



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.

<b>Registration</b>	<b>TBD</b>
<b>The Institute will be offered virtually. Access information will be provided following registration</b>	<b>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.</b>
<b>Registration</b>	<b>TBD</b>
<b>CST Practitioner Certification Training:</b> <b>Wednesday, June 14, 2023</b>  <b>8:00 AM – 4:00 PM</b>	<b>Objectives: The participant will be able to describe:</b> <ul style="list-style-type: none"> <li>the current practice of geriatric care in the community and residential care settings in assessment and intervention.</li> <li>through the plenary presentations, current research into assessment and intervention strategies in such areas as: dementia, nutrition, physical and behavioral health practice, ethical and legal practice issues, and polypharmacy.</li> <li>through more in-depth workshop sessions, appropriate prevention, assessment, and intervention strategies in such areas as: cognitive stimulation therapy, exercise, working with older couples, meaningful activities in long term care settings, and non-pharmacological interventions for persons experiencing loneliness and social isolation.</li> <li>develop and facilitate Cognitive Stimulation Therapy for persons experiencing mild to moderate cognitive impairment.</li> </ul>
<b>In-Person: Margaret McCormick Doisy Learning Resources Center</b> <b>3545 Vista Avenue</b> <b>Saint Louis, MO 63104</b>  <b>Virtual: Provided via Zoom</b>	<b>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.</b>

# AGENDA

**\*Offered both in-person and virtually**

**Monday, June 12, 2023**

<b>*7:45 AM – 8:00 AM</b>	<p><i>Welcome</i></p> <p>Marla Berg-Weger, PhD, LCSW, Executive Director, Gateway Geriatric Education Center</p> <p>Angela Sanford, MD, CMD, Interim Chair, Division of Geriatric Medicine, Saint Louis University School of Medicine</p>
<b>*8:00 AM – 9:15 AM</b>	<p><b>Lifestyle Modification: An Active Treatment to Prevent/Delay Alzheimer's Disease</b></p> <p>George T. Grossberg, M.D., Samuel W. Fordyce Professor &amp; Director, Division of Geriatric Psychiatry, Department of Psychiatry &amp; Behavioral Neuroscience, Saint Louis University School of Medicine</p> <p>Dr. Grossberg will discuss lifestyle related risk-factors for Alzheimer's Disease (AD), including the differences between modifiable and non-modifiable risk factors for AD, and strategies for implementing a healthy brain aging program for those at risk for AD.</p>
<b>*9:15 AM – 10:00 AM</b>	<p><b>Polypharmacy and Medicine Reconciliation</b></p> <p>Susan E. Elliott, GNP, Geriatric Nurse Practitioner, Saint Louis University School of Medicine, Division of Geriatric Medicine</p> <p>With many older adults taking numerous prescription and over-the-counter medications, clinicians need to be aware of the impact of polypharmacy and strategies for medication reconciliation in both the out-patient and residential setting.</p>
<b>10:00 AM – 10:15 AM</b>	<b>Morning Break</b>
<b>*10:15 AM – 11:00 AM</b>	<p><b>Non-Insulin Pharmacotherapy in Diabetes Mellitus Type II: Beyond A1C Reduction</b></p> <p>Julie Gammack, MD, CMD, Professor, Saint Louis University School of Medicine, Division of Geriatric Medicine</p> <p>Dr. Gammack will provide an overview of noninsulin medication treatment for Type II Diabetes Mellitus.</p>
<b>*11:00 AM – 12:00 PM</b>	<p><b>Ethical Issues in Geriatric Care: Persuasion, Prudence, and Parsimony</b></p> <p>Lea Brandt, PhD, Lea C. Brandt, PhD, OTD, MA, Director, University of Missouri Center for Health Ethics, Medical Director, MUHC Clinical Ethics Consultation Service</p> <p>The parsimony principle is basic to all science and tells us to choose the simplest scientific explanation that fits the evidence, however in today's complex health care system we are confounded by the plethora of algorithms and metrics that guide treatment, but often at the cost of care. With access to sophisticated technologies that purport the ability to stave off death but often with the cost of dehumanizing the living, ethical response depends on the principle of parsimony, prudence, and the moral persuasion of clinicians.</p>
<b>12:00 PM - 1:00 PM</b>	<p><b>Lunch</b></p> <p>Visit with Saint Louis University students who will present posters highlighting their research and practice</p>
<b>*1:00 PM – 2:00 PM</b>	<b>Are you ready: Meeting the mental health needs of older adults</b>

	<p><b>Nirmala Dhar, LCSW, ACSW, Oregon Health Authority</b></p> <p>This presentation will provide an examination of mental health in older adults, including: demographic shifts and prevalence of mental health issues, clinical focus and principles of best practice, knowledge of assessment /screening tools, and evidence based best practices.</p>
<b>*2:00 PM – 3:00 PM</b>	<p><b>Edema and Wound Care Management of the Elderly</b></p> <p><b>Veena Wang, MD, Assistant Professor; Christina Traber, GNP, Nurse Practitioner; Division of Geriatric Medicine, Saint Louis University School of Medicine</b></p> <p><b>Description:</b> This presentation will focus on the evaluation and management of lower extremity edema and various types of common wounds and wound care.</p>
<b>3:00 PM – 3:15 PM</b>	<b>Afternoon Break</b>
<b>WORKSHOP SESSION I</b>	
<b>3:15 PM – 5:00 PM</b>	<p><b>Workshop A: Working with Older Couples in a Therapeutic Intervention</b></p> <p><b>Shannon Cooper-Sadlo, PhD, LCSW, Associate Clinical Professor, Saint Louis University School of Social Work</b></p> <p>As life expectancies increase, there is a need to understand the unique nature of couples as they manage the transitions of older adulthood. This presentation will address some of the complex concerns faced by couples as they navigate life, illness, retirement, and the changing nature of aging and committed relationships.</p>
<b>3:15 PM – 5:00 PM</b>	<p><b>Workshop B: Geriatric Escape Room</b></p> <p><b>Helen W. Lach, PhD, RN, CNL, FGSA, FAAN, Associate Dean for Research/PhD Director, Interim, Saint Louis University Trudy Busch Valentine School of Nursing</b></p> <p><i>Join Dr. Lach for a unique and interactive experience to gain insights into geriatric knowledge needed to work with older adults.</i></p>
<b>*3:15 PM – 5:00 PM</b>	<p><b>The Live Family Interview: A Multidisciplinary Perspective of Resiliency Through Illness</b></p> <p><b>Moderator: Max Zubatsky, PhD., LMFT; Director, Medical Family Therapy Program; Department of Family and Community Medicine; Saint Louis University School of Medicine</b></p> <p><b>Co-Presenters: Lina Toledo-Franco, MD, Assistant Professor, Division of Geriatric Medicine, Saint Louis University; Cara Wallace, PhD, LMSW, APHSW-C, Associate Professor, School of Social Work, Saint Louis University; and Selena Washington, Selena E. Washington, PhD, MSPH, OTR/L, Assistant Professor, Department of Occupational Science and Occupational Therapy, Doisy College of Health Sciences, Saint Louis University</b></p> <p>This innovative session will highlight a family who has shown resiliency through illness of a later life member. After a Q&amp;A between the family and moderator, several professionals will serve as a reflecting team to offer their strengths and perspectives to the family.</p>
<b>5:00 PM</b>	<b>Adjournment for the Day</b>

**Tuesday, June 13, 2023**

<b>*7:45 AM – 8:00 AM</b>	<b>Welcome</b> <b>Marla Berg-Weger, PhD, LCSW</b>
<b>*8:00 AM – 9:15 AM</b>	<b>James Flood Memorial Alzheimer’s Disease Lecture: The Collaborative Dementia Care Model From Discovery to Delivery</b> <b>Malaz A. Boustani, MD, MPH, Richard M. Fairbanks Professor of Aging Research, Indiana University School of Medicine</b> <b>Dr. Boustani will describe the two-decade story of the development, evaluation, implementation, scaling and sustaining the evidence based Collaborative Dementia Care Model.</b>
<b>*9:15 AM – 9:45 AM</b>	<b>Supporting Language Decline in Older Adults</b> <b>Andrea Vaughan, MS, CCC-SLP, BCS-S, Assistant Clinical Professor, Saint Louis University Department of Speech, Language &amp; Hearing Sciences</b> <b>The ability to communicate effectively is important at any age, but it is vital for older adults. This presentation will focus on language-based communication deficits older adults or patients with dementia experience. Treatment and cueing for language deficits will be discussed. Cognitive Stimulation Therapy (CST) will be discussed including how to incorporate language-based activities throughout sessions.</b>
<b>9:45 AM – 10:00 AM</b>	<b>Morning Break</b>
<b>*10:00 AM – 11:15 AM</b>	<b>Max K. Horwitt Memorial Nutrition Lecture: Interactions Between Muscle, Fat, and Bone in Older Adults</b> <b>Gustavo Duque, MD, PhD, FRACP, FGSA, Professor, Faculty of Medicine, Dr. Joseph Kaufmann Chair in Geriatric Medicine, Director - RUISSS McGill Centre of Excellence for Sustainable Health of Seniors</b> <b>The Annual Horwitt Lecture will address the relationship among muscle, fat, bone in geriatric medicine and the implications of nutrition.</b>
<b>*11:15 AM – 12:00 PM</b>	<b>The Challenges and Opportunities Estate Planning Presents for Older Adults</b> <b>Debra Schuster, JD, Attorney and Elder and Adult Mediator, Paule, Camazine, and Blumenthal, P.C.</b> <b>This presentation will discuss the essential estate planning documents every adult needs, how to choose people to advocate for your wishes to ensure your preferences are followed and what specific provisions should be included in estate plan documents to minimize exploitation, address disability and the handling of assets after death.</b>
<b>12:00 PM – 1:00 PM</b>	<b>Lunch Break</b> <b>Join us in the Auditorium for a viewing of “The History of Geriatrics,” a presentation by John E. Morley, MB,BCh, Professor Emeritus, Saint Louis University Division of Geriatric Medicine</b>
<b>WORKSHOP SESSION II</b>	
<b>*1:00 PM - 3:00 PM</b>	<b>Workshop C: Part I: Addressing Loneliness and Social Isolation Through a Circle of Friends</b> <b>Max Zubatsky, PhD, LMFT and Marla Berg-Weger, PhD, LCSW</b> <b>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.</b>

1:00 PM - 3:00 PM	<p><b>Workshop D: A Matter of Balance: Managing Concerns about Falling Lay Leader Model</b></p> <p>Deb Blessing, B.S., A.T. Still University Geriatric Workforce Enhancement Program Coordinator</p> <p>In this presentation, Blessing, a certified trainer, will provide an overview of the evidence-based program A Matter of Balance (MOB) that is designed to address the fear of falling and help older adults develop skills to overcome the fear of falling while introducing opportunities to increase physical activity levels. Those attending this session will have an opportunity to participate in a demonstration of the MOB exercises.</p>
1:00 PM - 3:00 PM	<p><b>Workshop E: Geriatric Assessment – From Basic to Advanced</b></p> <p>Angela Sanford, MD, CMD; Theodore Malmstrom, PhD; and Susan Elliott, GNP, Saint Louis University School of Medicine</p> <p>This interprofessional team will provide an overview of assessment for older adults from basic, brief assessment through the more advanced, comprehensive assessments conducted by a geriatric care team, including home care and Medicare Annual Wellness Visits.</p>
3:00 PM - 3:15 PM	Afternoon Break
<b>Workshop Session III</b>	
*3:15 PM - 5:00 PM	<p><b>Workshop E: Part II: Addressing Loneliness and Social Isolation Through a Circle of Friends</b></p> <p>Max Zubatsky, PhD, LMFT, Associate Professor, Saint Louis University Medical Family Therapy Program</p> <p>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><b>Workshop G: Cognitive Stimulation Therapy (CST)</b></p> <p>Janice Lundy, BSW, MA, MHA, Perry County Memorial Hospital</p> <p>Debbie Blessing, BS, A.T. Still University</p> <p>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.</p>
3:15 PM - 5:00 PM	<p><b>Workshop H: Overview of Geriatric Psychiatric Assessment and Treatment</b></p> <p>Sajeeka Jeyakumar, MD; Matthew Gibfried, MD; and Peter Maliha, MD; Geriatric Psychiatry Fellows, Saint Louis University School of Medicine</p> <p>This workshop will highlight common psychiatric challenges for older adults from assessment through intervention options, both pharmacologic and non-pharmacologic.</p>
5:00 PM	Evaluation / Conference Adjourned

**COGNITIVE STIMULATION THERAPY  
FACILITATOR CERTIFICATION TRAINING  
AGENDA**

**Wednesday, June 15, 2023**

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