# Living the Final Chapter

## *Compassionate Care for Persons at the End of Life*

Friday, March 9, 2018  7:15 am - 4:00 pm

***Genesee Grande Hotel***

1060 E Genesee Street  Syracuse, NY  13210

***Major Sponsor:***

## *Who should attend?*

Registered Nurses, Licensed Practical Nurses, Health Aides, Physicians, Therapists, Social Workers, Grief Counselors, Pastoral Care Providers, Pharmacists, Long-term Care Administrators, and anyone involved in providing end-of-life care.

*****Scholarships are available. Please email kosbelt@francishouseny.org for an application.*****

**Continuing Education**

This activity has been submitted to Northeast Multi-State Division (NE-MSD) for approval to award contact hours. Northest Multistate Division (NE-MSD) is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

SUNY Upstate Medical University is recognized by the New York State Education Department's (NYSED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0291.

Crouse Hospital is accredited by the Medical Society of the State of New York (MSSNY) to provide continuing medical education for physicians.

Crouse Hospital designates this live activity for a maximum of 5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

*We invite you to join other professionals for a day of learning and sharing about the way we care for those in their final days.*

## Schedule

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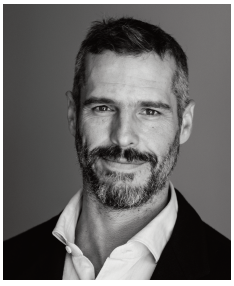
| 7:15-8:00 | Registration/Continental Breakfast |
| 8:00-8:15 | **Welcome** Nancy Light, BS, RN, MPS, Executive Director, Francis House |
| 8:15-9:15 | **Keynote Address:** B.J. Miller, Jr., M.D., *What Really Matters at the End of Life* |
| 9:15-9:40 | Break |
| 9:40-10:40 | **Break Out Sessions:**<br>*The Reconnection Journey For Palliative Care*, Cindy Lynn Martin<br>*Using Mediation to Address Conflict at the End of Life*, Elet Callahan, Esq., Cynthia Stevenson<br>*Signposts of Dying*, Martha Jo Atkins, PhD |
| 10:40-11:00 | Break |
| 11:00-12:00 | **Break Out Sessions:**<br>Fostering the *Development of End-of-Life Care Homes*, Kelley Scott, RN, BSN, CHPN<br>*Value Based Decision Making for Healthcare and End of Life Planning*,<br>Barbara Carranti, MS, RN, CNS and Emilee Lawson Hatch, Esq.<br>*Using Mediation to Address Conflict at the End of Life*, Elet Callahan, Esq., Cynthia Stevenson |
| 12:00-1:15 | Lunch |
| 1:15-2:15 | **Keynote Address:** Sharon Brangman, MD, FACP, AGSF<br>*Important Issues in the Management of Advanced Alzheimer's Disease* |
| 2:15-2:40 | Break |
| 2:40-3:40 | **Break Out Sessions:**<br>*Music for Healing and Transitions*, Sr. Eileen Derrick, OSF, BS, MA ,CMP<br>*Resiliency for Caregivers*, Sally Manahan, RN, MSN, Kateri Simmons, BS, MSW,<br>Ashley Zimmerman, MS, RN, CNE<br>*Signposts of Dying*, Martha Jo Atkins, PhD |
| 3:40-4:00 | **Closing** |

# *Morning Keynote Address: B.J. Miller, Jr., M.D.*
# What Matters Most at End of Life



Dr. B.J. Miller is a hospice & palliative medicine physician at the UCSF Helen Diller Family Comprehensive Cancer Center, where he also teaches and serves on faculty. His interests are in working across disciplines to affect broad-based culture change and in cultivating a civic model for aging and dying. He invites us to think about and discuss the end of our lives through the lens of a mindful, human-centered model of care, one that embraces dying not as a medical event but rather as a universally shared life experience.

Informed by his own experiences as a patient, BJ powerfully advocates the roles of our senses, community and presence in designing a better ending. He brings a unique blend of training, experience and commitment to furthering the message that suffering and dying are fundamental and intrinsic aspects of life. BJ and his coauthor, Shoshana Berger, are currently writing a practical manual for preparing for death in contemporary American society.

BJ's 2015 TED Talk: "Not Whether But How" (aka "What Matters Most at the End of Life") ranked among the Top 15 Most Viewed Talks of the year and he continues to speak nationally and internationally.

BJ received his MD from University of California San Francisco and completed his internal medicine residency as chief resident at Cottage Hospital in Santa Barbara, California. He completed a fellowship in hospice and palliative medicine at Harvard Medical School.

Doctor Miller, drawing on his years of personal experience, practice and teaching, will challenge us to "reach out across disciplines and invite design thinking into this big conversation. That is, to bring intention and creativity to the experience of dying. We have a monumental opportunity in front of us, one of the few universal issues as individuals as well as a civil society: to rethink and redesign how it is we die."

## *Break Out: The Reconnection Journey For Palliative Care*

**Cindy Lynn Martin**
Cindy Lynn Martin is an international Indigenous speaker who shares her knowledge about the Reconnection Journey through the Tree Rings. It helps individuals find peace, strength and a good mind through their life journey. Cindy works and lives in her community of Six Nations of the Grand River Ontario, Canada.

*The Native American journey through death is filled with symbolic words, experiences, ritual and rituals. For the person with faith, positive thoughts and gratefulness, what matters most becomes clearly defined. The Native American perspective of death becomes clear as Cindy Martin teaches using theory and stories from indigenous people.*

## *Break Out: Using Mediation to Address Conflict at the End of Life*

**Elet Callahan, Esq.**
Elet Callahan is Director of the Elder Transitions mediation program at New Justice Conflict Resolution Services, Inc., and Professor Emerita of Law and Public Policy, Whitman School of Management, Syracuse University.
**Cynthia Stevenson**
Cynthia Stevenson is Director of Caregiver Services for the Onondaga County Department of Adult & Long Term Care Services. She was co-founder and executive director of the Alzheimer's Association, CNY Chapter.

*Common triggers of family conflict at the end of life will be highlighted, and barriers to overcoming related disputes identified. The potential of mediation to encourage cooperation, reduce conflict, and preserve or repair relationships will be explored, including analysis of examples drawn from cases mediated by the presenters and others. Community resources specializing in elder/adult family mediation will be described.*

## *Break Out: Signposts of Dying*

**Martha Jo Atkins, PhD**
Martha Jo Atkins, PhD, LPC-S is the executive director of Abode Contemplative Care for the Dying in San Antonio, Texas. In 2013, she presented a TEDxSan Antonio Talk "More to Dying Than Meets the Eye." Dr. Atkins book Signposts of Dying was published in 2016.

*Along the trajectory of dying, there are signposts that show up as metaphors, sights, and sounds. If recognized, the signposts can give context and meaning to the dying process for the person leaving and those who will stay behind. Her research interest is the trajectory and language of dying.*

## *Break Out: Fostering the Development of End-of-Life Care Homes*

**Kelley Scott, RN, BSN, CHPN**
Kelley Scott, RN, BSN, CHPN, is the Founder and Executive Director of Clarehouse, a non-profit community home providing care for dying people in need in Tulsa, Oklahoma. Nationally, she provides consulting and mentoring to aspiring social model hospice homes.

*Explore the development of the Omega Home Network, a national membership organization that promotes the development and expansion of community homes for dying people. Through information sharing, consultation and educational offerings, the Omega Home Network provides direct assistance to those developing and operating homes in their communities.*

## *Break Out: Music for Healing and Transitions*

**Sr. Eileen Derrick, OSF, BS, MA, CMP**
Eileen is a CMP (certified music practitioner) with MHTP (Music for Healing and Transitions Program.) A teacher and liturgist she currently does therapeutic music with Hospice, Francis House, Oneida Healthcare and Community Upstate Hospital in the Syracuse area. Eileen uses harp in her ministry.

*In this presentation Sister Eileen will demonstrate the music played for those who are sick and dying and why it has such positive effects. This exploration includes what therapeutic music is--who benefits--and actual demonstration of music to various patient conditions.*

## *Break Out: Value Based Decision Making for Healthcare and End of Life Planning*

**Barbara M. Carranti, MS, RN**
Barbara M. Carranti, MS, RN is a Clinical Associate Professor of Nursing at Le Moyne College in Syracuse, NY. She is a certified Advance Care Planning Facilitator and certified ELNEC (End of Life Nursing Education Consortium) educator.

**Emilee Lawson Hatch, Esq.**
Emilee Lawson Hatch, Esq., is an elder law, trusts and estates attorney in Syracuse. As a previous author of the Syracuse Law Review's Trusts and Estates Survey of New York Law, Emilee stays on top of recent changes in the law that affect her clients, while maintaining a practical approach to addressing their legal issues.

*Healthcare decision-making is often done in haste and under stress. Value examination and a deliberate planning process can enable health care providers to assist consumers with making informed and comfortable decisions about healthcare and end of life. In this session, we will explore the values conversation and types of documents necessary to reflect a patient's wishes.*

## *Break Out: Resiliency for Caregivers*

**Sally Manahan, RN, MSN**
Sally Manahan is the Resident Care Coordinator at Francis House. She enjoys teaching The Power of Nursing at Crouse Pomeroy College of Nursing.

**Kateri Simmons, BS, MSW**
Kateri Simmons has 35 years experience in social work with a concentration in end of life and caregiving through Hospice, ESRD care, Hospital SW, and Crisis Intervention with homeless adults and families.

**Ashley Zimmerman, MS, RN, CNE**
Ashley Zimmerman is an Associate Professor at Crouse Pomeroy College of Nursing and an on-call administrator at Francis House.

*Resiliency comes from having inner resources needed to cope with grief while caring for a loved one at the end of life. This session will help you to correctly identify the signs and symptoms of compassion fatigue, build professional resources of resilience and agility in end of life care and maintain the meaning of being of service.*

## *Afternoon Keynote Address: Sharon A. Brangman, MD, FACP, AGSF*
## Important Issues in the Management of Advanced Alzheimer's Disease

Dr. Brangman is a SUNY Distinguished Service Professor and division chief of geriatrics at SUNY Upstate Medical University. She serves as fellowship director for geriatric medicine. Dr. Brangman is Director of the Center of Excellence for Alzheimer's Disease, Medical Director of the Transitional Care Unit on the Upstate Community Campus, and Medical Director of Greenpoint/The Hearth Senior Living Communities in Syracuse, New York.

Dr. Brangman has received many honors, including Best Doctors of Northeast Region, the Chancellor's Award for Faculty Service and Hartford Geriatrics Leadership Scholars Award. Dr Brangman was a member of the Board of Directors of the American Geriatrics Society for ten years, with terms as President and Chair of the Board. She currently serves as the President of the Association of Geriatric Academic Program Directors. Dr. Brangman is a graduate of Syracuse University and earned her medical degree from SUNY Upstate Medical University in Syracuse, New York. She completed her internship, residency, and geriatric fellowship at Montefiore Medical Center in the Bronx, New York. She is board certified in internal medicine, geriatric medicine, and hospice and palliative medicine.

At the end of this session, participants will: recognize the signs of end stage dementia, understand the approach to caring for a person at this stage of dementia, and be familiar with important clinical and family issues related to advanced dementia.