AGENDA

2016 Geriatric Symposium • DAY ONE
Advancing Nursing in Long-Term Care

August 1, 2016

Austin Marriott North • Round Rock, Texas
Welcome

2016 Geriatric Symposium • DAY ONE

Advancing Nursing in Long-Term Care

Day one of the Geriatric Symposium is designed to provide attendees with nursing-specific information related to the care of the geriatric population and those with dementia-related conditions.

Monday ★ August 1, 2016

7 – 8 a.m.  Registration
8 – 8:15 a.m.  Welcome
8:15 – 9 a.m.  Opening Keynote Address • Norine Yukon, BSN, RN
9 – 9:20 a.m.  Break
9:20 – 10:50 a.m.  Breakout Sessions • 1
10:50 – 11:10 a.m.  Break
11:10 a.m. – 12:40 p.m.  Breakout Sessions • 2
12:40 – 1:50 p.m.  Lunch (on your own)
1:50 – 2 p.m.  Call to Order
2 – 3:30 p.m.  Breakout Sessions • 3
3:30 – 3:50 p.m.  Break
3:50 – 4:45 p.m.  Closing Keynote Address • Karyn Buxman, MSN, RN, CSP, CPAE
4:45 – 5 p.m.  Closing Remarks
**General Information**

**Name Badges:** Please wear your conference name badge at all times. Your name badge is your admission to the workshop sessions, keynote addresses and other areas of our conference. If you misplace your name badge, visit the registration desk to request a new one.

**Electronic Devices:** As a courtesy, please silence your electronic devices during all conference sessions.

**Workshop Selections:** The conference committee has worked hard to offer a diverse range of workshops. Please attend the workshops you selected at registration. Workshop spaces are extremely limited.

**Lunch on your own:** The RC Grille is located in the hotel. A list of nearby restaurants is available at the front desk or on the Austin Marriott North website. (Click on “Dining.”)

**Lost and Found:** Available at the registration desk.

**Continuing Education Credits**

Texas Department of Aging and Disability Services Regulatory Services Division is an approved provider of continuing nursing education by the Texas Nurses Association – Approver, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

Texas Department of Aging and Disability Services Center for Policy and Innovation (CPI) is an approved provider of continuing education units (CEUs) for licensed social workers and licensed professional counselors. CPI has applied for CEUs for assisted living facility managers, registered dietitians, physical therapists and guardianship professionals. CPI will also offer CEUs to certified nurse aides, ombudsmen, licensed nursing facility administrators, nursing facility activity directors, qualified intellectual or developmental disability professionals, and licensed psychology professionals.

**Conference Evaluation**

For us to continue the success we all have enjoyed, we need your feedback. Please remember to complete evaluations for each workshop you attend and turn them in to room monitors or the conference registration desk. You will receive an email after the conference asking for your feedback on the overall conference.
Monday ✡ August 1

7 – 8 a.m.                       Registration
Hotel Lobby

8 – 8:15 a.m.                    General Session ■ Welcome
La Frontera Ballroom            Speaker to be announced • Texas Department of Aging and Disability Services (DADS)

Opening Remarks
Michelle Dionne-Vahalik, MSN, RN • Director, Quality Monitoring Program, DADS

8:15 – 9 a.m.                    Opening Keynote Address ■ All for Nurses, and Nurses for All!
La Frontera Ballroom            Norine Yukon, BSN, RN • Former CEO, United Healthcare Community Plan of Texas
Norine is passionate about nursing and nurses. In this welcome session, she will recognize nurses for their leadership in the delivery of competent and compassionate care.

9 – 9:20 a.m.                    Break

9:20 – 10:50 a.m.               Breakout Sessions • 1
TBA

Delegation in the Community Setting
Denise Benbow, MSN, RN • Texas Board of Nursing
This overview of the Board of Nursing delegation rules will help participants apply the delegation rules to their nursing practice setting through analysis and discussion of the delegation process.

Dementia is not a Diagnosis: Discerning Types of Dementia and Patient and Caregiver Needs
Abraham Brody, PhD, RN, GNP-BC
This interactive case-based seminar will take nurses through the process of understanding the different major forms of dementia, their presentations and the most immediate care needs of patients living with dementia and those of their caregivers.

The Aging Skin: Prevention and Care
Malu Faner, DNP, APRN, FNP-C, WCC
This session will describe the skin changes brought about by aging and common skin conditions seen in older adults. Participants will also discuss measures to prevent and treat skin breakdown in older adults and explore current practices and considerations in the management of skin breakdown.
The Policy Overlap in Aging, Disability and IDD Services: Combining, Subtracting and Energizing
Tracie Harrison, PhD, RN, FAAN
Whitney Thurman, MSN, RN

This session will provide an overview of policies at the federal and state levels that support seniors, people with disabilities and those with intellectual or developmental disabilities (IDD). Learn about the differences and overlap in care for seniors, people with physical disabilities and people with IDD with emphasis on the diverse Texas population. Harrison and Thurman will present and critique the types of new services and policy implications in various states and lead participants in discussing the ability of Texas to energize the system with new models of integrated care.

Medication Management in the Geriatric Population
Glenda Joiner-Rogers, PhD, RN, ACNS-BC

This presentation will describe why elderly people experience adverse drug reactions, their individual risk factors that contribute to adverse medication outcomes, how to assess for adverse drug event risk factors and ways to reduce them. Participants will learn to recognize inappropriate medications for geriatric populations, the screening tools to identify inappropriate medications, and how to optimize benefit and minimize harm with medication therapy.
Clinical Nutrition Therapy: Weight Management, Hydration and Enteral Feeding in the Geriatric Population
Kimberly Lewis, MSN, RN
This overview of the current guidelines for the assessment and management of weight, hydration and tube feeding in the geriatric population is based on the Nutrition Care Manual from the American Academy of Nutrition and Dietetics.

Fall Prevention and the Truth About Restraints
Elizabeth Matthies-Kelly, RN, CDP
This session will describe best-practice strategies to prevent falls, what factors to consider in determining when a device or medication is a restraint, and alternatives to restraints to reduce falls.

10:50 – 11:10 a.m.  Break
11:10 a.m. – 12:40 p.m.  Breakout Sessions - 2

Supporting Nutritional Outcomes in Dementia through the Interdisciplinary Team
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Participants will learn about the current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia.

Why is My Patient Living with Dementia Acting Out? Identification and Management of Symptoms
Abraham Brody, PhD, RN, GNP-BC
This session will explore the most prevalent behavioral symptoms in people living with dementia, their causes and both non-pharmacological and pharmacological treatments that the team can consider in managing the condition.

Polypharmacy Issues in the Geriatric Population
Carol Delville, PhD, RN, ACNS-BC
This presentation will define polypharmacy and discuss how it affects older adults. Participants will learn to recognize risk factors for polypharmacy and strategies to prevent adverse events and reduce medication misuse. Screening tools and applications can help health care providers reduce a resident's risk from polypharmacy.

Pain Assessment and Management in the Geriatric Population
Chris Divin, PhD, RN, FNP-BC, AHPN-C
This session will cover identifying common causes of pain in aging adults and approaches to assessing pain, including the use of evidence-based tools. Participants will review pharmacological and non-pharmacological approaches to pain management and discuss the effect of pain on quality of life and interventions to decrease or prevent pain in the aging population.
Managing Diabetes Effectively with the Elderly
Alexandra Garcia, PhD, RN, APHN-BC, FAAN and Lisa Sumlin, PhD, APRN, ACNS-BC
This session includes recent research on diabetes epidemiology and keys to effective diabetes self-management pertaining to elderly populations. Review national clinical guidelines for the elderly population with diabetes, including glucose goals, medication management, physical activity and dietary strategies.

Infection Control Strategies for Long-Term Care
Sandi Henley, RN, CIC • Healthcare Associated Infection Epidemiologist, Texas Department of State Health Services
The new infection prevention toolkit for long-term care facilities covers tuberculosis, blood-borne pathogens, outbreaks, isolation and special precautions, environmental issues, food services, immunization and antibiotic-resistant bacteria. This toolkit provides recommendations for the long-term care infection prevention program and an overview of the structure and function of the program, including surveillance, isolation, outbreak control, resident care, employee health and resources for the infection preventionist.

Executive Coaching (SSLC Nurse Leaders Only)
Norine Yukon, BSN, RN • Former CEO, United Healthcare Community Plan of Texas
John Gillis, PhD
Using executive coaching can help you improve your personal and professional performance. This session provides a unique opportunity for a limited number of participants to experience executive coaching in a group setting.

12:40 – 1:50 p.m. Lunch (on your own)
1:50 – 2 p.m.  Call to order • Directions for Breakout Sessions

2 – 3:30 p.m.  Breakout Sessions • 3

**Optimizing Nutrition through Supportive Handfeeding in Dementia**
Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Participants will learn about the current evidence-based protocol for optimizing nutritional outcomes for older adults with dementia and three handfeeding techniques for feeding assistance.

**The Nurse’s Role in Decision Making, Care Planning and Palliative Care**
Abraham Brody, PhD, RN, GNP-BC
This seminar will examine the how, what, when, where and why of the nurse’s role in goals of care and advanced care planning discussions when caring for people living with dementia, as well as legal and ethical considerations. It will also examine additional palliative care issues related to caring for the person living with dementia and their caregiver.

**Behaviors in Dementia and the Dementia Behavior Algorithm**
Tam Cummings, PhD • Gerontologist
This session reviews behaviors common in the most frequent forms of dementia including the Alzheimer’s subsets, Lewy body dementias, vascular dementias and the frontal temporal dementias. Learn about verbally disruptive and physical behaviors exhibited by residents and possible sources of causation for these behaviors. Treatment of both verbal and physical behaviors will be reviewed as well as the effects of hearing loss, visual impairment and physical challenges as a predictor of behavior. Keeping behavior logs can help physicians, and the Dementia Behavior Algorithm can address resident and staff responses.

**Appropriate Use of Antipsychotic, Anxiolytic and Opiate Medications in the Elderly**
Amber Hoberg, MSN, APRN, PMHNP-BC
Donna Rolin, PhD, APRN, PMHCNS-BC
This session describes the appropriate and inappropriate use of antipsychotic medications in the elderly, analyzes the risk-benefit ratio of prescription anxiolytic medications in the elderly and identifies the risks associated with opiate use in the elderly.

**Declaration of Interdependence: Connecting Generations in Long-term Care Settings**
Emily Patrick • Project Manager, Generations United
Sheri Steinig, MSW • Special Projects Director, Generations United
Intergenerational relationships and programming significantly benefit children, youth and older adults, including people living with dementia. Participants will learn the value of intergenerational connections in long-term care settings and will explore ways that nurses and other health care professionals can facilitate meaningful and safe interactions across all ages and abilities.
Mental Health in Aging Adults: Common Conditions and Strategies for Effective Management
Cherie Simpson, PhD, APRN, CNS-BC, PT, MBA
Cara Young, PhD, RN, FNP-C
This session will describe mental health conditions commonly encountered with aging adults and will review current evidence-based guidelines for treating them. Strategies for optimizing mental health in geriatric clients will also be discussed.

Executive Coaching (Limited to 20 Participants)
Norine Yukon, BSN, RN • Former CEO, United Healthcare Community Plan of Texas
John Gillis, PhD
Using executive coaching can help you improve your personal and professional performance. This session provides a unique opportunity for a limited number of participants to experience executive coaching in a group setting.

3:30 – 3:50 p.m. Break
3:50 – 4:45 p.m. General Session □ Closing Keynote Address
Amazed and Amused: Strategies of the Sane and Successful
Karyn Buxman, MSN, RN, CSP, CPAE
Success is measured not only in dollars and cents, but also in the moments that you live amazed and amused. Customers are not really “yours” until they have been amazed or amused by your products, your services or your people. Leadership finds its inspiration not in duty, but in grasping the amazing power of one’s vision and will and in motivating the amusing diversity of many people's personalities and skills. Be taken on a life-changing journey of humor and hope.

4:45 – 5 p.m. Closing Remarks
Michelle Dionne-Vahalik, MSN, RN • Director, Quality Monitoring Program
Texas Department of Aging and Disability Services
Norine Yukon, BSN, RN • **Former CEO, United Healthcare Community Plan of Texas**

Norine Yukon is the former chief executive officer of United Healthcare Community Plan of Texas and currently serves as a strategic advisor, executive coach and board member for several health care corporations. She is a graduate of The University of Texas School of Nursing and has previously practiced as a psychiatric nurse in an inpatient setting for 10 years. Her interest in health care delivery and quality led her to the managed care industry and to the broader roles she achieved within the industry. Yukon has overseen benefits for millions of consumers in Medicaid, Medicare and commercial programs and has always focused on the quality of care and service that her members received. Her comprehensive experience in the health care industry includes profit-and-loss responsibility for commercial and public sector health plans with revenues in excess of one billion. She has been appointed by several governors to serve on health care task forces, advisory committees and transition teams, and she has lectured at Seton Hall in New Jersey, Northern Arizona University, The University of Texas and Concordia University Texas. She is now dedicated to developing systems that empower consumers to take charge of their own health care. In addition to the corporate boards she serves on, Yukon also serves on the Austin Meals on Wheels board of directors, the Texas Conference for Women board of directors, the Core Health Foundation Fishing Pier Committee, the Advisory Council for The University of Texas School of Nursing, the Texas Exes Council, the Selection Committee for the Ethics in Business and Community Award and as an advisor to The University of Texas Center for Transdisciplinary Collaborative Research in Self-Management Science.

Karyn Buxman, MSN, RN, CSP, CPAE

Karyn Buxman is a neurohumorist, an inductee into the NSA Speaker Hall of Fame and has received the Lifetime Achievement Award from the Association for Applied and Therapeutic Humor. She serves on the advisory boards of the Invisible Disabilities Association and the American Happiness Association. She is also the co-founder of World Laughter Tour. Buxman has more than 20 years of research and field experience and has concluded that humor is power, as it can help lead an audience toward a positive, healthy and happy life. She has spoken at the Mayo Clinic, Pfizer, AORN, the Air Force and the Million Dollar Round Table; is a contributing author of several *Chicken Soup* books, co-author of *The Service Prescription: Healthcare the Way It Was Meant to Be*; and author of *Amazed and Amused: How to Survive and Thrive as a Healthcare Professional*. In addition, Buxman is also the creator, author and publisher of the multiple book series: *What's So Funny About…?*. Her mission in life is to improve global health and business through laughter and heal the humor impaired.
Breakout Session Speakers

Melissa Batchelor-Murphy, PhD, RN-BC, FNP-BC
Dr. Melissa Batchelor-Murphy earned her BSN in 1996 and her MSN as a family nurse practitioner in 2000 at the University of North Carolina, Wilmington School of Nursing. She is board-certified as both a family nurse practitioner and a gerontological registered nurse. She completed her PhD in nursing at the Medical University of South Carolina College of Nursing in August 2011. Batchelor-Murphy is funded as a Robert Wood Johnson Foundation Nurse Faculty Scholar to conduct analysis of video-recorded meal interactions, examining cues provided by people with dementia and feeding assistants that promote meal intake. She is also project director for a study through the Adaptive Leadership for Cognitive Affective Symptom Science Center, by the National Institute of Nursing Research Center of Excellence grant; the study entails conducting focus groups with nursing home staff to determine how they recognize and respond to mealtime difficulties with people with dementia. The results of these two studies will be integrated and tested in a dementia feeding-skills training program for nursing home staff in 2016.

Denise Benbow, MSN, RN • Texas Board of Nursing
Denise Benbow is a nursing consultant for practice with the Texas Board of Nursing. She provides information related to the Nursing Practice Act and Board Rules, is involved in the development and delivery of workshops, webinars and online courses and writes informational materials for the Board of Nursing Bulletin and website.

Abraham Brody, PhD, RN, GNP-BC
Dr. Abraham Brody is an assistant professor and associate director of the Hartford Institute for Geriatric Nursing at the NYU Rory Meyers College of Nursing. An expert in home-based interprofessional care of seriously ill older adults, he is a board-certified gerontological nurse practitioner with years of experience in the care of older adults across multiple settings, having worked in house calls, community-based facilities and acute care settings. His program of research focuses on improving
symptom assessment and management of dementia and other chronic conditions through interprofessional care in community-based settings including home health and hospice. He also seeks to understand how effective interprofessional care in these settings affects quality of life, health care utilization and health care costs. Brody is a Robert Wood Johnson Foundation Nurse Faculty Scholar and a Cambia Healthcare Foundation Sojourns Scholar; he has grants from the National Institutes of Health, John A. Hartford Foundation and veterans affairs administration in this area.

Tam Cummings, PhD, Gerontologist
Tam Cummings is a nationally recognized expert and author in dementia care. She frequently advises in memory care communities on identifying forms and stages of dementia and how to address changing behaviors. A large part of her practice involves providing education for professional or family caregivers. Her use of gentle humor and personal stories of care help caregivers understand the dementia process and make her a sought-after speaker for national and regional conferences. She has been the speaker at more than 200 national and regional conferences.

Carol Delville PhD, RN, ACNS-BC
Carol Delville is a clinical faculty member at The University of Texas at Austin School of Nursing with a focus in the management of multiple chronic conditions. She has worked closely with an interprofessional team in long-term care as an advanced practice nurse since 2003 and integrated these skills into adult-gerontology clinical nurse specialist education. She earned her initial nursing degree in 1980 and worked primarily with adults with acute and complex medical-surgical conditions. Delville is responsible for the educational application of iPad Minis to provide integrated, comprehensive and evidence-based care for people with multiple chronic conditions, especially underserved populations such as residents in long-term and assisted living facilities. She is a recipient of the Innovation Teaching Award (2011), the Senate of College Councils Teaching Award (2013), Provost Teaching Fellow (2013-15) and the Senior Provost Teaching Fellow (May 2016).

Chris Divin, PhD, RN, FNP-BC, AHPN-C
Chris Divin has been a nurse since 1976. She spent 17 years working with health promoters in marginalized communities in Latin America, including the colonias on the U.S.-Mexico border. In 1997, she earned her Master of Science in Nursing degree from The University of Texas at El Paso where she participated in the Community Health and Family Nurse Practitioner Program. Upon completing her degree, she worked in primary care in the colonias in El Paso and later in geriatrics at a PACE (Program for All-Inclusive Care for the Elderly) site in the same community. There, she developed a palliative care program for the elderly and obtained her Advanced Hospice and Palliative Nursing certification. In 2015 she completed her PhD at The University of Texas at Austin School of Nursing, where she works as an assistant clinical professor in the FNP program.

Malu Faner, DNP , APRN, FNP-C, WCC
Dr. Malu Faner has been a nurse practitioner since 1998, treating patients of all ages. While working at a primary care clinic, she became interested in skin and wound care, began to read numerous wound care articles and went to many conferences with a wound care focus. Faner has worked full-time in geriatrics since 2002, obtaining intensive formal wound care training followed by wound care certification in 2004. She continues to work at Bienvivir All-Inclusive Senior Health Services as the wound care specialist, evaluating various types of skin conditions and formulating, recommending and implementing plans of care, working on quality improvement initiatives in the prevention of pressure injuries, and coordinating wound care services for more than 900 program participants.
Alexandra Garcia, PhD, RN, APHN-BC, FAAN

Dr. Alexandra Garcia is an associate professor at The University of Texas at Austin where she teaches courses to graduate and undergraduate students in public health and research. Garcia has conducted research with Mexican Americans with type 2 diabetes since 1995, including survey, instrumentation and intervention studies funded by the National Institutes of Health. She has been published in peer-reviewed journals and presents often at national research conferences.

Tracie Harrison, PhD, RN, FNP, FAAN

Dr. Tracie Harrison is an associate professor at The University of Texas at Austin, where she studies aging with disability along with the policy outcomes and implications of disability in people’s lives. She has over 50 publications on women's experiences with severe, permanent disabilities, along with the perspective from diverse populations primarily in the state of Texas. As a nurse researcher with a focus in geriatric outcomes, her research has been funded by federal, private and state agencies concerned with the long term services and supports provided. Harrison also served as an American Political Science Association Congressional Fellow/Health and Aging policy fellow in the Office on Disability and Administration on Aging as it combined into the Administration on Community Living.

Sandi Henly, RN, CIC • Healthcare Associated Infection Epidemiologist, Texas Department of State Health Services

Sandi Henly has been a registered nurse since 1979. She started in the field of infection prevention in 1984 and received her certification in infection control in 1986. From 1988 until 2006 she was a quality and regulatory compliance manager with supervisory responsibilities for the infection prevention program in hospital settings. She has served as a consultant for infection prevention and quality management, helping numerous facilities prepare for the joint commission certification. In 2006, she joined the Texas Department of State Health Services as their nurse epidemiologist. This role included being the regional influenza coordinator and subject matter expert for facility outbreak control. In that role she has participated in many responses: FDLS in San Angelo, H1N1 response,
Hurricane Ike, and numerous flooding and wildfire events. In November 2015, Henly became the healthcare associated infections epidemiologist for The Texas Department of State Health Services, Region 7. In this role she works with facilities to address issues of multi-drug resistant organism infections, outbreaks, antibiotic stewardship and helping them prepare for high consequence infectious diseases.

**Amber Hoberg, MSN, APRN, PMHNP-BC**

Amber Hoberg is a psychiatric nurse practitioner working for Psychiatric Associates of Central Texas. Her background as a psychiatric advanced practice registered nurse includes psychiatric evaluations, brief psychotherapy and medication management for people with significant mental health conditions and cognitive impairment in nursing home, inpatient hospital and group home settings. She is a member of the American Psychiatric Nurses Association.

**Glenda Joiner-Rogers, PhD, RN, ACNS-BC**

Joiner-Rogers has been a registered nurse since 1975 and in 1979, began working in long-term care facilities in Memphis, Tenn. She moved to Austin, Texas in 1982 and has continued to work, educate and conduct research in geriatrics at The University of Texas at Austin School of Nursing. Since 2007, she has been an adult clinical nurse specialist in assisted living and nursing facilities in Austin. She teaches adult-gerontology clinical nurse specialist students and is the director of the Adult-Gerontology Clinical Nurse Specialist Program at The University of Texas at Austin. Her research interests include care of patients with multiple chronic conditions, chronic illness and involvement of chronically ill older adults in health care decisions and in inter-professional education for adult-gerontology clinical nurse specialist students. She is a medical-legal consultant on adult and gerontology issues in a variety of clinical settings.

**Kimberly Lewis, MSN, RN**

Kimberly Lewis has a background in medical nutrition therapy prior to becoming a nurse. She has clinical experience with nutrition and hydration in critical care, long-term acute care, outpatient and home-care settings. She earned a bachelor’s degree in nutrition and dietetics and a master’s degree in nursing from The University of Texas at Austin. She is currently pursuing a doctoral degree in nursing at UT.

**Elizabeth Matthies-Kelly, RN, CDP**

Elizabeth Matthies-Kelly has been a nurse for 30 years and has worked for the Texas Department of Aging and Disability Services in regulatory and in the Quality Monitoring program for the past year. Before working in long-term care she spent 15 years in dialysis working as a charge nurse, nurse manager, education coordinator and quality monitor.

**Emily Patrick • Project Manager, Generations United**

Emily Patrick manages Generations United’s National Recognition programs, develops resources and publications and leads Generations United’s global intergenerational conference. She has worked with the Green House Project, a national effort to transform the culture of long-term care and RSVP-Northern Virginia, a regional initiative to match the skills and experience of volunteers ages 55+ with critical community needs. Emily earned her Bachelor of Science degree in human development and holds a graduate certificate in gerontology from Virginia Tech.
**Donna Rolin, PhD, APRN, PMHCNS-BC**

Dr. Donna Rolin is the director of the Psychiatric Mental Health Nurse Practitioner Program at The University of Texas at Austin School of Nursing. Her clinical background as a psychiatric advanced practice registered nurse encompasses cognitive behavioral, group and family psychotherapies as well as psychiatric evaluation and pharmacotherapy for people with serious mental illness and cognitive disorders in inpatient, community and forensic settings. Her research focuses on community psychiatry and substance use disorders. She is active in the American Psychiatric Nurses Association, where she serves as co-chair of the Education Council and locally in the Psychiatric Advanced Practice Nurses of Austin organization.

**Cherie Simpson, PhD, APRN, CNS-BC, PT, MBA**

Dr. Cherie Simpson is a clinical nurse specialist with Senior Adults Specialty Healthcare and Research where she performs the medical management of geriatric psychiatric patients. She also participates in research studies for new drugs in the treatment of Alzheimer’s disease. Simpson was an assistant professor at The University of Texas at Austin School of Nursing and conducted research to improve sleep in family members caring for loved ones with dementia.

**Sheri Steinig, MSW • Special Projects Director, Generations United**

Sheri Steinig has more than 15 years of experience in intergenerational programs and community service efforts. She has worked at Intergenerational Innovations in Seattle, Washington, where she developed, implemented and evaluated a variety of different school and community based intergenerational programs. Sheri earned her master’s degree in social work from Boston College with concentrations in macro-practice and gerontology.

**Lisa Sumlin, PhD, APRN, ACNS-BC**

Dr. Lisa Sumlin is an assistant professor of clinical nursing at The University of Texas at Austin, where she teaches classroom and clinical courses to undergraduate nursing students. She has worked for several years as a clinical nurse specialist, focusing her work on patients with diabetes. She received funding from the National Institutes of Health for her doctoral research with African American women with diabetes and continues to collaborate on a variety of diabetes-related research studies.

**Whitney Thurman, MSN, RN**

Whitney Thurman has more than a decade of nursing experience primarily focused at the community level. She is a PhD Student and a Robert Wood Johnson Foundation Future of Nursing Scholar at
The University of Texas at Austin School of Nursing. Her research interests center on improving population health and reducing health disparities via policy and systems-level interventions.

**Cara Young, PhD, RN, FNP-C**

Dr. Cara Young earned her master’s degree as a family nurse practitioner and PhD from Vanderbilt University. After completing a two-year postdoctoral fellowship at Vanderbilt University School of Nursing, she came to The University of Texas at Austin as an assistant professor. Young has worked with aging adults as a family nurse practitioner in both rural and urban areas. Her research has focused primarily on adolescent mental health promotion and prevention of mental illness in primary care. Her primary research has examined factors associated with the development of depressive and anxiety symptoms as well as contextual issues that affect effective treatment of mental health disorders such as provider stigma.

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**Symposium Sponsors**

- The University of Texas at Austin School of Nursing
- Texas Department of State Health Services
- Texas Health Care Association
- TMF Quality Innovation Network – Quality Improvement Organizations
- Texas Association for Home Care & Hospice

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TEXAS
Taking the Next Step

2016 Geriatric Symposium

Hosted by

The Texas Department of Aging and Disability Services in collaboration with The University of Texas at Austin, School of Nursing.