**32nd Maine Geriatrics Conference – May 21 & 22, 2025 (Wednesday & Thursday)**

**Harborside Hotel, Bar Harbor, Maine**

**“Where Policy Meets Practice”**

*Revised 2/27/25*

***PRELIMINARY CONFERENCE SCHEDULE***

**DAY I: Wednesday – May 21, 2025**

| **WEDNESDAY 5/21 – Times & Session** | **ROOM**  **TBD** | **SESSION TITLE & DESCRIPTION**  **DAY 1** | **SPEAKER(S)** |
| --- | --- | --- | --- |
| **8:00 am** | **Stotesbury** | Opening Session  Welcome: Provost Gwen Mahon, University of New England | Marilyn R. Gugliucci, Chair |
| **8:30am** | **Stotesbury** | **Keynote -**  **Title:** The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond  **Description:**   |  | | --- | | Americans are living longer than ever before but gender, education, race, income, and location all have an impact on how long we are living. A positive mindset and sense of purpose are health-enhancing, yet there is only so much individuals can do. To create a society where aging is easier, we must move from piecemeal solutions toward a holistic approach that recognizes the interconnectedness of the issues. Debra Whitman, author of *The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond*, will explore the latest research on the crucial questions of aging, share insights into what we can all do to stay healthy, and explore policies to best support us. |   This keynote will be presented as an interview and discussion. | Debra Whitman, PhD, Chief Policy Officer, AARP |
| **9:45 am** | **BREAK** | **Exhibit Hall Open** |  |
| **10:15 am - 11:30 am** |  | **Morning Workshops** |  |
| **A1** |  | **Title:** Fireside Chat with Dr. Debra Whitman  **Description:** This Fireside Chat provides an opportunity for an open and dynamic discussion that may (1) expand the topic from the morning keynote, (2) include insights from her work nationally and possibly globally, and/or (3) explore areas Dr. Whitman has focused on to support aging and older adults. | Debra Whitman, PhD, Chief Policy Officer, AARP – Author: The Second Fifty: Answers to the 7 Big Questions of Midlife and Beyond |
| **A2** |  | **Title:** Empowering Older Adults: Reducing Isolation Through Accessible Community Services  **Description:** This presentation addresses the critical issue of social isolation and limited access to essential services for older adults. We will explore the barriers that prevent them from engaging fully in their communities and receiving necessary support. Through real-world examples and evidence-based strategies, we’ll highlight innovative approaches to enhance accessibility and foster social connections, including technology solutions, community outreach, and inclusive service design. Attendees will gain practical insights on how to implement effective, compassionate strategies in their organizations to improve quality of life and promote active engagement for older adults. | Chris Street, Nutrition Services Director, Eastern Area Agency on Aging; Betsy Sawyer-Manter, CEO SeniorsPlus; &  [Megan Walton](https://www.linkedin.com/in/meganmacwalton/overlay/about-this-profile/?lipi=urn%3Ali%3Apage%3Ad_flagship3_profile_view_base%3BpWsiZdkNTYqJQ0zmvrteIQ%3D%3D),  Chief Executive Officer, Southern Maine Agency on Aging |
| **A3** |  | **Title:** Active and Empathic Listening: The “Matters Most” in Age Friendly Health Care  **Description:** Listening is critical in the healthcare profession/Active listening is a skill, one that can be cultivated and practiced. Yet, despite our best intentions/in our harried lives, it’s easy to jump ahead, assume what’s going to be said, and/or offer a solution before getting the whole story/picture. This can leave a person feeling unheard, unseen, and devalued – especially older adults who may already be battling these feelings. In this interactive workshop, we’ll look at what it means to be an active/empathic listener, learn techniques and tools to help slow down our solution-driven listening, and test and improve our ability to be our best, present/tuned-in selves. | Elizabeth Peavey, B.A.  Educator &  Marilyn R. Gugliucci, MA, PhD, Professor & Director, Geriatrics Education & Research,  University of New England College of Osteopathic Medicine |
| **A4** |  | **Title:** Building Bridges, Breaking Stigma: Social Justice and Dementia-Inclusive Communities  **Description:** People living with dementia face widespread stigma and systemic barriers to living well in the community. We spotlight the need to shift from a disease-focused model to one that champions dignity, equity, and full community participation. Drawing from real-world initiatives, we share insights from two projects: creating inclusive social dining opportunities and developing emergency and disaster preparedness strategies—both shaped by people living with dementia. During small group discussions, attendees will explore how they can apply dementia inclusive practices in their community, neighborhood, and workplace. | Patricia Oh, PhD, MSW, MS, MA, Asst. Director Community Innovation and Research, UMaine Center on Aging &  Susan Wehry, MD, Director AgingME, University of New England College of Osteopathic Medicine |
| **11:30 am** | **Lunch** | **Exhibit Hall Open - Networking Lunch Tables**  **SPECIAL SESSION: 11:45-12:30 pm Stotesbury Room**  "Working in Partnership with Family Caregivers"  This presentation will describe how healthcare professionals can partner more effectively with family caregivers of older adults. It will describe how to identify who is/has a family caregiver, how to assess the caregiver to determine what assistance or support is needed, and how to help them navigate some of the ethical dilemmas that they encounter in their family caregiving role. | Terri Harvath, PhD, RN, FAAN, FGSA  GSA Visiting Scholar and Executive |
| **12:45 pm**  **Plenary Presentation** | **Stotesbury** | **Title:** Dementia without Loneliness  **Description:** There is a difference between Alzheimer’s disease and the dis-ease of Alzheimer’s. Alzheimer’s disease is a biological condition. It occurs in the brain. It involves the death of brain cells. The dis-ease of Alzheimer’s, however, is the emotional isolation that many people with dementia and their loved ones experience when “normal” communication breaks down. Emotional isolation produces loneliness, anxiety, and depression. It intensifies feelings of sadness, grief, guilt, shame, paranoia, and helplessness. Emotional isolation is even a risk factor for dementia and research indicates, it increases the risk of dementia by 40%. In this plenary presentation, gain a foundational understanding to ending emotional isolation to aid in eliminating significant suffering. | Michael Verde, President, Memory Bridge |
| **1:45 pm**  **Plenary Presentation** | **Stotesbury** | **Title:** Leadership in Aging: No Limits  **Description:** This presentation will review basic leadership principles, including how to create and promote non-hierarchical teams, effective communication, valuing each person on the team, engaging older adults (patients, residents), and involving paid and non-paid care partners and direct care workers. National initiatives will be shared that are designed to build momentum, such as Age-Friendly Health Systems and communities, the Moving Forward Coalition, and others. Recommendations for how to establish or build on existing programs will be presented using a strengths-based approach. | Alice Bonner, PhD NP, Chair, Moving Forward Nursing Home Quality Coalition, Institute for Healthcare Improvement |
| **2:45 pm** |  | **BREAK – Dessert and Exhibit Hall Open** |  |
| **3:15 pm - 4:30 pm** |  | **Afternoon Workshops** |  |
| **B1** |  | **Title:** Fireside Chat with Michael Verde and a Meaningful Dive into Memory Bridge  **Description:** In this fireside chat with Michael Verde there is an excellent opportunity for open discussion on the topic from his plenary address: picking up on points about his work with Memory Bridge and working with people with dementia. As the plenary session doesn't allow time for a deeper dive into these topics, you can bring your thoughts, reactions, questions, and wonderments to this chat. Actually, this chat may take many directions depending on the area the participants and speakers want to explore! | Michael Verde, President, Memory Bridge |
| **B2** |  | **Title:** 3iHome- Affordable & Technology Driven Independent Living Options in Maine: The Future is Now  **Description:** 3i HoME is a Maine based non-profit with a mission to develop supportive affordable housing for households with a family member living with a disability. Through strong partnerships, 3i HoME is focused on promoting Independent living through the use of Innovative smart home assistive technology in Integrated home and community-based settings. The presentation will address the housing crisis facing people with disabilities, the direct care workforce crisis, and the opportunities to enhance the quality of life for people with complex needs while saving the health care system precious resources by adopting the 3i HoME model.  **REPEATED on Thursday, May 22 in SESSION D 3** | Paul Linet, B.A. Brandeis University; J.D. University of Miami School of Law, Founder & CEO, 3i Housing of Maine |
| **B3** |  | **Title:** Harnessing our Power in Aging [MCOA]  **Description:** Mainers are living healthier, more productive lives than ever before, but our narratives about aging haven’t kept pace.  From the language we use to the way we plan our communities and design our systems, we need to be intentional about seeing our own age bias and understanding it impacts our friends, family, co-workers and customers, our work environment, and even our systems. This interactive presentation explores how ageism impacts us, our health, and our economy, and what we can do to build a more age-positive culture in Maine. | Maureen O’Connor, Power in Aging Project Director, Maine Council on Aging &  Valarie Jackson, Power in Aging Facilitation Specialist, Maine Council on Aging |
| **B4** |  | **Title:** Fireside Chat with Alice Bonner: Nursing Home Quality Improvement and Other Topics  **Description:** In this Fireside Chat attendees have the opportunity to dive deep into nursing home quality improvement or other aging associated topics with Dr. Bonner. She will engage audience members in discussion and small group activities. Expect a spirited and informative dialogue that is sure to be provocative and informative. | Alice Bonner, PhD NP, Chair, Moving Forward Nursing Home Quality Coalition, Institute for Healthcare Improvement |

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| **NOTE: Session in BLUE Shading are funded by a Health Resources & Services Administration (HRSA) Grant.** [Health Resources and Services Administration | HRSA](https://www.hrsa.gov/) |

**DAY 2: THURSDAY – May 22, 2025**

| **THURSDAY 5/22 - Times & Session** | **ROOM**  **TBD** | **SESSION TITLE & DESCRIPTION**  **DAY 2** | **SPEAKER(S)** |
| --- | --- | --- | --- |
| **8:00 am** |  | Welcome & Announcements | Marilyn R. Gugliucci, Chair |
| **8:15 am**  **All Attendees and HRSA Grant Session** | **Stotesbury** | **Dr. DENNIS McCULLOUGH MEMORIAL LECTURE**  **Title:** Healthy Brain Aging: The Value of Cognitive and Social Activity  **Description:** This presentation explores the science behind healthy brain aging and well-being, emphasizing the crucial role of cognitive engagement and social interaction. Attendees will learn how stimulating mental activities and strong social connections may enhance brain resilience, reduce the risk of cognitive decline, and support healthier lifestyles. We will review novel evidence-based strategies that promote brain plasticity, such as lifelong learning and mindfulness meditations. We will also address common barriers to adopting and maintaining these habits by offering evidence-based solutions to overcome challenges and discussing ways to build social connections in those who may be socially isolated. | Rebecca K. MacAulay, Ph.D., Associate Professor, University of Maine, Psychology Department |
| **9:15 am** | **Stotesbury** | **Title:** Advancing Policy for Older Mainers: Maine State DHHS/OADS Updates  **Description:** In this presentation, Karen Mason will discuss the priority placed by the Mills Administration on aging policy, the Cabinet on Aging work, and the Department of Health and Human Services’ plans to improve health and long- term services and supports for older Mainers | Karen Mason, Associate Director, Aging and Long-Term Services & Supports, Office of Aging and Disability Services, Maine |
| **10:00am** | **BREAK** | **Exhibit Hall Open** |  |
| **10:30am-11:45am** |  | **Morning Workshops** |  |
| **C1** |  | McCullough Lecture  **Title:** Fireside Chat: *Addressing Disparities and Challenges in Healthy Brain Aging*  **Description:** This Fireside Chat provides an opportunity for attendees to engage and discuss topics related to the Aging Brain and related areas of interest. Conversation expands on the plenary content to discuss practical solutions to overcome barriers in reducing risk for cognitive decline. | Rebecca K. MacAulay, Ph.D., Associate Professor, University of Maine, Psychology Department |
| **C2** |  | **Title:** Moving Maine Forward: The Role of Governor’s Cabinet on Aging  **Description:** This session will provide an overview of the role of the Governor’s Cabinet on Aging in elevating the voices of older adults and in promoting policies that us to age safely, affordably, and in settings that meet our needs and preferences. Elizabeth Gattine, the Cabinet on Aging Coordinator, will provide information on the Cabinet’s priorities, activities, and planning across State government and with community partners. Come engage in a conversation about your vision for an age-positive state and how the Cabinet can support these goals. | Elizabeth Gattine J.D., Senior Policy Advisor and Cabinet on Aging Coordinator, Governor’s Office of Policy Innovation and the Future |
| **C 3** |  | **Title:** Death Café  **Description:**  At a Death Cafe people, often strangers, gather to discuss death. The Death Café objective is *'to increase awareness of death with a view to helping people make the most of their (finite) lives'*. There will be a group directed discussion of death with no agenda, objectives or themes. It is a discussion group and not intended to be a grief support group or counseling session. For those who want to explore dying/death in their minds and/or hearts, want to hear others thoughts on dying/death, and listen to varied opinions and experiences on dying/death, the Death Café is for you.  Limited to 20 Attendees. Sign up Required for Participation.  A gallery area for observers may be available. | Marilyn R, Gugliucci, MA. PhD |
| **C4**  **HRSA GRANT Session**  **10:35-11:10am**  **11:10-11:45am** |  | **Introduction and Brief Overview of the Rural Dementia Training Project**  ***Dr. Singer will give a brief overview of the federally-funded Rural Dementia Training Project and define the learning objectives of today’s sessions.***  **Title: An Integrated Framework for Diagnosing Dementia**  ***Description:*** *Dr. Otis (neuropsychiatrist) will review the most common causes of cognitive decline and dementia in older adults, compare and contrast their clinical features and neuropathology, and present an integrated framework for the diagnosis and treatment of neurodegenerative disorders.*  **Title: Cognitive Assessment of MCI and Dementia**  ***Description:*** *Dr. Hollnagel (neuropsychologist) will discuss both rapid and detailed neuropsychological assessments and how each technique can lead to a diagnosis and personalized treatment plan. She will also clarify appropriate cognitive testing at different stages of cognition, from subjective memory complaints to more advanced dementia.* | Cliff M Singer, MD  Director Center for Geriatrics Cognitive and Mental Health  Northern Light Acadia Hospital  Justin Otis, MD  Neuropsychiatrist  Northern Light Acadia Hospital  Caroline Hollnagel, PhD  Neuropsychologist  Northern Light Acadia Hospital |
| **11:45 am** | **LUNCH** | **Networking Lunch Tables & Exhibit Hall Open**  **ROUND TABLE DISCUSSION** with Dr. Linda Lee, MD, MINT Memory Clinics, **a not-for-profit organization**that offers**standardized nationally accredited training**in dementia care for primary care providers, Canada**. Host:** Maine Dirigo Geriatrics Society Meeting (Limited Seating)  **SPECIAL SESSION: Memory Bridge Movie: LOVE Is LISTENING: Dementia without Loneliness 11:55-12:50 pm – Open to all attendees**  **Room:** McMurtry  **SPECIAL SESSION:** GT Independence [Sponsor for Day 2 Lunch]  **Room:** Stotesbury | Dr. Linda Lee, MD, Director, MINT Memory Clinic, Centre for Family Medicine |
| **1:00 pm - 2:15 pm** |  | **Afternoon Workshops** |  |
| **D1** |  | **Title:** **Maine's Direct Care Workforce Response: Raising all Voices**  **Description:** A panel discussion will report on Maine's multifaceted strategies to address challenges in the direct care workforce, successes to date and the innovations ahead. Featuring representatives from the Maine Council on Aging, AgingME (Maine's Geriatrics Workforce Enhancement Program or GWEP), State of Maine and the state's Long-Term Care Ombudsman, the panel will examine innovative solutions to meet the care and service needs of older Mainers by addressing the needs and desires of the direct care workforce. Topics include improving wages and job quality, enhancing training programs, and fostering collaboration across sectors to meet the needs of an aging population. The discussion aims to inspire additional actionable steps for strengthening Maine's care economy. | Susan Wehry, MD, Director AgingME, University of New England; Elizabeth Gattine, JD, Senior Policy Advisor and Cabinet on Aging Coordinator; Brenda Gallant, State Long-Term Care Ombudsman Program; &  Kathy Vezina, Esq, RN, Maine Council on Aging |
| **D2** |  | **Title:** 3iHome- Affordable & Technology Driven Independent Living Options in Maine: The Future is Now  **Description:** 3i HoME is a Maine based non-profit with a mission to develop supportive affordable housing for households with a family member living with a disability. Through strong partnerships, 3i HoME is focused on promoting Independent living through the use of Innovative smart home assistive technology in Integrated home and community-based settings. The presentation will address the housing crisis facing people with disabilities, the direct care workforce crisis, and the opportunities to enhance the quality of life for people with complex needs while saving the health care system precious resources by adopting the 3i HoME model.  **REPEAT of SESSION C 2 presented on May 21, Wednesday** | Paul Linet, B.A. Brandeis University; J.D. University of Miami School of Law, Founder & CEO, 3i Housing of Maine |
| **D3** |  | **Title:** The Future of Aging in Maine – Aging Policy Year in Review [MCOA]  **Description:** From housing and transportation, to poverty and the direct care workforce, this fast-paced session will cover a lot of policy ground, focused keenly on solutions. The Maine Council on Aging leads efforts to ensure we can all live healthy, engaged and secure lives in our homes and communities with choices and opportunities. This workshop will explore policy barriers to reaching this goal and help participants understand how these barriers are being addressed at the federal, state and local levels. | Jess Maurer, Esq., CEO,  Maine Council on Aging |
| **D4**  **HRSA GRANT Session**  **1:00-1:35 pm**  **1:35-2:15 pm** |  | **Title: Clinical Pathways for Dementia in Primary Care**  ***Description:*** *In this session, a primary care provider (Lori Towne FNP) and geriatrics psychiatrist (Cliff Singer MD) review consensus guidelines for evaluation and treatment of MCI and dementia in the primary care setting and when referral to specialty services is recommended.*  **Title: Prescribing for Dementia Related Behavioral Symptoms**  **Description:** *Dr. Campbell (neuropsychiatrist) will review the assessment and pharmacologic treatment of moderate and severe emotional and behavioral symptoms and distress in persons with dementia. The session will cover evidence-based treatment of the common symptoms encountered in outpatient, hospital and nursing home settings and define the types of symptoms for which medication trials are indicated and which indicate the need for non-pharmacologic or non-psychotropic measures.* | Lori Towne, FNP  Northern Light Acadia Hospital  &  Rebecca Spear, DO  Maine General Hospital  John Campbell, MD, FANPA, Senior Physician Executive, Northern Light Acadia Hospital. |
| **2:15pm** |  | **BREAK – Dessert and Exhibit Hall Open** |  |
| **2:30 pm - 3:25 pm** |  | **CLOSING ATTENDEE FORUM**  **Title:** Addressing Ageism in Healthcare  **Description:** AARP provided funding to the Gerontological Society of America to conduct a national project to address ageism in healthcare. The objective is to ensure healthcare professionals have the knowledge and skills to care for people equitably, with dignity and respect, across the lifespan. This Attendee Forum will provide a robust platform for discussing this issue with the intent of identifying some viable solutions. | **Host:** Marilyn R. Gugliucci, MA, PhD,  University of New England College of Osteopathic Medicine |
| **3:25 pm -**  **3:30 pm** |  | **32nd Maine Geriatrics Conference Wrap up**  **NOTE: Attendees are welcome to attend the HRSA Grant remaining sessions** | Marilyn R. Gugliucci, MA, PhD |
| **D5**  **HRSA GRANT Session**  **2:30-3:15 pm**  **3:15-3:45 pm** |  | **Non-pharmacologic Approaches to Behavioral Symptoms**  **Description:** *Ms. Young DNP and Ms. McMullen RN will provide a brief review of evidence-based behavioral, social, environmental and experiential interventions for anxiety, restlessness, boredom, sleep disturbances and a variety of behavioral and emotional symptoms commonly seen in people exhibiting troubling behavioral symptoms commonly associated with dementia.*  **Brief Topics: Palliative Care for Dementia: Zoe Tenney; & Prognosis in MCI and Late-life Dementia**  **Description:** *In these brief presentations, a palliative care specialist (Zoe Tenney FNP) will review important elements of palliative and hospice care of persons with dementia and a geriatric psychiatrist (Cliff Singer MD) will present tips on informing patients and families on prognosis in two common scenarios seen in the clinic.* | Kathleen Young, DNP  Northern Light Acadia Hospital & Kayla McMullen, RN  Northern Light Acadia Hospital  Zoe Tenney, FNP  Northern Light Blue Hill  Northern Light Homecare & Hospice; & Cliff M Singer, MD  Northern Light Acadia Hospital |
| **D6**  **HRSA GRANT Session**  **4:00-4:30 pm**  **4:30-5:00 pm** |  | **Dementia in Long Term Care**  **Description:** *Dr. Berman (geriatric internist and long-term care provider) will present on the challenges and best practices of caring for people with dementia in long term care and memory care units, reinforcing and expanding on the previous presentations on assessment and treatment of physical and behavioral symptoms in these settings.*  **Caring for Caregivers 101**  **Description:** *Ms. Young (psychiatric mental health nurse practitioner) and Jaime Rogers (LCSW) will discuss how to identify and manage caregiver distress and burnout, provide information related to available resources, including support groups, technology and respite care.*  **HRSA GRANT SESSIONS ON DEMENTIA COMPLETED** | Ari Berman, MD  Northern Light Mercy Hospital  Kathleen Young, DNP  Northern Light Acadia Hospital |