



**33rd Annual Saint Louis University Summer Geriatric Institute
Caring for Older Adults and Families
Cognitive Stimulation Therapy (CST) Certification**

**Cognitive Stimulation Therapy
Certification Training**
June 15, 2022
8:00 am – 4:00 pm

**Caring for Older Adults and
Families**
June 16-17, 2022
8:00 am-5:00 pm

When

Overview and Objectives

**Summer Geriatric
Institute:**
Thursday, June 16 - Friday,
June 17, 2022
7:45 AM - 5:00 PM

CST Certification Training:
Wednesday, June 15,
2022
8:00 AM – 4:00 PM

The audience for this program includes students and professionals working with older adults, with a special emphasis on clinicians and administrators, including physicians, nurses, psychologists, occupational therapists, social workers, physical therapists, speech therapists, dietitians, marriage and family therapists, nursing home administrators, and those who specialize in alternative medicine.

Objectives: The participant will be able to describe:

- the current practice of geriatric care in the community and residential care settings in assessment and intervention.
- through the plenary presentations, current research into assessment and intervention strategies in such areas as: dementia, exercise, nutrition, caregiving, loneliness, and social isolation.
- through more in-depth workshop sessions, appropriate prevention, assessment, and intervention strategies in such areas as: cognitive stimulation therapy, exercise, suicide risk and prevention, caregiver well-being, and non-pharmacological interventions for persons experiencing loneliness and social isolation.
- develop and facilitate Cognitive Stimulation Therapy for persons experiencing mild to moderate cognitive impairment.

Where

Sponsors

The Institute will be offered virtually. Access information will be provided following registration

This activity has been planned and implemented in accordance with the Essentials and Standards of the Accreditation Council for Continuing Medical Education through the partnership of Saint Louis University School of Medicine, Division of Geriatric Medicine, and co-provided by Saint Louis University School of Nursing in cooperation with the Gateway Geriatric Education Center, Saint Louis University School of Medicine, and the Saint Louis University School of Social Work.

Details and Registration

TBD

AGENDA

Thursday, June 16, 2022

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| 7:45 AM – 8:00 AM | <i>Welcome - John E. Morley, MB, BCh and Marla Berg-Weger, PhD, LCSW</i> |
| 8:00 AM – 9:00 AM | <p>Max K. Horwitt Memorial Nutrition Lecture: Anorexia of Aging, presented by John E. Morley, MB, BCh, Professor Emeritus, Saint Louis University Division of Geriatric Medicine</p> <p><i>Dr. Morley will address a longstanding issue that is often overlooked in providing care for older adults, anorexia related to aging. He will highlight work on a new project to assessment educational needs among health professions related to this topic.</i></p> |
| 9:00 AM – 9:30 AM | <p>Medical Marijuana in Geriatric Care, presented by Miriam Rodin, MD, Professor, Saint Louis University Division of Geriatric Medicine</p> <p><i>This session will discuss the use of medical marijuana among older adults and the impact on care.</i></p> |
| 9:30 AM – 10:00 AM | <p>Addressing Stigma and Shame Issues for Caregivers, presented by Lina Toledo-Franco, MD, Assistant Professor, Saint Louis University Division of Geriatric Medicine</p> <p><i>Dr. Toledo-Franco will discuss ways in which caregivers can overcome stigma and shame that often occurs for caregivers while feeling comfortable talking with the health care team about important issues.</i></p> |
| 10:00 AM – 10:15 AM | Morning Break |
| 10:15 AM – 11:15 AM | <p>Lewy Body Dementia, presented by Angela Sanford, MD, CMD, Associate Professor, Saint Louis University Division of Geriatric Medicine</p> <p><i>In this lecture, Dr. Sanford will introduce Lewy Body Dementia from diagnosis to management, and treatment strategies.</i></p> |
| 11:15 AM – 12:00 PM | <p>Dual-tasking in Neurodegeneration: Opening the Window to Preclinical and Early Disease, presented by Jason Longhurst, PhD, Assistant Professor, Saint Louis University Department of Physical Therapy</p> <p><i>This session will introduce participants to the utility and challenges of dual task paradigms in neurodegenerative disease with an emphasis on early and preclinical disease. The impact of attentional strategies and task specific interference will be discussed. Participants will achieve a greater understanding of the design, implementation, and measurement of dual-task paradigms in individuals with neurodegenerative disease. Significant time will be devoted to the future directions for work on this topic.</i></p> |
| 12:00 PM - 1:00 PM | Lunch Break |
| 1:00 PM – 2:15 PM | <p>Brain Foods- Nutrition and Brain Health, presented by George T. Grossberg, MD, Samuel W. Fordyce Professor, Saint Louis University Department of Geriatric Psychiatry</p> <p><i>Dr. Grossberg will discuss the connections between the foods we eat and our brain health along with the implications for geriatric practice.</i></p> |
| 2:15 PM – 3:00 PM | <p>What Happens When the Patient Doesn't Die? Understanding Live Discharge from Hospice Care, presented by Cara Wallace, PhD, Associate Professor, Saint Louis University School of Social Work</p> <p><i>This presentation will define the unique characteristics of a live discharge from hospice for patients and caregivers, illustrate patient and caregiver needs and challenges following a live discharge from hospice, and describe ways clinicians/agencies can participate in an ongoing research opportunity on understanding the impact of live discharge.</i></p> |

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| 3:00 PM – 3:15 PM | Afternoon Break |
| WORKSHOP SESSION I | |
| 3:15 PM – 5:00 PM | <p>Workshop A: One Day at a Time: Dementia Strategies in Everyday Life, presented by Jan Fabick, MSW, LCSW and Kari Burch, OTR/L, Memory Care Home Solutions</p> <p><i>This workshop will reframe the current view of behaviors when working with a person with dementia. Learners will recognize the value of promoting well-being in reducing challenging behaviors and symptoms. Learners will also be guided through a framework that will help to recognize and cope with challenging behaviors while meeting unmet needs of a person with dementia and exploring early intervention techniques.</i></p> |
| 3:15 PM – 5:00 PM | <p>Workshop B: How Focusing on Staff Emotional Well-being Can Help You Achieve Quality & Safety Goals, presented by Dana Schmitz, BS, MS and Sibyl Goodwin, BSN, Health Quality Innovators</p> <p><i>This presentation will introduce HQIN's Staff Mental Health and Well-being action plan template that includes implementation steps and many useful resources. We will provide real-world strategies that long-term care facilities can apply to improve staff mental health and well-being. We will relate the value of staff resilience to meeting your quality or safety goals and discuss quality improvement tools to support your efforts.</i></p> |
| 5:00 PM | Adjournment for the Day |

Friday, June 17, 2022

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| 7:45 AM – 8:00 AM | Welcome -Marla Berg-Weger, PhD, LCSW |
| 8:00 AM – 9:15 AM | <p>Flood Memorial Alzheimer's Disease Lecture: <i>Emerging Therapies for Alzheimer's Disease: The Drug Development Pipeline</i> presented by Jeffrey L. Cummings, MD, ScD, University of Nevada—Las Vegas Chambers-Grundy Center for Transformative Neuroscience</p> <p><i>Dr. Cummings will describe how potential treatments for Alzheimer's disease are discovered and how they progress through testing in clinical trials. Targets of Alzheimer drug development will be discussed and emerging therapies detailed.</i></p> |
| 9:15 AM – 9:45 AM | <p>Driving performance and behavior: From molecular biomarkers to neighborhoods, presented by Ganesh Babulal, PhD, Assistant Professor, Washington University School of Medicine</p> <p><i>This session will examine current research examining driving across the spectrum from road tests to daily driving behavior. It will differentiate normal age-related decrements in driving abilities that may result from disease-related decline and describe individual, interpersonal, social, and environmental factors that influence transportation needs. Finally, it will elaborate on the relationships between AD biomarkers and driving performance and behavior.</i></p> |
| 9:45 AM – 10:00 AM | Morning Break |
| 10:00 AM – 11:00 AM | <p>Diversity, Equity and Inclusion in Geriatric Care: Case Examples of Improved Patient Care, presented Anna Faul, PhD, Professor and Executive Director, Trager Institute, University of Louisville and Barbara Gordon, MA, Director of Community Engagement, Trager Institute, University of Louisville</p> <p><i>This lecture will discuss ways to deliberately and intentionally include a diversity, equity, and inclusion focus into the 4Ms of age friendly geriatric care, namely what matters most, medication, mentation and mobility. We will provide examples of how this focus can be embedded in each of the Ms and how this focus greatly improves patient care.</i></p> |

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| 11:00 AM – 11:30 AM | <p>Prevention of Cardiovascular Disease: Guideline-based Strategies, Julie Gammack, MD, Professor, Saint Louis University Division of Geriatric Medicine</p> <p><i>Dr. Gammack will introduce strategies for preventing cardiovascular disease for clinicians to consider when working with older adults.</i></p> |
| 11:30 AM – 12:00 PM | <p>Kidney Disease: A Geriatric Perspective, presented by Osama Osman MD, Assistant Professor, Saint Louis University Division of Geriatric Medicine</p> <p><i>This presentation will present an insight into the impact of kidney disease on an older adult from assessment through intervention.</i></p> |
| 12:00 PM – 1:00 PM | Lunch |
| WORKSHOP SESSION II | |
| 1:00 PM - 3:00 PM | <p>Workshop C: Part I: Addressing Loneliness and Social Isolation Through a Circle of Friends, presented by Max Zubatsky, PhD, LMFT and Marla Berg-Weger, PhD, LCSW</p> <p>Part I of this two-part workshop will provide participants with knowledge and skills to facilitate this evidence-based non-pharmacologic intervention, Circle of Friends, developed to decrease loneliness and social isolation.</p> |
| 1:00 PM - 3:00 PM | <p>Workshop D: Suicide Assessment and Intervention Among Older Adults presented by Shannon Cooper-Sadlo, PhD, LCSW, Associate Clinical Professor, Saint Louis University School of Social Work</p> <p>Dr. Cooper-Sadlo will discuss issues of suicide risk, prevention, assessment, and intervention within the geriatric population.</p> |
| 3:00 PM - 3:15 PM | Afternoon Break |
| Workshop Session III | |
| 3:15 PM – 5:00 PM | <p>Workshop E: Part II: Addressing Loneliness and Social Isolation Through a Circle of Friends, presented by Max Zubatsky, PhD, LMFT, Associate Professor, Saint Louis University Medical Family Therapy Program and Marla Berg-Weger, PhD, LCSW, Professor Emeritus, Saint Louis University School of Social Work</p> <p><i>This workshop will provide participants with knowledge and skills to facilitate this evidence-based non-pharmacologic intervention, Circle of Friends, developed to decrease loneliness and social isolation.</i></p> |
| 3:15 PM – 5:00 PM | <p>Workshop F: Cognitive Stimulation Therapy (CST), presented by Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital and Debbie Blessing, BS, A.T. Still University</p> <p><i>This interactive workshop will provide an introduction to the non-pharmacologic, evidence-based intervention for persons with early to moderate stage dementia. Participants will learn about the history, key principles, and strategies for facilitating CST.</i></p> |
| 5:00 PM | Evaluation / Conference Adjourned |

**COGNITIVE STIMULATION THERAPY
FACILITATOR CERTIFICATION TRAINING**

AGENDA

Wednesday, June 15, 2022

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| 8:00 AM – 8:15 AM | Welcome and Introductions - Marla Berg-Weger, PhD, LCSW |
| 8:15 AM – 8:45 AM | Introduction to Dementias, presented by Angela Sanford, MD, CMD, Associate Professor, Saint Louis University Division of Geriatric Medicine <i>Dr. Sanford will provide an overview of dementias and current assessment and treatment options.</i> |
| 8:45 AM – 9:15 AM | CST Historical Perspective, Development, and Evidence, presented by Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital <i>Introduction of CST interventions and discussion of the evidence that supports the implementation of this non-pharmacologic intervention.</i> |
| 9:15 AM – 9:45 AM | CST Key Features and Guiding Principles, presented by Max Zubatsky, PhD, LMFT, Associate Professor, Saint Louis University Medical Family Therapy Program <i>Dr. Zubatsky will provide an overview of the key features and guiding principles of individual and group CST.</i> |
| 9:45 AM – 10:00 AM | Morning Break |
| 10:00 AM – 11:00 AM | Why CST Works and Implementation of Group CST Intervention, presented by Debbie Hayden, RN, BSN, OTR/L, Perry County Memorial Hospital <i>Ms. Hayden will review the evidence behind CST effectiveness and introduce the 14 sessions.</i> |
| 11:00 AM – 12:00 PM | Individual CST (iCST), presented by Debbie Blessing, BS, A.T. Still University <i>Strategies for delivering Individual (iCST) will be presented.</i> |
| 12:00 PM – 1:00 PM | Lunch |
| 1:00 PM – 2:00 PM | Incorporating Exercise in CST, presented by Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital <i>Ms. Lundy will provide strategies and techniques for integrating an exercise protocol into CST interventions.</i> |
| 2:00 PM – 3:30 PM | Afternoon Breakout Sessions: <i>CST group implementation will introduce participants to group development, facilitation, management, evaluation, and incorporating physical exercise into CST sessions. Participants will have the opportunity to practice skills of facilitating CST groups.</i> Group I–Janice Lundy, BSW, MA, MHA, and Debbie Hayden, RN, BSN, OTR/L Group II–Max Zubatsky, PhD., LMFT, Debbie Blessing, BS |
| 3:30 PM – 4:00 PM | Wrap up and Evaluation |