



NORTHERN PLAINS
CONFERENCE
ON AGING

– SESSION INFORMATION –
OCTOBER 12-13, 2022

Session title: Making Sense of Health Care Directives

Session time: Thursday, October 13 | 12:15-1:15 p.m.

Presenter: Stephen Astrup

Qualifications of instructor:

Stephen Astrup is the attorney for Hospice of the Red River Valley. He grew up on a farm outside of Dilworth, Minn. Prior to joining the team at Hospice, he was a private practice attorney specializing in estate planning. Stephen currently lives in Dilworth where he is a member of the Dilworth Planning Commission and Fire Department – both with an eye towards positive, impactful community growth.

Credentials:

Juris Doctor (J.D.) | St. Thomas School of Law – Minneapolis, MN

B.A. Business & Political Science | Concordia College – Moorhead, MN

Program content:

This session will be an in-depth discussion of the intricacies of health care directives and their importance in advance care planning.

Objectives:

1. Identify circumstances in which a health care directive is or may be necessary
2. Increase cross-discipline competence in understanding the importance of, and assisting in the preparation of health care directives
3. Identify and answer commonly asked questions regarding health care directives

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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Session title: Professional Boundaries, Self-Care and Safety

Session time: Thursday, October 13 | 12:15-1:15 p.m.

Presenter: Dr. Laurie Dahley, LISW

Qualifications of instructor:

Dr. Laurie Dahley serves as Professor Emeritus with Concordia College's Continuing Studies department. She brings over 43 years of experience in the social work profession, having spent most of her practice in medical settings. 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:

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

Master of Social Work | Augsburg College – Minneapolis, MN

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

Program content:

Our boundaries are formed in our early childhood but have the potential to change as we enter adulthood if we gain awareness of them. We will explore signs of healthy boundaries and warning signs of when our boundaries are blurred or not healthy. We will discuss how these impact our relationships in a positive or negative way and the unintended harm that might occur.

Objectives:

1. Will understand how boundaries are created and their purpose
2. Examine healthy boundaries and how this enhances our self-care efforts
3. Explore warning signs for when our boundaries may be blurred and potentially harmful to our relationships

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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Session title: Aging Safely

Session time: Wednesday, October 12 | 9:15–10:15 a.m.

Presenter: Skyler Dutton

Qualifications of instructor:

Skyler Dutton received his bachelor’s degree in Criminal Justice and Physical Education from Jamestown College prior to attending the Law Enforcement Training Academy. 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. While working as a police officer, Skyler became a certified drug recognition expert. He has experience working as a Health, Safety and Environmental Manager in the North Dakota Bakken. He is also a full-time trainer for the North Dakota Safety Council, teaching many of their programs as well as other courses he has developed including Opioid Awareness, Reasonable Suspicion, and Worker Fatigue. Inspired by the things he has seen on the job, Skyler is a self-described safety advocate and believes that everyone should feel empowered to be self-reliant when it comes to the safety of themselves and their loved ones.

Credentials:

B.A. Criminal Justice & Physical Education | University of Jamestown – Jamestown, ND

Program content:

Everyone should feel empowered to live their best life. During this presentation we will look at how safety concerns change, stay the same or otherwise evolve as we age. Attendees will be challenged to look at how they view safety, and how they can implement positive changes to live a full life with optimal aging and wellness.

Objectives:

1. Be able to define personal safety
2. Identify the three safety skills everyone should know and explore how safety risks evolve as we age
3. Introduce ideas and actionable items that can mitigate identified threats to safety

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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Session title: You Are Stronger: Preparedness and Considerations for Any Age

Session time: Thursday, October 13 | 1:30-2:30 p.m.

Presenter: Skyler Dutton

Qualifications of instructor:

Skyler Dutton received his bachelor's degree in Criminal Justice and Physical Education from Jamestown College prior to attending the Law Enforcement Training Academy. 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. While working as a police officer, Skyler became a certified drug recognition expert. He has experience working as a Health, Safety and Environmental Manager in the North Dakota Bakken. He is also a full-time trainer for the North Dakota Safety Council, teaching many of their programs as well as other courses he has developed including Opioid Awareness, Reasonable Suspicion, and Worker Fatigue. Inspired by the things he has seen on the job, Skyler is a self-described safety advocate and believes that everyone should feel empowered to be self-reliant when it comes to the safety of themselves and their loved ones.

Credentials:

B.A. Criminal Justice & Physical Education | University of Jamestown – Jamestown, ND

Program content:

This session will explore several considerations regarding violent encounter preparedness. We will confront truths, discuss mindset and physically demonstrate how your body can effectively be used as a weapon to combat a violent encounter.

Objectives:

1. Confront truths about safety: likelihood, calling for help, protecting yourself and your family, preparedness
2. Understand how a powerful mindset can lead you from victim-thinking to victor-thinking
3. Explore how a person can use reflexive body movements to combat a violent encounter

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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Session title: Building Resilience – One Thought at a Time

Session time: Thursday, October 13 | 2:45-4 p.m.

Presenter: Terry Ferebee Eckmann, Ph.D.

Qualifications of instructor:

Dr. Terry Eckmann is a professor in Teacher Education and Kinesiology at Minot State University. Eckmann is an award-winning presenter, author, and researcher. She presents internationally on topics related to effects of lifestyle choices on the brain, movement that matters, healthy aging, brain and learning, stress management, worksite wellness and the power of choice. Eckmann and her daughter, Katie, co-authored “101 Mindfulness and Meditation Practices” which was released in March 2018. Another of her titles, “101 Ways to Age Gracefully” was published in May 2016. She also published “101 Brain Boosters” in 2013 and it’s used now in schools and active aging communities nationally.

Credentials:

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

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

M.S. Speech Language Pathology | Minot State University – Minot, ND

B.S. Speech Language Pathology | Minot State University – Minot, ND

B.S. Elementary Education | Minot State University – Minot, ND

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

Program content:

Explore the physiology and power of thoughts – negative and positive. Understand common characteristics of a resilient person and identify strategies to develop and strengthen neuropathways of resilience. Put these muscles to work one thought at a time to overcome challenges, face change, and live life to the fullest.

Objectives:

1. Explore the physiology of thoughts
2. Understand and identify characteristics of resilience
3. Take home strategies to build resiliency
4. Explore key thoughts to live with grit and grace

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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Session title: Thriving Together

Session time: Thursday, October 13 | 9:15-10:15 a.m.

Presenter: Dr. Jeremy Holloway

Qualifications of instructor:

Dr. Jeremy Holloway is a Geriatric Education Professor at the University of North Dakota. The focus of his research is concentrated on the social determinants of health, specifically self-efficacy, connectedness, and resiliency of individuals, specifically older adults. Dr. Holloway developed a curriculum focused on intergenerational programs that include growth mindset, reminiscence therapy, mindfulness, guided imagery, and S.M.A.R.T. goal-setting practices to nourish internal qualities and self-agency of older adults. These best practices address needs related to loneliness and isolation of older adults. Dr. Holloway is also an advocate for diversity, equity, and inclusion of all peoples.

Credentials:

Ph.D. Curriculum & Instruction | University of Toledo – Toledo, OH

Program content:

Thriving in life is essential, but cannot be done alone. Every individual deserves to live their life with dignity, a sense of value, and with a legacy that can be passed down to others. The pandemic surfaced previously existent issues of isolation and loneliness of older adults that threatened their quality of life and overall well-being. This presentation focuses on the power and potential of resiliency, connectedness, and self-efficacy as a conduit to thriving individually and together in aging. The theme of this presentation focuses on practices, self-care, and motivation in healthcare.

Objectives:

1. The emergence of resiliency to thrive.
2. The emergence of connectedness for balanced quality of life.
3. The emergence of daily growth in self-efficacy.

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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Session title: Balance Your Conflict

Session time: Thursday, October 13 | 10:30-11:30 a.m.

Presenter: Dr. Jody Janati

Qualifications of instructor:

Dr. Jody Janati is a national speaker, author and conference facilitator. With a doctoral degree in Organizational Leadership, and a master’s degree in Speech Communication, she has taught in higher education for over 20 years. She offers a variety of public and professional workshops on conflict reduction tactics and effective communication skills. During her academic career she worked in various leadership roles, taught for over a decade at both the University of Minnesota and the Minnesota state prison system. Dr. Janati currently trains for numerous organizations throughout the United States, is the author of six books, and is the owner of Communication Innovation, LLC.

Credentials:

Doctorate in Education (Ed.D.) Organizational Communication | Argosy University – Sarasota, FL
M.S. Speech Communication | North Dakota State University – Fargo, ND
B.S. Communication | St. Cloud State University – St. Cloud, MN

Program content:

Learn 101 things to “say and do” during difficult interactions. Maintain your personal integrity through effective communication strategies that really work. Participants will learn step-by-step responses to transform difficult conversations. Multiple techniques will be discussed to ensure you can find your voice, maintain wholeness and go unimpaired while engaging others during difficult interactions. Be cool, calm and collected and set healthy boundaries with others and ultimately find your “Conversation Peace.”

Objectives:

1. Learn to use assertive communication as a fair and reasonable response
2. Make use of effective assertion models with 101 things to say & do during difficult interactions and a step-by-step guide to effective techniques
3. Identify the imbalance of passive, aggressive and passive/aggressive communication

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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Session title: Safely Advocate for Yourself and Others

Session time: Wednesday, October 12 | 12:30–1:30 p.m.

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

Qualifications of instructor:

Susan Johnson-Drenth 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. She 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 Degree, Nursing | North Dakota State University – Fargo, ND

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

Program content:

Be prepared by having your Health Care Directive placed with the North Dakota Health Care Directive Registry. Be your own advocate by creating a Durable General Power of Attorney. Be ready to advocate for others after a review of new guardianship and conservatorship law updates.

Objectives:

1. How to use North Dakota Health Care Directive Registry
2. Learn why you need a Power of Attorney
3. Learn law updates on guardianship

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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Session title: Palliative or Hospice Care: Navigating End of Life Choices

Session time: Wednesday, October 12 | 1:45-2:45 p.m.

Presenter: Tracie Mallberg, MD, FAAFP, HMDC

Qualifications of instructor:

Dr. Tracie Mallberg is the medical director for Hospice of the Red River Valley, the largest and most long-standing hospice provider in the upper mid-west, as well as Red River Healthcare’s HouseCalls program, which provides home-based primary care services for patients in various communities in North Dakota and western Minnesota. She was born and raised in North Dakota, and she and her husband are parents to 8 wonderful children. She is not only a physician but also the daughter and primary caregiver to her mother who is dealing with Alzheimer’s disease.

Credentials:

B.S. Biology | University of Mary – Bismarck, ND

M.D. | University of North Dakota School of Medicine and Health Sciences – Grand Forks, ND

**Fellowship of the American Academy of Family Physicians (FAAFP) Certification – University of North Dakota Family Medicine Residency in Bismarck, ND*

Program content:

What do you do when you or a loved one has just received a life limiting diagnosis? This presentation will explain care across the continuum, referral triggers, and how to access services. It will also empower you to have the “tough conversations” with loved ones and providers. Every moment matters during the end-of-life journey and it’s important to focus on quality of life.

Objectives:

1. Understand the role of palliative/hospice care for patients living with a progressive chronic illness
2. Recognize disease-specific indicators and signs of decline which indicate the patient is appropriate for palliative/hospice care
3. Learn how to incorporate palliative/hospice medicine into the care of those patients & families who may benefit

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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Session title: Recognizing and Responding to Suicide Risk

Session time: Thursday, October 13 | 10:30-11:30 a.m.

Presenter: Tammy Monsebroten, LCSW

Qualifications of instructor:

Tammy Monsebroten is a Licensed Clinical Social Worker and Suicide Prevention Coordinator, a graduate of Minot State University and University of North Dakota. Tammy has had the privilege of serving veterans at the Fargo Veterans Affairs Health Care System since 2010.

Credentials:

Master of Social Work | University of North Dakota – Grand Forks, ND

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

B.S. Criminal Justice | Minot State University – Minot, ND

Program content:

This presentation will discuss how to identify the need to further screen and assess for suicide risk. Attendees will be introduced to validated screening tools, evidenced based safety planning, and effective ways to discuss risk mitigation and lethal means safety.

Objectives:

1. Locate and utilize validated screening tools
2. Formulate a safety plan for suicide risk reduction
3. Utilize GROW Method to increase Lethal Means Safety

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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Session title: Well-Being, Optimism, and Other Ideas in Positive Psychology

Session time: Wednesday, October 12 | 3-4 p.m.

Presenter: Dr. Melissa Mork

Qualifications of instructor:

Dr. Melissa Mork is Professor of Clinical Psychology in the Department of Psychology, Criminal Justice and Law Enforcement at the University of Northwestern, St. Paul. She is a Grief Coach, author of the book, “Navigating Grief with Humor,” and host of the podcast, “Mental Health with Dr. Melissa Mork.”

Credentials:

Ph.D. Clinical & Forensic Psychology | Minn. School of Professional Psychology – Minneapolis, MN
Master of Clinical Psychology | Minn. School of Professional Psychology – Minneapolis, MN
B.A. Psychology, Philosophy & World Religions | University of Jamestown – Jamestown, ND

Program content:

This presentation will provide attendees with concepts and terms in the application of positive psychology. The focus will be placed on encouraging participants with psychoeducation of optimism, gratitude, resilience, grit, and well-being. Examples will be provided of ways attendees have applied these tenets in the past, and how they can continue to thrive using positive psychology.

Objectives:

1. Attendees will learn terms and concepts related to positive psychology
2. Attendees will recognize ways they have employed strategies towards these concepts in the past
3. Attendees will hear ways they can continue to thrive in the future using positive psychology concepts

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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Session title: Managing Burnout

Session time: Thursday, October 13 | 8-9 a.m.

Presenter: Dr. Melissa Mork

Qualifications of instructor:

Dr. Melissa Mork is Professor of Clinical Psychology in the Department of Psychology, Criminal Justice and Law Enforcement at the University of Northwestern, St. Paul. She is a Grief Coach, author of the book, “Navigating Grief with Humor,” and host of the podcast, “Mental Health with Dr. Melissa Mork.”

Credentials:

Ph.D. Clinical & Forensic Psychology | Minn. School of Professional Psychology – Minneapolis, MN
Master of Clinical Psychology | Minn. School of Professional Psychology – Minneapolis, MN
B.A. Psychology, Philosophy & World Religions | University of Jamestown – Jamestown, ND

Program content:

We can’t pour from an empty cup. This presentation will encourage attendees to use the psychosocial aspects of well-being, self-care, resilience and coping. The goal is to invite participants to reflect on their burnout risk, to encourage them to implement their best coping strategies and personal resilience, and to help them exercise intentional self-care as a way of remediating burnout.

Objectives:

1. Attendees will reflect on risks of burnout and compassion fatigue
2. Attendees will identify strategies to locate levity and play in their own lives
3. Attendees will hear ways they can exercise existential self-care strategies to remediate burnout

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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Session title: HomeFit Guide

Session time: Wednesday, October 12 | 10:45–11:45 a.m.

Presenter: Eugene (Gene) J. Nicolelli, AIA, NCARB, CAPS, Architect

Qualifications of instructor:

Gene Nicolelli is an award-winning architect licensed in Minnesota and California, is a certified Aging-in-Place Specialist (CAPS) with expertise in universal design and has 45 years of experience in residential architecture. Gene will walk us through the “HomeFit Guide” and share his own advice on modifications that help people stay at home where they want to be.

Credentials:

Bachelor of Architecture | North Dakota State University – Fargo, ND

Program content:

AARP research consistently finds that the vast majority of people age 50 and older want to stay in their homes and communities for as long as possible. The AARP “HomeFit Guide” was created to help people stay in the homes they love by turning where they live into a “lifelong home,” suitable for themselves and anyone in their household. This presentation offers solutions that range from simple do-it-yourself fixes to improvements that are more involved and require skilled expertise but are well worth the expense.

Objectives:

1. Recognize how a home can be modified to support changing needs and lifestyle, by making your home more adaptable, useable and safe.
2. Determine which modifications are important for maintaining the lifestyle that you desire.
3. Distinguish between modifications that you can do yourself and those that are best left to a professional.

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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Session title: Fall Prevention Strategies

Session time: Wednesday, October 12 | 12:30–1:30 p.m.

Presenter: Jennifer Syverson, PT, DPT

Qualifications of instructor:

Jennifer Syverson has worked in a variety of settings, spending the majority of her career in home health. She holds a Certificate in Advanced Competency in Home Health through the American Physical Therapy Association. Jennifer specializes in treatment of Parkinson’s disease and other neurologic disorders, while also assisting as an adjunct professor at the University of Jamestown in the physical therapy program.

Credentials:

Doctorate of Physical Therapy | University of North Dakota – Grand Forks, ND

Program content:

This presentation will review fall prevention strategies, equipment to use, and home modifications for older adults living at home and their caregivers. We’ll also discuss the common causes of falls, the three main components of balance, the importance of exercise, and be available for individualized balance testing.

Objectives:

1. Understand the risk factors of falls
2. How to make home modifications for fall prevention
3. Discover the relationship between exercise and falls

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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