“Addressing Current Challenges in Aging & Long Term Care”
Friday, May 19, 2017

Presenters:

Dr. Fred Kobylarz, MD, MPH, is an Associate Professor in the Department of Family Medicine and Community Health at the Rutgers Robert Wood Johnson Medical School in New Jersey where he is also Director of the Department’s Center for Healthy Aging and Co-Director of the Geriatric Fellowship Program. He is board certified in Family Medicine and Geriatrics. Prior to this, he was a founding faculty member of the Florida State University College of Medicine, Department of Geriatrics. He was recipient of the first cohort of Geriatric Academic Career Awards (GACA) from HRSA (Health Resources and Services Administration) and contributed significantly to the progress of ethnogeriatrics education and health literacy. He completed an Atlantic Philanthropies Health and Aging Policy Fellowship, working at The Centers for Medicare and Medicaid Services (CMS) in Woodlawn, Maryland and provided subject matter expertise in the content of Geriatric Medicine to address program areas related to the National Alzheimer’s Project Act (e.g., Medicare Annual Wellness Visit). He has served on the board of directors of the Alzheimer’s Association New Jersey Chapter and on the Medical and Scientific Committee. He is a member of the New Jersey Alzheimer’s Disease Study Commission and contributed significantly in the development of the New Jersey State Alzheimer’s Disease State Plan. He was recently appointed to serve as member representative for Medicare Evidence Development and Coverage Advisory Committee (MEDCAC) at CMS. His areas of research have included Alzheimer’s clinical trials drug studies, elderly abuse, and health literacy. As a Geriatrician, he provides care for patients in a variety of settings.

Dr. Ken Verni, Psy.D, is a Clinical Psychologist and Director of the NJ Center for Mindful Awareness (www.mindfulawarenessnj.com). He currently maintains a private practice in Highland Park providing psychotherapy services to adults and adolescents, as well as offering mindfulness-based stress reduction programs in community, corporate and clinical settings. A long time student and practitioner of mindfulness meditation, Dr. Verni originally trained with Jon Kabat-Zinn from the Center for Mindfulness at UMass in 2001 and since then continues to participate in the advanced trainings and supervision offered at UMass for experienced MBSR teachers. He has taught MBSR programs for employees the United Nations Headquarters and the NYC Google offices and he was the lead mindfulness instructor in a research project funded by the National Institute on Drug Abuse (NIDA). Dr. Verni received his doctorate in Clinical Psychology from the Graduate School of Professional Psychology. His doctoral dissertation entitled “Sitting Still in the Midst of Change” focused on the positive impact mindfulness practice can have on adolescent identity formation and psychological stability. He is also affiliated with the Rutgers University as a training and consultation specialist providing trainings throughout the state of NJ on Mindfulness and MBSR.

Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM, is a Training and Consultation Specialist with the Behavioral Research and Training Institute and the COPSA Institute for Alzheimer’s Disease and Related Disorders at Rutgers University Behavioral Health Care. Ms. Micale received her BA in Recreational Therapy and Psychology from Kean University and her MS in Health Care Administration from Central Michigan University. Since 1995, she has worked in the areas of geriatric mental health, Alzheimer’s/dementia care, long term care, adult day care, case management and brain trauma. She is a licensed nursing home administrator, a certified therapeutic recreation specialist, a certified dementia practitioner, a certified Alzheimer’s disease and dementia care trainer as well as a certified dementia case manager. Ms. Micale is actively involved in the training for behavioral health and geriatric professionals who are implementing evidenced-based practices with older adults and individuals who have serious mental illness and their families. In addition, Ms. Micale is the past recipient of the Garden State Woman of the Year Award as well as the Circle of Honor Advocacy Award from the Alzheimer’s Association, which is one of their most prestigious honors.

Date: Friday, May 19, 2017

Place: The Robert Wood Johnson Conference Center
3100 Quakerbridge Road
Hamilton, NJ 08690
(See attached for GPS directions)
Phone: (609) 584-7600

Registration Fee: FREE, but you must register online.

Please note that this is an electronic registration process.
Seating is limited and the registration deadline is May 5, 2017.

Time:
Registration & Coffee: 8:00am to 8:30am
Conference: 8:30am to 4:00pm

Food: For your convenience, lunch will be provided. You are also welcome to bring your lunch and eat in the conference center.

Target Audience:
Long Term Care Providers, Social Workers, Counselors, Nurses, Psychologists, Administrators, Activity/Recreation Professionals, Nursing Assistants, Psychiatric Screeners, Caregivers

This training has no commercial support. Speakers and Planners have declared they have nothing to disclose.

Delivery Format:
Live Training

Sponsored by NJ Division of Mental Health and Addiction Services & NJ Division of Aging Services
Conference Goal:

To provide information for addressing potentially challenging issues designed to improve behavioral services in long term care settings.

Training Objectives:

1) Recognize the difference between normal cognitive aging and Alzheimer’s disease and related dementias.
2) Explore the National and State efforts to provide guidance for the detection of cognitive impairment and earlier diagnosis.
3) Define mindfulness both conceptually and experientially.
4) Describe how mindfulness practice can facilitate responding vs. reacting to both internal and external stressors.
5) Identify at least two formal and two informal mindfulness practices to use daily.
6) Examine how effective communication can help resolve conflict and foster improved relationships.
7) Describe how becoming familiar with four different personality types can aid in enhancing communication.

Agenda

8:00  Registration & Coffee

8:30  Welcome & Overview
Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM
Training & Consultation Specialist
Rutgers University Behavioral Health Care

8:45  Missing the Diagnosis: The Hidden Causes Behind Mental Disorders in Older Adults
Fred Kobylarz, MD, MPH
Associate Professor
Rutgers Robert Wood Johnson Medical School
Geriatric Medicine

10:45 Break

11:00 How To Find Balance in Our Stressful Lives
Ken Verni, Psy.D
Clinical Psychologist & Director
NJ Center for Mindful Awareness

1:00 Lunch (included for all participants)

2:00 A Communication “Roadmap” To Help Manage Conflict
Danielle Micale, MHA, LNHA, CTRS, CDP, CADDCT, CDCM
Training & Consultation Specialist
Rutgers University Behavioral Health Care

4:00 Wrap Up & Evaluations

Sponsored by NJ Division of Mental Health and Addiction Services & NJ Division of Aging Services
Professional Contact Hours Provided

Important Information Regarding Professional Contact Hours

Certificate Fee for Professional Contact Hours is $20 (see disciplines below) payable only by check or money order to Rutgers-UBHC only after the conference concludes.

Participants must sign-in with printed name, signature and e-mail on the appropriate discipline sheet.

Participants may not be eligible for continuing education credits if they are not on time and present for the entire session.

Participants must submit a completed evaluation at the end of the program.

Partial credits will not be issued to participants arriving late or leaving early.

Participants must complete and sign the “Continuing Education Credit Request Form” with payment as indicated.

Note: Your certificate will be e-mailed to you within three weeks of receiving your request form.

Please contact Ravi Maharajh at (732) 235-9282 with any questions or concerns regarding continuing education contact hours for physicians, social workers, counselors, nurses and psychologists.

Please contact Danielle Micale at (732) 235-5067 with any questions regarding continuing education contact hours for screening, activity/recreation professionals and administrators.

In support of improving patient care, Rutgers Biomedical and Health Sciences is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician:** Rutgers Biomedical and Health Sciences designates this (live activity) for a maximum of 6.25 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Nurse:** This activity is awarded 6.25 contact hours (60 min CH). Nurses should only claim those hours actually spent participating in the activity.

**Social Workers (The New Jersey Board of Social Work Examiners):** This program is approved for social work continuing education hours by Rutgers University Behavioral Health Care in accordance with New Jersey administrative code 13:44G and recognized by The New Jersey Board of Social Work Examiners. This program is approved for 7.5 general continuing education hours.

**Certified Counselor:** Rutgers University Behavioral Health Care is an NBCC Approved Continuing Education Provider (ACEPTM) and a co-sponsor of this program. Rutgers University Behavioral Health Care may award NBCC approved clock hours for events or programs that meet NBCC requirements. The ACEP maintains responsibility for the content of this program. (6.25 clock hours). Approval Number 6198.

**Psychologist:** Rutgers University Behavioral Health Care is approved by the American Psychological Association to sponsor continuing education for psychologists. Rutgers University Behavioral Health Care maintains responsibility for the program and its content. Instructional Level: Introductory. (6.25 CE Credits)

**Screener Recertification:** In compliance with Rutgers University Behavioral Health Care- Technical Assistance Center (TAC) policy, 6.0 full TAC Continuing Education credits will be issued only to Screeners who attend the entire program.

There is no charge for screener credits/certificates.

**Activity Professionals:** Continuing education credit application for the National Certification Council for Activity Professionals (NCCAP) pre-approval of this session has been submitted. There is no charge for activity professional credits/certificates.

**Licensed Administrators:** The New Jersey LNHA/CALA Licensing Board regulations regarding sources of continuing education credits 8:34-7.3(a) state that “The Board shall grant continuing education credit for a continuing education program directly related to the administration of nursing homes/assisting livings approved by State or national accredited institutions of higher learning.” Rutgers, The State University of New Jersey meets this requirement as a source of continuing education for 6.0 clock hours. There is no charge for administrator certificates.

Sponsored by NJ Division of Mental Health and Addiction Services & NJ Division of Aging Services
REGISTRATION INFORMATION
“Addressing Current Challenges in Aging & Long Term Care”
May 19, 2017

1. Click here to register: https://ce-catalog.rutgers.edu/coursedisplay.cfm?schID=65256
Check the information on the page to confirm you are registering for the correct training.
2. Scroll to the bottom of the page and click on the “Register/Sign In Now” button that brings you to
   “Your Account” page.
3. If you already have an account with Rutgers University’s Online Registration System, you can login
   by going to “Already have an account?” section and type in your username and password. If you do
   not remember your username, click on “Forgot Username” and type in your email address to
   receive an email with the information. If you don’t remember your password, click on “Forgot
   Password” and type in your email address and user name to receive an email with a link you will
   need to click on to change your password.
4. If you do not have an account, please go to the “New Registrant” section and create one by clicking
   on the “Create Account” button. Once on the “Registrant Profile” page, fill in all items that have a
   red asterisk, as well as “Affiliated Company/Employer” information. We kindly request that
   the agency name, address, phone number and mobile phone number are provided so that you can be
   reached should the training need to be cancelled, rescheduled or relocated for any reason. Please
   make sure your email address is correct and do not remove the checkmark next to “Email” on this
   page, as this is how you will receive notification of confirmation or waitlist status once the
   registration is completed.
5. At the bottom of the “Registrant Profile” page, please create your username and password.
   Remember to write both down for safekeeping since we will not be able to retrieve your password
   if forgotten. You will use this username and password for all future trainings.
6. Please print your confirmation that you will receive and bring it with you to the conference.

Please note: Because of the wide variability among web browsers, you may at times encounter difficulty
registering. If you do, we recommend either using a different browser or clearing your current browser’s
cookies and cache. If you are unsure of how to clear your cookies and cache, you may find instructions here
(https://kb.wisc.edu/helpdesk/page.php?id=12384). If registering via mobile device, click on “Full Version” to
access the registration page.

Please feel free to contact us at (732) 235-9290 with any questions or concerns.

Registration Details

- Inclement weather notification:
  Please call (732) 235-9290 by 7AM on the scheduled day of training for cancellation notification.
- Cancellation Policy:
  If you cannot attend the program please call (732) 235-9290 so that we can fill your seat with individuals on
  the program wait list.
- Special Needs:
  If you have a special physical (ADA) or dietary requirement and wish to discuss provisions, please contact
  (732) 235-9290.
- Additional information:
  Please bring a sweater or jacket to accommodate for room temperature variations.

For further information and/or grievances please contact Danielle Micale at (732) 235-5067.
PLEASE ALLOW YOURSELF ADEQUATE TRAVEL TIME. TRAFFIC IS VERY HEAVY ALONG ALL MAJOR ROADS IN THIS AREA, ESPECIALLY DURING RUSH HOUR.

Robert Wood Johnson Conference Center  
(Clover Shopping Plaza)  
GPS Address  
3100 Quakerbridge Road  
Mercerville, NJ 08619  
Phone: (609) 584-7600

Free visitor parking is available.

DIRECTIONS:

From the NJ Turnpike:  
Take Exit 7A to I-195 West to Exit 60 B (I-295 N), to Exit 65 A, Sloan Avenue. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.

From Route 1, New Brunswick:  
Proceed South on Route 1. Merge onto I-295 South. Take Exit 65 A, Sloan Avenue East. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.

From I-195, New Jersey Shore:  
Take I-195 West to Exit 60 B (I-295 N), to Exit 65 A, Sloan Avenue. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.

From I-295 Traveling North:  
Take Exit 65 A, Sloan Avenue East. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.

From I-295 Traveling South:  
Take Exit 65 A, Sloan Avenue East. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.

From Pennsylvania:  
Take Route 1 to I-295 South to Exit 65 A, Sloan Avenue East. Bear right off the exit. Continue through first light. Make right into Shopping Plaza (formerly the home of Ames Department Store). The RWJ Hamilton Health and Wellness Center is located on the right-hand side.