

Cruisin' in the Motor City



Heart of the American Dream

OCTOBER 13-15, 2023

HOLLYWOOD CASINO AT GREEKTOWN
Detroit, Michigan

AGING (i)fe CARE®
A S S O C I A T I O N
— MID-WEST CHAPTER —

The Midwest Chapter of the Aging Life Care Association® is dedicated to providing dynamic education and collaboration opportunities for Aging Life Care Professionals® while promoting excellence in the practice of professional care management.

We invite you to join us for a dynamic in person conference this fall – October 13-15, 2023, at the Hollywood Casino at Greektown in Detroit, Michigan!

Hotel & Travel Information

Hollywood Casino at Greektown

1200 Saint Antoine | Detroit, MI 48226 | 877-424-5554

Group Room Rate: \$189 + Tax Per Night

[Click Here](#) to book your reservations online before September 1st now!

CEU Information

The Midwest Chapter will apply for up to 10.5 continuing education contact hours for the conference from the National Academy of Certified Care Managers (NACCM) - Care Manager Certified (CMC), National Association of Social Work for Social Work Credit, the California Board of Registered Nursing (Nursing) and the Commission for Case Manager – Certified Case Manager (CCM).

Conference Fees

Early Bird Registration Fees for members of \$290 are available until September 1st.

Daily and non-member rates are also available. [Click Here](#) to register online. Please note, ALCA Members must sign in with their Username and Password to Register Online. Non-members are required to “Create an Account”. Please contact the ALCA Office at 520.881.8008 if you need assistance.

Exhibitor/Sponsorship Opportunities

The ALCA Midwest Chapter conference offers various levels of sponsorship and opportunities to highlight your business throughout the year. [Click Here](#) for more information or contact Pam Carlson at meetings@aginglifecare.org before September 1, 2023.

Special Thanks to our Sponsors



**AGING
ADVANTAGE**



FINANCE of AMERICA
— REVERSE™ —



For more information visit the Events Page at www.aginglifecare.org

Friday, October 13, 2023

9:00 AM – 12:00 PM	ALCA MIDWEST CHAPTER BOARD OF DIRECTORS MEETING
11:00 AM – 1:00 PM	REGISTRATION DESK OPEN
12:00 PM	EXHIBIT HALL OPEN
1:00 PM – 1:30 PM	WELCOME & HOUSEKEEPING ANNOUNCEMENTS <i>Gail Lee, 2023 Conference Chair</i>
1:30 PM – 3:00 PM	GENERAL SESSION 1

Put It in Drive: Moving Forward with Intention through Trauma, Resiliency and Post-traumatic Growth

The past few years have been extraordinarily challenging for all of us, and particularly for those in “helping professions”. Our worlds were suddenly turned upside down and we are all still living through this traumatic experience. In order to move forward into our “next normal”, we’ll need to unpack that trauma, share our experiences and learn from them. By doing this, we’ll become more resilient, better able to manage our stress, and ready to move forward with intention.

Lynn Breuer LMSW, CDP, LMSW, CDP

Jewish Family Service of Metropolitan Detroit, West Bloomfield, MI



3:00 PM – 3:45 PM	COFFEE BREAK/VISIT WITH EXHIBITORS* <i>Sponsored by Flying Angels</i>
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3:45 PM – 4:45 PM	GENERAL SESSION 2
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Maintaining the Engine: The Critical Role of Mental Stimulation in Keeping Cognition Strong

As we grow older most of us are aware that strong cognition is critical to aging well and on our own terms! Yet those who are lucky enough to live a long life will experience some form of age-related cognitive decline. Despite this, many of us do not know what to do to maximize our brain health. While there are several lifestyle factors that can help, getting enough of the right kind of cognitive stimulation is critical. Just like we exercise our bodies to be as strong as possible as we age, there are specific exercises we can do to have our cognition as strong as possible!

Lynn Breuer LMSW, CDP, LMSW, CDP

Jewish Family Service of Metropolitan Detroit, West Bloomfield, MI

5:00 PM – 6:30 PM	OPENING RECEPTION
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Saturday, October 14, 2023

7:30 AM – 8:15 AM Morning Wellness Adaptive Yoga Activity (Optional Event)

The practice of yoga includes intentional breathing techniques, body awareness, and mindfulness to support inner calm – a lovely way to begin your day! Join us for a gentle morning yoga session guided by **Karen Faith Gordon, LMSW, CCM, CDP, CGCS, CSTIP**. During this 45-minute session, attendees will experience the benefits of meditative movement as body and mind unite to achieve peaceful presence. This practice will begin seated in a chair and will include standing poses using the chair as a stabilizing base for balance. All are welcome - no experience necessary.

8:00 AM – 8:30 AM REGISTRATION DESK OPEN

8:30 AM – 9:30 AM CONTINENTAL BREAKFAST/VISIT WITH EXHIBITORS*

9:30 AM - 10:30 AM GENERAL SESSION 3

Detailing Makes the Whole Look: Building a Holistic Life and Legacy Plan, Partnering Care Management with Estate Planning

Planning for the future means planning for the “what-ifs” to ensure that an emergency action plan is in place if something happens. Let's discuss how to give clients peace of mind about their future. Who will be their voice when they don't have one? What can Estate Planning Attorneys and Care Managers gain from partnering together?

Kristin Hughes, JD
Schluter & Hughes Law, Bloomfield Hills MI



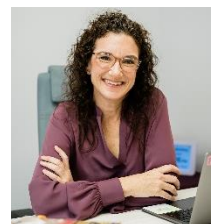
10:30 AM – 11:15 AM COFFEE BREAK/VISIT WITH EXHIBITORS* *Sponsored by Amada Senior Care*

11:15 AM - 12:15 PM GENERAL SESSION 4

Breakdowns: How to Cope After the Diagnosis

A diagnosis is life changing. Individuals and their spouses are faced with unknown futures, while adult children find themselves in an unexpected role reversal. There is much to explore with the person who's been diagnosed: coping with an uncertain longevity, how this affects relationships in couples, and changing dynamics within the family unit. Facilitating these conversations requires compassion, skill, and openness. Understanding nuances of communication supports the creation of meaningful dialogue and the ability to discuss intimate topics with sensitivity and grace.

Karen Faith Gordon, LMSW, CCM, CDP, CGCS, CSTIP
Founder & Owner, Karen Faith, LLC, West Bloomfield, MI



Saturday, October 14, 2023 – Continued

12:15 PM - 1:00 PM

BUSINESS MEETING/AWARDS LUNCHEON

1:00 PM - 1:30 PM

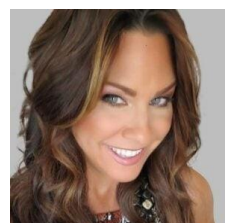
Navigating the Resource Network Review/Discussion – Part I*

1:45 PM - 2:45 PM

GENERAL SESSION 5

Don't Lose Your Garage: 5 Myth-busting Truths about Reverse Mortgages

The lack of clear, fact-based information about reverse mortgages is preventing many seniors from considering them. The home is often a senior's largest asset and could be tapped to help offset the financial costs associated with in-home care or home modifications. Join us to learn why the reverse mortgage could be the most useful, but also most misunderstood loan in America.



Gabrielle Welter, Mortgage Loan Originator NMLS 1849122

Finance of America Reverse, Lowell IN

2:45 PM – 3:30 PM

COFFEE BREAK/VISIT WITH EXHIBITORS*

Sponsored by Finance of America Reverse

3:30 PM - 5:00 PM

GENERAL SESSION 6

DUI: Sex, Drugs and Rock-n-Roll

Sex, drugs, and rock-n-roll is more than an era in our nation's history - it also refers to quality-of-life factors and correlates to health outcomes for the clients we serve. The primary focus of this presentation will look at drug use and abuse among seniors but will also highlight the importance of intimacy across the lifespan and the impact of music on health.



Colleen Ceh Becvar, Gerontologist

Trinity Advocacy Group, Oak Brook, IL

5:00 PM - 5:30 PM

Navigating the Resource Network Review/Discussion – Part II

Join us for a time to review and discuss the resources we have learned about throughout the conference and how they can be utilized to optimize Aging Life Care Professionals clients' experience.

**Earn 1+ CEU by interacting with exhibitors to learn how networking and resourcing can assist to build up clients and client outcomes. Resource card completion and participation in review and discussion are required.*

Evening

Optional Event

Sunday, October 15, 2023

8:00 AM **Registration Desk Open**

8:30 AM – 9:00 AM **BREAKFAST**

9:00 AM – 10:30 AM **GENERAL SESSION 7**

Fuel Additives and all the Chemicals for Optimal Performance: Understanding Drug Interactions in Older Adults

This session will explore concepts regarding drug interactions in older adults, including pharmacogenomic applications and cannabis. Attendees will learn strategies to help their clients reduce the risk of experiencing a serious drug interaction.

Hedva Barenholtz Levy, PharmD, BCPS, BCGP
HbL Pharma Consulting, St. Louis, MO



10:30 AM – 10:45 AM **COFFEE BREAK**
Sponsored by Private Home Care

10:45 AM – 12:00 PM **GENERAL SESSION 8/CLOSING REMARKS**

Car Show – Let's Look at all the Beauties: What's Working? Post Pandemic

Be prepared to hear from professionals at various care levels of assisted living, skilled nursing, private home care as well as skilled home care about challenges and innovations coming out of the pandemic -- what has changed and what's working now. Come with your questions and concerns to discuss at this round table discussion to improve care outcomes for clients.



Sandra D. Adams, CFP®, Partner, The Center for Financial Planning Inc.

Dina Hurnevich, CMC, CMDCP, Alliance Senior Care LLC

Gail Lee, MA, LCSW, CCM, CEAP, Senior Advisor, Amen, Gantner & Capriano, Attorneys at Law

Esti Pop, Owner, WestView Care Home

12:00 PM **Conference Concludes**

2023 Annual Conference Registration Form**October 13-15, 2023**

Hollywood Casino at Greektown – Detroit, MI

Early Bird Registration
On or Before 9/1/23**Registration Fee**
after 9/1/23**ALCA Member/Partner**

<input type="radio"/> Full Registration	\$290	\$370
<input type="radio"/> One-Day Registration		
<input type="radio"/> Fri <input type="radio"/> Sun	\$150	\$200
<input type="radio"/> Sat	\$200	\$250

☐ First-time Conference Attendee☐ Vegetarian Meal☐ Vegan☐ Gluten Free ☐ Other**Non-Member**

<input type="radio"/> Full Registration	\$390	\$445
<input type="radio"/> One-Day Registration		
<input type="radio"/> Fri OR <input type="radio"/> Sun	\$200	\$250
<input type="radio"/> Sat	\$250	\$300

TOTAL: \$_____ \$_____

ATTENDEE INFORMATION

Name: _____

Credentials: ☐ CMC ☐ RN ☐ CCM ☐ LCSW License/Credential No. _____

Company: _____

Address: _____

City, State, Zip: _____ County/Unit: _____

Phone: _____ Email: _____

Credit Card : ☐ VS ☐ MC ☐ AMEX

Card #: _____ - _____ - _____ Exp Date: ____ / ____

Cardholder Signature: _____ Date: _____

PAYMENT INFO: Checks should be made out to ALCA-MW and mailed with the completed attendee registration form to:
ALCA-MW Chapter 2023 Conference Registration 3275 W Ina Road, Suite 130, Tucson, AZ 85741**Credit Card Payments are accepted online at:** www.aginglifecare.org Click On Events → Midwest Chapter Conference**REFUNDS:** No refunds will be issued after **September 22, 2023**. Cancellations before that date will receive a refund minus a \$50 administration fee. Substitutions are welcome. Changes or cancellations must be made in writing to the registration staff: Pamela Carlson at pam@carlsongroupmgt.com