

The Twelfth Annual University of Maine
Clinical Geriatrics Colloquium
**EMERGING PERSPECTIVES
ON DEATH, DYING, &
BEREAVEMENT**

Friday, October 20, 2017
8:00 am - 4:00 pm
Wells Conference Center
University of Maine
Orono, ME

Registration and exhibitor information on page 6
Deadline for receipt of mail registrations: Tuesday, October 10, 2017

To register on-line with a credit card or electronic check (ACH) go to:
<https://mainecenteronaging.umaine.edu/geriatricscolloquium/>

About the Twelfth Annual Colloquium

Death remains the one great certainty with some two million Americans dying each year even though medical advances have not only extended life but death as well. Even so, honest and open conversation about death and dying continue to be avoided by a large segment of the American public. Denial is a commonplace response when dying strikes close to home. Potential stresses impacting dying individuals, their loved ones, and those who care for them include impaired mental, social, and physical functioning, pain, depression, anxiety, and associated mental health conditions.

This year's colloquium explores the many challenges, perspectives and strategies for addressing the dying experience and its aftermath in honest and positive fashion with the intent of maximizing the well-being of all individuals that it impacts.





Colloquium Objectives

Participants will:

- Understand the ethical concerns that arise from decisions made at the end of life
- Develop an understanding of the most effective communication techniques in working with older adults at the end of life and those grieving the loss of others
- Understand the grieving process and how to cope with death
- Review the decisions that need to be made when someone is dying

Who Should Attend?

- Medical, health, and behavioral health professionals who work in the fields of aging, health care, hospice, palliative care, home health, long-term care, and the social services
- Practitioners in allied health professions such as medicine, counseling, social work, nursing, law, and public health
- Health care clinicians, administrators, researchers, educators, care managers, supervisors, spiritual leaders, first responders, including both those in community and higher education settings
- Students enrolled in professional counseling, health, and human service programs

Non-discrimination notice:

The University of Maine does not discriminate on the grounds of race, color, religion, sex, sexual orientation, including transgender status and gender expression, national origin, citizenship status, age, disability, genetic information or veteran's status in employment, education, and all other programs and activities. The following person has been designated to handle inquiries regarding non-discrimination policies: Director, Office of Equal Opportunity, 101 North Stevens Hall, 581-1226.

ADA accommodation statement:

If you are a person with a disability and need an accommodation to participate in this program, please call Kelley Morris, as early as possible, at 207-262-7925 to discuss your needs.

Twelfth Annual Colloquium Program

7:45—8:30 am

CONTINENTAL BREAKFAST REGISTRATION, EXHIBIT TOURING, AND NETWORKING

8:30 – 8:45 am

WELCOME

Lenard W. Kaye, DSW/PhD, Director, UMaine Center on Aging and Professor, UMaine School of Social Work, Orono, ME

8:45—9:45 am

SERIOUS ILLNESS AND END-OF-LIFE: WHAT DO PATIENTS VALUE MOST?

Amy Berman, BS, RN, LHD, Senior Program Officer, The John A. Hartford Foundation, New York, NY



Amy directs national efforts on palliative care, advance care planning, and the establishment of age-friendly health systems. She openly shares her experiences living with Stage IV breast cancer. She has presented to the National Institutes of Health and the National Academy of Medicine. Her piece in *Health Affairs, Living Life in My Own Way—And Dying That Way As Well* was among the most read in the journal's history.

9:45 - 10:45 am

COMPLICATED GRIEF AND ITS TREATMENT: HELPING BEREAVED OLDER ADULTS CHOOSE OPTION B

M. Katherine Shear, MD, Marion E. Kenworthy Professor of Psychiatry, Columbia University School of Social Work and College of Physicians and Surgeons; Director, Center for Complicated Grief, New York, NY



Katherine, a national authority on complicated grief, will focus on its recognition and management, using an adaptive grief therapy approach. This strength-based approach has been tested in three separate NIMH-funded randomized controlled trials. She will discuss a stepped care strategy for using the principles of adaptive grief therapy to help older bereaved individuals.

10:45 – 11:00 am

BREAK AND EXHIBIT TOURING

11:00 am -
12:00 noon

PANEL: SPIRITUAL AND RELIGIOUS PERSPECTIVES ON DYING, BEREAVEMENT, AND GRIEF

Panelists: *Omar Conteh, MSW, Director, Islamic Center of Maine, Orono, ME; Rabbi Darah R. Lerner, Congregation Beth El, Bangor, ME; Father Augustine Nellary, Vice President of Mission Integration, St. Joseph HealthCare, St. Joseph Hospital, Bangor ME*



Program (continued)

- 12:00 – 1:10 pm** **DEATH LUNCH**
An effective and nonthreatening way of opening dialogue about the taboo topic of death. Death dinner and party experiences have been conducted around the world and are described as inspiring, illuminating and informative.
- 1:10 – 2:30 pm** **CONCURRENT WORKSHOPS**
- WORKSHOP A:** **PALLIATIVE AND END-OF-LIFE CARE: WHERE WE ARE, WHERE WE NEED TO GO, AND HOW WE GET THERE**
Leader: *Kandyce Powell, RN, MSN, Executive Director, Maine Hospice Council and Center for End-of-Life Care, Augusta, ME*
- WORKSHOP B:** **LEGAL RIGHTS, ROLES, AND RESPONSIBILITIES IN THE END OF LIFE AND AFTER DEATH**
Leader: *Jennifer L. Eastman, JD, Partner, Rudman-Winchell, Bangor, ME*
- WORKSHOP C:** **ETHICAL CHALLENGES IN CARING FOR DYING PATIENTS**
Leader: *Nancy Kusmaul, PhD, LMSW, Assistant Professor, Department of Social Work, University of Maryland, Baltimore County, Baltimore, MD*
- 2:30 – 2:50 pm** **REFRESHMENT BREAK AND EXHIBIT TOURING**
- 2:50 - 3:50 pm** **PANEL: PERSONAL STORIES OF LOSS ACROSS THE LIFE SPAN**
Facilitator: *Clifford M. Singer, MD, Chief, Division of Geriatric Mental Health & Neuropsychiatry, The Acadia Hospital and Eastern Maine Medical Center, Bangor, ME*
Panelists: Individuals who have dealt with the challenges associated with the loss of significant others in their lives.
- 3:50 - 4:00 pm** **CLOSING REMARKS**
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Continuing Education Information

Certificates of Attendance provided for those who wish to apply for CEUs.



Our Colloquium Sponsors



Directions University of Maine Wells Conference Center

TO CAMPUS FROM THE NORTH OR SOUTH:

Interstate Route 95 to Exit 193 - Stillwater Avenue. If traveling from the North, turn left on Stillwater Avenue at end of ramp. If traveling from the South, turn right on Stillwater Avenue at the end of the ramp. At the fourth traffic light, turn right onto College Avenue. Follow College Avenue approximately 1 mile to the Alford Arena on your left. Turn left just after the Alford Arena to enter campus on Long Road. A large campus map and directory are located on your right at the top of a small incline just after entering the campus. Wells Conference Center is located to the right, just after the large campus directory.

Please follow the pathway through a courtyard between Dunn Hall and Corbett Hall. The Wells Conference Center will be straight ahead. Please park in the Commuter Lots (signs with a C in Black lettering) or Visitor lots marked with a P.

Parking Directions

Parking Permits are required during regular business hours and will be sent to preregistrants in advance. They are also available from Conference Services in Chadbourne Hall, the Visitor Center at Buchanan Alumni House, Bear Necessities Store in the Alford Arena, UMaine Public Safety Office and the Student Service Center in the Memorial Union.

If you have any special needs or questions, please call: Conference Services Division at 207-581-4092. The Dept. of Public Safety (24 hours daily) on campus at 207-581-4040.

Colloquium Registration Form
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Emerging Perspectives on Death, Dying & Bereavement

Friday, October 20, 2017
Wells Conference Center
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Regular registration fee: \$60.00
Maine Gerontological Society (MGS) member fee: \$40.00
Student fee: \$25.00

Exhibitor fee (includes 1 regular registration): \$150.00
(Includes all colloquium materials, continental breakfast, lunch, and refreshment breaks)

Registration information for exhibitors can be found at:
<https://mainecenteronaging.umaine.edu/geriatricscolloquium/>

Please make checks payable to: UMaine Center on Aging

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Name _____
Title _____
Department _____
Organization _____
Address _____

Telephone _____
E-mail _____

- Workshop preference (check one) A ___ B ___ C ___
- Do you want a Certificate of Attendance? ___ yes ___ no

Comments, special requests, and accommodations needed:

If paying by check, detach and mail this form with your registration fee by Tuesday, October 10th to:

UMaine Center on Aging
Attention: 12th Annual Geriatrics Colloquium
Camden Hall
25 Texas Ave.
Bangor, ME 04401-4324



Questions? - Please contact
Kelley Morris at 207.262.7925
or kelley.morris@umaine.edu