

12th Annual Jarvie Colloquium
**PREPARING FOR AND COPING WITH
THE “LAST CHAPTER OF LIFE”:**
THE OLDER PERSON, FAMILIES, FRIENDS AND WORKERS

FRIDAY, JUNE 8, 2007 • 8:00 A.M. TO 4:00 P.M.

Interchurch Center, Lobby Floor
475 Riverside Drive/120th Street
New York, NY 10115



PREPARING FOR AND COPING WITH THE “LAST CHAPTER OF LIFE”: THE OLDER PERSON, FAMILIES, FRIENDS AND WORKERS

12th Annual Jarvie Colloquium

JUNE 8, 2007 PROGRAM

All programs are held at the Interchurch Center located at 475 Riverside Drive/120th Street, New York City.

8:00 – 8:40 A.M. **CHECK IN AND COFFEE*** - Lobby at Riverside Drive entrance
*Breakfast is not provided.

8:40 – 9:00 A.M. **WELCOMING REMARKS AND INTRODUCTIONS**

Rev. Merle S. Arnold
Chair, Jarvie Commonweal Service Committee

Al Snider, Ph.D.
Executive Director & CEO, Jarvie Commonweal Service

PLENARY SESSION

9:00 – 10:30 A.M. **Sherwin B. Nuland, MD, Yale University Medical School**
Author of *How We Die and The Art of Aging***

Discussant:
Renee Solomon, D.S.W.

** Copies of these books are available for purchase and Dr. Nuland will sign copies during registration and at the break before the morning workshops

MORNING WORKSHOPS

- 10:45 a.m. - 12:15 p.m.
- 1. Putting Your Affairs in Order: Practical Considerations for Preparing Advanced Directives**
Oscar Straus III
 - 2. How Do Professionals Help Older People and Their Families Overcome the Barriers that May Get in the Way of Planning Ahead for The Last Chapter of Life?**
Rose Dobrof and Margaret H. Reiff
 - 3. The Only Way Out is Through: Helping Older People Who Are Facing Multiple Losses**
(Limited to 25 persons each session)
Ann Burack-Weiss
 - 4. When Old Love Becomes New Loss**
Rev. William Purdy
 - 5. Joining the Journey: How Support Groups Help Grievers to Cope with Loss of a Spouse or Partner**
Barbara Danish
 - 6. How Do Our Own Beliefs and Experiences Affect Our Ability to Serve Others in the “Last Chapter of Life”?**
(Limited to 25 persons each session)
Renee Solomon
 - 7. No Next of Kin: Challenges for Making End-of-Life Decisions**
Elise Feuerstein Karras and Mary Jo Motyka
 - 8. Communication at the End of Life**
Ron Adelman

NETWORKING LUNCH

12:15 - 1:15 P.M. Provided in the Cafeteria, the Interchurch Center (Basement Level)

AFTERNOON WORKSHOPS

1:15 – 2:45 p.m.

9. Putting Your Affairs in Order: Practical Considerations for Preparing Advanced Directives

Oscar Straus III

10. Family, Friends and Support Networks: How Can They Help to Support Rather Than Impede a Good End of Life?

Margaret H. Reiff and Susan Siroto

11. The Only Way Out is Through: Helping Older People Who Are Facing Multiple Losses

(Limited to 25 persons each session)

Ann Burack-Weiss

12. When Old Love Becomes New Loss

Rev. William Purdy

13. Joining the Journey: How Support Groups Help Grievers to Cope with Loss of a Spouse or Partner

Barbara Danish

14. How Do Our Own Beliefs and Experiences Affect Our Ability to Serve Others in the “Last Chapter of Life”?

(Limited to 25 persons each session)

Renee Solomon

15. No Next of Kin: Challenges for Making End-of-Life Decisions

Elise Feuerstein Karras and Mary Jo Motyka

16. Remembering Lives Forgotten; Forgetting Lives Remembered: Helping People with Memory Problems Cope with Loss and Grief.

Elizabeth Fine

CLOSING PLENARY

3:00 – 4:00 P.M.

Exploration of the Complexity of Cross Cultural & Faith Issues in the “Last Chapter of Life”

Rabbi Leonard Blank

Rev. Dr. Paul Smith

Dr. Martha Adams Sullivan

Mr. John Tsoi

WORKSHOP DESCRIPTIONS

1. and 9. Putting Your Affairs in Order: Practical Considerations for Preparing Advanced Directives

This presentation will cover, briefly, why one needs a Last Will & Testament, Medical Directive (Health Care Proxy and /or Living Will), Durable Power of Attorney and Burial Instructions. We will discuss the practical issues rather than the “nuts and bolts” of each specific document.

2. How Do Professionals Help Older People and Their Families Overcome the Barriers that May Get in the Way of Planning Ahead for The Last Chapter of Life?

This workshop will explore the many barriers that may make it difficult for older people to engage in meaningful discussions about end-of-life issues including: a reluctance to talk about death and dying; the belief that one is not old enough or sick enough yet to discuss this subject; denial that they, like all humans, are all getting closer to death each day; fear that talking about death could bring it closer; worry that it would be too depressing for others to discuss death and dying with us; etc. This session will address the ambivalence families, other supporters and even professionals may feel about bringing up the subject and/or pressing the older person to make decisions about end-of-life. We will also explore the complex ways in which the quality and nature of the relationships that exist between each older person and her/his supporters affects their ability to plan for “the last chapter of life” and will work together to identify approaches that could help us assist each of the individuals and families with whom we work with to overcome these barriers, while also acknowledging the uniqueness of each individual’s situation and family history.

3. and 11. The Only Way Out is Through: Helping Older People Who Are Facing Multiple Losses

Facing the losses of one’s own capacities and the death of loved ones may well be the greatest challenge of the later years. Facing the multiple losses of elders also poses a challenge to those who wish to ease their pain. We grope in vain for the “right” words and wonder what to say or do next. This workshop will apply the latest theoretical perspectives on grief and mourning to situations faced in the field - developing a client centered approach that honors all that the individual elder has known of loss - and how he has coped - throughout his lifetime. Didactic teaching and experiential exercises will be used.

4. and 12. When Old Love Becomes New Loss

This workshop will provoke reflection and provide skills in dealing with the loss of elderly clients, parishioners and family members through understanding individual needs, knowing about the Medicare hospice benefit and its bereavement programs, and identifying social and spiritual resources including the importance of ritual in grieving.

5. and 13. Joining the Journey: How Support Groups Help Grievers to Cope with Loss of a Spouse or Partner

The death of a spouse or partner is one of the greatest stresses a person can experience, at any age. However, for older people, this may be only one of many losses he or she has recently experienced. This workshop will explore how a support group for older people who have lost a spouse or partner can be an important coping tool. We will examine different support group models and look at the uniqueness of peer support. Strategies for starting and facilitating a group will be developed.

6. and 14. How do our own beliefs and experiences affect our ability to serve others in the “Last Chapter of Life”?

Exploration of our feelings, beliefs and experiences related to loss and grief, death and dying, and how they help or impede our work with older people and their families as they encounter the last chapter of life. We will focus on what the professional brings to the experience as well as on the supports needed for this work.

7. and 15. No Next of Kin: Challenges for Making End-of-Life Decisions: What are the unique challenges a worker faces in working with a client with no next of kin?

This interactive workshop will explore what constitutes “kin”, what is the normative role of “kin”, and in the absence of kin, what is the impact on the worker/client relationship. Two diverse case-studies will be presented, illustrating the challenges inherent in working with this population. This workshop is appropriate for all levels of experience.

8. Communication at the End of Life

This workshop will review current knowledge regarding communication with patients at the end of life. The presentation will incorporate both research findings as well as pragmatic strategies for effective communication with patients, family members, and palliative care team members.

10. Family, Friends and Support Networks: How Can They Help to Support Rather Than Impede a Good End of Life?

Dealing with the relationship-based barriers that frequently get in the way of helping a client plan ahead for the last chapter of life often represents significant challenges for workers. This workshop will look at the complex issues that make it difficult for older people and their support networks to negotiate the relationships, roles, and differences in culture, faith and belief systems that arise at end of life. We will explore how to intervene effectively to engage the older person and their supporters in talking about death and dying and how best to work together to ensure a good end of life. Ethical issues and conflicts will also be addressed.

16. Remembering Lives Forgotten; Forgetting Lives Remembered: Helping People with Memory Problems Cope with Loss and Grief

The loss of a loved one is never easy, but memory disorders complicate the mourning process. This practical session will look at the dynamics of grieving that are special to those who are afflicted with memory loss, and their families and caregivers.

FACULTY

Ronald D. Adelman, MD is a Professor of Clinical Medicine at Cornell University's Weill Medical College. He is also the Medical Director of the Irving Wright Center on Aging and Co-Chief of the Division of Geriatric Medicine at the New York Presbyterian Hospital. His research has focused on communication between older patients and their physician in the medical encounter. Over the last several years, he has developed a palliative care consultation service at the New York Presbyterian Hospital at the Weill-Cornell Medical Center. Dr. Adelman received his training at the Albert Einstein College of Medicine of Yeshiva University

Rabbi Leonard Blank is the Director of Pastoral Services and the Chaplain at the Bialystoker Center for Nursing Services and Rehabilitation and is a board-certified chaplain. He is the Co-Chair of the Mental Health Task Force of the Lower Manhattan Health Care Coalition. Under Rabbi Blank's leadership, the Bialystoker Center attempts to weave appropriate religious and other culture specific observances into the lives of persons of different faiths and cultures served at the center. The Mental Health Task Force reaches out to various service organizations and employee groups to educate them about the different cultural sensitivities of the people they serve and how to take these needs and sensitivities into consideration as they go about their work.

Ann Burack-Weiss, D.S.W., L.C.S.W., has taught two generations of students at the Columbia University School of Social Work. She is co-director of SBW Partners, a social work consulting firm in the field of aging. Dr. Burack-Weiss has been a visiting professor, chaired panels, designed and led staff training sessions, and has been a keynote speaker at over 100 professional and lay conferences throughout the United States and in Israel. Her understanding of the issues facing clients and workers is based on extensive practice, supervisory, and administrative experience. Dr. Burack-Weiss is co-author of *Gerontological Social Work Supervision, Social Work Practice with the Frail Elderly and Their Families* and *First Encounters Between Elders and Agencies*. Her latest book is *The Caregiver's Tale: Loss and Renewal in Memoirs of Family Life*. A graduate of Simmons College, she earned a Doctor of Social Work degree at Columbia University.

Barbara L. Danish is Program Director of the Widowed Persons Service, a unit of Service Program for Older People, Inc. (SPOP) the first geriatric mental health agency in NYC. She is a Licensed Creative Arts Therapist, with 20 years of experience in mental health, bereavement, and volunteer management.

Rose Dobrof D.S.W., is Brookdale Professor of Gerontology, Hunter College of the City University of New York, and Founding Director, the Brookdale Center on Aging, now known as the Brookdale Center for Healthy Aging and Longevity. Dr. Dobrof has been the Editor-in-Chief of The Journal of Gerontological Social Work since 1979. She has been granted the title of Trustee Emerita by the New York Foundation, the first person so honored by the Foundation, and currently serves as a member of the Advisory Committee of the Helen DeKay Foundation. She has received numerous awards for her contributions to the field of aging and has also been granted three Honorary Degrees of Doctor of Humane Letters from the State University of New York College of Optometry, The Hebrew Union College and Hunter College.

Elizabeth G. Fine, LCSW, has worked at the Mount Sinai School of Medicine with persons with Alzheimer's individuals and their caregivers for the last 17 years. She is currently the Director of their Caregivers Program and is on the staff of the Geriatric Psychiatry Memory Evaluation Center. Ms. Fine was the first to provide an early stage Alzheimer's support group in New York City which she continues to run. She was also the Director of Outreach for the Alzheimer's Research Center at Mount Sinai. Ms. Fine lectures to health care professionals and the lay public on Alzheimer's disease and has authored numerous articles on this subject. She recently founded a new not-for-profit organization, the Early Alzheimer's Foundation, Inc, and its new program The Memory Tree. Ms. Fine also has a private practice where she provides individual and family therapy.

Elise Feuerstein Karras, LMSW, CSW-G, ACSW, has been practicing in the field of aging for 30 years. She has a post-masters certificate in aging from Hunter College/Brookdale Center on Aging, and is a fellow of the Brookdale Center on Aging. She is an Associate of the Hunter College/Mt. Sinai Geriatric Education Center. Her eldercare articles have appeared in industry publications such as Boardroom Reports and Small Business Reports.

Mary Jo Motyka, MA, LMSW, is a social worker at the Swiss Benevolent Society. She earned an MA in Developmental Psychology from Columbia University and an MSW from Yeshiva University. Ms. Motyka has presented workshops at SPOP, Penn South Program for Seniors and the Atria West Side on Memory and Aging, The Creative Process, and Music and the Mind. She also presented a paper at a conference of The American Academy of Psychoanalysis on psychoanalysis and the arts. Ms. Motyka also has a part-time psychotherapy private practice.

Sherwin Nuland, M.D., FACS, is a Clinical Professor of Surgery at the Yale School of Medicine. He serves on the executive committee of Yale's Interdisciplinary Center for Bioethics. After training in surgery at the Yale-New Haven Hospital, he practiced and taught there from 1962 to 1992, when he began to write full time. He considers the most rewarding work of his career to have been the bedside and operative care of the approximately 10,000 men and women who became his patients during those three decades. After contributing to the literature of clinical research, surgery and medical history during the time of his practice, Dr. Nuland wrote his first book for the general reader, *Doctors: The Biography of Medicine* (Alfred A. Knopf, 1988), a history of medicine. Since then, he has written for The New Yorker, Time, National Geographic, Discover, The New York Review of Books, the New York Times, The Los Angeles Times, Newsweek, and several other periodicals. In 1994, Dr. Nuland published *How We Die*, (Alfred A. Knopf), a reflection on the modern way of death, which was on the New York Times best-seller list for 34 weeks and won that year's National Book Award. His other books include *The Wisdom of the Body*, *How We Live*, *The Mysteries Within: A Surgeon Explores Myth, Medicine and the Human Body*, *Leonardo da Vinci*, *The Doctors' Plague: Germs, Childbed Fever and the Strange Story of Ignac Semmelweis*, and *Lost in America: A Journey with My Father*. In March 2007, Dr. Nuland's latest book, *The Art of Aging: A Doctor's Prescription for Well-Being*, was published by Random House.

Reverend William Purdy is Vice President of Provider Relations at Continuum Hospice in New York. He has led the bereavement program at the city's largest hospice since 2003, and was instrumental in establishing the web-based television channel www.grievingcenter.org. He is an ordained Lutheran minister, and holds a Doctor of Divinity Degree from the Lutheran Theological Seminary at Philadelphia. Dr. Purdy has served parishes in New York City and abroad. He has appeared on Court TV discussing the impact of grief on the nation post September 11 and has written for the Hastings Center Report, the Journal of Palliative Medicine, Christianity & Crisis, and the Journal of Pastoral Cares.

Margaret H. Reiff, L.C.S.W., is Deputy Director of the Jarvie Commonweal Service where she oversees, coordinates and administers the Individual Service Program and assists the Executive Director in administering all of the programs of the Service. Ms. Reiff previously served as the Program Officer at the Brookdale Foundation, NYC. She has eighteen years of experience as a geriatric social worker and her prior work experience includes service coordination, protective services, case management and intensive family therapy at several agencies located in the Boston area. Ms. Reiff earned a Bachelor of Arts with Honors in Religion and Women's Studies at Mount Holyoke College and a Master of Social Work at Simmons College School of Social Work. She is also a graduate of the Executive Level Management Program at Columbia Business School's Institute for Not-for-Profit Management and is a Fellow of the New York Academy of Medicine.

Susan Siroto, LCSW, BCD, has been the Program Director at Search and Care since September 2000. She received her MSW from New York University and subsequently worked for JASA for seven years. Following JASA, she worked as a homecare social worker for Continuum Healthcare Partners. She was one of the founding members of the NYC Task Force on Hoarding and is presently Co-Chair of the Manhattan Mental Health Geriatric Committee and Co-Chair of the East Side Council on the Aging's Elder Mistreatment Intervention and Prevention Committee. She serves as adjunct faculty at NYU's Ehrenkranz School of Social Work, and maintains a small private practice.

Rev. Dr. Paul Smith is Senior Pastor Emeritus of the First Presbyterian Church of Brooklyn. He is the author of *Facing Death*, a personal account of his experiences in helping others as they passed through the final chapter of their lives. The book consists of six powerful stories and includes prayers, poems, letters and deep reflections. In October 2006, Dr. Smith was one of four individuals honored by the United Way of New York City at their special "Come Home to Brooklyn" event as a community leader with an enduring commitment to strengthening Brooklyn. He has taught at SUNY HSCB and the New York Theological Seminary. He has also served as a trustee of Long Island University; a board member of the Brooklyn Academy of Music, the New York Regional Transplant Program and the National Institute of Peace; and as Regent and Chairman of the Ethics Committee of Long Island College Hospital.

Renee Solomon, D.S.W., maintains an active private practice in which she provides: individual therapy, supervision, consultation and training. She was an Associate Professor of Clinical Practice, Columbia University School of Social Work, where she held that position from 1975 until 2002. She recently held a Visiting Professorship at the University of Connecticut School of Social Work, and is a Consultant to the Fortune Society. She has received numerous honors for her teaching and work with the elderly including Outstanding Professor, Columbia University School of Social Work, and the Lydia Rapaport Distinguished Visiting Professorship, Smith College School of Social Work. Dr. Solomon earned her Master of Social Work degree at Columbia University, and her Doctor of Social Work Degree at Hunter College School of Social Work.

Oscar Straus III, Esq., is the Director of the Volunteers of Legal Service, Inc. Elderly Project providing legal information and referral to low-income elderly (+60) residents of Manhattan. From 1986 through 1997 he was an adjunct clinical instructor at Brooklyn Law School, as well as a staff attorney and then Director/Managing Attorney of BLS Legal Services Corp.- Senior Citizen Law Office specializing in legal services to the elderly. He serves on the Legal Problems of the Aging Committee of the New York City Bar Association, including serving as a past member of its Housing Court Public Service Projects Committee. Mr. Strauss is also a member of the New York State Bar Association and the National Academy of Elder Law Attorneys; he is a founding member of its New York Chapter.

Martha Adams Sullivan, D.S.W., has over twenty-five years of clinical and managerial experience in behavioral health and social services. Dr. Sullivan has focused her work on behavioral health care for the elderly, women and people of color. She is the author of the chapter: "May the Circle Be Unbroken: The African-American Experience of Death, Dying and Religion," published in *A Cross-Cultural Look at Death, Dying, and Religion*. Dr. Sullivan is a member of the Board of Directors of the American Family Therapy Academy. She received her Master of Social Work degree from Hunter College School of Social Work and the Doctor of Social Welfare from the City University of New York Graduate Center.

John Tsoi, LMSW, is the Director of Patient Advocacy at New York Downtown Hospital where he has devoted himself to improving the healthcare experience of Chinese patients. His accomplishments include implementing a free, 24 hour/day interpretation service for patients and a JCAHA recognized patient satisfaction survey. He received the Volunteer of the Year award from the Visiting Nurse Service of New York for his outstanding service in their Asian home visiting program. He has done research on the needs of patients and their health care agents, developed a *Health Care Agent Resource Guide*, and has collaborated with the Hospital's Palliative Care Committee to produce two videos: "Mr. Chan's Decision: Health Care Proxy" and "Pain Management." The videos are available in Cantonese, Mandarin, English and Spanish and use real-life situations to train doctors, nurses and other health professionals to effectively speak with patients and their families about these very sensitive issues, as well as educate patients and their families about the importance of advance directives and pain management. Mr. Tsoi received training as a social worker in Hong Kong, and earned a Master's Degree in Social Work at the University of Alabama, Tuscaloosa.

COLLOQUIUM PROGRAM COMMITTEE

Sarah Anderson
Beverly Bartlett
Rebecca Carel
Sofia Carreras
Suzannah Chandler
Margaret Diaz-Cruz

Joan Dietrich
Rose Dobrof
Emily Dunlap
Carmen Escobar
Janet Fischer

Margaret H. Reiff
Al Snider
Renee Solomon
Erika Teutsch
Judy Zangwill

The following Jarvie staff members are responsible for coordinating the 2007 Colloquium and may be contacted at 212-870-2967 or via email as noted below with any questions regarding the program or registration process:

Al Snider
Executive Director/CEO

asnider@jarvie.org

Sofia Carreras
Administrative Assistant to
Executive Staff/Office Manager

June8@jarvie.org

Sarah Anderson
MSW Student Intern -
Client Centered Management
Program at Fordham University

sanderson@jarvie.org

The REGISTRATION FEE is \$50.00 and includes lunch.

**A copy of the registration form MUST ALSO accompany the check payable to: Jarvie Commonweal Service; Please mail it to: Jarvie Commonweal Service
475 Riverside Drive, Suite 430
New York, NY 10115**

REGISTRATION DEADLINE is Thursday, May 31, 2007

REGISTRATION FORMS may also be faxed to 212-870-3229, if followed by payment submitted by mail.

Registrants must attend the workshops they are assigned to, as determined by the preferences noted on the registration form. These assignments will be designated on the nametag received when checking in.

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REGISTRATION FORM FOR JUNE 8, 2007 JARVIE COLLOQUIUM

Registration Deadline: May 31

Mr/Ms/Other _____ First Name: _____ Last Name _____

Title _____

Agency: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone: _____ Ext: _____ Fax: _____

E-mail: _____

***Your e-mail address must be accurate and easy to read. It will be used for registration confirmation.*

WORKSHOP REGISTRATION

Morning Workshop Sessions

First Choice: # _____ Title _____

Second Choice # _____ Title _____

Afternoon Workshop Sessions

First Choice: # _____ Title _____

Second Choice # _____ Title _____

The REGISTRATION FEE is \$50.00 and includes lunch.

Amount Enclosed: \$ _____

**A copy of the registration form MUST ALSO accompany the check payable to:Jarvie
Commonweal Service; please mail it to:**

Jarvie Commonweal Service
475 Riverside Drive, Suite 430
New York, NY 10115

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by mail.**

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LIMITED TO 300 - REGISTER BY MAY 31!

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Interchurch Center, Lobby Floor, 475 Riverside Drive/120th Street, New York, NY 10115

Clinical CEU hours are pending for social workers.

Registration Deadline: May 31, 2007

