



NORTHERN PLAINS
CONFERENCE
ON AGING

– SESSION INFORMATION –
OCTOBER 13-14, 2021

Session title: Ethics Through a Moral Courage Lens

Session time: Thursday, October 14 from 1:30-2:30 p.m.

Presenter: Dr. Laurie Dahley, MSW/LISW, PhD and Associate Professor/Field Director

Qualifications of instructor:

Dr. Laurie Dahley, Associate Professor/Field Director brings over 40 years of experience in the social work profession, having spent most of her practice in nursing homes, home health, hospital and hospice care. She currently serves as faculty in the Concordia College Social Work Program where she teaches practice courses and serves as Field Director. Her research and presentations have focused on end-of-life care, communication, ethical practice and how a structured life review conducted in the presence of families could impact their family interactions. She has presented regionally, nationally and on the international stage.

Credentials:

Bachelor of Social Work | Moorhead State University – Moorhead, MN

Master of Social Work | Augsburg College – Minneapolis, MN

Ph.D. Human Development and Gerontology | North Dakota State University – Fargo, ND

Program content:

When exploring ethics we often focus on the Code of Ethics but this leaves out the important component of moral courage which plays a significant role in our decision making process. This session will build on the work of Bryan, Sanders, and Kaplan along with other researchers exploring how we might strengthen our moral courage to not only know what is the right decision, but move forward with confidence.

Objectives:

1. Recognize the role of moral courage in our ethical decision making process
2. Identify factors that could serve as protective measures and those that put us at risk
3. Strategize ways in which to move forward with confidence and courage

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: The Power of Our Stories

Session time: Thursday, October 14 from 8–9 a.m.

Presenter: Dr. Laurie Dahley, MSW/LISW, PhD and Associate Professor/Field Director

Qualifications of instructor:

Dr. Laurie Dahley, Associate Professor/Field Director brings over 40 years of experience in the social work profession, having spent most of her practice in nursing homes, home health, hospital and hospice care. She currently serves as faculty in the Concordia College Social Work Program where she teaches practice courses and serves as Field Director. Her research and presentations have focused on end-of-life care, communication, ethical practice and how a structured life review conducted in the presence of families could impact their family interactions. She has presented regionally, nationally and on the international stage.

Credentials:

Bachelor of Social Work | Moorhead State University – Moorhead, MN

Master of Social Work | Augsburg College – Minneapolis, MN

Ph.D. Human Development and Gerontology | North Dakota State University – Fargo, ND

Program content:

Our life story reveals who we are and what we value. Professionals often conduct these powerful conversations with the clients upon admission or start of service and may view the process another piece of mandatory documentation. Family communication also changes at end-of-life moving the focus of conversations to the younger generation. This session will explore the use of a structured life review conducted in the presence of family members and its impact on the client and family interactions transforming the interview from a required documentation process to a transformative intervention for the resident and family.

Objectives:

1. Explore the theoretical foundation for use of a structured life review with older adults
2. Define the strategy and importance of a strengths perspective when conducting a life review
3. Explain the impact of this use of this technique on the client and their family interactions

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
1	1	1	1

**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Personal Safety – Protecting Yourself and Loved Ones When It Counts

Session time: Thursday, October 14 from 10:30-11:30 a.m. and 12:15-1:15 p.m.*

**The presentation will be the same in the morning as in the afternoon, & only one credit hour will be issued for attendance*

Presenter: Skyler Dutton

Qualifications of instructor:

Skyler Dutton graduated from Jamestown College with a degree in Criminal Justice and a desire to help keep people safe. After graduation he spent nearly the next 10 years working in law enforcement, first with the Grand Forks Police Department before moving to the West Fargo Police Department. After resigning from law enforcement, Skyler continued to help others by starting a career in safety, both as a Health Safety and Environmental Manager and as a Safety Consultant with the North Dakota Safety Council. Personal safety is a passion of his and Skyler continues to educate himself in this field.

Credentials:

B.A. Criminal Justice | University of Jamestown

**First Aid/CPR Trainer*

**STOP THE BLEED Instructor, American College of Surgeons*

Program content:

Understanding how to protect yourself and your loved ones from imminent danger is an important skill but can be tricky to navigate. In this training we will cover common threats to personal safety and ways to mitigate the danger when seconds count and help is minutes away.

Objectives:

1. Confront inconvenient truths about safety (bad things can and do happen here)
2. Explore opportunities to increase your situational awareness
3. Challenge your mindset and preparedness to move you from victim to victor

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
1	1	1	1

**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Live with Grit and Grace – Building Resiliency One Choice at a Time

Session time: Thursday, October 14 from 10:30-11:30 a.m.

Presenter: Terry Eckmann, Ph. D.

Qualifications of instructor:

Terry Eckmann, Ph. D. is a professor and chair of Teacher Education and Kinesiology at Minot State University. Eckmann has 40 years of experience in the fitness industry. She presents internationally on topics related to health and fitness. Terry’s book “101 Brain Boosters” was published in 2013 and is used in classrooms, active aging communities, and homes around the world. Eckmann worked as a speech-language pathologist prior to beginning full-time work in the fitness industry. Her research focuses on the impact of exercise and lifestyle choices on the brain. Her book “101 Ways to Age Gracefully” combines Eckmann’s expertise as a researcher, educator, fitness professional, and speech-language pathologist to create a book that provides research based practical tips for aging gracefully at all ages and stages of life. Eckmann serves on the advisory board of the International Council on Active Aging. Eckmann has also been nationally recognized for her work in the fitness industry. She received the IDEA Make Fitness Happen award and the Club Industry Distinguished Business Award for Industry Enhancement.

Credentials:

B.S. Elementary Education & Speech Language Pathology | Minot State University

M.S. Speech Language Pathology | Minot State University

M.S. Physical Education | University of Montana – Missoula, MT

Ph.D. Educational Leadership | University of North Dakota – Grand Forks, ND

**ACE-Group Fitness Instructor, ACSM-Exercise Physiologist, TBMM-Corrective Exercise Specialist, 500 Hour Registered Yoga Teacher*

Program content:

Grit – Passion and Perseverance. Grace – Elegance and Beauty of Action. Live with Grit & Grace to build resiliency. Explore key lifestyle choices that enhance overall health and well-being throughout the lifespan. Identify 10-15 effective research-based strategies to increase activity level, improve eating habits, manage stress, and improve attitude. Practice a number of life hacks to fit fitness and overall wellness into day-to-day life. Have the confidence to practice the power of simple choices.

Objectives:

1. Explore & discuss habit and change management
2. Identify 10-15 powerful life hacks that build resilience
3. Participate in simple and meaningful activities to live with grit and grace

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Thriving Through Life's Journey

Session time: Thursday, October 14 from 2:45-4 p.m.

Presenter: Terry Eckmann, Ph. D.

Qualifications of instructor:

Terry Eckmann, Ph. D. is a professor and chair of Teacher Education and Kinesiology at Minot State University. Eckmann has 40 years of experience in the fitness industry. She presents internationally on topics related to health and fitness. Terry’s book “101 Brain Boosters” was published in 2013 and is used in classrooms, active aging communities, and homes around the world. Eckmann worked as a speech-language pathologist prior to beginning full-time work in the fitness industry. Her research focuses on the impact of exercise and lifestyle choices on the brain. Her book “101 Ways to Age Gracefully” combines Eckmann’s expertise as a researcher, educator, fitness professional, and speech-language pathologist to create a book that provides research based practical tips for aging gracefully at all ages and stages of life. Eckmann serves on the advisory board of the International Council on Active Aging. Eckmann has also been nationally recognized for her work in the fitness industry. She received the IDEA Make Fitness Happen award and the Club Industry Distinguished Business Award for Industry Enhancement.

Credentials:

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M.S. Speech Language Pathology | Minot State University

M.S. Physical Education | University of Montana – Missoula, MT

Ph.D. Educational Leadership | University of North Dakota – Grand Forks, ND

**ACE-Group Fitness Instructor, ACSM-Exercise Physiologist, TBMM-Corrective Exercise Specialist, 500 Hour Registered Yoga Teacher*

Program content:

Embrace the many demands of life with a perspective that can enhance your personal and professional life. Thrive through the ups and downs with tools and strategies that can help you make the most of every day. Recognize the power of a positive attitude. Explore key choices that can help you make a difference on the journey through change! This session is “you time”! A humorous and thoughtful presentation filled with research-based practices.

Objectives:

1. Identify key lifestyle choices for living well throughout the lifespan
2. Explore the impact of the power of attitude on living well
3. Take hope key strategies to make simple lifestyle choices that matter in life’s journey

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Moral Distress in the Helping Professions

Session time: Thursday, October 14 from 9:15–10:15 a.m.

Presenter: Kristen Fischer, LMSW, NSW-C

Qualifications of instructor:

Kristen Fischer, LMSW, NSW-C is a Certified Nephrology Social Worker, who received her Bachelor's Degree in Psychology from the University of North Dakota, and her Masters in Social Work from Loyola University in Chicago, IL. She has worked with kidney and pancreas transplant recipients for 20 years. She is currently the recipient social worker for the Sanford Transplant Center in Fargo, ND. Kristen has also served on the Sanford Clinical Ethics Committee since 2011, participating in Ethics Consultations, policy development, staff education and national conferences. Most recently, she's lead the Sanford Clinical Ethics Committee's Moral Distress Team, assisting providers and staff with processing and coping with the moral distress they experience in their daily work, including during the COVID-19 Pandemic.

Credentials:

B.A. | University of North Dakota – Grand Forks, ND

Master of Social Work | Loyola University Chicago – Chicago, IL

**Certified Nephrology Social Worker*

Program content:

Participants will learn to identify moral distress in themselves and colleagues, distinguish it from psychological distress (focusing on the ethical context), and develop processes to address and cope with the situations and constraints that contribute to moral distress. Case examples will illustrate common scenarios that lead to moral distress. A framework for addressing and working through moral distress, personally and in a team environment will be discussed. Specific factors inherent in the Covid-19 pandemic that contribute to moral distress will be reviewed.

Objectives:

1. Define and describe moral distress, and distinguish from psychological distress
2. Discuss the types of ethically-complex situations that may lead to moral distress
3. Identify strategies to address and reduce moral distress, and reframe situations to work toward resilience

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Healthy Living for the Second Half of Life

Session time: Wednesday, October 13 from 10:45-11:45 a.m.

Presenter: Katie Johnke, RDN, LRD, CLC

Qualifications of instructor:

Katie Johnke, RDN, LRD, CLC is a Licensed Registered Dietitian Nutritionist and Certified Lactation Counselor in Bismarck, ND. She is the Nutrition Services Coordinator for Bismarck-Burleigh Public Health and Worksite Wellness Coordinator for the City of Bismarck since 2013. She received her Bachelor of Science in Dietetics from the University of North Dakota. Katie works in many different capacities in the Bismarck community whether it be community livability, active transportation, healthy food systems or breastfeeding support. Katie has a passion for improving community health through public health education and efforts. In her free time, she enjoys the outdoors, running, baking and chasing after her three children.

Credentials:

B.S. Dietetics | University of North Dakota – Grand Forks, ND

Program content:

What do you need to feel positive about aging? Not everyone has as much support as one needs or as many opportunities as one would like. Still, most older adults are happy, and healthy living later in life is a goal that all individuals can pursue. This presentation will highlight four key dimensions of positive aging to keep you living healthy in the second half of life.

Objectives:

1. Build awareness of healthy living habits for individuals as they age
2. Identify priorities and steps to take toward healthy living efforts as aging occurs
3. Plan how to continue learning and staying involved in positive activities as they age

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work</i> *
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Deep Dive into North Dakota & Minnesota Medicaid Rules for Married & Single Folks

Session time: Wednesday, October 13 from 1:45-2:45 p.m.

Presenter: Susan E. Johnson-Drenth, CELA*, RN

Qualifications of instructor:

Susan E. Johnson-Drenth, CELA*, RN is the President of JD Legal Planning PLLC, a Fargo law firm focused in estate planning, elder law, probate, probate litigation, guardianship, and trust law, including special needs trusts for the disabled. Sue practices law in North Dakota and Minnesota. Sue has been named as a Great Plains Super Lawyer every year since 2015. Sue is a Fellow in the American College of Trust and Estate Counsel and is the former State Chair for North Dakota. Sue is also the Chair of the Elder Law Section of the State Bar Association of North Dakota. Sue is the only **Certified Elder Law Attorney (CELA)* in North Dakota and Northern Minnesota. In addition to practicing law, Sue continues to hold licensure as a registered nurse in North Dakota.

Credentials:

B.S. Business Administration | North Dakota State University – Fargo, ND

Associate’s Degree, Nursing | North Dakota State University – Fargo, ND

**Graduated with distinction from the University of North Dakota | School of Law*

Program content:

Medicaid rules and laws are constantly changing, especially in regards to married couples. Join us for an in-depth review of the well-known and not so well-known North Dakota and Minnesota Medicaid rules and laws for the long term care population.

Objectives:

1. Learn how to maximize the community spouse assets and income
2. Learn important real estate considerations in Medicaid eligibility
3. Learn how gifts/disqualifying transfers affect Medicaid eligibility

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Resiliency-Driven Healthy Lifespans

Session time: Wednesday, October 13 from 12:30-1:30 p.m.

Presenter: Dr. Donald Jurivich

Qualifications of instructor:

Dr. Donald Jurivich is the Eva Gilbertson Distinguished Professor of Geriatrics at the University of North Dakota School of Medicine and Health Sciences. He is also Department Chairman and Principal Investigator for Dakota Geriatrics, which is a HRSA-funded program to strengthen geriatrics knowledge amongst the health care workforce and to transform health systems into age-friendly care.

Credentials:

B.A. Biology | Harvard University – Cambridge, MA

Doctor of Osteopathic Medicine | Midwestern University, Chicago College of Osteopathic Medicine

Residency in Internal Medicine | Rush Medical Center – Chicago, IL

‡ Duke University Medical Center – Durham, NC

Geriatric Medicine Fellowship | Duke University Medical Center – Durham, NC

Program content:

This presentation will reveal how biological and chronological aging are not always matched. For the first time in history, we now have medical tools to slow and reverse the aging process, thus contributing to people who are biologically younger than their stated age. Research shows that healthy lifespans are driven by physical, behavioral and social factors most often demonstrated by Centenarians or exceptional agers.

Objectives:

1. Report the difference and method for distinguishing biological from chronological age
2. Describe different ways to reverse aging
3. Apply resiliency as a strategy to improve healthy lifespans

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work</i> *
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Life's Your Legacy... LIVE IT!

Session time: Wednesday, October 13 from 3-4 p.m.

Presenter: Renee Rongen – Professional Speaker, Author and Consultant

Qualifications of instructor:

Renee Rongen – Professional Speaker, Author and Consultant is recognized by her peers and clients worldwide as a brilliant humorist and story teller. She has been featured in numerous national publications including “Forbes,” “Fortune,” “Parenting Today,” “Better Homes and Gardens” and “Smart Money.” She was also included in the “Laughter is the Best Medicine” Tour with Lilli Tomlin, Paula Poundstone, Dana Carvey and Paul Reiser. Additionally, she is a three-time award-winning author. She delivers her no-nonsense content and moves organizations and individuals to action. Renee has served on numerous healthcare and business boards; she is also a hospice and prison ministry volunteer.

Credentials:

B.A. Business Administration | College of St. Benedict – St. Joseph, MN

MBA | University of Mary – Bismarck, ND

Program content:

Change...Navigating Life's Detours: Life is full of twists, turns and detours; how you navigate through the roadblocks, keep track of your gauges and adjust your mirrors along the way will have a direct effect on your journey. Renee's tips for embracing the uncontrolled detour (as well as replacing the battery in your GPS) will have you laughing in your driver's seat and enjoying the road less traveled.

Objectives:

1. Participants will learn to flip the switch on their perspective
2. Participants will learn that attitude is an inside job
3. Participants will learn to stay where their hands are and be fully present

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Fire Safety for Seniors

Session time: Wednesday, October 13 from 12:30-1:30 p.m.

Presenter: Chad Stangeland, Division Chief of the Moorhead Fire Department

Qualifications of instructor:

Chad Stangeland, Division Chief of the Moorhead Fire Department serves as the Fire Marshal and Emergency Management Director for the City of Moorhead. He has 29 years of firefighter and emergency medical experience – 26 of them with the Moorhead Fire Department.

Credentials:

M.A. Security Studies | Naval Postgraduate School – Monterey, CA

B.S. Fire and Safety Engineering Technology | University of Cincinnati

AAS in Fire Technology and Administration | Duluth Technical College/Lake Superior College

Program content:

The presentation will discuss the fire and safety risks that older adults face in their day-to-day lives. Information will include an overview of the associated fire risks, along with mitigation and prevention strategies to create a safer living environment.

Objectives:

1. Overview the fire risk factors for older adults
2. Be able to complete a home safety assessment: smoke and carbon monoxide detectors, cooking, escape planning
3. Review implementation strategies for fire prevention

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
1	1	1	1

**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Resiliency in Healthcare

Session time: Thursday, October 14 from 12:15-1:15 p.m.

Presenter: Jim Sterling, PhD, CHC

Qualifications of instructor:

Jim Sterling, PhD, CHC serves as an associate professor at Minnesota State University, Moorhead where he enjoys teaching in the School of Nursing and Healthcare Leadership program at the undergraduate and graduate levels. Dr. Sterling has substantial healthcare administrator experience, beginning his career working in a pediatric psychiatric facility. There, he developed the first Residential Treatment Center and Partial Hospitalization Programs in Virginia. Sterling served as a hospital administrator with the United States Air Force, retiring as a colonel in 2012. Locally, he has since worked at the Fargo VA and Hospice of the Red River Valley. His hobbies include sailing and honoring our Veterans on hospice services.

Credentials:

Bachelor of Science | Christopher Newport University – Newport News, Virginia

Master of Science, Human Resource Management | Troy University – Troy, Alabama

Doctorate in Applied Technology, Training and Development, Minor in Healthcare Administration | University of North Texas

**Dr. Sterling is a life-long student and has a host of other training, including emergency management and response courses through the Department of Defense*

Program content:

A review of resiliency as a key tool for healthcare professionals to stay the course in challenging times and progress in attaining positions of progressive leadership. Techniques, skills, and tips will be discussed to aid in successful navigation of pandemics, disasters, and other emergencies. Examples and lessons learned will be provided from Dr. Sterling’s 40+ year career in the private, public, profit, and nonprofit sectors, and why he now teaches new and mid-career healthcare professionals.

Objectives:

1. Describe resilience and why it is important to healthcare workers.
2. Recognize ways to increase personal and professional resiliency.
3. Assess challenges with critical thinking to determine personal and professional risk.
4. Evaluate positive and negative experiences from others for your benefit.

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Finding New Life in the Midst of Loss

Session time: Wednesday, October 13 from 9:15-10:15 a.m.

Presenter: Rev. Dr. Aaron Suomala Folkerds

Qualifications of instructor:

Rev. Dr. Aaron Suomala Folkerds is an ordained Lutheran pastor in the ELCA, an assistant professor of counseling at Minnesota State University-Moorhead and an embedded mental health professional with the Moorhead Police Department. His areas of research interest are death education and working with first responders. He lives in Moorhead along with his wife, Mary who is a pastor at Good Shepherd, a son named Paul who is in the fourth grade and an exchange student named Timea who is a freshman at Concordia.

Credentials:

B.A. Psychology/Human Services | University of Minnesota, Morris

Master of Divinity | Lutheran School of Theology at Chicago, IL

Master of Science, Mental Health Counseling | Minnesota State University, Mankato

Education Doctorate, Counselor Education and Supervision | Minnesota State University, Mankato

**Licensed Marriage and Family Therapist in Minnesota*

Program content:

Living through the Covid-19 pandemic has brought with it a host of losses and many of these losses have been hard to name. This presentation will focus on working to name one's loss experience and how to find new life in the midst of suffering, pain and struggle. The process of naming one's losses is the first step to finding new life and growth. The presentation will focus on creatively naming loss through art, music, poetry, religious writings and personal narrative. Loss represents the end of something, but it also marks the beginning of something new.

Objectives:

1. Understanding loss in the context of the Covid-19 pandemic.
2. Describe how to creatively name losses through art, music, poetry, religious writings and personal narrative.
3. Understand the process of how loss marks the end of something, but also represents the beginning of something new.

CEUs available:

<i>Minnesota Board of Nursing</i>	<i>North Dakota Board of Nursing</i>	<i>Minnesota Board of Social Work</i>	<i>North Dakota Board of Social Work*</i>
1	1	1	1

**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*

Session title: Music Therapy: Moving Through Memories and Creating a Legacy

Session time: Wednesday, October 13 from 1:45-2:45 p.m.

Presenter: Emily Wangen, MT-BC/L

Qualifications of instructor:

Emily Wangen, MT-BC/L, Music Therapy in Motion (MTIM), LLC founder and director has been practicing for 15 years. She started MTIM out of desire to help aging adults, children, and individuals with disabilities live their fullest lives while engaging in music. Emily currently practices in Fargo and the surrounding communities. She uses music to help reminisce, enhance quality of life, make legacy projects and connect families throughout the life process. Emily lives in Fargo with her husband, two children and dog.

Credentials:

Bachelors of Science in Music Therapy | University of North Dakota – Grand Forks, ND

Associate of Arts | Cottey College – Nevada, MO

**Music Therapist – Board Certified/Licensed*

Program content:

Throughout this session, participants will be offered movement through music therapy techniques appropriate for seniors. Participants will also engage in cognitive games to enhance memory recall and listen to how a heartbeat can become a legacy gift for your family.

Objectives:

1. To educate participant on how music therapy can be used with aging adults in the community
2. To educate participant on what music therapy techniques are used to enhance quality of life of aging population
3. To increase awareness on what music therapy programs, legacy projects, quality of life services, emotional and mental health music therapy services are available to public

CEUs available:

<i>Minnesota</i> Board of <i>Nursing</i>	<i>North Dakota</i> Board of <i>Nursing</i>	<i>Minnesota</i> Board of <i>Social Work</i>	<i>North Dakota</i> Board of <i>Social Work*</i>
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**The North Dakota Board of Social Work has approved 11 contact hours, including 1 ethics credit for the entire conference.*