



PLAN NOW TO JOIN US FOR THE 2022 MIDWEST CHAPTER CONFERENCE



[DoubleTree by Hilton Cleveland Downtown – Lakeside](#)

1111 Lakeside Avenue E | Cleveland, OH 44114 | 216.241.5100

ALCA MW Chapter Group Rate: \$139+ Tax per Night before September 1st

[Click Here to Reserve a Room at Group Rate Online Now](#)

Overnight Parking Available for \$20/Daily Parking \$10/day

The ALCA Midwest Chapter is dedicated to providing dynamic education and collaboration opportunities for Aging Life Care Professionals® while promoting excellence in the practice of professional care management and invites you to join us for a dynamic in person conference this fall in Cleveland OH. The ALCA MW Chapter has applied for **9.0 continuing education contact hours** for the conference and is pending approval for Social Work; Nursing; CMC and CCM.

THURSDAY, SEPTEMBER 29, 2022

5:30 PM – 7:30 PM

OPENING RECEPTION WITH LIVE BAND

FRIDAY, SEPTEMBER 30, 2022

7:30 AM – 8:15 AM

CONTINENTAL BREAKFAST IN EXHIBIT HALL

8:15 AM - 9:30 AM

WELCOME & OPENING KEYNOTE/SESSION 1 -
“PUT ON YOUR BIG GIRL SHOES®: STEPPING INTO
COURAGEOUS CONVERSATIONS”



Dr Lori is a clinical health psychologist, media consultant, author, and award-winning keynote speaker for women’s empowerment and diversity with topics related to the health benefits of courage and gratitude, healthy aging, and creating a life and business from your purpose. Her infectious enthusiasm, the wealth of knowledge, engaging style, and warm sense of humor have afforded her the title of “best motivational speaker” by many organizations. Dr. Lori will share strategies to increase our self-awareness, identify barriers to creating psychological safety and explore ways to use empathy to drive social awareness and connections.

Presented by: Dr. Lori Stevic-Rust, PhD, ABPP

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9:30 AM – 9:45 AM

COFFEE BREAK/VISIT WITH EXHIBITORS

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9:45 AM - 10:45 AM

SESSION 2 - “ADVANCES IN PREVENTION & TREATMENT OF
ALZHEIMER'S DISEASE & DEMENTIA”

Most people think there is nothing you can do to significantly impact the trajectory of Alzheimer's and Dementia. Research, technologies, and recent successful clinical trials are challenging that notion and proving memory loss is treatable and preventable. During this interactive discussion, Dr. Bergman will share the latest in prevention and treatment and how it can positively impact your clients, and even help in your own life.

Presented by: Nate Bergman, DO, MBA, CBHT

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10:45 AM – 11:15 AM COFFEE BREAK/VISIT WITH EXHIBITORS

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11:15 AM - 12:15 PM SESSION 3 - “THE BASICS REGARDING SOCIAL SECURITY DISABILITY INSURANCE (SSDI) AND SUPPLEMENTAL SECURITY INCOME (SSI)”

Cleveland’s Social Security’s Public Affairs Specialist will provide an enlightening and engaging presentation regarding Social Security Disability Insurance and Supplemental Security Income.

Presented by: Brandon P. Smith, Social Security Administration

12:15 PM - 1:30 PM BUSINESS MEETING/AWARDS LUNCHEON

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1:45 PM - 2:45 PM SESSION 4 - “SEX AND SENIORS: INTIMACY AND ITS ROLE ACROSS THE LIFESPAN”

Treating sex among seniors as a “taboo topic” is common. But, ignoring this important conversation is driving real issues about health, relationships, and abuse underground. Educating yourself about this tastefully presented topic will empower you to talk candidly about this vital topic.

Presented by: Colleen Ceh Becvar, BS, MS, CMC, Trinity Advocacy Group, Oakbrook, IL

2:45 PM – 3:15 PM COFFEE BREAK/VISIT WITH EXHIBITORS

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3:15 PM - 4:15 PM SESSION 5- “LESSONS FROM COVID FOR PROFESSIONALS IN AGING”

When COVID-19 hit, many were taken by surprise. But elder care professionals knew it would be devastating as the fatalities rose. When lock downs came, the solution was flawed. This topic will dissect what happened and how to help our clients. Studying what happened, what changes are needed and how to prevent terrible outcomes is the work of Aging Life Care Professionals®. We must push for advocacy for elders, changes in the system on both a micro and macro level and keep people out of facilities at all costs. We will dissect what our clients needed and how we can move forward with positive change.

Presented by: Rachel A Kabb-Effron, Esq, CELA and Carolyn Lechner, MSSA, LSW, Kabb Law Firm, Beachwood OH

4:15 PM – 4:30 PM

COFFEE BREAK/VISIT WITH EXHIBITORS

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4:30 PM – 5:30 PM

SESSION 6 - "SOLO SENIORS NEED PROFESSIONAL HEALTH CARE SURROGATES"

The increase in "solo seniors" represents an increasing challenge in our complex medical care system. Fragmented care and lack of fully informed consent can lead to unwanted outcomes. Professional health care surrogates can help seniors define their wishes and then ensure their choices are honored.

Presented by: Janis Landis, *President Emeritus, Final Exit Network, Forest Hills, NY*

SATURDAY, OCTOBER 1, 2022

8:30 AM - 10:00 AM

SESSION 7 - "SELF-CARE IS ALL ABOUT LOVE. LEARNING TO LOVE YOURSELF TO BETTER LOVE AND SERVE OTHERS"

Self-Care is important for Everyone. It's about love and learning to love yourself to better love and serve others. This session will focus on the evidenced-based, "True" Self-Care Practices for Improved Health and Well-Being: Physically, Mentally and Emotionally. Attendees will learn and practice self-care strategies to include breath work, grounding practices and a mini active relaxation program for yourselves as well as your clients.

Presented by: Elizabeth Logue, *LPT, The Breath Spa, Westlake, OH*

10:00 AM – 11:00 AM

NETWORKING BRUNCH

11:00 AM - 12:30 PM

SESSION 8 - "MEDICAID & ASSET PROTECTION: PREPLANNING VS. CRISIS PLANNING"

With 70% of the aging population requiring long term care, it's important to understand how to qualify for Medicaid and protect assets. Learn estate planning terminology, asset protection strategies, and what options are available when crisis planning is needed.

Presented by: Samuel V. Butcher, *Esq, RPh, CELA, Butcher Elder Law, Strongsville, OH*

Registration Now Open! For more information visit

www.aginglifecare.org

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