INTRODUCTION

The 2015 Regional Conference on Aging is being presented by Philadelphia Corporation for Aging at our offices at 642 North Broad Street, Philadelphia, PA, 19130 - October 19th – October 21st, 2015.

Philadelphia Corporation for Aging, in collaboration with surrounding suburban Area Agencies on Aging, is offering a cutting-edge program and continuing education for professionals who work with older adults. Nationally and locally recognized content experts will present relevant, practical and current information that will be immediately beneficial to anyone working in the aging arena. Designed to help you stretch your education and training budget, the conference is a cost-effective and convenient way to increase your knowledge and skills and get the CE credits you need.

Of special note, this years’ M. Powell Lawton Awardee will present on the topic “The Future of Aging Services”, and join a panel of experts for further discussion and interaction with the audience. This will be session MO06 on Monday, October 19th. This session will be at a special time: 1:30 pm – 4:00 pm.

M. Powell Lawton, Ph.D., was a behavioral psychologist and international authority on aging. He guided and influenced national public policy to enhance the quality of life for the elderly. Lawton’s groundbreaking research, writings and teachings on the physical and psychological needs of older adults and the mentally ill, as well as on the stress of caregivers, garnered numerous awards and grants from governmental agencies and private foundations.

At the time of his death, Dr. Lawton was a senior research scientist and director emeritus of the Polisher Research Institute of the Philadelphia Geriatric Center (PGC). A member of the PGC research team for 40 years and its first director, Lawton advanced knowledge and understanding of the environmental psychology of later life.

This year’s Lawton Awardee is Rich Browdie.

For more than 40 years, Rich has held leadership positions in organizations that have as their mission the improvement and maintenance of the health and well-being of older adults. As President/CEO of the Benjamin Rose Institute on Aging, a nationally recognized leader in service, research and advocacy addressing issues of aging, he assures the current and long-term viability of the organization in keeping with its mission.

Prior to his position with Benjamin Rose, he served as Pennsylvania’s Secretary of Aging from February 1995 to April 2002. His duties included managing a staff of 109 plus overseeing a budget of more than $800 million. He was responsible for the administration of a statewide system of 52 Area Agencies on Aging.

Rich also served as Executive Director of the National Association of Area Agencies on Aging from 1993-1995. He developed policy and had oversight responsibility for the national organization representing 670 Area Agencies on Aging and Indian Tribal organizations, administering services for older people covering the entire United States.
He served as President of the American Society on Aging from March 1998 - March 2000. He is Immediate-Past Chairman of the Board of the National Council on Aging, Chairman of the Generations Editorial Board, and a member of the Board of Directors of the International Association of Homes and Services for the Aging (IAHSA). In 2014, he was appointed to the American Bar Association's Commission on Law and Aging.

PCA has arranged for free parking for attendees from other agencies and counties – as we did last year. Parking will be in the enclosed lot behind the Laborers Union Building on 1310 Wallace Street. The lot is between N. Watts Street and Ridge Avenue. Entrances on both streets should be open by 8:00 AM. Spaces are limited and available on a first-come basis. Please bring your Conference registration to show to the attendant, should one be on duty when you arrive.

Free coffee will be available in the Registration area each morning. Free water and cookies will be available from Noon – 1:00 PM. Please stop by and visit our sponsor and exhibitor tables while you’re there.

If you want to bring a lunch, or pick one up locally, there will be seating in the upper atrium of the lobby for you to relax, eat and converse with colleagues before the afternoon sessions. Don’t forget to visit our sponsor and exhibitor tables in the registration area.

THANK YOU TO OUR SPONSORS!

Always®
BEST CARE
Senior Services

Health Partners Plans

Mom’s Meals™
NourishCare
Program Planning Committee

Thomas Shea, M.Ed. - Conference Chair
Philadelphia Corporation for Aging
Lois Hayman-El, MSW, LSW
Philadelphia Corporation for Aging
Connie Jones, RN, BSN
Philadelphia Corporation for Aging
David Nevison, MSS, MBA
Philadelphia Corporation for Aging

WHO SHOULD ATTEND?

All professionals who work with older adults and their families and those in related professions will benefit from attending the Regional Conference on Aging. They include:

Administrators and directors
Adult daycare personnel
Activity and recreation therapists
Assessment Workers
Care/case managers
Legal and financial professionals
Home healthcare personnel
Marriage and family therapists
Nurses
Psychologists
Rehabilitation therapists
Service Coordinators
Social workers
Staff developers
Students

Sessions covering the following subject areas will be featured:

Behavioral Health and Aging
Caregiving
Diversity Issues
Elder Financial Abuse
Ethical Issues
Health and Wellness
Long-Term Care Issues
Public Policy and Public Entitlements
And More!
Continuing Education Credits

Continuing education credits (CEUs) are available for specific sessions for Social Workers and Nurses. If you are not sure whether your licensing organization will accept conference CEUs, please contact them for clarification.

Social Workers

Pennsylvania:
As a CSWE accredited program, the Graduate School of Social Work and Social Research at Bryn Mawr College is a pre-approved provider of continuing education for social workers, professional counselors, and marriage and family therapists in Pennsylvania and many other states.

The following sessions may be submitted for 2.5 Social Work CEUs:

- **MO02** – How to Resolve Vital Housing Issues to Prevent Senior Homelessness
- **MO03** – Loneliness in Older Adults – The Hidden Risks
- **MO04** – Improving the Quality of Services and Supports for LGBT Older Adults-Pt.1
- **MO05** – Dealing with Grief & Loss: A Spiritual Perspective
- **MO08** – Sexuality, Intimacy and Aging: Older Adults are Human Too!
- **MO09** – Improving the Quality of Services and Supports for LGBT Older Adults-Pt.2
- **MO10** – Hoarding Intervention & Response: Strategic Approaches for Addressing the People & the Stuff
- **TU01** – Older Adults, Drugs and Alcohol
- **TU02** – How to Work with Dementia Patients and Their families
- **TU03** – Finding Joy in the Workplace: Keeping Ourselves Healthy & Engaged in Stressful Environments
- **TU04** – Setting the Standard of Care: Penn Memory Center’s Support of Families with Alzheimer’s
- **TU05** – Mental Health First Aid – Part 1
- **TU06** – Medical, Legal & Ethical Aspects of Decision-Making Capacity
- **TU07** – Pulling Together or Apart? Helping Family Members Make the Tough Care Decisions
- **TU08** – SEXcessful Aging – A Philadelphia Model
- **TU09** – When Family Dynamics and Death Collide
- **TU10** – Mental Health First Aid – Part 2
- **WE02** – Introduction to Hospice & Palliative Care
- **WE03** – Gambling Disorder and Older Adults – A Regional Perspective
- **WE04** – Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?
- **WE05** – Mental Health First Aid – Part 3: Certification
- **WE07** – The Future of Home-Based Palliative Care
- **WE08** – Recognizing the Signs and Symptoms of Dementia in Older Adults
- **WE09** – Diabetes Differences in Older Adults
- **WE10** – Medication Management
The following sessions may be submitted for 2.5 Nursing CEUs:

- **MO03** – Loneliness in Older Adults – The Hidden Risks
- **MO04** – Improving the Quality of Services and Supports for LGBT Older Adults-Pt.1
- **MO05** – Dealing with Grief & Loss: A Spiritual Perspective
- **MO08** – Sexuality, Intimacy and Aging: Older Adults are Human Too!
- **MO09** – Improving the Quality of Services and Supports for LGBT Older Adults-Pt.2
- **MO10** – Hoarding Intervention & Response: Strategic Approaches for Addressing the People & the Stuff
- **TU01** – Older Adults, Drugs and Alcohol
- **TU02** – How to Work with Dementia Patients and Their families
- **TU04** – Setting the Standard of Care: Penn Memory Center’s Support of Families with Alzheimer’s
- **TU05** – Mental Health First Aid – Part 1
- **TU06** – Medical, Legal & Ethical Aspects of Decision-Making Capacity
- **TU08** – SEXcessful Aging – A Philadelphia Model
- **TU10** – Mental Health First Aid – Part 2
- **WE02** – Introduction to Hospice & Palliative Care
- **WE04** – Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?
- **WE05** – Mental Health First Aid – Part 3: Certification
- **WE07** – The Future of Home-Based Palliative Care
- **WE08** – Recognizing the Signs and Symptoms of Dementia in Older Adults
- **WE09** – Diabetes Differences in Older Adults
- **WE10** – Medication Management

State licensure boards, however, have final authority on the acceptance of individual courses. If you require continuing education credit from a board or association not listed, please contact your state board or association for individual approval. Participants are encouraged to verify acceptability with their board or association prior to paying for continuing education credit.

**To receive CEUs:**

Select the number of CEUs you wish to purchase at the end of the registration page online, or on the registration form in this brochure. When you fill out your session evaluation, you will see this on the bottom of the back page:

- Please check here if you have ordered CEUs for this session, and provide your name and e-mail address below. Your certificate will be sent to you electronically (PRINT CLEARLY, PLEASE).

Please consult the lists above to be certain that the session you are attending is offering CEUs – either for Social Work or Nursing.

**CEU Costs:** $15.00 per approved 2.5 hour session, to a maximum of $45.00 for 3 or more approved sessions, per person.
Each day:  
Sessions 1-5 are AM Sessions: 9:30 am – Noon
Sessions 6-10 are PM Sessions: 1:00 pm – 3:30 pm *

<table>
<thead>
<tr>
<th>CODE</th>
<th>SESSION TITLE</th>
<th>PRESENTER(S)</th>
</tr>
</thead>
<tbody>
<tr>
<td>MO02</td>
<td>How to Resolve Vital Housing Issues to Prevent Senior Homelessness</td>
<td>Cateria R. McCabe, Esq.; Susanna W. Ratner, Esq.; Elizabeth P. Shay, Esq.</td>
</tr>
<tr>
<td>MO03</td>
<td>Loneliness in Older Adults: The Hidden Risks</td>
<td>Patrick Arbore, EdD, MA</td>
</tr>
<tr>
<td>MO04</td>
<td>Improving the Quality of Services &amp; Supports for LGBT Older Adults:1</td>
<td>Terri Clark, MPH, CHES; Ed Miller</td>
</tr>
<tr>
<td>MO05</td>
<td>Dealing With Grief &amp; Loss – A Spiritual Perspective</td>
<td>Rabbi Sandra Berliner, M.S.S.A, B.C.C., D.D; Rev. Arthur Gilbert; Sister Margi Savage; Imam Mikel Abdul Shabbazz; Rev. Eric Wilden</td>
</tr>
<tr>
<td>MO06</td>
<td>The Future of Aging Services - <em>(Special Time - 1:30 pm – 4:00 pm)</em> Presentation by Rich Browdie, followed by panel discussion</td>
<td>Rich Browdie; Bill Benson; Bob Blancato, MPA; Sharon Alexander Keilly; Sandy Markwood; E. Percil Stanford, PhD</td>
</tr>
<tr>
<td>MO07</td>
<td>No Session Scheduled for this Time Slot</td>
<td></td>
</tr>
<tr>
<td>MO08</td>
<td>Sexuality, Intimacy and Aging: Older Adults are Human Too!</td>
<td>Patrick Arbore, EdD, MA</td>
</tr>
<tr>
<td>MO09</td>
<td>Improving the Quality of Services &amp; Supports for LGBT Older Adults:2</td>
<td>Terri Clark, MPH, CHES; Ed Miller</td>
</tr>
<tr>
<td>MO10</td>
<td>Hoarding Intervention &amp; Response: Strategic Approaches for Addressing the People &amp; the Stuff</td>
<td>Linda Shumaker, RN-BC, MA; David Wengert, MSW</td>
</tr>
<tr>
<td>TU01</td>
<td>Older Adults, Drugs and Alcohol</td>
<td>Cynthia Zubritsky, PhD</td>
</tr>
<tr>
<td>TU02</td>
<td>How to Work With Dementia Patients &amp; Their Families</td>
<td>Sue Cohen, EdD, OTR/L; Carol A. Maritz, PT, EdD, GCS;</td>
</tr>
<tr>
<td>TU03</td>
<td>Setting Joy in the Workplace: Keeping Ourselves Healthy &amp; Engaged in Stressful Environments</td>
<td>Patrick Arbore, EdD, MA</td>
</tr>
<tr>
<td>TU04</td>
<td>Setting the Standard of Care: Penn Memory Center’s Support of Families with Alzheimer’s and Related Disorders</td>
<td>Felicia Greenfield, MSW, LCSW; Tigist Hailu, B. A.</td>
</tr>
<tr>
<td>TU05</td>
<td>Mental Health First Aid – Part 1</td>
<td>Certified Instructors TBD</td>
</tr>
<tr>
<td>TU06</td>
<td>Medical, Legal &amp; Ethical Aspects of Decision-Making Capacity</td>
<td>Bruce Kinosian, M.D.; Michelle T. Brandt, MSW, LSW; Sanford Pfeffer, Esq.</td>
</tr>
<tr>
<td>TU07</td>
<td>Pulling Together or Apart? Helping Family Members Make the Tough Care Decisions</td>
<td>Barry Jacobs, Psy.D.</td>
</tr>
<tr>
<td>TU08</td>
<td>SEXcessful Aging – A Philadelphia Model</td>
<td>Terri Clark, MPH, CHES; Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA</td>
</tr>
<tr>
<td>TU09</td>
<td>When Family Dynamics and Death Collide</td>
<td>Dr. Tawana Ford Sabbath, Ph.D., M.S.S., B.S.</td>
</tr>
<tr>
<td>TU10</td>
<td>Mental Health First Aid – Part 2</td>
<td>Certified Instructors TBD</td>
</tr>
<tr>
<td>WE01</td>
<td>Engaging &amp; Preparing the Next Generation of Leaders to Advocate for Aging Issues</td>
<td>Kate Clark, M.P.A.; Najja R. Orr; Jennifer Russell, J.D.</td>
</tr>
<tr>
<td>WE02</td>
<td>Introduction to Hospice &amp; Palliative Care</td>
<td>Niharika Ganta, M.D., M.P.H.; Susan Foster, RN</td>
</tr>
<tr>
<td>WE03</td>
<td>Gambling Disorder and Older Adults – A Regional Perspective</td>
<td>Josh Ercole, B. A.; Neva Pryor, MS</td>
</tr>
<tr>
<td>WE04</td>
<td>Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?</td>
<td>Cherian Verghese, MD</td>
</tr>
<tr>
<td>WE05</td>
<td>Mental Health First Aid – Part 3 - Certification</td>
<td>Certified Instructors TBD</td>
</tr>
<tr>
<td>WE06</td>
<td>Generational Differences in the Workplace</td>
<td>Charles R. Howard, PhD, MSW, CSWM</td>
</tr>
<tr>
<td>WE07</td>
<td>The Future of Home-Based Palliative Care</td>
<td>David Casarett, MD, MA; Meghan O. Coleman</td>
</tr>
<tr>
<td>WE08</td>
<td>Recognizing the Signs &amp; Symptoms of Dementia in Older Adults</td>
<td>Joel Streim, MD</td>
</tr>
<tr>
<td>WE09</td>
<td>Diabetes Differences in Older Adults</td>
<td>Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA</td>
</tr>
<tr>
<td>WE10</td>
<td>Medication Management</td>
<td>Eileen Sullivan, Pharm. D</td>
</tr>
</tbody>
</table>

* MO06 is scheduled from 1:30 pm – 4:00 pm
Monday, October 19, 2015

9:30 am - Noon

MO01 – Senior Fraud and Financial Abuse – Lessons Learned From the Task Force

The financial exploitation and abuse of seniors is a national epidemic and is only getting worse as the baby boomer generation enters retirement. This generation of older people is believed to be the wealthiest generation in history. Philadelphia has various organizations involved in elder abuse prevention but did not have a comprehensive, unified plan to elevate community awareness, educate seniors, prevent exploitation and prosecute those responsible.

The Philadelphia Financial Exploitation Prevention Task Force began in 2010 to create working relationships and enhance the coordination between Older Adult Protective Services, financial institutions, law enforcement, legal service providers and various other community organizations. Through this Task Force, thousands Philadelphia Seniors have been provided outreaches and educated regarding Elder Financial Exploitation and recruited to help spread the word and advocate for their elderly friends, neighbors, family members, etc. In addition, thousands of law enforcement, financial institutions and other agencies have been trained to recognize Elder Financial Exploitation and what to do about it.

Learning Objectives

Participants in this workshop will:

- How to develop and manage a task force
- How Elder Financial Exploitation is a multi-disciplinary problem that requires a multi-disciplinary response
- The latest research and trends in elder financial exploitation

Panel – Members of the Philadelphia Financial Exploitation Prevention Task Force

MO02 – How to Resolve Vital Housing Issues to Prevent Senior Homelessness

This will be interactive session with lawyers from SeniorLAW Center to learn about addressing and resolving vital housing issues faced by senior homeowners and tenants. Topics to be covered include property tax and mortgage delinquencies, reverse mortgages, and tips to prevent foreclosure and eviction.

Learning Objectives

Participants who attend this workshop will:

- Learn the programs and options available to prevent property tax and mortgage foreclosure;
- Understand how a reverse mortgage works, and why it is often a bad idea;
- Learn the tools needed for tenants to prevent or delay eviction;
• Share useful resources available to senior homeowners and tenants;
• Discuss how to utilize this information to help seniors remain in their homes, with special focus on those who are low-income and vulnerable.

**Cateria R. McCabe, Esq.** – Ms. McCabe is a Staff Attorney at SeniorLAW Center, joining the staff in February 2013. Her responsibilities include representation of seniors in custody and landlord/tenant matters, as well as outreach, community education, professional training and systemic advocacy. Prior to joining SeniorLAW Center, Ms. McCabe primarily focused on family law but her practice areas have included residential real estate, consumer, estate planning documents, and mental health matters. After attending Mount Holyoke College and before going to law school, she was a substitute teacher in the Philadelphia School District. Ms. McCabe graduated from the Villanova University School of Law where she received the Joseph Wenk Award for her contributions to legal service to the poor.

**Susanna W. Ratner, Esq.** – Susanna is a staff attorney at SeniorLAW Center. She represents clients in homeownership cases such as property tax foreclosure, mortgage foreclosure, deed and title matters, probate and estate administration. Susanna recently completed a two-year public service fellowship at SeniorLAW Center through the American Bar Association Section of Taxation. Her fellowship project focused on helping low-income senior citizens with property tax issues affecting homeownership and shelter, and assisting seniors with complex tangled title and inheritance tax issues. Susanna graduated magna cum laude from the Benjamin N. Cardozo School of Law in 2012, and is a member of the Cardozo chapter of the Order of the Coif. Susanna graduated summa cum laude from Rutgers University in 2008.

**Elizabeth P. Shay, Esq.** – Homeowners Assistance Program Coordinator. Beth has been practicing law since 1984, starting off in private practice in NYC, moving onto the General Counsel’s office at Wayne State University in Detroit and then becoming a public interest attorney in Illinois. As a Staff Attorney for Prairie State Legal Services in Illinois Beth worked primarily with the chronically homeless under a grant from HUD, helping this population gain housing and become financially independent. She represented displaced Hurricane Katrina survivors, veterans and the disabled in a variety of forums including Social Security disability appeals, public housing appeals, special education hearings and domestic violence proceedings. Upon her arrival in Philadelphia in 2007 she became the coordinator of SeniorLAW Center’s Homeowners Assistance Program. Beth is responsible for direct legal representation of homeowners in matters involving probate, deed transfer, fraudulent conveyances, wills, home repair contractor fraud and property damage.

**MO03 – Loneliness in Older Adults: The Hidden Risks**

According to the U.S. Census Bureau, approximately 29 million people live alone, a 30% increase since 1980. Everyday loneliness can be painful when people are isolated from family members and/or friends. During this workshop we will explore ways to recognize loneliness in older people. An emphasis will be placed on cultural/ethnic, gender, and age differences.

Cacioppo (2008) writes that “loneliness needs to be on the list of serious risk factors for illness and early death, right alongside smoking, obesity, and lack of exercise...” The negative outcomes of loneliness, including physical illness, depression and premature death, will be discussed. Ways in which we can cope as a community with increasing levels of loneliness will be highlighted.
Learning Objectives

As a result of this training, participants will:

- Learn about the scope of the problem of loneliness in older adults
- Recognize the negative consequences of loneliness, especially mental and physical health problems
- Discuss the influences of culture/ethnicity, gender and age
- Develop skills that can be used when assessing for loneliness in an older adult population and responding effectively when loneliness has been identified
- Identify ways a community can help decrease loneliness in the older adult population

Patrick Arbore, EdD, MA, began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging. In January 2015, Patrick was selected as a Silver Medalist for Public Service sponsored by the Jefferson Award Regional Committee.

MO04 – Improving the Quality of Services and Supports for LGBT Older Adults: Part 1

The National Resource Center on Aging (NRC) offers this presentation as part of a more comprehensive training for organizations that want to develop more inclusive services for LGBT elders. The goal of this presentation is to increase awareness and empathy amongst health care and social service providers about the issues and needs of elders who are LGBT (lesbian, gay, bisexual, and/or transgender).

Learning Objectives

Participants who attend this workshop will:

- Receive talking points and tools to create safe and inclusive services
- Gain knowledge of LGBT terms to promote inclusion of LGBT older adults
- Experience case studies and historical events that have had particular impact on the lives of LGBT older adults.
**Terri Clark, MPH, CHES,** Terri has been providing health education, training, and counseling for nearly 25 years, and is currently the Coordinator of Prevention Services at ActionAIDS in Philadelphia. She is a member of Widener University’s Consortium on Sexuality and Aging. Terri is an adjunct instructor in the Community and Global Public Health Department at Arcadia University, and developed a course entitled “LGBT Issues in Public Health”. Terri’s expertise is in health education and prevention. Throughout her career in public health, she has been an advocate for LGBT equality and sexual health across the lifecycle. She is a Certified Health Education Specialist, and graduate of Hunter College with a Masters in Public Health. She received her B.A. in Sociology and Communication from the University of Buffalo.

**Ed Miller** is Supportive Services and Programs Coordinator, William Way LGBT Community Center. Ed is a certified trainer through the National Resource Center on LGBT Aging. Ed provides training to agencies to help create safe, inclusive and welcoming environments to LGBT older adults. As Supportive Services and Programs Coordinator Ed designs social, educational, and cultural programs to help build community, reduce isolation and provide safe space for LGBT older adults.

**MO05 – Dealing With Grief & Loss – A Spiritual Perspective**

In order to meet the spiritual needs of older adults at the end of life, as service providers we need to be alert to their concerns. Faith in God or in a higher power enables many people to endure chronic disease and hardships in life. The spiritual needs to which we must be alert as care providers for older adults includes the ability to find worth in our very being, being able to accept our life story, confront losses and acknowledging gains, experience a new or renewed relationship with God and serve the needs of others. This workshop will inform the attendees about various religious perspectives around loss, grief and mourning.

**Learning Objectives**

Participants in this workshop will be able to:

- Increase awareness of the impact of sacred practices related to end-of-life in diverse faith perspectives
- Explore the influences of religious beliefs on consumer/participant views on end-of-life
- Increase awareness of how religious perspectives may influence choices about palliative care

**Rabbi Sandra Berliner.** M.S.S.A., B.C.C., D.D. - Chaplain /Service Coordinator, Federation Housing, Inc.; **Rev. Arthur Gilbert** – Chaplain, PENN Wissahickon Hospice; **Sister Margi Savage** – Outreach Coordinator, Mercy Neighborhood Ministries; **Imam Mikel Abdul Shabbazz** of Masjidullah; **Rev. Eric Wilden** – Executive Director of Ralston My Way.
Monday, October 19, 2015

1:00 pm – 3:30 pm

MO06 - The Future of Aging Services – Special Time: 1:30 pm – 4:00 pm

Rich Browdie, this year’s recipient of the M. Powell Lawton Award for his many contributions to the field of aging, will speak on the topic “The Future of Aging Services”. A panel of experts, moderated by Bob Blancato, will react to Rich’s observations and offer insights of their own. Attendees will be encouraged to participate and share their thoughts, ideas and concerns as well.

Learning Objectives

Participants in this workshop will:

- Hear the ideas and opinions of aging professionals uniquely in tune with the politics of the issues
- Learn the ramifications of decisions that have been made or may be made in the coming year that may have a profound impact on the future of aging services
- Participate in the discussion, share ideas with other participants and the experts

Bill Benson is Managing Principal in Health Benefits ABCs, an organization offering aging and public health policy, educational and strategic planning consulting services. Benson has held senior leadership positions in the U.S. Congress and at the U.S. Administration on Aging. He spent 10 years with the California Department of Aging including as California’s State Long-Term Care Ombudsman. For the past 12 years he has been a consultant to CDC’s Healthy Aging Program. Other clients include the National Adult Protective Services Association, the AoA-funded National Resource Center for the Senior Medicare Patrol Program, Michigan and Mississippi Public Health Institutes, and many others.

Robert Blancato, MPA is President of Matz, Blancato, & Associates. Bob is the National Coordinator of the Elder Justice Coalition, a non-partisan, 680 member organization. From 2000-2006, Bob served as President of the National Committee for the Prevention of Elder Abuse. He currently serves as the Executive Director of NANASP, the National Association of Nutrition and Aging Services Programs. Bob is a former House of Representatives staff member and spent 17 years on the House Select Committee on Aging. He also served as Executive Director of the 1995 White House Conference on Aging (WHCOA) appointed by President Clinton. He was on the Policy Committee for the 2005 WHCOA appointed by Rep. Nancy Pelosi.

Rich Browdie, for more than 40 years, has held leadership positions in organizations that have as their mission the improvement and maintenance of the health and well-being of older adults. As President/CEO of the Benjamin Rose Institute on Aging, a nationally recognized leader in service, research and advocacy addressing issues of aging, he assures the current and long-term viability of the organization in keeping with its mission.
Sharon Alexander Keilly is an accomplished healthcare executive with progressive experience in the health, long-term care and managed care industries. She is currently Vice President of Medicare Plans for AmeriHealth Caritas, serving members in dual eligible special needs plans (D-SNP) and Medicare/Medicaid Integration products, as part of the CMS Financial Alignment Demonstration initiative. She comes to AmeriHealth after serving as Secretary of Aging for the Commonwealth of Pennsylvania, where she was the State’s chief advocate for the health, economic and social needs of 2.5 million older people and their families. She brings Medicare expertise from Universal American Corp., where she was instrumental in launching and managing a full array of Medicare Advantage products in multiple states including institutional special needs plans (I-SNP) and managed long term support services (MLTSS) initiatives.

Sandy Markwood is the CEO of the National Association of Area Agencies on Aging (n4a), which represents the nation's 629 Area Agencies on Aging and serves as a champion for the more than 246 Title VI Native American aging programs. n4a helps its members advocate on behalf of older adults and their caregivers; ensure that communities are equipped to support and enhance the well-being of older adults, persons with disabilities and their caregivers; and serve as the focal point in the community for answers on aging. As CEO, Ms. Markwood forms strategic partnerships with federal agencies and organizations in aging, human service and health care arenas to enhance the role and recognition of Area Agencies on Aging and Title VI programs.

E. Percil Stanford, PhD, is currently President of Folding Voice and also San Diego KIND Corporation. Past positions at AARP include Senior Vice President for Diversity and Inclusion and Chief Diversity Officer, West Region Director, Interim Director of the State Affairs Department and Senior Advisor in the Thought Leadership Group. As AARP’s Senior Vice President for Diversity and Inclusion, he led AARP’s initiative to ensure equal opportunity for all employees and volunteers and to ensure that services, programs and products were culturally appropriate for all.

Leadership roles have been assumed in numerous professional organizations such as The Gerontological Society of America, The Association for Gerontology in Higher Education, National Center and Caucus on Black Aging, The American Society on Aging, The National Committee to Preserve Social Security and Medicare, and The American Bar Association Commission on Legal Problems of the Elderly. Dr. Stanford has been appointed to several National, State and local Commissions and Task Forces and White House Conferences on Aging. He is a widely published author of several books and articles on a wide range of Age related topics with a principle focus on Diversity and Inclusion, Minority Aging and Ethnicity.

MO08 – Sexuality, Intimacy and Aging: Older Adults Are Human Too!

According to Robert Butler (2002) there are changes in the physical and physiological aspects of sex as we age. Such changes, however, do not generally cause sexual problems unless disease, disability, or medication side effects interfere. Sexual intimacy is not only about a physical connection, it is a complex experience that includes the mind and emotions as well. Older adults have a continuing need for intimacy, which is a strong emotional connection to at least one other person. Changes regarding intimacy may occur if the spouse or partner becomes ill or dies. Thus, intimacy needs may be met through friendships or deep connections with family members. During this presentation, we will
address the factors that affect sexual intimacy as well as non-sexual intimacy among older adults including ageist attitudes that continue to be an obstacle to healthy sexual expression as we age.

**Learning Objectives**

As a result of this presentation, participants will:

- Recognize that sexuality is a basic human need that goes beyond the biological experience to include other dimensions such as the psychological, social and moral arenas
- Acknowledge that sexuality is more than the act of coitus but an offering of love, warmth, sharing, and touching between people
- Identify the cultural, biological, psychosocial and environmental factors that influence the sexual behavior of older adults
- Redefine sexuality among older adults to include more complex levels of connections that include greater communication, trust, love, sharing, and the giving of pleasure with or without coitus.

**Patrick Arbore, EdD, MA,** began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging. In January 2015, Patrick was selected as a Silver Medalist for Public Service sponsored by the Jefferson Award Regional Committee.

**MO09 – Improving the Quality of Services and Supports for LGBT Older Adults: Part 2**

The National Resource Center on Aging (NRC) offers this presentation as part of a more comprehensive training for organizations that want to develop more inclusive services for LGBT elders. The goal of this presentation is to increase awareness and empathy amongst health care and social service providers about the issues and needs of elders who are LGBT (lesbian, gay, bisexual, and/or transgender).

**Learning Objectives**

- Participants who attend this workshop will:
- Receive talking points and tools to create safe and inclusive services
- Gain knowledge of LGBT terms to promote inclusion of LGBT older adults
- Experience case studies and historical events that have had particular impact on the lives of LGBT older adults.
Terri Clark, MPH, CHES, Terri has been doing work in health education, training, and facilitation for nearly 25 years, and is currently the Coordinator of Prevention Services at ActionAIDS in Philadelphia, PA. Terri is a member of Widener University’s Consortium on Sexuality and Aging, and an adjunct instructor at Arcadia University. She is a certified trainer with the National Resource Center on LGBT Aging and serves on the American Society on Aging’s Leadership Council of their LGBT Aging Issues Network (LAIN) constituent group. She is also an advisory board member of Philadelphia Corporation for Aging’s PrimeTime Health Committee. Throughout her career in public health, she has been an advocate for gender equality and sexual health across the lifecycle. Terri is a Certified Health Education Specialist, and graduate of Hunter College with a Masters in Public Health, Community Health Education. She received her B.A. in Sociology and Communication from the University of Buffalo.

Ed Miller is Supportive Services and Programs Coordinator, William Way LGBT Community Center. Ed is a certified trainer through the National Resource Center on LGBT Aging. Ed provides training to agencies to help create safe, inclusive and welcoming environments to LGBT older adults. As Supportive Services and Programs Coordinator Ed designs social, educational, and cultural programs to help build community, reduce isolation and provide safe space for LGBT older adults.

MO10 – Hoarding Intervention and Response: Strategic Approaches for Addressing the Person & Stuff

Between 2-5 percent of the population have hoarding behaviors. What starts as an individual struggle with clutter can lead to deteriorating homes, public safety issues and homelessness. In this workshop Hoarding Task Force members from across Pennsylvania will define hoarding and discuss the impact of hoarding on individuals, families, housing, neighbors and the community. A discussion will follow about individual and community interventions that aim to help the person who is hoarding, address housing quality and maintain public safety.

Learning Objectives

Participants in this workshop will:

- Understand the nature and causes of hoarding behaviors
- Understand the impact of hoarding on the person, the family, the house and the neighborhood.
- Learn intervention strategies for addressing hoarding at the individual and community levels
- Appreciate the importance of cross system collaborative approaches when addressing the issue.

Linda Shumaker, RN-BC, MA, is a registered nurse who is currently serving as Outreach Coordinator of the Pennsylvania Behavioral Health and Aging Coalition. She has extensive clinical experience working in community mental health, geriatric assessment teams and long-term care. In addition, she has been an instructor of psychiatry at the Penn State College of Medicine. She has served as a founding member and former Executive Director of the Pennsylvania Behavioral Health and Aging Coalition.

David Wengert, MSW, is a social worker with a concentration in community interventions. For two years he has served as co-chair of the Philadelphia Hoarding Task Force, which is a coalition of over 25 government agencies and community organizations dedicated to reducing the catastrophic consequences of hoarding in Philadelphia.
Tuesday, October 20, 2015

9:30 am - Noon

TU01 - Older Adults, Drugs and Alcohol – Treatment and Program Directions

As baby boomers move into older adulthood, the number of older adults with substance use disorders continues to increase. Recent projections indicate that the number of older adults with a substance use disorder (alcohol or illicit drugs) will double from an annual average of 2.8 million in 2006 to 5.7 million in 2020. The National Survey on Drug Use and Health conducted in 2010 found that nearly 40% of adults age 65 and older drink alcohol. Alcohol, which is by far the most common substance of abuse, will contribute significantly to the projected increases in substance use disorders. Alcohol misuse poses significant risks for older adults that are different from younger populations; exacerbating medical problems that are common among this age group (i.e., diabetes, high blood pressure).

Aging increases sensitivity to alcohol, reduces alcohol tolerance, and ultimately places older adults at a greater risk of cognitive impairment and related accidents and injuries (i.e., falls and motor vehicle accidents). Social changes, such as the loss of loved ones, retirement, and greater social isolation, also increase older adults’ risk of co-occurring substance abuse and mental health problems. Baby boomers may have also have patterns of substance use that are different from previous generations, including: 1) greater likelihood of illicit drug use; 2) combined alcohol and illicit drug use; and 3) the use and abuse of psychoactive prescription and over-the-counter medications, all of which complicate treatment service needs. Older adults with substance misuse and abuse problems will place increasing demands on the substance abuse and mental health treatment system over the next decade; it is critical that our treatment system is prepared to meet the growing and changing needs of this population.

Learning Objectives

As a result of attending this session participants will:

- Know the projected rates of substance misuse in older adults;
- Understand the physical, emotional and social changes that contribute to substance misuse in older adults; and
- Understand the treatment system changes that will need to be made to provide quality treatment services for older adults

Cynthia D. Zubritsky, Ph.D. is the Director of Collaborative Initiatives for the Center for Mental Health Policy and Services Research at the University of Pennsylvania. As a mental health services researcher, Dr. Zubritsky has extensive experience in management and organizational services issues in integrating primary care, behavioral healthcare and aging systems, including research methodology, outcome measurement, treatment interventions, and program evaluation. She has worked with state and local systems levels in mental health, substance abuse, and aging programs and was a key collaborator in developing Pennsylvania’s Share the Care Initiative.
TU02 – How to Work with Dementia Patients and Their Families

This presentation will address how dementia affects the function of older adults while also creating caregiver stress and frustration. The lecture will examine how critical evidence-based examination procedures are to identifying pertinent impairments and functional limitations that may lead to falls. Once identified, it is important that these limitations be managed using effective intervention strategies. Research has determined that exercise and home modifications are central to best practice management of patients with dementia in order to maximize functional mobility while also promoting safety in the home setting. Presenters will offer recommendations for how caregivers can provide optimal care while protecting themselves from injury or burnout. The session will begin with a lecture about dementia and behavioral changes and their impact on function given by Drs. Maritz and Cohen; followed by an interactive presentation of case examples. A question and answer session will conclude the presentation.

Learning Objectives

As a result of participation in this session, learners will be able to:

- Identify at least 3 impairments or functional limitations commonly found in older adults with dementia;
- Recognize clinical signs of behavioral change and which strategies can be used to facilitate function;
- Understand the benefits of exercise for individuals with dementia as well as the benefits of exercise for caregivers;
- Discuss how adaptive equipment and home safety strategies can be implemented to decrease falls risk.

Sue Cohen, EdD, OTR/L, Dr. Cohen is an occupational therapist with 20 years of experience working with the geriatric population. She is currently employed by the New Courtland LIFE program in Philadelphia where she works with frail elders, many of whom have dementia. Her focus is on helping these older adults and their families to maintain a safe living environment for as long as possible. Dr. Cohen has presented her work both locally and nationally.

Carol A. Maritz, PT, EdD, GCS, Dr. Maritz is a Professor of physical therapy at the University of the Sciences in Philadelphia. She is a board certified geriatric clinical specialist with over 30 years of clinical practice. She has published and presented her work both nationally and internationally.
TU03 – Finding Joy in the Workplace: Keeping Ourselves Healthy & Engaged in Stressful Environments

In this workshop, we will examine what it means to be joyful at work. Researchers have long known that people who are happier are more creative, have more energy, experience greater vitality and are healthier than people who rarely experience joy or happiness. A mysterious force, synergy, is the foundation from which joy in the workplace begins. The way in which synergy can be developed is a strong component of this workshop. When we cultivate passion for our work, enjoy our co-workers and love what we do, synergy is happening. Working in human services is stressful, demanding, challenging, and occasionally frustrating. Because of the stressful nature of our work, we need to learn strategies to increase feelings of joy and happiness. We will learn to develop healthy strategies that lead to joy during this workshop.

Learning Objectives:

As a result of this workshop, participants will:

- Learn the components of happiness
- Discover the role of synergy and its relationship to joy
- Develop strategies to increase feelings of joy and happiness in the workplace
- Practice self-care

Patrick Arbore, EdD, MA, began his career in the field of aging in 1973. He is the founder and the Director of the Center for Elderly Suicide Prevention and Grief Related Services (CESP) at the Institute of Aging in San Francisco. Dr. Arbore conducts workshops and presents lectures locally and nationally on aging related subjects including elderly suicide prevention, hoarding, substance abuse, compassion fatigue, communication, depression, traumatic loss, and many others. He is the author of numerous articles and book chapters on a variety of topics.

He is also a Senior Lecturer in the Human Services Division at Notre Dame de Namur University in Belmont, California. Patrick has also been a part-time Lecturer in the School of Social Welfare at the University of California, Berkeley. Dr. Arbore is the recipient of the 2013 Mental Health and Aging Award presented by the American Society on Aging for outstanding contributions to the field of aging. In January 2015, Patrick was selected as a Silver Medalist for Public Service sponsored by the Jefferson Award Regional Committee.
TU04 – Setting the Standard of Care: How the Penn Memory Center Provides Education, Resources and Support to Families Affected by Alzheimer’s Disease and Related Disorders

This workshop will provide a broad overview of normal aging versus cognitive impairment and dementia, as well as the different forms of dementia and how diagnosis is made. An overview of current research will be given, along with reasons why it is important to have diversity in research. Because partnering with caregivers is essential for better outcomes for patients, the workshop will address issues around dementia caregivers and how information and knowledge can help family caregivers plan for the future while simultaneously making time to care for themselves.

Learning Objectives:

As a result of this workshop, participants will be able to:

- Differentiate between dementia and its different forms, identifying at least three types of dementia
- Discuss the importance of research and the need for diversity in research
- Define caregiver burnout and the importance of self-care for the dementia caregiver
- Identify 3-5 techniques caregivers may try to improve outcomes for their loved one with dementia

The Penn Memory Center (PMC) is a national Institute on Aging-designated Alzheimer’s disease Center (ADC). The PMC is one of only 30 ADCs in the nation, and the only ADC in our tri-state region. ADC designation is earned by leading universities and medical institutions offering state-of-the-science diagnosis, treatment, research and care for individuals with Alzheimer’s disease, mild cognitive impairment and other age-related memory disorders. Partnering with patients and their family caregivers, clinicians and researchers at the PMC apply knowledge learned through research to achieve the best outcomes for those affected by Alzheimer’s disease and related disorders.

Felicia Greenfield, MSW, LCSW, Associate Director, Clinical and Research Operations – PMC;

Tigist Hailu, BA, Coordinator for Diversity in Research & Education – PMC

TU05 – Mental Health First Aid – Part 1

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid (MHFA) training helps a layperson assist someone experiencing a mental health crisis. MHFA allows for early detection and intervention by teaching participants about the signs and symptoms of specific illnesses like anxiety, depression, schizophrenia, bipolar disorder, eating disorders, and addictions. The program offers concrete tools and answers key questions like “What can I do?” and “Where can someone find help?” Participants are introduced to local mental health resources, national organizations, support groups, and online tools for mental health and addictions treatment and support.
The evidence behind Mental Health First Aid demonstrates that it makes people feel more comfortable managing a crisis situation and builds mental health literacy — helping the public identify, understand and respond to signs of mental illness.

Learning Objectives

By participating in this workshop, participants will be able to:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Understand the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

This is a one and one half day workshop that follows the 8 hour curriculum set forth by the National Council for Behavioral Health. To receive certification you must attend all three sessions. You may attend Part 1 as a stand-alone session, if you are simply seeking more information on Mental Health First Aid. You must attend Part 1 in order to attend Part 2. You must have attended both Parts 1 & 2 in order to attend Part 3.

MENTAL HEALTH FIRST AID INSTRUCTORS: This course is taught by nationally certified instructors who have completed a rigorous 40 hour course and selection process, and are re-certified annually to provide quality instruction across the United States. (Certification to instruct is granted by The National Council for Behavioral Health.)
Tuesday, October 20, 2015

1:00 pm – 3:30 pm

TU06 - Medical, Legal & Ethical Aspects of Decision Capacity in Older Adults

The session will examine the advantages and limitations of available methods of clinical assessment of decision capacity in elders in light of applicable legal standards. We will discuss the following topics: informed consent, surrogate decision-making, and the ethical and professional implications for social work, medical and legal practice.

Learning Objectives

Participants in this workshop will:

- Understand psychiatric and other approaches to assessing decision-making capacity in elders
- Identify situations where it may be appropriate to seek formal evaluation, and improve their ability to guide the examiner in ways that will obtain the most clinically useful information
- Gain awareness of the range of decision-making abilities recognized in the law and the legal solutions and interventions available

Michelle Brandt, MSW, LSW, Assistant Director of Field Education, Widener University, Center for Social Work Education

Dr. Bruce Kinosian, M.D., Associate Professor, Perelman School of Medicine at the Hospital of the University of Pennsylvania

Sanford Pfeffer, Esq., General Counsel, Philadelphia Corporation for Aging

TU07 – Pulling Together or Apart: Helping Family Members Make the Tough Care Decisions

If, as the saying goes, caregiving brings strains and gains to individual family caregivers, it can cause marked conflict or cohesion for caregiving family members as a whole. What makes the crucial difference is often the way families caring for aging loved ones handle key care decisions – for example, whether or not to accept medical diagnoses and support services, division of labor, commitments of time and emotional resources, placement and end-of-life care. In this workshop by psychologist, family therapist and author of “The Emotional Survival Guide for Caregivers”, we will review the negative, long-lasting consequences of unresolved family caregiving conflicts and suggest formal processes for overcoming sibling rivalries and gender disparities through improved communication, negotiation and increased mutual concern. Specific attention will be paid to communication technologies, running family meetings and alleviating family dissention. Case examples will be provided.
Learning Objectives:

As a result of this workshop, participants will be able to:

- Identify key family caregiver decisions and their potential for causing greater family cohesion or conflict.
- Describe methods for ongoing family communication and negotiation regarding care and caregiving plans.
- List three benefits of ongoing family cohesion and improved decision-making during caregiving.

Barry J. Jacobs, Psy.D., is a clinical psychologist, family therapist and the author of the book, *The Emotional Survival Guide for Caregivers—Looking After Yourself and Your Family While Helping an Aging Parent* (Guilford, 2006). As a clinician, he specializes in helping families cope with serious and chronic medical illnesses. As an educator, he works as the Director of Behavioral Sciences for the Crozer-Keystone Family Medicine Residency Program in Springfield, PA and has had adjunct faculty positions with the Temple University School of Medicine, University of Pennsylvania School of Nursing and the Department of Psychology of the Philadelphia College of Osteopathic Medicine. He is the national spokesperson on family caregiving for the American Heart Association and a member of the AARP Caregivers Advisory Panel. He was a member of the American Psychological Association Presidential Task Force on Caregiving that produced the Caregiver Briefcase website.

TU08 – SEXcessful Aging – A Philadelphia Model

Sexual health was identified as a priority area in 2014 by the Philadelphia Corporation for Aging (PCA). ActionAIDS was awarded a community outreach grant from PCA to develop and evaluate a series of intimacy and sexual health workshops for seniors and staff at select senior centers. The goals of the project were to: (1) validate older adults’ need for information and resources on sexuality and aging, including sexual health & HIV prevention; and (2) to increase the comfort and knowledge of senior center staff when addressing issues of intimacy, aging and sexual health with seniors.

This interactive workshop will debunk the myths about sexuality and aging and empower participants to see sexuality as an important contributing factor to successful aging. Facilitators will share successes and challenges of implementing such programming, along with identifying best practices that can be used to replicate the educational model.

Learning Objectives

By the end of the workshop, participants will be able to:

- Identify and debunk at least three myths about sexuality & aging
- Feel a greater comfort level when needing to address issues of intimacy, aging and sexual health with seniors.
- Identify best practices for implementing programming that can be used to replicate the model.
Terri Clark, MPH, CHES, Terri has been doing work in health education, training, and facilitation for nearly 25 years, and is currently the Coordinator of Prevention Services at ActionAIDS in Philadelphia, PA. Terri is a member of Widener University’s Consortium on Sexuality and Aging, and an adjunct instructor at Arcadia University. She is a certified trainer with the National Resource Center on LGBT Aging and serves on the American Society on Aging’s Leadership Council of their LGBT Aging Issues Network (LAIN) constituent group. She is also an advisory board member of Philadelphia Corporation for Aging’s PrimeTime Health Committee. Throughout her career in public health, she has been an advocate for gender equality and sexual health across the lifecycle. Terri is a Certified Health Education Specialist, and graduate of Hunter College with a Masters in Public Health, Community Health Education. She received her B.A. in Sociology and Communication from the University of Buffalo.

Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA, is an Assistant Professor at St. Joseph’s University. Dr. Warner-Maron has been practicing nursing for over 30 years, specializing in the care of geriatric patients. Her clinical practice is directed to the care and treatment of patients with pressure ulcers in a variety of clinical settings. In 2007, Dr. Warner-Maron completed her PhD in Health Policy that included a dissertation on HIV in the elderly, a study of how physicians, nurse practitioners and older adults share information about HIV risk. She provides educational programs for nurses and nursing home administrators.

TU09 – When Family Dynamics and Death Collide

Death is a reality that either brings family members closer together or drives them further apart. This workshop will help participants look at the anticipated and unexpected reactions of families when a member dies. Whether the death is sudden or marks the end of a terminal diagnosis, the reaction of the survivors can be shock, disorientation and unpredictable emotions. This workshop is designed to inform participants of some of the dynamics that aid in or hinder healthy grieving. By way of handouts, lecture and discussion participants will learn about the impact of death on family members and their reactions as seen from the perspective of a funeral service professional.

Learning Objectives

Participants who attend this workshop will:

- Identify a range of emotions and reactions to death
- Understand family dynamics related to the death of a loved one
- Consider the ways that family members can assist each other in the face of death
- Understand the role of funeral professionals as they work with families

Tawana Ford Sabbath, MSS, PhD is a child of God through the saving power of Jesus Christ. She is a social worker by profession, holding the Masters of Social Service and doctoral degrees from the Bryn Mawr College Graduate School of Social Work and Social Research. She has been on the faculty at Antioch University Philadelphia and Bryn Mawr College, teaching human services and social work courses at the undergraduate and graduate levels. Her practice specialty was clinical social work at area mental health centers. Since 1992, Dr. Sabbath has been working full-time with her husband, Walter, in their funeral business as the manager. Her family therapy training and experience afford them the
opportunity to provide decidedly different types of supportive services to individuals and families that have suffered a loss. In May 2013, she received the Recognition of Outstanding Service award from Mastery Charter School at Picket Campus, having supervised four students since 2010. She is a member of Enon Tabernacle Baptist Church where she teaches the Women’s Sunday School class and serves with the Internal Communications Ministry. Dr. Sabbath was presented with the Distinguished Alumna Award by her alma mater in May 2015.

**TU10 – Mental Health First Aid – Part 2**

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid (MHFA) training helps a layperson assist someone experiencing a mental health crisis (full description in part 1).

**Learning Objectives**

By participating in this workshop, participants will:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
- Understand the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.
- Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

This is a one and one half day workshop that follows the 8 hour curriculum set forth by the National Council for Behavioral Health. To receive certification you must attend all three sessions. You may attend Part 1 as a stand-alone session, if you are simply seeking more information on Mental Health First Aid. You must attend Part 1 in order to attend Part 2. You must have attended both Parts 1 & 2 in order to attend Part 3.

**MENTAL HEALTH FIRST AID INSTRUCTORS:** This course is taught by nationally certified instructors who have completed a rigorous 40 hour course and selection process, and are re-certified annually.
Wednesday, October 21, 2015

9:30 am - Noon

WE01 – Engaging and Preparing the Next Generation of Leaders to Advocate for Aging Issues

This workshop will discuss the important role Agencies can play in engaging future generations of leaders in their communities. The session will highlight three successful, low-cost models that aim to elevate the importance of working with older adults through professional development and networking opportunities. GenPhilly, started by PCA in 2009, is a network of 400+ emerging leaders who are promoting an age-friendly city. Its target audience is professionals from a variety of fields such as urban planning, social work, the arts, technology and public health. GenBC started through the Bucks County AAA in 2014 to build off this model. Chicago Bridge formed in 2003 as a grassroots, member-driven group dedicated to providing opportunities for professional development, leadership and support to emerging professionals in the field of aging and currently has more than 800 members.

Learning Objectives

After this presentation, participants will be able to:

- Understand the rationale for engaging professionals from outside the aging field to help them understand the issues and
- Discuss methods for adapting or adopting the models within their own environments
- Learn processes for keeping members informed and involved through technology

Kate Clark, MPA, Planner for Policy & Program Development and Atlantic Philanthropies Aging Policy Fellow, Philadelphia Corporation for Aging, Philadelphia, PA

Najja Orr, Director, Bucks County Area Agency on Aging, Doylestown, PA

Jennifer Russell, JD, Director of Programs, Ralston Center, Philadelphia, PA

WE02 – Introduction to Hospice and Palliative Care

In this interactive session, the presenters will provide an introduction to the design of hospice services and evidence supporting their use. Specific attention will be paid to outcomes of care (including reduced costs) and eligibility criteria. This presentation will also include an in-depth discussion about barriers to hospice enrollment, and regulatory changes that can reduce access for older adults.

Learning Objectives

Participants in this workshop will:

- Understand evidence-based designs for hospice services
- Identify outcomes of care for hospice services, and eligibility criteria
• Gain awareness of the barriers to hospice enrollment and reduced access for older adults

Niharika Ganta, M.D., M.P.H., Assistant Professor, Department of Medicine, University of Pennsylvania School of Medicine

Susan Foster, RN, Associate Director of Penn Wissahickon Hospice

WE03 – Gambling Disorder and Older Adults – A Regional Perspective

Increasingly, older adults are gambling due to the expansion of gaming nationally and internationally. While not all older adults will experience problems, many will. Due to lifespan developmental considerations, older adults may be more vulnerable and suffer tremendous negative outcomes if gambling reaches pathological states. The session will increase awareness, knowledge and skills for recognizing the signs and symptoms of older adults gambling, age and developmental considerations that correlate with disordered and problem gambling, and assessment/treatment/prevention considerations when supporting older adults in recovery. This workshop is designed for those working with older adults in a variety of settings

Learning Objectives

As a result of attending this session participants will:

• Identify prevalence rates and risk factors of disordered and problem gambling among older adults

• Discuss prevention and treatment approaches

• Integrate gambling screenings into existing sessions

Josh Ercole, Chief Operating Officer – Council on Compulsive Gambling of PA, Inc. A team member of CCGPA since 2013, Josh has conducted hundreds of trainings throughout Pennsylvania, in an effort to raise awareness of problem gambling. To date, Josh has trained thousands of casino team members, clinicians, students and other professionals about warning signs of gambling problems and available resources for help. Josh has served as a member of the National Council on Problem Gambling (NCPG) since 2013, and at the Council, Josh manages the daily operations of the organization, and plays a key role in strategic planning and program development.

Neva Pryor, MS, is the Executive Director of The Council on Compulsive Gambling of NJ. As Executive Director, her job is to carry out the mission of The Council, to heighten awareness of problem and disordered gambling and to help the gambler and their families by offering support, treatment and hope. Ms. Pryor has 20 years of experience working in the field of behavioral health. She holds a Master’s degree from Chestnut Hill College in Clinical and Counseling Psychology, specializing in trauma studies. She has worked in the areas of addictions, mental health, and homelessness. Prior to heading up the Council, Ms. Pryor was Gambling Supervisor for the Office of Addiction Services, expanding Gambling addiction prevention in Philadelphia and research on attitudinal and behavioral trends in the region.
WE04 – Alzheimer’s Disease: Do Advances in Brain Sciences Offer Reasons for Hope?

In this session, the presenter will speak about two journeys – one in the field and one that is personal. The field of Alzheimer’s Disease (AD) research has made tremendous progress in the last 10 years. Many of the long-held beliefs about AD are no longer true. One does not have to wait until autopsy to make a clear diagnosis – there are tests and bio-markers which can help to diagnose patients, even very early in the disease. AD is no longer felt to be incurable, if diagnosed early.”Disease modifying” medications have real potential to prevent the downslide to profound dementia.

This has also been a personal journey for me, while caring for my mother who now has moderate-severe AD, and is in a nursing home. I have a real sense of what it feels like to be a caregiver. While there are no medications or psychosocial interventions today that are proven safe and effective in managing the behavioral/psychiatric symptoms of AD, we will talk about some upcoming clinical trials to manage the behavioral problems of AD, and the underlying brain mechanisms.

Learning Objectives

Participants in this workshop will:

- Understand the difference between Alzheimer’s Disease and Dementia
- Learn about the prevalence and cost of AD
- Understand the brain pathology in AD
- Learn about bio-markers – tests to diagnose AD and monitor disease progression
- Understand the role and limitations of currently approved medications for AD
- Learn about new medications in clinical trials, and the clinical trial process

Cherian Verghese, MD, MRCPsych (UK), Certified Physician Investigator - Keystone Clinical Studies, LLC

WE05 – Mental Health First Aid – Part 3: Certification

Just as CPR training helps a layperson without medical training assist an individual following a heart attack, Mental Health First Aid (MHFA) training helps a layperson assist someone experiencing a mental health crisis (full description in part 1).

Learning Objectives

By participating in this workshop, participants will:

- Recognize the potential risk factors and warning signs for a range of mental health problems, including: depression, anxiety/trauma, psychosis and psychotic disorders, substance use disorders, and self-injury.
- Use a 5-step action plan to help an individual in crisis connect with appropriate professional help.
• Understand the prevalence of various mental health disorders in the U.S. and the need for reduced negative attitudes in their communities.

• Apply knowledge of the appropriate professional, peer, social, and self-help resources available to help someone with a mental health problem treat and manage the problem and achieve recovery.

This is a one and one half day workshop that follows the 8 hour curriculum set forth by the National Council for Behavioral Health. To receive certification you must attend all three sessions. You must have attended both Parts 1 & 2 in order to attend Part 3.

MENTAL HEALTH FIRST AID INSTRUCTORS: This course is taught by nationally certified instructors who have completed a rigorous 40 hour course and selection process, and are re-certified annually.

Wednesday, October 21, 2015

1:00 pm – 3:30 pm

WE06 – Generational Differences in the Workplace

The presenter will discuss the defining features and characteristics of the Traditional, Baby Boomer, Generation X, and Millennial (Generation Y) generations. General overview of generational theory will be provided. Workplace attitudes and trends specific to different generations will be highlighted and accompanied by discussion as to the strengths and limitations we can identify as being related to inter-generational teaming and/or conflict. Participatory and interactive learning opportunities will include examining one's own generational lens and the current workplace paradigms in an attempt to bring more awareness to the issues of cultural competence related to inter-generational workplaces. After exploring topic and discussion, there will be a question and answer portion in an effort to bring awareness to how a generational lens can impact a workplace, including mindful approach to improving culturally competent communication and collaboration.

Learning Objectives

This workshop will enable the participant to:

• Be able to identify and discuss the Traditional, Baby Boomer, Generation X, and Millennial generations, their characteristics, and workplace attitudes and trends.
• Discuss the similarities and differences among generational work styles that bring strength to an organization or raise challenges.
• Identify practical strategies for success in a multigenerational workplace.
• Explore ideas of cultural competency as they relate to a multigenerational workforce.

Charles R. Howard, MSW, Ph.D., Received his undergraduate degree from Purdue University, West Lafayette, Indiana his MSW from Howard University School of Social Work, Washington, DC and his Ph.D. from Union Institute and University, Cincinnati, Ohio.
He has over thirty years’ experience in program development, assessment and evaluation in the areas of Substance Abuse and Mental Health. He taught social work practice courses in academic institutions in Maryland and New Jersey. He served as a key liaison for the U. S. Federal Review of the District of Columbia’s Child Welfare System. He is recognized for his professionalism, commitment to excellence, and demonstrated ability to communicate and work with senior management, associates, and clients.

WE07 – The Future of Home-Based Palliative Care

In this interactive session, the presenters will describe various approaches to the design of palliative home care services. For each, the presenters will lead a discussion of advantages and disadvantages, with a particular focus on an older adult population. This presentation will also include a discussion of organization and financing that are essential for programs' sustainability.

Learning Objectives

Participants in this workshop will:

- Understand the variety of approaches available today in palliative home care
- Understand the advantages and disadvantages of various palliative home care designs
- Understand program administrative and financing issues that affect sustainability

David Casarett, MD MA is a palliative care physician and health services researcher whose work focuses on improving systems of care for people with serious, life-threatening illnesses. He is a tenured Professor of Medicine at the University of Pennsylvania Perelman School of Medicine, a faculty member of Penn’s Department of Medical Ethics and Health Policy, and Director of Hospice and Palliative Care for the University of Pennsylvania.

Dr. Casarett is the author of more than 100 articles in journals including JAMA and The New England Journal of Medicine, and is a recipient of the Presidential Early Career Award for Scientists and Engineers, the highest honor given by the US government to researchers in the early stages of their careers. Dr. Casarett is also the author of three non-fiction books, the most recent of which was Stoned: A Doctor’s Case for Medical Marijuana, published in 2015 by Penguin Random House. His first novel, The Ethical Chiang Mai Detective Agency, will be published in January, 2016.

Meghan O'Regan Coleman, DNP, RN, CRNP-BC, AOCNP, Meghan Coleman is a Doctor of Nursing Practice, currently working for Penn Care at Home with the Transitional Care Model advanced practice nursing intervention. Her expertise is in psychosocial oncology nursing.
WE08 – Recognizing the Signs and Symptoms of Dementia in Older Adults

This session will describe the various signs and symptoms of dementia that can be observed across early, middle, and late stages of the illness. Keys to the recognition of sometimes subtle signs of early cognitive decline will be presented, followed by an in-depth discussion of the range of cognitive domains that commonly become impaired in older adults with dementing illnesses: memory, language, visual-spatial function, praxis, executive function, insight and judgment. A series of case vignettes will be used to illustrate the ways that impairment in these various cognitive domains can lead to changes in behavior and functional status, including disability in the performance of basic and instrumental activities of daily living, and limitation of participation in usual social activity and role functions.

The implications for care of the older adult with dementia will be discussed. The session will begin with a lecture about recognizing the signs and symptoms of cognitive loss; followed by case vignettes illustrating the link between cognition and behavior and function; and concluding with an “open-mike” session in which members of the audience share their case experience and pose questions for Dr. Streim.

Learning Objectives

As a result of participation in this session, learners will be able to:

- Identify at least 3 signs or symptoms of cognitive impairment in the early, middle and late stages of dementia;
- Identify at least 3 cognitive domains other than memory that may be impaired in older adults with dementia;
- Understand the potential effects of impairment in various cognitive domains on behavior and everyday function in older adults with dementia; and
- Appreciate the resources needed to care for older adults with behavioral changes, disability and activity limitation.

Joel E. Streim, M.D. is a Professor of Psychiatry in the Geriatric Psychiatry Section at the University of Pennsylvania, and a clinical consultant and research investigator in geriatric psychiatry at the Philadelphia VA Medical Center and the VISN 4 Mental Illness Research Education and Clinical Center.

Dr. Streim’s research, teaching and clinical efforts reflect his longstanding career interest in the problems of elderly patients with medical and psychiatric co-morbidity and physical disability, with an emphasis on mental health care in the long-term care setting. He has conducted federally funded research on treatment of depression in medically ill nursing home patients, and clinical trials of treatments for cognitive impairment, psychosis, and behavioral disturbances in older adults with dementia. He had a leading role in revising, field testing, and validating the Mood and Behavior sections of the Minimum Data Set (MDS 3.0), a key component of the standardized Resident Assessment Instrument that is mandated for use in all 16,000 U.S. nursing homes that receive Medicare or Medicaid funds.
WE09 – Diabetes Differences in Older Adults

Diabetes affects eight percent of the US population with increasing numbers of older adults and disproportional increases in African Americans and Hispanics. This presentation will address the factors associated with the increase in diabetes, avoidance of complications, issues of prevention, access to health care, economic issues of health care, medications and food, cultural issues and fatalism, behavioral aspects of chronic disease management and how care managers can support their clients’ improved adherence to appropriate care and decreased barrier to treatment.

Learning Objectives

As a result of participation in this session, learners will be able to:

- Verbalize three major barriers to diabetic adherence in the elderly population;
- Identify 3 complications of diabetes and the impact of diabetes on their socio-economic, psychological and medical issues;
- Verbalize 3 of the most common treatment interventions for diabetes and hypoglycemia prevention.
- Verbalize 2 areas in which the Affordable Care Act (ACA) will impact clients with diabetes.

Ilene Warner-Maron, PhD, RN-BC, CWCN, FCPP, CALA, NHA, is an Assistant Professor at St. Joseph’s University. Dr. Warner-Maron has been practicing nursing for over 30 years, specializing in the care of geriatric patients. Her clinical practice is directed to the care and treatment of patients with pressure ulcers in a variety of clinical settings. In 2007, Dr. Warner-Maron completed her PhD in Health Policy that included a dissertation on HIV in the elderly, a study of how physicians, nurse practitioners and older adults share information about HIV risk. She provides educational programs for nurses and nursing home administrators.

WE10 – Medication Management

Medications are prescribed at an increasing rate as disease states become more and more complex. So called "chemical restraints" and also medications to treat pain continue to be prescribed and dispensed at a high rate. Continued focus is being placed on identifying safe practices behind prescribing and dispensing medications. Specialty medications continue to rise as illnesses become more and more complex with the majority of today’s research focused on cancer (oncology), diabetes (antidiabetics), pain (analgesics), high blood pressure (antihypertensives), and infectious diseases (antibacterials) and mental health (IMS Institute 2015).

In 2000, researcher’s stated approximately 98,000 deaths occurred each year, in hospitals, from medical errors with a high rate of these deaths occurring as a result of medication errors. In 1993, medication errors attributed to 7,391 deaths compared to 2,876 in 1983 (Institute of Medicine (US) Committee on Quality of Health Care in America 2000). The FDA currently reports one death every day from
medication errors and approximately 1.3 million annual patient injuries in the U.S due to “prescribing, repackaging, dispensing, administering, or monitoring” with causes resulting from communication gaps, confusion in names, directions and abbreviations of prescription medications and the lack of understanding of medication use by patients (U.S. Food and Drug Administration 2015). Enhanced systems must continually be put into place to help reduce the risk of errors faced with prescription medications (Adams, Martin, and Stolpe 2011).

Learning Objectives

Through participation in this lecture, participants will:

- State their own views on the role of increased medication use in long term care settings
- Define various types of medications and packaging which may lead to additional health risks for patients with acute and chronic illnesses
- Identify existing resources, both public and private in the long-term care setting to decrease medication errors
- Evaluate their own roles as health care professionals in relation to medication usage when caring for patients who have chronic illnesses or disabilities.

Eileen Sullivan, Pharm.D., is an Assistant Professor in the Health Services Department at St. Joseph’s University Philadelphia, PA teaching at the undergraduate and graduate level in areas such a chronic illness, health and society, medical terminology, and senior capstone courses. She is a registered pharmacist in the states of NJ and PA and has worked continuously in Retail Pharmacy, Hospital Pharmacy, Pharmaceutical Industry and Long-Term Care. Her Pharm.D. clinical rotations included Drug Information (Janssen Pharmaceutia), Acute Care (St. Mary’s Medical Center), and Ambulatory Care (St. Mary’s Medical Center).

She joined St. Joseph's University in August 2009. Dr. Sullivan is currently conducting research in the area of Alzheimer’s Dementia with a main focus on medical educational tools within the geriatric population to include quality of life, disease management and treatment management. In addition to the patient, Dr. Sullivan’s agenda includes research regarding the key aspects affecting caregivers of patients with Alzheimer’s Dementia regarding quality of life, respite necessity, caregiver education, and the growing rate of caregivers for Alzheimer’s disease. Dr. Sullivan’s goal is to research the current social and behavioral aspects of Alzheimer's disease and define educational tools that can prove beneficial to the aforementioned populations.
**Registration Fees**

The cost for all 2015 conference sessions will again be **$40.00/session**.

Full-time graduate students and seniors 65 + may attend any session for $20.00 per each 2.5 hour session. Applications must be sent to Tom Shea at PCA for special processing (see mailing instructions).

**Registration Deadlines**

You may register ONLINE any time from September 8th through the day of your session, using a credit card. However, some sessions fill up quickly, so sooner is much better than later. To register on-line, please go to:

https://www.regonline.com/2015regionalconferenceonaging

You may MAIL your registration and check payment any time prior to October 9th. After October 9th, you must register ONLINE, or in person at the conference. Again, sessions fill fast, and once room capacity is reached, no more participants may be added.

**On-Site Registration Hours**

On-site registration will be open each day of the conference from 8:30 AM to 3:30 PM.

**Do you have special needs?**

The conference site is ADA accessible. PCA can arrange for individual needs in accommodations if informed in advance of your needs. Please check the appropriate box on the registration form. PCA’s conference staff will contact you.

**CANCELLATION POLICY**

Your registration fees, less a $15.00 administrative fee, will be refunded for cancellation requests received in writing by October 19, 2015. Please send cancellation emails and questions to tshea@pcaphl.org. All requests must be in writing, without exception.

*If a session you have chosen is cancelled, you will be given your choice of another session or the equivalent refund. All refunds will be processed within 30 days of the conclusion of the 2015 Regional Conference on Aging.
REGISTRATION FORM - 2015 Regional Conference on Aging

First Name: ____________________________   MI: ____   Last Name: ____________________________

Position or Job Title (no degrees/credentials): _______________________________________________

Organization: __________________________________________________________________________

Street Address: ________________________________________________________________________

City: _________________________________   State: _____   Zip: ________________________________

Daytime Phone: ________________________________   Fax: ___________________________________

*E-Mail Address (required) ______________________________________________________________________

Address is:    __   Organization    __   Home

I have special needs:    __   Hearing impaired   __    Visually impaired    __    Other, please contact me

<table>
<thead>
<tr>
<th>DAY/DATE</th>
<th>TIME</th>
<th>SESSION # (i.e. MO01, TU10)</th>
<th>FEE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday, 10/19/15</td>
<td>9:30 am - Noon</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td>1:00 - 3:30 pm</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Tuesday, 10/20/15</td>
<td>9:30 am - Noon</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td>1:00 - 3:30 pm</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td>Wednesday, 10/21/15</td>
<td>9:30 am - Noon</td>
<td></td>
<td>$</td>
</tr>
<tr>
<td></td>
<td>1:00 - 3:30 pm</td>
<td></td>
<td>$</td>
</tr>
</tbody>
</table>

Total Registration Fees

Optional: CEU Certificate ($15.00 for each 2.5 hr. session)

Total Due

**IMPORTANT NOTE:** Payment is due at time of registration. Please be sure your check accompanies your registration. ANY registration form unaccompanied by proper payment will be considered incomplete and therefore not processed until payment has been made.

My check (number: _____________________) in the amount of $____________ payable to “Philadelphia Corporation for Aging” is enclosed.

**Mailing Instructions:**

Please mail registration and payment to:

Philadelphia Corporation for Aging
642 North Broad Street - Philadelphia, PA 19130
Attn: Thomas J. Shea - 2015 Regional Conference on Aging

Phone: 1-215-765-9000 x.5065
**Regional Conference on Aging Travel Information**

**Location**

All 2015 Regional Conference on Aging activities will be held at:
Philadelphia Corporation for Aging (PCA)
642 N. Broad Street
Philadelphia, PA 19130
Telephone: 215-765-9000

**Parking near PCA**

To reiterate, PCA has arranged for free parking for attendees from other agencies and counties – as we did last year. The enclosed lot is between N. Watts Street and Ridge Avenue. The nearest public parking lot is on the corner of North Broad and Spring Garden, 3 blocks south of PCA. Limited metered parking is also available, but be sure to note restrictions posted on the signs.

*Note: There is no parking available in the PCA parking lot.*

**Accommodations**

Guestrooms for attendees are available at the nearby Windsor Suites Hotel, which is located less than a mile from the PCA. This hotel is across from the Philadelphia Free Library, and 1 block from Comcast and Verizon buildings. The Franklin Institute Science Museum, the Museum of Art, and the Rodin Museum are less than 8 blocks away.

**Windsor Suites**
1700 Benjamin Franklin Parkway,
Philadelphia, Pennsylvania 19103
Phone: 1-215-981-5678
ContactUs@thewindsorsuites.com
http://www.thewindsorsuites.com/

Single rate: $200 (plus taxes)

*Note: The Hotel does not provide shuttle service to PCA facilities.*

**Hotel Parking**

Valet Parking is available at the hotel. Please call for particulars. The Windsor is located less than a mile from PCA, a short taxi ride away. You can also take an invigorating walk from the hotel to PCA’s building, which should take about 20-30 minutes.

**Area Airport**

Philadelphia International Airport (PHL) Visit their website for more info http://www.phl.org

**Train Service**

Amtrak service to Philadelphia (PHL) arrives at 30th Street Station, 2955 Market St, Philadelphia, PA (215) 349-2135. PCA would be a cab ride from the station.
Driving Directions to PCA facilities:

From Northeast Philadelphia
Take I 95 S. to Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT on 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

From West Philadelphia
From Schuylkill Expressway: 76 E. to 676 E. Get off Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

From New Jersey (Ben Franklin Bridge)
Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That’s PCA (Broad and Wallace).

From New Jersey (Betsy Ross Bridge)
Cross Ben Franklin Bridge and bear RIGHT at end of bridge. Make RIGHT onto 2nd street. Follow to Spring Garden Street and make LEFT. Go 4 blocks you will see a large redbrick building on LEFT. That’s PCA (Broad and Wallace).

From South Philadelphia
If you take 95 N: get off at Center City Exit - Bear RIGHT onto Callowhill Street. Make a RIGHT onto 5th Street and follow to Spring Garden Street. Make a LEFT onto Spring Garden and follow to Broad Street. Make a RIGHT onto Broad. Go 4 blocks and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

If you take Schuylkill Expressway 76 W: Take 676 E. Get off at the Broad Street exit, bear LEFT and make LEFT onto Broad Street. Go past Spring Garden. Go 4 blocks more and you will see a large red brick building on LEFT. That’s PCA (Broad and Wallace).

THANK YOU ONCE AGAIN TO OUR SPONSORS