



**SAGE of the Rockies  
Regional Conference on LGBT Aging  
October 8 - 10, 2010**

**List of Presentations**

**Respecting Diversity: Spirituality, Aging, and Holistic Health**

***Vicki Murdock***

Attendees will gain knowledge about how spirituality can support physical wellbeing and explore their own spiritual journey. Participants will consider health care and spiritual barriers to successful aging.

**HIV and Older Adults**

***Doreen Bermudez***

This session will provide an overview of how HIV still is a problem later in life, including the following topics: Stigma, Testing, Creating and Implementing HIV related programming.

**Staying Connected Through Social Media**

***Heather Draper***

Who are my friends and lovers? How will I find the services that I need? These two questions pose special concerns for LGBT individuals. Fortunately, the Internet can provide vital information, connections and a sense of belonging that weren't always available to older LGBT people before computers became so pervasive in our society. There are plenty of options out there - Wikipedia posts a list of about 190 social networking sites now aimed at groups from teens to vampire fans. This session will teach you the basics of social networking, including how to set up and use a Facebook account, and why it's important to stay connected as we get older.

**Selecting a Care Community as an LGBT Elder**

***Jennifer A. Solms and Cindy D. Webb***

Attendees will learn the difference between the various levels of care - i.e., Independent vs. Assisted Living vs. Skilled Nursing Home. You will learn how to tour a care community and gain tools on making the transition into a care community, whether for oneself or a loved one. Learn how to advocate for yourself or a loved one once they have entered a care community. This session targets LGBT individuals, but is also appropriate for those who may be a caregiver/partner/friend of an LGBT elder in need of a care community.

## **Aging in Community**

***Elizabeth S. Kelchner and Alison L. Joucovsky***

A common concern of people as they age is where they will live. Research indicates that as many as 90% of the population wants to remain in their home rather than moving to a retirement community or assisted living facility. This can be especially problematic for members of the GLBT community if they don't have family and friends to help them. This workshop will present different models of aging in community that welcome all older adults and that help people remain in their home as they age by accessing services, resources, social activities, and opportunities for community engagement.

## **Will my money run out before I do?**

***L. Wade Frisbie and Jordan Ausman***

If you are retired or thinking about retirement, understanding where your income is coming from is CRITICAL! We will discuss when you should take Social Security, Inflation (buying power) and how it affects you down the road, and how to utilize your retirement income in the most tax efficient way. We will also discuss strategies on protecting your retirement for your partner.

## **A Town Hall on the SAGE of the Rockies, Kaiser Permanente, Jewish Family Service SUSTAIN Research Project (Seniors Using Supports To Age In Neighborhoods)**

***Diane King, PhD, Leslie Wright, M.A., Jennifer Dickman, MSW***

Funded by a grant from the Colorado Clinical Translational Sciences Institute, the SUSTAIN project is taking a careful look at the things older people need to remain safe and healthy in their own homes. Most particularly, the project focuses on the issues identified by older GLBT individuals living in the Capitol Hill neighborhood in central Denver. Results to-date will be shared, as well as a description of where the project will go from here.

## **Live Well, Age Well: Doing Your Wisdomwork**

***Maureen Dobson and Rosemary Williams***

Join with other LGBTs and allies to explore a new paradigm for aging well, one that portrays aging as a positive journey filled with wisdom and inner growth. Wisdomwork is designed for people of all ages who are interested in conscious living and conscious aging. It utilizes the power of working in community to deepen our spiritual life, claim our wisdom, heal our past and affirm our purpose as older adults. This program is based on the work of Rabbi Zalman Schachter-Shalomi, author of *From Age-ing to Sage-ing: A Profound New Vision of Growing Older*.

## **Caregiving and Care Receiving: Preparing for Your Future**

***Shari Wilkins and Amelia Schafer***

This session will discuss the important issues in both care giving and care receiving, including changes in your relationships, communicating your needs, planning ahead, and reaching out for help. Come learn from people who are caregivers and care receivers as they help us all understand how to live a better life.

## **Friendly Visiting for an LGBT Older Adult Population**

***Tom Weber***

Although many mainstream organizations have volunteer Friendly Visiting Programs, there are some important differences to competently serve an LGBT population. SAGE USA in NYC started the first LGBT Friendly Visiting program in the nation. This workshop will explain the systems devised by SAGE to administer the program and also describe the importance of this program to those who utilize it, both as consumers and volunteers. This presentation touches on several vital questions, including “Who will care for me when I am old?” and “Who are my friends (ie – community) and lovers?”

## **The Frustration of Forgetting: A Normal Nuisance or the Dawning of Dementia?**

***Cheryl Siefert***

Are you over age sixty-five and forgetting why you opened the refrigerator door? Are you discovering that you can no longer multi-task as well as when you were twenty? Did you miss an appointment or forget what day it is? Welcome to the club of “normal age associated memory impairment.” When does simple forgetting become the dawn of dementia? Following this presentation, participants will understand the difference between dementia and normal forgetting, recognize warning signs of dementia, identify issues specific to the GLBT community, and learn how to maintain a healthy brain.

## **The Big Picture – A Basic Primer of 55+ Housing Options**

***Don Gorsuch and Elisabeth Borden***

Come join the dialog regarding a journey that affects every person living and aging today -“Where will I live when I grow old?” Each of us will answer this very personal and important question sometime in our lives if we are indeed fortunate to reach our “golden years.”

## **Let's talk non-traditional: LGBT elements of personal finance**

***Sally Jo Button***

This workshop help answer questions such as: How would you like yourself/your partner to be different around money issues? Where is your heart, where is it going? Is that a money question? Ready for a relationship? Should the wealthier subsidize the

other? Who takes the deduction? Is anything here different for us? Talking with partners and relatives: Where IS your will?

### **Estate Planning for the Present and Future:**

***Lisa L. McDaniel***

Estate Planning is more than just having a will drawn up. Simply put, Estate Planning helps you acquire an estate, preserve your estate and ultimately, distribute your estate upon death. Thus, Estate Planning involves both lifetime objectives as well as death planning. It is arranging your affairs to maximize the benefits from your assets and your planning during your lifetime and allow your beneficiaries to do the same after your death.

### **Mobilizing People 50+ to Affect Change and Improve Access to Quality Healthcare for Everyone**

***Barbara Raynor , Robert Janowski, Phil Nash***

After providing participants with a better understanding of the wants and needs of Baby Boomers, as well as the ways our current healthcare system fails to address social, cultural, linguistic and generational differences, this presentation will focus on available opportunities that will enable individuals to get involved in helping others by improving the health and well-being of our community, improving access to quality healthcare for everyone, and advocating for healthcare reform. It will address how the GLBT community in particular can benefit from engagement with this very important grassroots movement.

### **Aging and health in the GLBT community**

***Kelly Bastian***

As we age it becomes even more important to be aware of and protect our health. This means building a trusting relationship with a healthcare provider, preventative health measures, and being aware of health risks pertinent to an aging body. We will examine what are normal aging processes, frequent chronic health issues, standards for preventative health measures, and unfortunate life threatening processes that may or may not be unique to the gay community.

### **LGBT Home Health Considerations (Dual Presentations)**

#### **Respectful, Affirming Home-Based Healthcare for LGBT Older Adults**

***Linda A Travis***

Explore the spectrum of services offered in home-based healthcare services; three key challenges and fears of LGBT older adults receiving home-based healthcare; three steps that LGBT older adults and their loved ones can take to maximize opportunities for optimal and respectful home-based healthcare

services; and key areas of LGBT cultural competence training for home-based healthcare providers.

### **Critical Considerations for Selecting a Caregiver**

***Kelly Harper***

Caregivers for the homebound person represent the new generation of care for Seniors and Disabled alike, but finding that right person to come into your home and take care of you is not as easy as most people think. In this presentation, attendees will learn how to find that right person through strong interview questions, will understand the importance of asking for references, will explore how to get the right person to meet one's needs, and how to not rush into a decision because someone is needed NOW.

### **Housing Options: Cohousing - Is it Ideal for Us?**

***Annie Russell, Kathryn Lorenz, and Lin Erhardt***

Cohousing is a collaborative model where residents are consciously committed to living as a community. The intention of cohousing is to share in social and management activities, along with communication and care for one another, creating a sense of camaraderie. We will address choosing housing that would most support and nurture your lifestyle; finding your people; aging in place; and financing.

### **Potentially harmful drugs in the elderly: Special consideration in the GLBT population**

***Tom Simpleman***

Medications that can have harmful effects in the elderly were identified by research led by a gay man, Mark Beers; that study created the Beers List. It's used by those who specialize in geriatric medical care to identify medication that should be used with caution or avoided when treating seniors. An understanding of these issues and how they apply uniquely to the LGBT community can help the individual and caregivers understand, cope with and sometimes avoid progression of some conditions.

### **Hopeful Living: Hopeful Future**

***Trey Malicoat***

How do you define hope? What does hope mean for you personally and professionally? What is the link between greatness and hopefulness? Have you thought about your future and want to trust that it's positive? In this dynamic session participants are challenged to define hope, given strategies for being hopeful, and encouraged to spread hope to others. In addition, personal stories, historical quotes, and social commentary are woven with practical tips on achieving and maintaining hope. This workshop is perfect for people who work in helping professions responsible

for supporting others with a hopeful presence; people who are struggling to find personal hope; and people who want to make a bold difference in the world.

### **Aging with Dignity? The Transgender Reality**

***Michelle Alexander, Dianna Cicotello, Matt Kailey, Kelley Winters***

Whether you are transgender or not, age and gender effect every aspect of our lives. When you are both old and transgender, those effects are multiplied by many factors - too many of them negative. Join our distinguished panelists as we explore the fears and the realities that shape the transgender aging experience. Learn to recognize the internal as well as the external barriers to aging with dignity that confront transgender seniors and limit their access to competent care. Find out how you can help break down those barriers and in the process develop some basic criteria for evaluating facilities and services to ensure that aging with dignity will indeed become the transgender reality.

### **Non-Traditional Settings for Outreach**

***Doreen Bermudez***

This session will be a group work workshop in which we will discuss the various ways of creating the best and most realistic forms of outreach for the communities we are serving. We will specifically talk about communities of GLBT elders that are more difficult to find and reach, such as those in rural areas or those defined by ethnic, religious, or other cultural traditions.

### **Creating Communities of Care via Share The Care™**

***Jane W. Barton***

As our country debates and explores the various options for healthcare reform, there is one point about which we can all agree - caregiving is a daunting, problematic challenge requiring innovative approaches. Creating Communities of Care via Share The Care™ is an essential part of the solution as it instructs and encourages community members to support each other. Communal care supports any proposed care management plan, leveraging critical care resources and serving to keep the patient at the heart of care.

### **Choices at the End of Life: An Overview of the Options**

***Kelly Bastian and Maureen Boehm***

This session will provide an overview of end of life care in the United States. This will include a description of the similarities and differences of hospice care and palliative care. Most importantly, we will discuss the importance and benefits for individuals and loved ones in planning ahead and making personal wishes known.

### **SAGEWorks - An LGBT Mature Workers Program**

***Tom Weber and Michele D'Amato***

The SAGEWorks Program addresses the critical question, “How will I pay for what I want and need?” but also the question, “Do I count?” Whether we help older adults find jobs who need the income or whether we help older adults find jobs who want to remain active and involved in the work place, we are performing a vital service which directly impacts quality of life. This workshop will describe the mature workers’ program, known as SAGEWorks, which is being piloted this year at five SAGE locations across the nation.

### **Long Term Care Isn’t About You: What it does to people who love you**

#### ***Nancy Dykeman***

When a crisis hits we need help. Not only for the person who becomes disabled from an accident or onset of illness. There are many misconceptions about what resources pay for care and how to access funding. It's important to think about this ahead of time and put together a plan should the need for care arise. It's pretty evident that living longer will mean taking on the role of caregiver or needing to care for ourselves. Nancy Dykeman will have a conversation with you on what to do, where to turn, resources and programs, as well as encourage you to develop your own plan for care in the future.

### **Complementary Currencies**

#### ***Sally Jo Button***

An understanding of “Time Dollars” will critically inform our conference conversations. It is no secret that the current economic system cannot meet elderly needs in the US. Our “Family” can be here for us in a profound way via time dollars exchanged through a software banking system. Let’s build a formal community to meet our needs of ageing, care giving, transportation, housing, etc., that can be used today by and for all generations.