

# Aging Matters

*Aging, Wellness, Long Term Care*

UW-L  
Continuing Education  
and Extension  
Fall 2009

Offering fresh perspectives and leading edge thinking, our programs will enhance your understanding of the aging journey and the impact of our aging population.

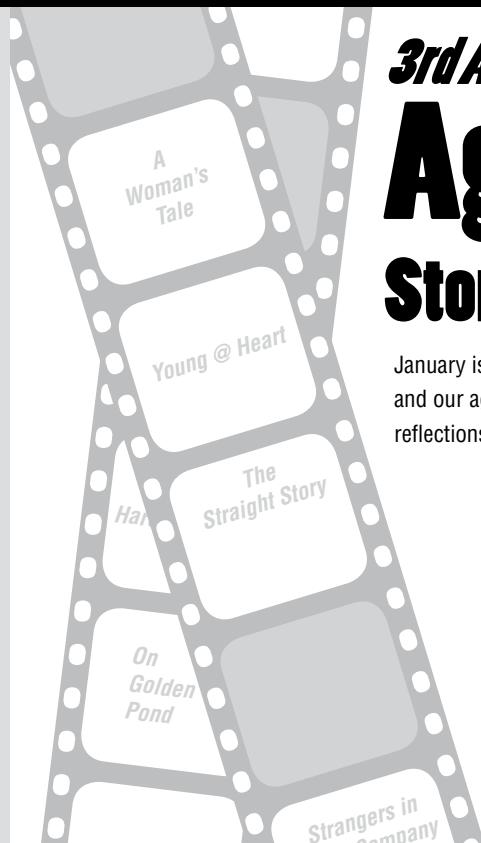
Health care and elder care professionals, business owners and policy makers, students and midlife adults exploring careers, family caregivers and life-long learners will find these programs practical, creative and potentially transformative.

Register for individual programs or enroll as a Gerontology Certificate program participant for completion of a 60 or 120 hour certificate.

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[www.uwlax.edu/conted](http://www.uwlax.edu/conted)



## *3rd Annual* **Aging and Film: Stories from the Best Age**

January is a great month for this annual program—a fireplace, hot soup, cozy chairs, and our aging journeys illuminated through film. Join us for an evening of insights, reflections, and good energy.

**January 29, 2010, 4-9 p.m.**

Port O' Call, Cartwright Center, UW-La Crosse

**\$25 (Register with a friend and pay only \$20 each!)**

A light meal and snacks are included

.5 CEUs

To register: 608.785.6509 or  
[www.uwlax.edu/conted](http://www.uwlax.edu/conted)

## **Gerontology Certificate program**

Gerontology is the multi-disciplinary study of aging which encompasses the biological, psychological, spiritual, sociological and economic aspects of aging. UW-L CEE offers two certificate options:

1. The **60-hour Certificate Program** of core workshops reflecting a breadth of knowledge related to aging.
2. The **120-hour Advanced Gerontology Certificate Program** which includes a practicum and electives such as dementia care, legacy building, nutrition and fitness, and death and dying.

### **Core programs include:**

Essentials of Gerontology  
Drugs and Aging  
Physiology of Aging  
Psychology of Aging  
Social Issues of Aging



**change-growth-knowledge-creativity-memory-wellness-wisdom-legacy-caregiving-advocacy-community**

# Aging Matters Fall 2009 Programs



## Spiritual Dimensions of Aging

September 17

1:30-5:30 p.m.

\$65; \$55 certificate participants

0.40 CEUs or 4 contact hours

The spiritual dimensions of life help individuals ascribe meaning in all stages of life. The adaptive nature of spirituality assists with the developmental tasks of latter life, especially as we review our lives and attempt to understand how our lives fit into larger and more fundamental values. This program explores how we “age deeper” as well as the diversity of spiritual values and expressions. Ways to engage the spiritual in working and living with elders are included.

*Instructor: Jo Glasser, Ph.D., holds a doctoral degree in organizational psychology and master's degrees in Business Administration and Gerontology. In addition to teaching at the college level, she has worked in the healthcare field for more than twenty years. She is an ordained deacon in the Episcopal Church.*



## Social Issues of Aging

(Core Gero Certificate Program)

October 2; 1-6 p.m.

October 3; 9 a.m.-5 p.m.

\$120; \$100 certificate participants

1.2 CEUs or 12 contact hours

Baby-boomers are taking their places as elders. The sheer size of this generation is significantly changing communities, health care and services, politics and policies. Family life is changing as well, as adult children assist their aging parents through the challenges of healthcare, supportive care, legal and financial issues. This workshop features a panel of providers and policy makers who offer insider perspectives on the current issues, programs, and services to help caregivers, family members, advocates alike.

*Instructors: Beverly Ruston, CSW, Director of Social Services, Hillview Healthcare Center; Jessica Boland, MPH, CHES, Wellness Education Specialist, Community and Preventive Care Services, Gundersen Lutheran*

## Holistic Care to Improve Elders' Quality of Life

October 10

9 a.m.-3:30 p.m.

\$80; \$70 Gerontology Certificate fee

0.6 CEUs or 6 contact hours

How can I help? This workshop provides healing tools to help elders experiencing pain, fatigue, stress and emotional distress. Approaches include Healing Touch, guided imagery, massage therapy, meditation, relaxation exercises and other healing modalities. Whether you are a nurse, direct care assistant, recreational therapist, or family caregiver, you can help elders work through pain and discomfort. Hands-on instruction of introductory skills is included.

*Instructor: Marlene A. Runyon, RN, BSN is a Cancer Guide at Franciscan Skemp Healthcare and holds certification in oncology nursing and Healing Touch. Marti utilizes integrative approaches to enhance wellness and improve the quality of life for patients in the oncology setting. Her past work experiences include hospital, nursing home and hospice care. She has been a Healing Touch practitioner for over 10 years, and enjoys teaching holistic approaches to managing, lessening distress, and facilitating healing.*

Franciscan Skemp Healthcare, La Crosse, Wis., is an approved provider of continuing nursing education by the Wisconsin Nurses Association Continuing Education Approval Program Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

5.5 nursing contact hours

## Family History: Passing it On

Fridays, October 30 – November 20

1-4 p.m. each Friday

\$135; \$120 Gerontology Certificate fee

Many people have an interest in family history, but don't know where to begin. Others have collected photos and other materials, but don't know what to do with them. Here's your chance to take a bite (byte) out of the family history “elephant.” Taught by a personal historian and published author, participants learn the process of writing and preserving their family history. Writing exercises, interview techniques, incorporation of family “artifacts,” and an overview of publishing resources and formats are included.

*Instructor: Susan T. Hessel, a member of the Association of Personal Historians, “saves lives” by helping individuals, families, businesses, organizations and communities preserve their stories. She is the author or co-author of more than two dozen books including memoirs and family histories.*

# “What if we couldn’t wait to be old, just as a child can’t wait to grow up?”

## Essentials of Gerontology

(Core Gero Certificate Program)

November 13; 4-9 p.m.

November 14; 9 a.m. – 5 p.m.

\$120; \$100 certificate participants

The “Essentials” workshop will change how you think about elders, the aging process, and our aging society. Whether you are a provider of elder services, a family caregiver, an employer, or simply curious about aging, this learning experience can deepen and enliven your understanding of what it means to grow old. “Essentials” will equip professional caregivers with up-to-date information, new perspectives and applicable skills to better meet the needs of the growing population of elders. Experiential and interactive learning will be the focus of the class.

1.2 CEUs or 12 contact hours.

*Instructors: Sara Sullivan, Ph.D., Assistant Professor, UW-L Department of Psychology;*  
*Jessica Boland, MPH, CHES, Wellness Education Specialist, Community and Preventive Care Services, Gundersen LutheranTouch practitioner for over 10 years, and enjoys teaching holistic approaches to managing, lessening distress, and facilitating healing.*

## Aging and Film:

### Stories from the Best Age

January 29, 2010

4-9 p.m.

\$25 or two for \$40, light meal and snacks included

Last year’s film program was a huge success, so we’ve scheduled another. Short features and longer stories are part of this mini-festival – films that illuminate our aging journeys with poignancy, power, and delight. A relaxing evening of insight, energy and mirth! .5 ceus or 5 contact hours.

Discounts on registrations are available for members of the **Coulee Region LTC Workforce Coalition**, senior citizens, and students. If you are a La Crosse County caregiver over the age of 60 or caring for someone over the age of 60, contact the La Crosse Aging Unit at 608.785.9710 for assistance with fees and respite services.

Programs may be taken as part of the UW-La Crosse Gerontology Certificate program. Information about our 60- and 120-hour programs can be found at [www.uwlax.edu/conted/gerontology](http://www.uwlax.edu/conted/gerontology)

# Aging Matters Registration Form

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Phone (\_\_\_\_\_) \_\_\_\_\_

E-mail Address \_\_\_\_\_

Form of Payment (circle one): Visa    Mastercard    American Express  
Check (made payable to UW-L)

Credit Card # \_\_\_\_\_

Exp. Date: \_\_\_\_ / \_\_\_\_

Cardholder’s Signature \_\_\_\_\_

Print Name of Cardholder \_\_\_\_\_

### Return this form and method of payment:

By Mail: UW-L, 205 Morris Hall  
La Crosse, WI 54601

By Fax: 608.785.6547

By Phone: 608.785.6504; toll-free 1.866.895.9233

\_\_\_\_ **Spiritual Dimensions of Aging**

\$65; \$55 certificate participants

\_\_\_\_ **Social Issues of Aging**

\$120; \$100 certificate participants

\_\_\_\_ **Holistic Care to Improve Elders’ Quality of Life**

\$80; \$70 Gerontology Certificate fee

\_\_\_\_ **Family History: Passing it On**

\$135; \$120 Gerontology Certificate fee

\_\_\_\_ **Essentials of Gerontology**

\$120; \$100 certificate participants

\_\_\_\_ **Aging and Film: Stories from the Best Age**

\$25 or two for \$40

### Discounts:

\_\_\_\_ I am eligible for a senior discount

\_\_\_\_ I am eligible for a student discount

\_\_\_\_ I am eligible for the Coulee Region LTC Workforce Coalition discount

### Requests for information:

\_\_\_\_ Please send me an application packet for the Gerontology Certificate Programs

\_\_\_\_ Please send me a membership form for the Coulee Region Long Term Care Coalition

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## Calendar of Events Fall 2009

|                 |                               |
|-----------------|-------------------------------|
| Sept. 17        | Spiritual Dimensions of Aging |
| Oct. 2-3        | Social Issues of Aging        |
| Oct. 10         | Holistic Care                 |
| Oct. 30-Nov. 20 | Family History: Pass it On    |
| Nov. 13-14      | Essentials of Gerontology     |
| Jan. 29         | 3rd Annual Aging and Film     |

Online: [www.uwlax.edu/conted](http://www.uwlax.edu/conted)

Phone: 608.785.6504 or 1.866.895.9233 (toll free)

Mail: **UW-L CEE**  
205 Morris Hall  
1725 State Street  
La Crosse, WI 54601

Web site: [www.uwlax.edu/conted](http://www.uwlax.edu/conted)

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## Preserving your story: A gift your family may not know it wants

*"To die completely, a person must not only forget but be forgotten, and he who is not forgotten is not dead." - Samuel Butler*

How many of us have had the experience of having a parent or grandparent try to tell us a family story when we are young and we simply didn't care to hear it? How many of us later wanted to kick ourselves?

We always think there will be more time - that we'll always be able to ask Mom or Grandpa about where the family came from or about the challenges they faced years ago. We often reach a place in life where we want to talk about our lives and learn about those who came before us. These are some of the reasons that personal and family history has become so important to so many.

Many people want to save their family history, but don't know how or don't have the time.

- Do you have albums of photos and boxes of photos that seem to be growing? Are you unsure of who is in some of the photos?
- Are you wondering about your ancestors? Do you think there are some things that could be learned from what they have experienced?
- Are their stories that your family members have told that you are inspiring or even funny that you would hate to have lost to the generations?
- Most of us have those stories of family lore.

So how do you begin? Saving a life is a little like eating an elephant – you do so one bite at a time and in the computer age that bite is spelled b-y-t-e. After all, computers and the Internet offer opportunities to get the job done efficiently and cost effectively, with great quality.

Tips for saving your family history:

- Recognize its importance.
- Identify stories and topics you want to tell.
- Align photos that are key to each story – they always add a lot.
- Identify the people you need to interview. Prepare a list of questions.
- Conduct research to get background on events and your family – you'd be surprised how much is available. Recognize that history happens to individual people. Each of us has experienced all of the major events in U.S. and world history during our lifetime.
- Work with an older person who might want to do this but be unable to do it alone. It can be a positive activity for the two of you to do together.
- Set reasonable goals, maybe aligned to the holidays, an 80th birthday, a 50th anniversary when saving a life would have special meaning.
- Just do it! Seek help if you need it.

Susan T. Hessel is a personal historian who helps individuals, families, businesses, organizations and communities preserve their stories. For more information: [www.lessonsfromlife.com](http://www.lessonsfromlife.com) or [sue@lessonsfromlife.com](mailto:sue@lessonsfromlife.com).

## The Language of Culture Change

Karen Schoeneman, Pioneer Network

The language of long-term care belongs to all of us—not only the “us” who work in this field but, at least as importantly, the elders and others with disabilities who require long-term care services, their families, and the public at large. The most urgent task we face may be agreeing which “bad” old words to throw away.

| Old Word   | Suggestion   |
|--|--|
| “victim of . . .” or “suffering from . . .”                            | “has . . .” or “with . . .”  |
| wing, unit   | household, street, neighborhood, avenue                                |
| allow  | encourage, welcome   |
| diaper   | pad, brief, disposable brief, brand names, incontinence garment        |
| the elderly  | elders; older adults, people, or individuals                           |
| patient  | resident (some think this is passé), individual, elder                 |
| a feeder/the feeders, feeder table                                     | person who needs/ people who need assistance with dining, dining table |
| a diabetic, a quad, a CVA  | a person who has (whatever condition)                                  |
| nurse aide, CNA, nursing assistant, front line staff (sounds like war) | resident assistant, certified resident assistant                       |
| admit, place   | move in  |
| discharge  | move out   |
| lobby, common area   | living room, parlor, foyer   |
| nurses' station  | work area, desk  |
| facility, institution, nursing home                                    | home, life center, living center                                       |
| 100-bed facility   | 100 people live in this home/center                                    |
| housekeeping, housekeepers   | environmental services, homemakers                                     |
| long-term care industry  | long-term care profession or field                                     |
| eloped, escaped, elopement   | left the building, unescorted exiting                                  |
| dietary services, food service   | dining services  |
| problem residents, behavior problems                                   | person with behavioral symptoms  |
| agitated   | active, communicating distress   |
| ambulation, wandering  | walking  |

Source: [www.pioneernetwork.net/CultureChange](http://www.pioneernetwork.net/CultureChange) printed with permission

**More than  
a job, a  
profession . . .**

**. . . with help  
from the  
long-term care  
workforce  
coalition**



## **Why a Long Term Care Workforce Coalition?**

Direct care workers provide valuable, essential, and compassionate care to individuals and families who need services. The work is challenging, satisfying, needed, and significant. And, our long term care workforce faces serious challenges!

The Workforce Coalition addresses significant workforce issues within the field of long term care. Leadership development programs, programs on recruitment and retention, and legislative outreach are employed to stem the looming workforce crisis. Provider organizations and individuals meet regularly for mini-workshops, networking opportunities and project planning. The meetings are open to everyone, with memberships offered. Won't you please join us?

For more information: Andrea Hansen, 785.6509.

## **Coulee Region Long Term Care Workforce Coalition**

To develop regional strategies to improve the recognition, retention, and recruitment of the long-term care workforce.

### **2009 Meeting Schedule (10 a.m.-12 p.m.)**

- 7/15 Career Paths to LTC Professions; ILR, 4439 Mormon Coulee Road, La Crosse
- 9/16 Discover Abilities; ILR, 4439 Mormon Coulee Road, La Crosse
- 11/18 Web Tools for Training & Recruiting; Bethany Riverside, 2575 S. 7th St, La Crosse
- 1/20/2010 Professionalism and Caregiving; ILR, 4439 Mormon Coulee Road, La Crosse

## **This workforce is . . .**

### **Substantial**

Over 68,000 direct care workers in Wisconsin form a substantial part of our state's health care economy.

### **Fast-growing**

Nursing aids are the 3rd fastest growing and home health aids are the sixth fastest growing occupations in Wisconsin.

### **Underpaid**

On the average, direct care workers are paid little more than \$9/hour with nursing aides earning 22% below the median hourly wages for all occupations. Direct care workers are twice as likely to receive government assistance because of low income.

### **Insufficient in size**

A sharp increase in demand for services is worsening the shortage of workers. The numbers of elders aged 85 and over needing care will grow by 50% in the next 25 years.

### **At risk**

Annual turnover rates range between 22% to 100% for area agencies and facilities, costing over \$3,500 per employee and reducing the quality of care for consumers.

*Sources: WI Health Care Workforce 2007 Annual Report; WI Long Term Care Workforce Alliance*



**Fall 2009**