

College at Brockport's Center for Excellence in Gerontological Social Work  
Social Work Departments at the College at Brockport & Nazareth College  
Monroe County Office for the Aging  
Nazareth College Gerontology Program  
State Society on Aging of New York (SSA)

Present:

# **Meaningful Engagement & Healthy Aging: Opportunities and Challenges**



Thursday, March 31st, 2011  
9:00am to 3:30pm  
Monroe Community Hospital, Rochester, NY

**Sponsored by:**  
**Finger Lakes Geriatric Education Center of Upstate New York**  
**NASW New York State Chapter/Genesee Valley Division**

# Meaningful Engagement and Healthy Aging: Opportunities & Challenges Conference Agenda

Monroe Community Hospital, Rochester NY  
March 31st, 2011

**8:00 – 9:00** Conference Registration/Continental Breakfast

**9:00 – 9:30** Welcome/Introductions

**Maggie Brooks**, County Executive, Monroe County, NY; **Corinda Crossdale**, Director, MCOFA; **Janna Heyman**, Ph.D, President, SSA; **Debra Fromm-Faria**, LCSW, ACSW

**9:30 – 10:15** Key Note Address

**William J. Hall, M.D.** Professor of Medicine and Director of the Center for Healthy Aging, University of Rochester Medical Center

**10:15 – 11:15** Panel Facilitator, **Corinda Crossdale**, LMSW, Director of the Monroe County Office of the Aging and SSA President-Elect

**William Armbruster**, Associate Director, AARP, NYS Chapter, *Livable Communities*

**Rebecca Priest**, LMSW, Eden Mentor, Eden Alternative, Guide, St. John's Home, *Creating meaningful moments for people living with dementia.*

**Kristine Santillo**, BS, Director of Lifespan at the Maplewood YMCA, Caroline "Lily Lobozzo Aging Resource Center, *The future model of senior centers has arrived.*

**Lynda J. Sperazza**, Ph.D. Assistant Professor Recreation and Leisure, College at Brockport, State University of NY, *Recreation and Leisure Trends for Aging Baby Boomers*

**David Steitz**, Ph.D. Assistant Professor and Gerontology Director, Nazareth College, *University and Community Partnerships: Intergenerational and Intellectual Engagement*

**11:15 – 12:00** Audience Q & A with Dr. Hall & Professional Panel

**12:00 – 1:00** Lunch

**1:00 – 2:15** Afternoon Breakout Sessions (*Choice of sessions*)

**Film Screening *Ten More Years***: A thought provoking documentary exploring situations faced by many LGBT elders. Facilitator Elizabeth Russell, PhD, LCSW, Assistant Professor of Social Work, Nazareth College

**Don't be Fooled; Myths of Medicalization- Organizational Change Strategies and Outcomes**  
Rebecca Priest, LMSW, Eden Mentor, Eden Alternative, Guide, St. John's Home

**Meaningful Leisure and Recreation.**

Lynda J. Sperazza, Ph.D. Assistant Professor Recreation and Leisure, College at Brockport, State University of New York

**Problem Gambling: Impact on Seniors**

Jennifer Faringer, MS.Ed, CPP, Director, DePaul's National Council on Alcoholism and Drug Dependence- Rochester Area and David Young, Problem Gambling Prevention Coordinator,

**2:15-3:00** SSA Student Poster Session, Peer Networking and Exhibits: *Social Engagement in Action*  
*Entertainment provided by New Horizons from the Eastman School of Music*

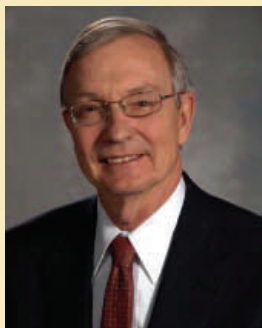
**3:00 – 3:30** **Wrap-up and Closing Remarks:** Thomas Caprio, MD, MPH, Assistant Professor of Medicine and Program Director, Geriatric Medicine Fellowship, Past-President SSA



Maggie Brooks  
County Executive



## Meet the Keynote Speaker...



Dr. Hall is professor of medicine at the University at Rochester and director of the Center for Healthy Aging. Board certified in internal medicine and pulmonary disease, Dr. Hall is an active scholar with over 50 juried articles. He is co-author of the book *Taking Charge of Your Health: A Guide to Getting the Best Health Care as You Age*. Dr. Hall is the recipient of many awards and honors including the Dennis W. Jahnigen Award from the American Geriatrics.

## Meet the Panel...

**William Armbruster** is the current Associate State Director of the American Association for Retired Persons (AARP). At AARP, William is dedicated to enhancing the quality of life for seniors as they age. He is part of the leadership team for the organization that leads positive social change and delivers value to members through information, advocacy and service. William received his Masters of Science in Exercise Physiology and Cardiac Rehab from the University of Louisville and his Bachelor of Science in Biology at Clarkson University.

**Rebecca Priest**, LMSW, Eden mentor, is the current Greenhouse Project Guide at St. John's Home. As an Eden Alternative Home, St. John's fosters companionship, balances giving and receiving care, and offers a variety and spontaneity in daily life. Rebecca understands the three plagues that threaten elderhood, and has practical ideas for how she can change the way she does her job to eliminate these plagues. Rebecca received her degree from the State University of New York College at Buffalo.

**Kristine Santillo**, Director of the Caroline "Lily" Loboizzo Aging Resource Center (CLLARC). Kristine earned her Bachelor's Degree in Therapeutic Recreation from the College at Brockport, State University of New York. For the past seven years, she has worked at Lifespan in several capacities including, Day Program Assistant Coordinator, Senior Integration Program Manager and Medicaid Service Coordinator. She is currently developing a family support program for older adults with developmental disabilities and their family caregivers. Kristine is looking forward to creating and implementing this pilot project at the CLLARC.

**Dr. Lynda Sperazza**, an Assistant Professor in the Department of Recreation and Leisure Studies at Brockport, is a Certified Park and Recreation Professional (CPRP) with over 12 years field experience as a recreation programmer and manager in various municipal and military recreation settings. She holds a BA in Recreation and Leisure Studies (Washington State University), a MA in Organizational Management (University of Phoenix), and a PhD in Education (University of Idaho). In June 2009, she published a book, *Leisure Programming for Baby Boomers*, which is designed as a field guide for the recreation professional and supplemental text.

**Dr. David W. Steitz** received his Ph.D. from Syracuse University and is an Assistant Professor of Psychology and Director of the Gerontology Program and Nazareth College. He served for two years as Co-Chair of the Student Committee for SSA. As Co-Chair, he has helped to organize several Upstate Student Conferences on topics such as sex and intimacy in later life, mental health in late life, and elder abuse. He is currently serving as Treasurer of SSA. His teaching and research focus on intergenerational service-learning and has published in *Psychology and Aging*, *Journal of Gerontological Social Work*, and *Gerontology and Geriatrics Education*. He has also received the Association for Gerontology in Higher Education Service Project Award.

## **A special thank you to ...**

**Paul Grigsby** for allowing his photos to be presented at this conference.

The Senior Art Display provided by **Darlene Zoricak**, Group Coordinator at Lifespan, and the following Monroe County Seniors:

**Jeane Arthur  
Kay Daily  
Lorraine Fusare  
Judy Hassett  
Tom Kuzmik  
Carol Mulligan  
Dorthey Pullblank  
Sonia Rodriguez  
Terry Sheran  
Ron Smith**

The afternoon music entertainment is provided by New Horizons, a musical group that started in 1991 at the Eastman School of Music under the guidance of Roy Ernst. In this group, all are welcomed, especially beginners. Members include those with little or no experience, those who have postponed participating in an ensemble due to career and family, and seasoned musicians. All agree that New Horizons is a community of music-makers flourishing in a non-competitive, collaborative, and supportive environment.

**Roy Ernst, Founder  
Priscilla Brown, Program Chair  
T.J. Ricer, Band Leader**

### **ALTO SAXOPHONE**

**Carole Evans  
Jerry Gaudieri  
Joseph Mazzara  
Kathy Weber**

### **BARITONE SAXOPHONE**

**Abigail Stern**

### **CLARINET**

**Niles Barlow  
Marshall Cohen  
Dana Johnson**

### **GUITAR**

**Charles Battaglia**

### **PERCUSSION**

**Larry Freitas**

### **PIANO**

**Joan Woody**

### **TENOR SAXOPHONE**

**Wayne Brigman  
William Evans  
Larry Fersaci  
Jan Wander  
Donald Bowman  
Karl Greenhagle  
Rob Reiners  
Bob Stookey**

### **TRUMPET**

**Bob Chambers  
Paul Goodermote  
Bill Pierce  
John Steinbrenner  
Jean Weaver  
Ralph Zimmer**

### **TUBA**

**Chick Wolfe  
Sue Wolfe**

## Student Poster Presentation is sponsored by the State Society on Aging of New York

**Jacqueline DeJoseph**, MSW Candidate

**Affiliation:** Greater Rochester Collaborative MSW Program of the College at Brockport and Nazareth College

**Faculty Sponsor:** Debra Fromm Faria

**Title:** *Effectiveness of Support Groups for Caregivers of Individuals with Alzheimer's disease: Using an Evidence Based Approach.*

**Abstract:** According to the Alzheimer's Association, there are 5.3 million people living with Alzheimer's disease and 10.9 million people are informal caregivers to these individuals (Alzheimer's Association, 2010). The time and energy spent on taking care of another individual can cause high levels of physical and mental stress. This poster aims to report on how effective support groups are for caregivers using an evidence-based approach. In the social work profession, it is important to use evidence-based interventions in order to yield the intended results. The evidence based approach includes questioning, searching, analyzing and applying and evaluating. Using this approach, the author found that caregiver support groups are effective. Specifically, the evidence shows that support groups improve the quality of life and well-being of the caregiver.

**Lauren Ferrimani**, MSW Candidate

**Affiliation:** Greater Rochester Collaborative MSW Program of the College at Brockport and Nazareth College

**Faculty Sponsor:** Debra Fromm Faria

**Title:** *LGBT Community- Aging in America*

**Abstract:** As baby boomers enter their elder years, the society in which we live must become aware of the issues surrounding this aging generation. One of these important issues is the LGBT community. This poster presentation exams issues affecting current LGBT elders as well as changing trends as LGBT baby boomers age.

**Erica Fragnito**, MSW Candidate

**Affiliation:** Greater Rochester Collaborative MSW Program of the College at Brockport and Nazareth College

**Faculty Sponsor:** Debra Fromm Faria

**Title:** *Enhancing the Understanding of Complicated Grief in Older Adults: Symptoms, Risk Factors and Intervention Options*

**Abstract:** Complicated Grief is a recently defined condition estimated to affect 10% of the bereaved population age 65 and over. Complicated grief is associated with adverse physical and mental health outcomes and includes symptoms similar to those for depression and posttraumatic stress disorder (German, et al, 2006). Complicated grief is also associated with substantial decrements in quality of life, and that bereavement occurs most often when health and adaptive capacities may already be compromised (Chen, Gill & Prigerson, 2005). This presentation provides practitioners with information about risk factors and symptoms for complicated grief and describes recommended intervention options.

**Sharon Hall, BSW Junior**

**Affiliation:** College at Brockport Undergraduate Social Work Program

**Faculty Sponsor:** Jason Dauenhauer

**Title:** *Unity Adult Day Service Social Model at St. Mary's: Serving Vulnerable Neighborhoods*

**Abstract:** The purpose of this presentation is to provide an overview of the Adult Day Program Social Model at St. Mary's. Through, MCOFA block grant funding and Medicaid, this program provides services for residents 55 years and older that quality exclusively in zip codes 14601, 14608, 14611, and 14621. This unique model provides protection from social isolation and provides meaningfulness in the lives of vulnerable Rochester residents. Through social interaction with peers and staff, St. Mary's provides a safe environment for elders to engage in meaningful daily activities.

**Lucinda Steensman, BSW Junior**

**Affiliation:** College at Brockport Undergraduate Social Work Program

**Faculty Sponsor:** Jason Dauenhauer

**Title:** *Webster Comfort Care Home*

**Abstract:** This presentation reviews information regarding Webster Comfort Care Home and discusses the difference between comfort care and Hospice facilities. Services provided and volunteer opportunities are also presented.

**Kristen Chambers, Physical Therapy; Ashley Cummings, Psychology; Catherine Elberty, Physical Therapy; Carly Hewitt, Communications and Rhetoric; Naomi Price, Communication Sciences and Disorders; Maria J. Sommerville, Creative Arts Therapy; Bridget Teele, Physical Therapy**

**Affiliation:** Nazareth College Gerontology Center

**Faculty Sponsor:** David Steitz

**Title:** *Nazareth College Student Partnerships and Intergenerational Engagement*

**Abstract:** The adulthood and late life multigenerational classroom, comprised of Nazareth College Students and St. John's Meadows senior living residents, is creating an environment of mutual exchange and benefits. Through class interaction, students and elders are reaching an enhanced understanding of generational differences. The classes addresses preconceived notions of aging, which promotes an increased in mutual respect and understanding. Elders and students create projects which further encourage exchange and open communication. Illustrations of these mutually enriching projects include: the Elder Voice Video Project, the Transportation Project, the Pharmacy Brown Bag, the Mentoring Project, and various internships. This exposure to learning, inside and outside the classroom, creates a sustained interest and consideration for the developmental stages of aging. This poster project introduces the viewer to the intergenerational learning and community outreach taking place in the Nazareth College Gerontology Program.



**Lifespan of Greater Rochester helps older adults in Rochester & the Finger Lakes region take on both the challenges and opportunities of longer life.**

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**[lifespan-roch.org](http://lifespan-roch.org)**

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