ALCA 2018
Midwest Conference

Aging Life Care™
Professionals’
BUCKEYE List

November 8-10, 2018
Columbus, Ohio

HIGHLIGHTS
Keynote Speakers David Zid and Jackie Russel with Delay the Disease: Medicine for the Aging Brain
Business Intensive / Advanced Practice – Includes Panel of Seasoned Care Managers

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THE BUCKEYE LIST
Schedule at a Glance

Thursday, November 8
6:30 pm – 8:00 pm  Welcome Reception and Networking

Friday, November 9
8:30 am – 10:00 am  Speaker: David Zid and Jackie Russel, Delay the Disease
                      Topic: Medicine for the Aging Brain
                      Presentation description: Experience how exercise enhances brain wellness, and may positively impact the progression of neurologic age-related changes. Neuroplasticity, the brain’s ability to create new circuits, may be the driving mechanism behind positive changes in the brain with Parkinson’s Disease, Alzheimer’s disease and the aging brain. Discuss strategies impacting brain health including social interaction, quality sleep, mindfulness and continual learning.

10:00 am – 10:30 am  Break and visit vendors

10:30 am – 11:30 am  Speaker: William Browning, Attorney; Isaac Wiles
                      Topic: What Assets are Available to the Community Spouse?
                      Presentation description: The “well spouse” in many states suffers impoverishment when the “ill spouse” requiring significant in-home care or nursing home care, or subsequent to his passing. The program will provide insight into planning options and funding mechanisms which offer a degree of protection for the “well spouse”, both while their spouse requires care and after the “ill spouse” passes away.

11:30 am – 12:30 pm  Speaker: Robert Applebaum, Scripps Gerontology Center, Miami University
                      Topic: Will You Still Need Me, Will You Still Feed Me When I’m 84?
                      Challenges and Opportunities Surrounding the Future of Aging Services
                      Presentation description: The U.S. has never experienced the population changes now underway. As the older population tops 80 million and the number of elders with disability increases, our nation faces new and growing challenges. Aging services providers will need to develop innovated approaches to responding to our aging nation.

12:30 pm – 2:00 pm  Lunch / Business Meeting

2:00 pm – 3:00 pm  Speaker: Ken Smith, Rest Assured
                      Topic: Meet the Jetsons
                      Presentation description: Lets explore how the future is here today and supporting those we serve through Assistive Technology, Passive Monitoring and Active Remote Support

3:00 pm – 3:30 pm  Break

3:30 pm – 4:30 pm  Speaker: Matt Gurwell, Keeping Us Safe
                      Topic: Driving Under the Influence of Dementia
                      Presentation description: This presentation focuses on the role dementia, memory and executive functioning play in older driver safety. The presentation is supported by current-day, real-life examples as well as academic research studies that confirm the correlation between cognitive decline and older driver safety.
Friday, November 9 (continued)

4:30 pm – 5:30 pm  **Speaker:** Elizabeth Zurliene, MPH, RN, CMC, Care Management Professionals, LLC  
**Topic:** You Don’t Have to Fly Solo; Utilizing Your Peers to Help Resolve Ethical Dilemmas  
**Presentation description:** Are you aware of the ALCA requirements for professional consultation? Are you familiar with the most current version of ALCA Standards of Practice and Code of Ethics? Learn how you can utilize the ALCA Standards of Practice and Code of Ethics to resolve ethical dilemmas that your practice presents and meet the professional consultation requirement through Peer Case Review and Peer Case Conferencing.

Saturday, November 10

8:30 am – 10:30 am  **Speaker:** Betsy Goldfarb, Queen City Transitions  
**Topic:** “Hoarding: What it is and how to help elders who hoard”  
**Presentation description:** The speaker will discuss what hoarding is and list some common characteristics of hoarders. The five components of the clutter hoarding scale will be discussed along with when to use personal protective equipment. Review some of the mental health issues that people who hoard tend to have.

10:30 am – 11:30 am  **Brunch**

11:30 am – 1:00 pm  **Speaker:** Melissa Miranda, Executive Coaching  
**Topic:** Compassion Fatigue; Calming the Nervous System  
**Presentation description:** We will be discussing compassion fatigue. What is compassion fatigue and signs you may be exhibiting regarding compassion fatigue. Melissa will be talking about how to deal with compassion fatigue; discussing calming the nervous system, breath and body awareness, mindfulness and meditation.

**Business Intensive:**

*Please bring your questions to this panel for an open discussion.*

1:30 pm – 2:30 pm  **Speaker:** Chris Williams, Wide Awake Business  
**Topic:** 1099 vs Employees and What Comes First, New Clients or New Hires: “The Chicken or the Egg Dilemma”  
**Presentation description:** Discuss what the difference is between 1099 and Employees. How to get new clients and new hires, what to do first. How to best market to expand your business.

2:30 pm – 2:45 pm  **Break - grab a box lunch and eat and listen to panel**

2:45 pm – 4:15 pm  **Panel Discussion with Three Experienced Aging Life Care Managers™**  
**Panelists:** Ann Sutton Burke, Mary Pitsch and Kari Klatt  
**Presentation description:** Listen to thee experienced Aging Life Care ™ panelist answer Q and A. Receive valuable information handouts on apps, software, and the experienced panelists most valuable forms they will share.

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**ALCA Midwest Chapter has applied for 11 continuing education contact hours from NACCM, NASW, Ca Board of RN, and CCMC. At the time of printing approval is pending.**
Special Thanks to Our Sponsors for Supporting Us!

**Exhibitors**

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Assisting Hands Home Care

Caption Call

CareTree

First Light Home Care

Health with Heart Senior Services

Junna Care Software

Mom’s Meals NourishCare

Synergy Home Care

True Link Financial

VillagePlan

Valued Relationships, Inc. (VRI)

**Contributor**

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CONFERENCE FEES

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VISIT THE EVENTS PAGE OF THE AGING LIFECARE WEBSITE TO REGISTER.

ADDITIONAL INFORMATION

Thursday Evening Welcome Reception and Networking
6:30 - 8:00 pm
Cocktails and hors d'oeuvres with Sponsors
(One drink ticket included per person.)

Friday Evening
6:30 pm
Dine Arounads

HOTEL AND TRAVEL INFORMATION

Conference Center
The Grand Event Center
820 Goodale Blvd.  |  Grandview Heights, Ohio 43212

Hotel (Attached to the Conference Center)
Courtyard by Marriott Columbus OSU Hotel
780 Yard Street  |  Columbus, Ohio 43212
888-797-1886 or 614-453-4420
Rooms: $132 per night (Rate valid until October 15.)
Click here to make room reservations with group rate.

Ground Transportation to and from Airport
Transportation from airport: Uber, Lyft, Yellow Taxi (614-444-4444) or American Blue Taxi (614-333-3333)
The hotel is less than 9 miles from the airport.
Complimentary shuttle within 3 mile radius.

Parking—Complimentary
Special Needs / Accessibility
Midwest ALCA will endeavor to accommodate the special needs of participants.