

Aging Matters

Aging, Wellness, Long Term Care

UW-L
Continuing Education
and Extension
Spring 2011

Offering fresh perspectives and leading edge information, our programs invite you to discover the many dimensions 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 find our 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.

Contact:
Andrea Hansen,
Program Manager
608.785.6509
hansen.andr@uwlax.edu

Karen DeSchepper,
Program Coordinator
608.785.6508
deschepp.kare@uwlax.edu

www.uwlax.edu/conted

Second Annual **Vital Aging:** *Engage, Enhance, Enjoy!*

Celebrate Older Americans Month at the Vital Aging Conference on May 19, 2011. The workshops and activities will inspire, refresh, and empower participants to live fully at every life stage.

Hosted by the La Crosse County Aging Unit & UW-L CEE Gerontology Certificate Program

May 19, 2011
Cartwright Center, UW-L
9 a.m.-3 p.m.,
\$20 lunch included

To register: 608.785.6508 | www.uwlax.edu/conted/vitalaging

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 and
- 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 Spring 2011 Programs

Dementia Specialist Program: Best Practices

March 22 & March 29 | 8 a.m.-4 p.m.

Cleary Center | UW-La Crosse

\$150, \$125 Gerontology Certificate participants

(1.5 CEUs or 15 contact hours)

The Dementia Specialist program offers up-to-date knowledge to those caring for persons with dementia. Based on the principles of person-centered care, this two-day program offers practical skills that increase caregivers' confidence and effectiveness, especially when addressing difficult behaviors. The program offers creative and interactive learning experiences with significant opportunities for networking. Recommended for all levels of direct care staff.

Learning Objectives:

- To recognize dementia as a disease and identify its progression and impact
- To understand the experiences of people with dementia
- To develop communication skills as a caregiver and care team member
- To acquire problem-solving tools to prevent and reduce behavioral symptoms
- To adopt a "person first" approach that empowers caregivers and increases work satisfaction
- To learn the skills of building partnerships with family members and care partners.

Instructors: Liz Greenwald, La Crosse Area Outreach Specialist, Alzheimer's Association of Greater Wisconsin and Sharlene Bellefeuille, ADC, Outreach Specialist, Spooner, Wis.

*Offered in partnership with the
Alzheimer's Association of Greater Wisconsin*

alzheimer's  **association***



Psychology of Aging

(Core Gero Certificate Program)

April 2 & 9 | 9 a.m.-5 p.m.

165 Morris Hall | UW-La Crosse

\$120; \$100 Gerontology certificate participants

1.2 CEUs or 12 contact hours

Explore the physical, cognitive, emotional, and social changes associated with aging. The diversity of aging experiences is considered as we investigate how elders meet their physical, spiritual, emotional and belonging needs. We will pay special attention to the differences between normal, typical aging and pathological, disease-related conditions related to aging. The growing concerns of depression, suicide, and other mental health issues are also examined.

Instructors: Sara Sullivan, Ph.D., UW-L Department of Psychology, creates responsive and engaged learning experiences in the classroom and community settings. Mary Faherty, M.S. is a retired social worker and administrator who worked to ensure quality person-centered care for elders and people with disabilities. She serves as a consultant and educator in the field of long term care. She also enjoys golf, storytelling, grandparenting, and wintering in Florida.

Social Issues of Aging

(Core Gero Certificate Program)

May 6, 4-9 p.m. & May 7 | 9 a.m.-5 p.m.

165 Morris Hall | UW-La Crosse

\$120; \$100 Gerontology certificate participants

1.2 CEUs or 12 contact hours

Baby-boomers are taking their places as elders in record numbers. The sheer size of this generation is significantly changing communities and society as a whole, in the US and globally. Americans are also living longer, staying healthier, and remaining more engaged in their communities as they age. As a result, work and retirement, service and civic engagement, home and community are being redefined and experienced in new ways. Family life is changing, too, as adult children and aging parents navigate the complexities of programs and services that address care needs. This program provides the tools you need to understand the issues, challenges and opportunities that touch everyone as individuals, families, workers and citizens.

Instructors: Andrea G. Hansen, M.S., manages the Gerontology Certificate Program at UW-L and has served as adjunct faculty in Sociology and Women's Studies. Noreen Kuroski is the Director of the La Crosse County Aging Program and provides policy and program leadership to meet the challenges and opportunities of the "age wave."

Caregivers Mini-Retreat

June 15 | 1-4 p.m.

Hmong Cultural and Community Center

1815 Ward Avenue | La Crosse

\$15 for family caregivers;

\$25 professional caregivers

Are you caring for a loved one – a spouse, partner, relative, neighbor or friend? Take time to refresh your spirits with new ideas and fun. Take a break from your care-giving role while you enjoy the beauty of the Hmong Community and Cultural Center. Offered in partnership with the La Crosse County Aging Unit. Contact the La Crosse County Aging Unit to ask about respite care, 608.785.9710.

*By the year 2020, the year
of perfect vision, the old will
outnumber the young.*

Maggie Kuhn

*The joy that compassion brings is one
of the best-kept secrets of humanity.
It is a secret known only to a very
few people, a secret that has to be
rediscovered over and over again.*

Henri J.M Nouwen

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

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.

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:

Online: www.uwlax.edu/conted

By Phone: 608.785.6504; toll-free 1.866.895.9233

By Mail: UW-L, 205 Morris Hall
1725 State St.
La Crosse, WI 54601

___ Dementia Specialist Program: Best Practices

\$150; \$125 Gero Certificate fee

___ Psychology of Aging | \$120; \$100 Gero Certificate fee

___ Social Issues of Aging

\$120; \$100 Gero Certificate fee

___ Caregivers Mini-Retreat and Workshop

\$15 family caregivers; \$25 professional caregivers

___ Vital Aging Conference | \$20

Discounts:

___ Senior discount (1/2 regular fee)

___ Student discount (1/2 regular fee)

___ Coulee LTC Workforce Coalition (certificate fee)

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

Education and Training Programs for the Long Term Care Workforce

UW-L CEE Gerontology Program and the Coulee Region Long Term Care Coalition are partners with Workforce Connections Inc. to offer the following programs to direct care workers and other caregivers. Support is provided, in part, is provided by a State of Wisconsin Healthcare Sector grant.



Long Term Care Leadership Development Series

April 6, April 20, May 4, May 18 | 16 hours

Designed specifically for the long term care field, this skill-based curriculum presents the essential supervisory skills of communication, problem-solving, leadership and coaching.

Instructor: Fred Kusch, Jr., JFK Associates

Advanced Leadership Development in Long Term Care

April 4, April 28, May 12, May 26 | 16 hours

Developing as an effective leader, manager, and supervisor is challenging within the high pressure demands of long term care. Through self-assessments and case studies, this series will teach the skills and perspectives that support change, build effective teams, and provide mission-directed decisions.

Instructor: Fred Kusch, Jr., JFK Associates

Aging Essentials and Person Centered Care

4 hours

This four-hour program is designed to help direct care workers understand the aging process more completely and to develop empathy for the elders in their care. The workshop presents the information and perspectives needed to deliver respectful person-centered care. This program will be delivered at the worksite to qualifying organizations.

Abuse and Neglect Prevention (WI DHFS Caregivers Project)

Preventing neglect, abuse, and exploitation by caregivers is everyone's responsibility. Using the award winning and interactive training curriculum, direct care workers and supervisors will learn how to respond to difficult situations, support intervention, and prevent abuse and neglect.

Scholarships for CNAs and direct care workers to complete the Psychology of Aging and Social Issues of Aging Core Programs of the Gerontology Certificate Program

Call 608.785.6508 for program information, dates and registration.



Coulee Region Long Term Care Workforce Coalition

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

2011 Workshop and Meeting Schedule (10 a.m.-12 p.m.)

1/19	Fitness, Fun, and Food Bethany Riverside 2575 South 7th St. La Crosse
3/16	Western Technical College Health Independent Living Resources 4439 Mormon Coulee Road La Crosse
5/18	Mental Health Awareness Bethany Riverside 2575 South 7th St. La Crosse
7/20	TBD Independent Living Resources 4439 Mormon Coulee Road La Crosse
9/21	TBD Bethany Riverside 2575 South 7th St. La Crosse
11/16	TBD Independent Living Resources 4439 Mormon Coulee Road La Crosse

2011 Committee/Work Sessions Meetings

Feb. 16, April 20, June 15, and October 19
1-3 p.m.

Independent Living Resources
4439 Mormon Coulee Road | La Crosse

Meetings are open and memberships are available. For more information: Andrea Hansen, 608.785.6509



Encore Careers: Working in the Next Stage

Many workers expect to work well into their 70s. They are motivated by many things—the need for continued earnings, a desire to be actively engaged in economic and social activity, and simply that they have the energy and health to continue to work. There is an important difference as people contemplate and plan for work as older workers: third agers are motivated by a drive to “do good work” and give back. Moreover, they want a work life that provides purpose and connection to others (Civic Ventures, 2005). This is a workforce that is positioned to fulfill critical social and community needs – experienced, disciplined, innovative, and motivated by a drive that reaches beyond financial compensation.

Web sites to help you plan your Encore Career:

- DinosaurExchange.com*: Lists short- and long-term job opportunities for what it terms “dinosaurs” (retirees with experience), including consultant and management positions all over the world, some in developing countries
- Enrge.us*: The Employment Network for Retirement Government Experts assists retired federal, state, and local government employees with continued employment
- ExecSearches.com*: Connects experienced nonprofit, government, education, and health workers with executive, mid-level, and fundraising positions
- Execunet.com*: Executives who make over \$100,000 annually can network with like-minded professionals and talk to recruiters
- Jobs4Point0.com*: Focuses on job seekers ages 40 and over
- RetiredBrains.com*: Offers nationwide job listings searchable by industry or state
- RetireeWorkForce.com*: Hosts virtual job fairs as well as job postings and résumé services
- RetirementJobs.com*: Certifies employers as offering a friendly work environment for older workers
- Seniors4Hire.org*: Seniors can apply for jobs, submit a résumé, or post a description of their ideal job
- ThePhoenixLink.com*: This nonprofit group connects experienced executives and technologists with short- and long-term management positions
- WorkForce50.com*: Lists jobs exclusively from employers who are enthusiastic about hiring workers over age 50
- YourEncore.com*: Connects retired scientists, engineers, and product developers with consulting and short-term assignments (Source: *U.S. News MONEY* website, 10/15/07)

**Programs related to healthcare career explorations after 55 are being scheduled now!
Check www.uwlax.edu/conted for updates or call 608.785.6509**

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Calendar of Events Spring 2011

March 22 & 29	Dementia Specialist
April 2 & 9	Psychology of Aging
May 6 & 7	Social Issues of Aging
June 15	Caregivers Mini-Retreat



Are you a CNA or direct care worker who wants to enhance your career in aging services?

Do you need help in meeting training costs?

Scholarship assistance is available to help you complete two core programs of the Gerontology Certificate Program (Psychology of Aging; Social Issues of Aging). Please contact Karen at 608.785.6508 for application and information.

Deadline: March 25, 2011

Annual Vital Aging Conference May 19, 2011 *Save the Date!*

Online: 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 USA

Programs added to Web site regularly

***Check for new programs added regularly:
www.uwlax.edu/conted***

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University of Wisconsin-La Crosse
1725 State St.
La Crosse, WI 54601



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