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2022 Chapter Conference
November 6-7, 2022 | Philadelphia, PA

AGING (i)fe CARE®
ASSOCIATION
— MID-ATLANTIC CHAPTER —

Plan Now to Join the ALCA Mid-Atlantic Chapter for the 2022 Chapter Conference – November 6-7, 2022 in Philadelphia, PA

The Mid-Atlantic Chapter of the Aging Life Care Association® is part of a national association of practitioners from both public and private sectors. We represent Delaware, Maryland, Virginia, West Virginia, Pennsylvania, and the District of Columbia.

Our goal is to provide those who are aging, or who have chronic illnesses or disabilities, with guidance, appropriate resources, and care planning to promote their optimal social, psychological, and physical well-being. As Aging Life Care Professionals®, we strive to ensure the highest quality, most effective services. Our goal is to reduce the stress for family caregivers and create the most effective plan that encourages safety, independence, and autonomy.

Hotel/Location

[The Bellevue Hotel](#)

200 South Broad Street Philadelphia, PA 19102 | 215.893.1234

A special conference rate of \$169 + tax per night is available for ALCA Attendees and Exhibitors. To reserve your room, please use the hotel group block url to book your reservations. Rates are available on a first-come first served basis and cannot be guaranteed after September 30th.

The Bellevue Hotel is a 15-minute drive from Philadelphia International Airport and nine minutes from the 30th Street Amtrak station. It's conveniently located two-blocks to the corner of Broad Street and Locust Street, where the Number 4 bus can bring you to City Hall, the Pennsylvania Convention Center, or Lincoln Financial Field.

Continuing Education Information

The Mid-Atlantic Chapter of the Aging Life Care Association has applied for continuing education contact hours for the following:

- Social Work (NASW)
- Nursing (CA Board of Registered Nursing)
- National Academy of Certified Care Managers (NACCM) Care Manager Certified (CMC)
- Commission for Case Manager (CCM) Certification

Please indicate which CE certificate(s) you need on your registration form. You must include your license number for social work or nursing. Each certificate requested will be included in your registration fee. Attendee must sign the on-site attendance book daily for CE contact hours.

Registration Information

Early Bird Conference Registration Fees will begin at \$175 for ALCA Members and \$275 for Non-Members. To register online visit aginglifecare.org → Events → Mid-Atlantic Chapter Conference

2022 ALCA MID-ATLANTIC CONFERENCE TENTATIVE SCHEDULE OF EVENTS

SUNDAY | NOVEMBER 6, 2022

4:00 PM – 5:00 PM Registration Desk Open
5:00 PM – 7:00 PM Opening Reception/Networking Event



MONDAY | NOVEMBER 7, 2022

7:00 AM Registration Desk Open
7:00 AM – 7:45 AM Continental Breakfast in Exhibit Hall
7:45 AM – 8:00 AM Welcoming Remarks
8:00 AM - 9:30 AM KEYNOTE/SESSION “Vitality, Ageing and a Life with Dementia”
Eloy Van Hall

Founder Eloy van Hal from The Hogeweyk (aka Dementia Village in the Netherlands) challenges existing thinking based on the experiences of the Hogeweyk and will speak about the paradigm shift needed in care, support and the society for people living with dementia. The emancipation of people living with dementia.



9:30 AM – 10:00 AM Coffee Break with Exhibitors
10:00 AM - 11:15 AM SESSION 2 - “Innovations in Elder Care, How AgeTech Enhances Successful Aging”- Bryan Adler, CELA

AgeTech is more than emergency response pendants, and jitterbug cell phones. Innovations in aging related technology are coming at an increasingly rapid pace. More and more entrepreneurs are developing technology specifically designed for aging seniors and money is pouring into these innovations. This session will discuss current AgeTech, and its future – including robotic caregiving, nearly invisible wearables to supplant walkers and assistive devices, and clothing to detect health changes in real time. Participants will learn about the old, new, and future of AgeTech. We will discuss cutting edge technology, its advantages and disadvantages, the concerns related to it (privacy, adoption, cost), and how to address these issues with seniors and their families.



11:30 AM – 1:00 PM ALCA MID-ATLANTIC CHAPTER BUSINESS MEETING/AWARDS LUNCHEON

1:00 PM - 2:15 PM

SESSION 3 - “How a Functional Medicine Practitioner Approaches Hyperlipidemia” – Wendy Warner, MD, ABIHM, IFMCP

It’s all about addressing the underlying processes! Dr. Warner will review the similarities and differences in how a Functional Medicine practitioner approaches treatment of hyperlipidemia, versus conventional treatment.



2:15 PM – 2:45 PM

Break

2:45 PM - 3:45 PM

SESSION 4 - “Rolling Out a Rainbow Welcome: Understanding Issues Facing LGBT Older Adults” - Terri Clark

While older lesbian, gay, bisexual, and transgender (LGBT) adults confront many of the same issues when it comes to aging, the reality for LGBT people can be drastically different from their non-LGBT peers. “Rolling Out a Rainbow Welcome” provides an overview of the unique needs and experiences of LGBT older adults so that service providers, advocates, and the aging network can consider these factors when serving this population. LGBT older adults have experienced lifetimes of discrimination and mistreatment, contributing to an array of social, financial, emotional, and physical health needs. LGBT seniors aging without familial support networks are more likely to have to rely on the aging network for care, yet too often these systems of care are unprepared to serve the unique and complex needs of LGBT older adults. In this session conference participants will learn how to address the disparities through best practices that are grounded in cultural awareness, humility, and responsiveness.



3:45 PM – 4:00 PM

Break

4:00 PM - 5:00 PM

**SESSION 5 - “Art Therapy with Older Adults: Creativity as a Healing Tool”
Miki Nishida Goerd, LCSW, LCSW-C, ATR-BC**

The presentation will describe how art therapy and creativity can effectively support older adults when they experience mental health symptoms, aging processes, cognitive impairment, grief and loss, and the end-of-life issues. The presentation will include a brief hands-on exercise to enhance the participants’ understanding over how creativity promotes healing through self-expression.



Special thanks to our ToteBag Sponsor



Speaker Bios

Eloy Van Hall has over 20 years' experience in managing care and more than 10 years in providing strategic and operational advisory services to clients in the public and private sectors. Eloy focuses particularly on the elderly care & dementia care sector and community-based aged care. He has worked on a range of projects all over the world, influencing, engaging and advising stakeholders. Eloy brings a strong understanding of innovative Care concepts for elderly and elderly living with dementia and lots of experience in age care from all over the world. Eloy managed several nursing homes and assisted living facilities and elderly homes over more than 20 years. Eloy managed the former nursing home Hogeweyk for several years, before its transformation into the neighborhood The Hogeweyk. As one of the developers Eloy was heavily involved in all the stages of development from initial initiative via design, construction, implementation and maintaining and improving the concept. After opening in 2008, he managed The Hogeweyk until June 2015. There is such a high demand from the world for new solutions in good dementia care that Eloy is sharing his knowledge and experience with others as director and advisor at Van Hal Adviespraktijk BV since 2010 and as senior managing advisor at Be the Hogeweyk care concept since 2015. Eloy and his colleagues and partners have inspired thousands of people, companies local and national authorities worldwide. He is inspiring and guiding new initiatives in dementia care worldwide.

Bryan Adler is a Certified Elder Law Attorney (CELA) through the National Elder Law Foundation, the only Pennsylvania and New Jersey Supreme Courts authorized and American Bar Association accredited certification in Elder Law. With Rothkoff Law Group, he dedicates his New Jersey and Pennsylvania Elder Law practice to advising and counseling clients in the areas of elder law, life care planning, asset protection, veterans' benefits, [estate planning](#), guardianships, and long-term care advocacy for both Pennsylvania and New Jersey residents. Bryan received his bachelor's degree in Health Policy and Administration from Penn State University and his Juris Doctor from Drexel University. He is licensed to practice law in both Pennsylvania and New Jersey and is also a Veterans Administration accredited attorney. Initially designated by Super Lawyers® in 2017, and each year since, Bryan has been showcased as a "Rising Star" in the practice of Elder Law for which only 2.5% of attorneys are selected. Bryan is a member of the National Academy of Elder Law Attorneys, where he serves on the board of trustees for its charitable foundation. He is an active member of the Life Care Planning Law Firms Association and the Pennsylvania Academy of Elder Law Attorneys. Bryan is also a member of the Penns' Village advisory council. In addition to his law practice, Bryan is a partner at Life Care Consulting, LLC, a consulting group working with estate and elder law attorneys nationwide seeking to transition their practice from traditional estate and elder law to the holistic, life care planning approach to elder care planning. As a representative of Rothkoff Law Group, Bryan regularly speaks in the Philadelphia community and nationally with elder care professionals on topics such as life care planning, care coordination, Medicaid, veterans' benefits, and estate and asset protection planning. He works to bring attention to hunger issues and often assists with raising funds to donate to Philadelphia area food banks and hunger programs. He also regularly participates in "Tough Mudder" endurance races to raise money for the Wounded Warrior Project. **Certified Elder Law Attorney by the ABA Accredited National Elder Law Foundation, as Authorized by the Pennsylvania and New Jersey Supreme Courts.*

After 14 years of conventional ob/gyn practice, **Dr. Wendy Warner** established Medicine In Balance, a collaborative holistic medical practice in suburban Philadelphia. There she focuses on a functional

integrative approach to health and healing, working alongside practitioners from many different backgrounds and offering a wide variety of therapeutic options. She is board certified in gynecology and holistic integrative medicine, is a certified Functional Medicine practitioner, an herbalist and a mesa carrier. She is a nationally recognized speaker and educator, including teaching for the Institute for Functional Medicine. She is a Past President of the American Board of Integrative Holistic Medicine. She is faculty for David Winston's 2 year Herbal Therapeutics course. She authored a chapter in the upcoming 5th edition of Rakei's *Integrative Medicine* textbook, and is the co-author of "Boosting Your Immunity for Dummies".

Terri Clark (she/her) is an accomplished public health advocate, trainer, program planner, and facilitator with over 30 years of experience. Her areas of focus include human sexuality, with a specialty in LGBTQ issues, HIV prevention, sexual health, and older adult sexual expression. Terri manages a portfolio of projects that aim to improve understanding of these topics among diverse community member to bring the knowledge gap and ensure inclusivity. Her portfolio includes projects that advance the field of sexuality and aging, including the sexual health of older adults and working with aging services providers to insure inclusive, responsive services for LGBTQ older adult communities. Terri is a consultant trainer, which includes her work as a certified trainer with SAGE, the world's largest and oldest organization dedicated to improving the lives of LGBT older people. She is an advisory board member of Philadelphia Corporation for Aging's Health and Wellness Committee. Her community service includes serving on the PA COVID Health Disparities LGBT subcommittee along with being a member of the Aging Workgroup of the Governor's LGBTQ Commission. Terri is co-author/editor of "25 Great Lesson Plans about Sexual Orientation" and the expanded version, "Orientation: Teaching about Identity, Attraction and Behavior". Terri is a graduate of Hunter College with a master's in public health, community health education. She received her BA in sociology and communication from the University of Buffalo.

Miki Nishida Goerd, LCSW, LCSW-C, ATR-BC is the owner of Emerald Leaf Counseling LLC. She is an artist and a therapist with 18 years+ as a social worker and art therapist; working experiences with older adults in a variety of settings including outpatient mental health clinic, nursing homes, assisted living facilities, hospice, and dialysis centers; teaching experiences as an adjunct faculty at graduate-level programs; past presenting experiences at professional conferences such as the NASW annual conference. She uses creativity, observation skills, and psychological theories to help you understand why you feel, think, and behave in certain ways. Your feelings are trying to say something to you---I'd be glad to partner with you and figure out what they mean. Many of us feel more empowered when we know more about ourselves. Self-awareness gives us more power to let go of unhelpful beliefs and welcome new ways of living. As an artist, she learns about herself through painting and other methods of art making and finds this to be true for others who come to see her. Through art making and talking, she will help you find ways to reduce self-criticism and bring more compassion to yourself and others. Art is used as a way to find out who you are and how you can transform your past experiences into empowerment of the present self. She is a strong believer of anti-racism and anti-ageism practice and is committed to practicing therapy in ways that reduce oppression and its impact on you, as well as in the larger society. We will often process how oppression and cultural norms influence our lived experiences and beliefs. Exploration of racial/cultural identities is an important part of therapy for many clients. A lot of healing and hope can come from this type of exploration.