Strategies for Improving Memory
Lesa Lorenzen Huber, PhD

While there are some inevitable age-related deficits in memory, memory training has been found to improve memory skills in a range of subjects. In a meta-analysis of 32 studies, 1,539 healthy older adults were taught a variety of memory techniques. Memory gains were larger among trained groups than placebo or controlled groups. While no one type of training was superior, the trainings were most effective when sessions were short and in a group and when participants were told in advance about the nature of the training. The positive results from memory training were evident up to 3 1/2 years after training. In this session you will:

• Learn what changes and what doesn’t in memory performance with aging
• Explore differences between normal aging and disease-affected aging on memory processes
• Learn 8 strategies to improve your memory effectiveness
• Consider new research which suggests the effects of perceived self-efficacy on memory performance
• Describe two verbal strategies and two non-verbal strategies that could be used to improve communication with older adults

12:30 – 2:00 p.m. Lunch & Panelists Tom Applegate, Joseph Everett, and Ed McClain

The panelists will discuss veteran, social security, and prescription drug benefits.

The availability of mental health assistance for combat veterans through the Veterans Administration and through the Vet Centers located throughout Indiana will be discussed. Questions about general eligibility issues for VA health care and state and federal benefits will be answered.

Social Security is important to everyone; whether you’re filing for retirement, survivors or disability benefits and enrolling in Medicare. If you or your clients are counting on any type of Social Security benefit to assist you while working, on disability or during retirement, this session will provide you with some general information on entitlement to various benefits. Learn about the status of the new Medicare Part D prescription drug benefit. By early March, it will be clear how successfully the benefit has been implemented. Find out how the benefit works, how to enroll, and the program’s status.
Meet the Speakers

Charles T. “Tom” Applegate, Director of the Indiana Department of Veterans Affairs, was appointed by Governor Mitch Daniels in February 2005, to head the Department which trains Indiana’s county veterans’ service officers and administers state veterans’ benefits for Hoosier veterans, their dependents and survivors. Prior to his appointment, Tom was the Huntington County Veterans’ Service Officer from 1995 until 2005 and served two terms as the President of the Indiana Veterans’ Service Officers’ Association.

Joseph Everett has been employed with the Social Security Administration (SSA) since 1984. He started his career with SSA at Central Office, Baltimore, Maryland, where he was a Policy Analyst in the Office of Acquisitions and Grants. He relocated back to Indianapolis and was assigned to the Indianapolis Downtown Field Office in February 1988 as a Generalist Claims Representative. He has worked in all areas of the Title II Program (Retirement, Survivors and Disability Insurance Benefits) as a Social Insurance Examiner. Joseph was selected as the SSA Metropolitan Public Affairs Specialist for Central and Southern Indiana on February 1, 2000. He also serves as the SSA Medicare Part D Outreach Coordinator for 26 Field Offices in the State of Indiana.

Lesa Lorenzen-Huber, PhD, is the Interim Director of the Center on Aging and Aged and teaches courses in the areas of Lifespan Development and Gerontology. She is a co-PI on a US Dept. of Education three year grant to develop and implement a full gerontology curriculum online, and is part of a research team investigating the effect of the environment on physical activity patterns in adults. She received her BA from the University of Wisconsin and her MS and PhD from the University of Nebraska.

Ed McClain is employed by Golden Rule Insurance. He has worked there for 28 1/2 years. Ed is frequently asked to speak to senior groups in Indiana about Social Security, Medicare & Medicaid. He has a Bachelor of Science degree in Education from Indiana University.

Judy O’Bannon, First Lady of Indiana, 1997-2003 has spent much of her life supporting and promoting efforts to strengthen Indiana communities. As the host of the WFYI-produced television series Communities Building Community, Judy helps bring attention to the many ways Hoosiers throughout the state are strengthening their communities. In early 2004, Judy accepted a position as director of external affairs for Peace House. Judy graduated Phi Beta Kappa from Indiana University with a bachelor’s degree in social work. Selected as a Rockefeller Theological Scholar, she was the first woman to attend the Louisville Presbyterian Theological Seminary.

Andrea Qualitza began working with the Marion County Prosecutor’s office, Adult Protective Services (APS) division as an intern in 1997. She puts her gerontology degree to use currently as the director of APS in four Indiana counties which include Boone, Hamilton, Hendricks as well as Marion County. Thru services such as coordinating specialized programs for people with disabilities and assisting with daily living skills including hardships for the elderly, Andrea has over fifteen years of experience dealing with the physical and developmentally disabled.

Lila Pagni is currently a private-practice Licensed Clinical Social Worker. Her main practice focus is coaching in geriatrics and family issues relating to care giving and professional trainings. She also treats adults suffering from depression, anxiety and other emotional disorders and creates workshops for professionals. Lila obtained both her bachelor’s and masters degrees in Social Work from the Jane Addams College of Social Work University of Chicago.

Susan Schoon, DNS, APRN, BC, is the current Coordinator of Psychiatric Consultation and Liaison at Clarian Behavioral Care Center. Susan received her doctorate and masters’ degrees in Psychiatric/Mental Health Nursing from Indiana University School of Nursing. She received her BSN from the Medical College of Georgia. She has taught nursing for Indiana, Purdue, and Ball State University Schools of Nursing.

Mary Dormann Williamson received a masters degree in Social Work from the IU School of Social Work in 1991, and is a Licensed Clinical Social Worker in the State of Indiana. Mary has devoted her career to serving the needs of the geriatric population. Currently, Ms. Dormann Williamson works as a geriatric social worker for the Senior Health Center outpatient clinic at Methodist Hospital, which is part of the newly designed Clarian Senior Health Services Network. Mary’s nearly twenty-year career of practicing with older adults has been both rewarding and challenging as she prepares for serving the needs of our growing elderly population.

Meet the Speakers

The Power of Personal Relationships in Therapy

Susan Schoon, DNS

People who engage with each other for the support and benefit of one another, often get lost in the process of “human doing” instead of “human being.” What does it mean to “be there” for someone? What are the elements of “presence” that facilitate the evolution of a therapeutic relationship? Who really benefits from a therapeutic interaction? Calling on the principles of the Rogerian Conceptual System of the Science of Unitary Human Beings, participants will explore the principles of engagement that allow for transcendence of the “tasks” of therapy, toward the evolution of a dynamic experience that is mutually gratifying and fulfilling for everyone involved in a relationship.

Geriatric Mental Health

Mary Williamson

Depression in the aging population can sometimes go undetected. Depression often presents with more subtlety in seniors and caregivers and family members can view it as a normal part of the aging process. This session will be devoted to what signs to look for regarding depression in the elderly as well as guidance about treatment options and a discussion about how to encourage older adults to seek treatment and to not view treatment as a social stigma or weakness.

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IUSSWAA Mental Health Conference
Friday, March 10, 2006

Registration – Register online at: www.alumni.iupui.edu

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Note: Alumni Association members receive a 10% discount. If you are a member either an expiration date or the word “life” will appear next to your name on the mailing panel. If you are not a member it will be blank next to your name on the mailing panel.

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Please check the sessions you and your guests plan to attend. Indicate how many people will attend the sessions you select. This information will help us plan handouts, seating, etc.

Friday, March 10, 2006

9:15-10:45 a.m.  
Keynote Speaker – Judy D’Bannon

11:00 a.m.-12:30 p.m.  Breakout Session 1
- Pain Control and Palliative Care
- Adult Protective Services
- Strategies for Improving Memory

12:30-2:00 p.m.
- Lunch and Panel Discussion

2:15-3:45 p.m.  Breakout Session 2
- Caregiver Stress
- Geriatric Mental Health
- Power of Personal Relationships in Therapy

We encourage participation by all individuals. If you have a disability, advance notification of any special needs will help us better serve you.

Continuing Education Credits
Continuing education credits will be issued by Indiana University School of Social Work.

Exhibitor Registration $100

Name of Organization
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Address of Organization
City State Zip

Daytime Phone Number

Email Address

Do you need an extension cord?  
Do you need a 6’ table?  
Note: Each exhibitor registration includes one lunch. Additional lunches are $25 each.

To book a hotel room, please call:
The Marten House Hotel and Conference Center 1-800-736-5634

Send completed form to:
IUSSWAA, 850 W. Michigan St., Suite 241, Indianapolis, IN 46202-5198
or fax to (317) 274-6589
For more information, please call (317) 274-8959 or e-mail kdeery@iupui.edu.

This conference is worth 6 CEU Hours

The IU Alumni Association is a dues supported membership organization
Indiana University School of Social Work Alumni Association
5th Annual Mental Health Conference

What Social Workers Need to Know: 2006 Update

The Changing Face of Families

Friday, March 10, 2006

The Marten House Hotel and Conference Center
1801 W. 86th Street, Indianapolis

6 Continuing Education Credits