this invitation out to all members to consider serving in some capacity in the chapter as a unit coordinator, at-large on the board or on a committee. The Nominating Committee will be activated in August and I hope if you get a call from them to participate you will be willing to step-up. If you are interested in serving please email me at: angela@caringwithgrace.com and I will pass your name along to the committee or find a place for you to serve right now!

Wishing you all a wonderful summer season! I hope to see you all November 8-10 for the conference!

Angela Thomas
Chapter President 2017-2018

SOUTH CENTRAL CHAPTER: IN THE BEGINNING

Information provided by Geri Sams

During the 1991 National Conference of NAPGCM (National Association of Professional Geriatric Care Managers; now known as ALCA) someone had a vision. Joyce Robbins with Geriatric Services, Inc. in San Antonio, TX was a GCM board member and during this conference, she inspired a small group of geriatric care managers to meet and form a chapter. With the help of Geri Sams of Geri-Options in Denton, TX and Louise Jennings of Basic Aid for the Elderly in Oklahoma City, the beginnings of a chapter began to blossom.

At this time, NAPGCM was in the process of developing procedures for developing a chapter but these ladies would not be thwarted. An organizational meeting was finally able to meet on May 9, 1992. Six care managers (Louise Jennings and Jere Reiser of Dallas, Leah Cohen of Austin, Geri Sams and Dodie Harrington of Houston and Charlotte Clarke of Tyler) met in Irving, TX with the purpose of establishing a supportive network among geriatric care managers. Officers were elected with Jere Reiser as President, Geri Sims as Secretary and Leah Cohen as Treasurer. On October 7, 1992 at the NAPGCM conference in Tucson, AZ, the South Central Chapter was approved and held its first formal meeting!!
Our South Central Chapter has flourished in the last 26 years. Two of our members have become President of our national association: Diane Boazman (twice!) and Byron Cordes. Our chapter conferences are outstanding in content and bring our members together for support and camaraderie. Myra Johnson and Geri Sams facilitate chapter peer review teleconferences for our chapter members.

In addition to our chapter, Texas has local units in Dallas, Houston, San Antonio and Austin. If you would like additional information about these units, please contact the individual unit:

Dallas: Carole Larkin; thirdageservices@gmail.com; (214) 649-1392
Houston: Janet Jackson-McCulloch; janet@elderadvisorygroup.com; (713) 624-4288
San Antonio: Jill Piazzi; jill.trevino@yahoo.com; (210) 363-3554
Austin: Lina Supnet-Zapata; lina@mircareconsultants.com; (512) 517-0621
Virtual: Patricia Funk; patty@noblecaresolutions.com; (806) 791-2829

The South Central Chapter Board wishes to honor, Spencer Brown, MSG, BA, LNFA, CMC, a member who has given back to our Chapter in so many ways since joining our association in 2010. He has been a regular participant in the chapter peer case conference calls and with a background as a nursing home administrator and a masters in gerontology he always brings his deep wisdom and varied experiences to the cases. Spencer has served on the board for the past 4 years, first as the treasurer, then the secretary-treasurer after our joining ALCA as a committee and now serves as the chapter vice-president. As a member of the San Antonio unit, last year he served on the national conference committee and was the sponsor liaison. Spencer, we thank you for your steady hand and faithful service to our chapter.

I serve as a volunteer speaker for the San Antonio and South Central Chapter of the Alzheimer’s Association and have for a number of years. Byron Cordes and Jill Piazzi also are volunteer speakers and we all find this a rewarding experience and last night I gave a presentation. National has prepared set presentations that allow any presenter to deliver the same material which I find helpful.

—Spencer Brown
ALCA recently held its 34th annual conference in Chicago, Illinois. The South Central Chapter had 16 members represented at the conference. We had a great chapter meeting at the end of the first full day of the conference – meeting new members from Oklahoma. I always get so much out of attending these conferences, having missed only one in 16 years. I enjoy the educational sessions and seeing new and old exhibitors. But my favorite parts of the conferences are the time spent with other care managers from our region, across the country and even the globe. This year saw attendees from Canada, Australia and Israel.

The conference kicked off with an inspiring session on Growing Bolder by Marc Middleton. He challenged us to empower our clients and look to new markets in the aging arena. There were additional general and breakout sessions throughout the 3 days, including: resilience, ethics, mental health, and helping to grow our businesses. One of the most talked about breakout sessions was on Emergency Preparedness, including our very own Myra Johnson and Dianne McGraw. I truly enjoyed a session by Lisa Mayfield and Connie Parsons on network marketing. I felt they pushed me to look at new avenues for building relationship in our business.

As anyone who has ever met me knows, I love to talk. I have also been working on listening. So it was great fun being partnered with a “Conference Buddie” (a first time attendee) from Israel. He is now working in NYC on bringing their Israeli model of home care and integrating Care Management into it. There were two ladies from Australia setting up shop and talking to everyone about the cultural differences they face.

I know that attending a national conference is a big investment, but I hope our chapter can continue to show a strong presence at the national level. We learn so much by sharing. I hope that everyone saves the date for next year’s national conference, April 3-6, 2019 in Scottsdale, AZ.
1. EXPAND ALCA’S INFLUENCE IN THE AGING AND DISABILITY SECTOR IN THE FOUR STATES OF TEXAS, OKLAHOMA, LOUISIANA AND ARKANSAS

A. Develop closer relationships with the three ALCA priority alliances for 2018:
   - National Association of Elder Law Attorneys (NAELA)
   - Alzheimer’s Association
   - National Association of Estate Planning Councils (NAEPC)

   Goal: Support ALCA members in OK, LA, AR and TX regarding alliances with local affiliates of these 3 strategic partners.
   Goal: Encourage all chapter members to volunteer or reach out to their local affiliate of the Alzheimer’s Association – serve on their board, join the speakers’ bureau or volunteer in some other way.
   Goal: Encourage all members to find their local Estate Planning Council and either join or make some contacts and begin conversations to promote the ALC profession and get people interested in getting involved with ALCA.

B. Increase utilization of social media by members and develop contacts with local traditional media outlets such as: newspapers, radio, etc.

   Goal: Encourage members to utilize the social media supportive services offered by ALCA such as: Coffee Talk, webinars on social media, etc.
   Goal: Robust promotion of May as Aging Life Care Month within the SC chapter via individual social media and traditional media sources in every city within our chapter.

2. RETAIN AND GROW ACLA MEMBERSHIP

A. Develop strategic partnerships with local universities within the SC chapter.

   Goal: Each active unit (Austin, Dallas, Houston and San Antonio) asks for a volunteer or a committee to contact every university or college in their area with a social work or gerontology degree and possible strategic alliances. Promote student membership in ALCA and offer to present about ALC to their students using the ALCA PowerPoint.

B. Identify and utilize the most effective means of communication/engagement with chapter members, in order, to maximize contact with members.

   Goal: Chapter president will send out bi-monthly email updates on chapter activities and important information. Feb., April, June, Aug., Oct. and Dec.
   Goal: Publish a Chapter newsletter twice a year – May-June and Nov.-Dec. highlighting members’ activities and topics relevant to ALC. Establish a 3 person committee to create the newsletter and encourage members to contribute content.

C. Encourage all chapter members to invite those in their respective areas already doing care management to join ALCA. Welcome them to visit unit meetings. Visitors are allowed to attend 2 visits before needing to decide to join or not join ALCA.

D. Encourage members to look for opportunities to invite local companies offering services or products relevant to Aging Life Care to join ALCA as Corporate Partners. Currently our chapter has no Corporate Partners based in the SC Chapter. Goal is to have at least two businesses from the SC Chapter join ALCA in 2018.
The long and descriptive title of this book gives you a pretty good idea of the philosophy of Dr. Devi, a highly respected neurologist in New York City, as she treats and interacts with her patients and their care partners. It is full of warmly recounted anecdotes and personal stories of her patients and their families. Chapter one titled “Do I have Alzheimer’s?” drew me in, as a care manager, because she explains how important an early and accurate diagnosis is for someone with memory problems or other symptoms of cognitive impairment. So many people think there is nothing they can do to help their loved one when they see them slipping or worse deny that there is any problem. Dr. Devi dispels those myths and speaks to the importance of finding out what is wrong. With so many causes of brain decline and with some of them potentially being reversible she makes the case in a loving but firm way for early diagnosis.

Other chapters deal with driving, when and if to tell family and friends, when to retire, caregiver stress, and end of life. One of the most interesting and unique chapters was about the healthcare system’s bias when it comes to treating women and their symptoms. She has some fascinating stories about misdiagnosis and this topic is very relevant today as recent studies are showing that women and minorities can experience dismissive attitudes from healthcare professionals.

I highly recommend this book as the information and principles expressed are very current and reflect so much of what has been learned about Alzheimer’s and other dementias in the last 10-15 years and how to live a life of meaning and purpose with the diagnosis. As a care manager, you will grow in your reservoir of knowledge and hope that you can share with the families you work with and I will bet you are recommending this book to them as well.
UPCOMING CHAPTER CONFERENCE

Written by Michele Osentowski

The Dallas Unit is excited to be hosting the 2018 Annual Conference November 8-10, 2018.

Thursday night from 6:30 pm until 8:30 pm our guests are invited to attend a reception including an open bar and light hor d'oeuvres. This will give us a chance to socialize with both old and new friends and colleagues.

Fridays programming includes information about how to work with difficult clients and difficult caregivers with personality disorders by Dr. Paul Chafetz. Since 1982, Dr. Chafetz has provided expert psychological services to adults in Dallas. He trained in clinical psychology at the University of Florida, Duke University Medical Center, and the Texas Research Institute of Mental Sciences. Pharmacist, Shelley Bingham will be presenting on Modern Pharmacological Treatments. There will also be a panel presenting on today’s benefits for our clients who are at risk of not being able to afford to privately pay for services any longer. These are just a few topics that will be presented on Friday.

On Saturday, the programming includes information presented by Attorney, Susan Patterson about the modern role of the care manager when providing services for the Elder Orphan. Susan grew up in the Midwest in a blended, multi-generational household that taught her to value family connections and respect her elders. She spent her early career in the financial services industry dealing with clients and their money. This experience taught her to listen and understand what people value. After law school it was natural for Susan to choose a practice area that capitalized on these skills and experience. Susan has practiced law since 1996 and is a member of the State Bar of Texas, Dallas Bar Association, National Academy of Elder Law Attorneys, Academy of Special Needs Planners, and the American Society on Aging. She is past president of the board of directors of the Children’s Chorus of Greater Dallas, and Executive Women of Dallas. She is an accredited attorney with the Department of Veterans Affairs (VA).

Other topics include A Modern Therapy: The Neuro-circuitry of Touch-the Social Impact and Non-Verbal Sand Play by Dr. Peralta and Jacqueline Kelly, LCSW. Jacquelyn is a Licensed Clinical Social Worker in private practice in Texas. She is also Director of Social Services at Compass Hospice in Dallas. She is a teaching member of Sandplay Therapists of America and International Society for Sandplay Therapy. She has been practicing Sandplay therapy for 30 years, as a school social worker and in private practice. She is Past President for Texas Sandplay Society and Past President of the C.G. Jung Society of North Texas. She is currently on the board of Sandplay Therapists of America as Admissions Chair.

An optional event is being planned for Friday night. This promises to be another opportunity to spend time with your colleagues in a fun and active atmosphere to wind down from a full day of programs and re-energize for second day of programs.

The conference will end on November 10, 2018 at 5:00 pm and you are encouraged to make your travel plans so that you won’t miss the last program, Modernizing your Business Marketing Strategy.
Our conference will be held Thursday, November 8 through Saturday, November 10 at the Omni Mandalay Hotel 221 East Las Colinas Ave, Irving, 75039, 972-556-0800.

TRANQUIL HOTEL ACCOMMODATIONS IN THE HEART OF LAS COLINAS

Enjoy an oasis of comfort at our hotel near Dallas

When you make your reservations at Omni Mandalay Hotel at Las Colinas, you’ll experience the urban energy of our community plus the tranquility of our waterfront location on Lake Carolyn. Enjoy access to a host of restaurants, shops and businesses, then explore the Mandalay Canal by gondola or stand-up paddle board during downtime. Our Irving location also makes it easy to travel to popular Dallas/Fort Worth attractions and airports via the new DART Orange Line.

Boasting the largest standard guest accommodations in the Dallas area, our hotel features updated rooms that appeal to business and leisure travelers. Luxury abounds in spaces with marble bathrooms, sitting areas and sweeping views of our surroundings. Guests can pamper themselves at our full-service day spa and salon and enjoy fine dining with friends or colleagues right on site. With 10,650 square feet of meeting space, high-speed Wi-Fi and creative catering options, we are also a premier choice for corporate and social celebrations in Las Colinas.

We have secured a block of rooms with a nightly rate of only $154. If you would like to stay at the hotel just ask for the “ALCA” rate when you book your room.

We are grateful to our exhibitors and sponsors. As of June 1, 2018 we have two Platinum Sponsors, Civitas Senior Living and Silverado Senior Living. Home Helpers is one of our Gold Sponsors. Other sponsors are continuing to register.

Please mark your calendars today and we will look forward to seeing you in November to not only learn how to Modernize Your Business but also how to Care Manage the Modern Family.

HOPE TO SEE YOU AT OUR NEXT CONFERENCE!!

Thank you to all who contributed to this newsletter. If you are interested in submitting an article, please email ann@sage-care.com