

## Keynote Presentation:

### Lisa Marsh-Ryerson, MS AARP Foundation President



Social Isolation and Loneliness  
Among Older Adults:  
Intersection, Demographics and  
Solutions

Lisa Marsh Ryerson is president of AARP Foundation, the charitable affiliate of AARP. Since she took the helm, AARP Foundation has implemented pioneering initiatives, explored new avenues for collaboration, and secured unprecedented funding to support programs and services that truly change lives creating effective solutions that help vulnerable older adults increase their economic opportunity and social connections.

### Michael Roizen, MD First Chief Wellness Officer, Cleveland Clinic



The Great Age Reboot

Dr. Roizen, the founder of the RealAge concept to motivate behavior change, has served as Cleveland Clinic's first Chief Wellness Officer from 2007 to 2019 and founder of its Wellness Institute. He is currently the chair of anesthesia and critical care at the University of Chicago's Pritzker School of Medicine. Dr. Roizen is devoted to helping people live younger and has provided personalized care to hundreds including seven Nobel Prize winners.

## 25<sup>th</sup> Annual Cuyahoga County Conference on Aging Goals:

The Cuyahoga County Conference on Aging is co-convened by the Cuyahoga County Division of Senior and Adult Services (DSAS) and The MetroHealth System. We attract nearly 300 attendees (social workers, counselors, nurses, and nursing home administrators) each year.

The overall conference objectives are:

1. To identify, discuss and disseminate information on specific ethical aging issues impacting older adults, caregivers and providers;
2. To foster a greater understanding of the aging population and the resources available to support older adults;
3. To increase and improve communication, collaboration and networking among professionals, volunteers, advocates and older persons

## Continuing Professional Education

The Cuyahoga County Division of Senior and Adult Services (DSAS) has applied for 6.0 hours of continuing education credits for counselors and social workers. These credits may also be applied to meet nursing licensure requirements. DSAS is an approved provider of the Ohio Counselor and Social Worker Board (RCS089801).

Approved provider status does not imply endorsement by the provider, ANCC, OBN or ONA of any products displayed in conjunction with an activity.

**\*\*Participants who successfully complete this program must sign in on the attendance sheet, attend the entire program, and submit a program evaluation to receive contact hours/continuing education unit credits.**

For additional information, please contact: Cacy Peña 216-348-3978 Ohio Relay Service 711

**\*\*Registration for this event implies agreement to be videotaped. Your photo may be used for PR & marketing purposes for the Division of Senior and Adult Services and The MetroHealth System.**

## Acknowledgements

This conference was planned by the Conference Planning Committee of the Cuyahoga County Division of Senior and Adult Services (DSAS) and The MetroHealth System

**Co-Chairs: Denise Rucker-Burton, DSAS**  
and **Cheryl Crahen, The MetroHealth System**

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## 25<sup>th</sup> Annual Cuyahoga County Conference On Aging

### Fostering Resilience Throughout Life

**Friday, September 13, 2019**  
**7:30 a.m. – 4:00 p.m.**

Hilton Garden Inn/Beta Conference Center  
700 Beta Drive  
Mayfield Village, Ohio 44143



 **MetroHealth**



Cuyahoga County  
"Together We Thrive"  
Division of Senior and Adult Services

## Conference Schedule

**7:30 a.m. – 8:00 a.m.**

Registration, Continental Breakfast & Vendors

**8:00 a.m. – 8:25 a.m.**

Welcoming Remarks & 25th Anniversary Video

**8:30 a.m. – 9:30 a.m.**

**“Social Isolation and Loneliness Among Older Adults: Intersection, Demographics and Solutions”**

**Presenter: Lisa Marsh-Ryerson, M.S.**

Awareness of social isolation and loneliness has dramatically increased over the eight years in which AARP Foundation recognized the issue as a growing epidemic. Research continues to identify negative health outcomes associated with prolonged social isolation, but there is hope. New programs and resources, such as Connect2Affect.org, are providing help to those suffering. Lisa Marsh Ryerson, President of AARP Foundation, will provide an overview of which older adults are most likely to be isolated and the solutions practitioners, friends and families can implement to address and mitigate social isolation.

**9:30 a.m.-10:30 a.m.**

**Resiliency Panel**

**“Aging with a Flourish”**

**Presenters:**

**Robert Smith, PhD & James Campbell, MD, The MetroHealth System**

This session will provide an overview of the concept of resilience, the personal behaviors which may place well-being at-risk, provide an introduction to resilience skills which enhance well-being and learn from a panel of participants who have developed resiliency in the face of adversity.

**10:30 a.m.-10:45 a.m.**

Break/Vendors/Poster Presentations

**10:45 a.m. – 11:45 p.m.**

**“Hungry for a Solution: Food Insecurity Screening and the Effect on Medication Adherence”**

**Presenter: Anastasia (Stacy) Loejos, MSN, APRN, AGPCNP-C, The MetroHealth System**

We need to be willing to look deeper at what superficially can appear to be non-adherence, as it can actually be an effort to prioritize a greater immediate need of a person. By screening for food insecurity, it not only provides an opportunity to link those in need with resources, but perhaps more importantly, fosters relationship, rapport, and an environment of trust. With that relationship, patients have the chance to reduce the burden of these life circumstance and have a better chance at improving their health and quality of life.

**11:45 p.m.-1:00 p.m.**

**Lunch & Luncheon Keynote Speaker: The Great Age Reboot**

**Presenter: Michael Roizen, MD, First Chief Wellness Officer, Cleveland Clinic**

This session will compare how easy and difficult it is to prevent chronic disease and provide ideas as to why society depends on preventing chronic disease. Learn how to help yourself and your patients manage stress.

**1:00 p.m.-1:30 p.m.**

**Awards: Barbara Galloway (Organization) & Candace Carmichael (Individual)**

**1:30 p.m.-1:45 p.m.**

Break/Vendors/Poster Presentations

**1:45 p.m.-2:45 p.m.**

**“Maintaining Independence at Home through Accessibility”**

**Presenter: Beth Glas, MNO, COS, ECHM, CAPS, Executive Vice President, Maximum Accessible Housing of Ohio**

Inaccessible and inappropriate housing creates barriers to independence for people with disabilities and for seniors. Unfortunately, most of our homes aren't accessible and most of us don't know where to begin when making accessibility and safety improvements. At this session, we'll discuss essential home modifications, focusing on those that maintain or increase independence. We'll also talk about decision-making and local housing resources.

**2:45 p.m.-3:45 p.m.**

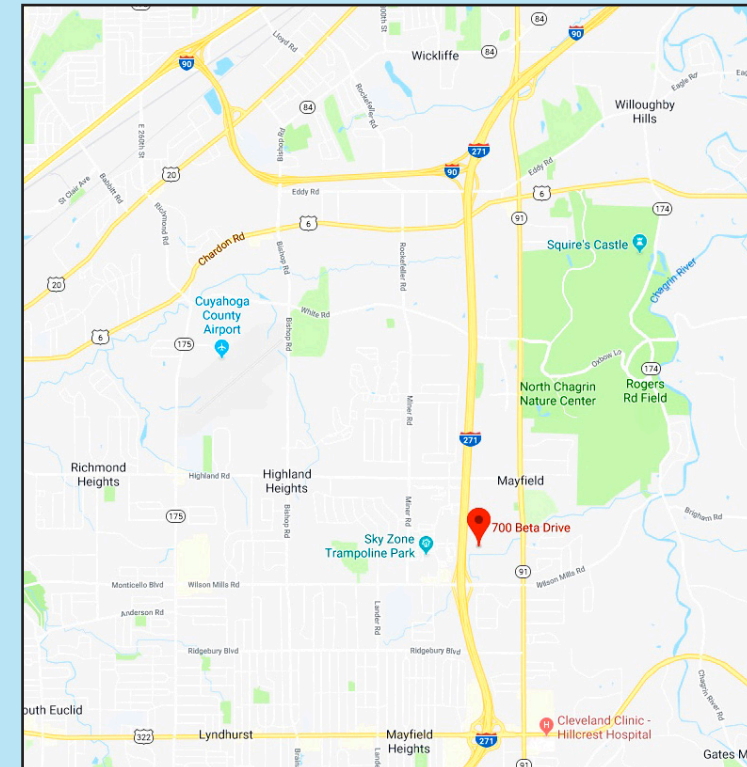
**Closing Session: “Fall Prevention Among Home Dwelling Elderly Veterans”**

**Presenter: Kaytlin Reed, PT, DPT & Gina Green, MT, OTR/L, OTD**

This session will utilize a case study application examining falls risk reduction in home based primary care and will provide a comprehensive overview of current falls reduction strategies.

**3:45 p.m.-4:00 p.m.**

Closing Remarks



### Directions to Hilton Garden Inn/Beta Conference Center:

700 Beta Drive Mayfield Village, Ohio 44143

**From I-90 and Points North (Erie, Buffalo):** Take I-271 (local lanes) south to the Wilson Mills Road Exit, #36. Turn Left follow to second light and turn left onto Beta Drive.

**From Downtown Cleveland:** Take Rt-2 East to I-90 east to I-271 (local lanes) south to the Wilson Mills Road Exit, #36. Turn Left follow to second light and turn left onto Beta Drive.

**From Cleveland Hopkins Airport:** Take I-480 East to I-271 (local lanes) north to the Wilson Mills Road Exit, #36. Turn right, follow to first light and turn left onto Beta Drive.

**From Points East (Pittsburgh, Youngstown):** Take the Ohio Turnpike (I-80) West to Exit # 187. Take I-480 West to I-271 (local lanes) north to the Wilson Mills Road Exit, #36. Turn right, follow to first light and turn left onto Beta Drive.

**From Points West (Illinois, Indiana, Toledo, & Michigan):** Take the Ohio Turnpike (I-80) East to Exit # 9A. Follow I-480 East to I-271 (local lanes) north to the Wilson Mills Road Exit, #36. Turn right, follow to first light and turn left onto Beta Drive.

**From Points South (Columbus):** Take I-71 north to 271 (local lanes) north to the Wilson Mills Road Exit, #36. Turn right, follow to first light and turn left onto Beta Drive to our hotel near Cleveland.

**Ample parking is available on the grounds.**

### 25th Annual Cuyahoga County Conference on Aging

Friday, September 13, 2019  
Hilton Garden Inn/Beta Conference Center

## Registration

Name \_\_\_\_\_

Title/Position \_\_\_\_\_

Organization \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone \_\_\_\_\_

Fax \_\_\_\_\_

Email \_\_\_\_\_

**CEU Certificate Requested (Check box):**

0 SW/Counseling (6.0)  
*(Nurses may use)*

**General Registration:**

\$65.00 includes continental breakfast, lunch, refreshments, handouts and continuing education credits.  
\$25.00 for Accepted Poster Presentations, Retirees and Students

Please make checks payable to:

**Division of Senior and Adult Services.**

Mail registration form and check to:

**Division of Senior and Adult Services**

ATTN: Denise Rucker-Burton

13815 Kinsman Road, Cleveland, OH 44120

Registration Deadline is Friday, September 6, 2019.  
No refunds will be issued after Friday, September 6, 2019

**Online registration available at:**

<https://www.metrohealth.org/conference-on-aging>

**Vegetarian:**  Yes

**Any additional special dietary needs:**