

Online Interactive Workshops

Special Topics for **AGING IN PLACE**

Live online interactive workshops for social workers*, healthcare practitioners and caregivers



*NYS Licensed Social Workers earn continuing education contact hours

● **Nutrition Strategies to Optimize Health in Older Adults**

Thursday, May 6 • 12:00 pm - 1:30 pm

1.5 CEU's for NYS Licensed Social Workers

Presenter: **Josephine Connolly-Schoonen, PhD, RD**
Associate Clinical Professor; Director, Nutrition Division & Dietetic Internship; Family, Population & Preventive Medicine, Stony Brook Medicine

Workshop description:

During this workshop participants will learn about the physiological changes that occur with aging and how this impacts nutritional needs, as well as the ability to utilize nutrients. Nutrition strategies to optimally meet the nutritional needs of older adults will be discussed.

Fee: \$25 | \$20 for SBU employees, alumni, SSW Field Instructors

● **Agging and Sleep**

Thursday, June 17 • 10:00 am - 11:00 am

1 CEU for NYS Licensed Social Workers

Presenter: **Lisa M. Endee, MPH, RT, RRT-SDS, RPSGT**
Clinical Associate Professor, School of Health Technology & Management

Workshop description:

This workshop will explore how normal aging affects sleep and the impact of poor sleep on the mental, physical and cognitive health of older adults. Co-morbid conditions and the relationship to sleep health will also be examined. Sleep health recommendations specific to this population will be provided as an important factor for improving overall health and wellbeing.

Fee: \$20 | \$15 for SBU employees, alumni, SSW Field Instructors

● **Palliative Care and Advance Care Planning: When Dealing with a Serious or Advanced Illness**

Tuesday, June 1 • 12:00 pm - 1:30 pm

1.5 CEU's for NYS Licensed Social Workers

Presenters: **Lori Hardoon, LCSW**, Senior Director, JASA Palliative Care Supportive Services

Maria Lever, LMSW, Clinical Supervisor, JASA Palliative Care Supportive Services

Workshop description:

Community based social workers and healthcare practitioners are positioned to improve care and decision making for people with chronic, life limiting and advanced illnesses or those who are dying, encountering these individuals in a broad range of settings including human services and social organizations and agencies. This workshop will present skills and strategies to help individuals and their families/caregivers manage end of life issues and advance care planning.

Many non-medical programs (case management, senior centers, NORC supportive services programs, social adult day care etc.) offer opportunities to directly address the practical concerns and psychological needs related to advanced illness and advance care planning. With information and expertise, caregivers can help build a supportive response to help individuals address end of life decision making, advance care planning and care preferences.

Fee: \$25 | \$20 for SBU employees, alumni, SSW Field Instructors

MEET OUR EXPERTS

Lisa M. Endee, MPH, RT, RRT-SDS, RPSGT
Clinical Associate Professor, School of Health
Technology & Management

Integrating her experience in clinical practice, research, and public health, Lisa M. Endee's areas of expertise include pediatric and adult polysomnography and community sleep wellness. Lisa's scholarly endeavors have included various publications contributing knowledge to her field as well as numerous research projects and public health initiatives targeting community sleep health. In addition, Lisa has been an invited presenter at various community and academic venues, on topics that include sleep diagnostics and therapeutics, the dangers and prevention of drowsy driving, and the effect of digital media on sleep. Lisa serves as an active member of numerous professional organizational committees for the American Association of Sleep Technologists and the New York State Society for Respiratory Care.

Lori Hardoon, LCSW
Senior Director, JASA Palliative Care Support
Services

Lori has extensive post-graduate training in palliative, end-of-life care and grief/bereavement counseling and over 35 years of experience in working with and running a variety of programs for people who were facing serious, life-limiting and advanced illness and loss as well as people struggling with disabilities. Lori created, built and led Partners In Dignity, Long Island Regional Care Center, an initiative of UJA-Federation of New York serving individuals and families coping with chronic, serious, life limiting and advanced illness, disabilities, and life altering circumstances since 2003. She is past Co-Chair of the Jewish Healing & Hospice Alliance. Lori has supervised a team of master level social workers, nurses, nutritionists, spiritual care providers, physical & occupational therapists, and social work students in the delivery of care management, counseling and advocacy. She has provided training and educational community workshops on the multiple options for those coping with serious, life-limiting, advanced illnesses and grief and bereavement issues. She also has presented at local, regional and national conferences for over 25 years. She is certificated in Palliative and End of Life Care and Spirituality and Social Work from NYU.

Maria Lever, LMSW
Clinical Supervisor, JASA, Long Island Center for
Dignity and Support, an initiative of UJA-
Federation of New York

Maria has completed numerous postgraduate trainings in bereavement, palliative care and end of life counseling. She has over 8 years postmasters experience working with clients facing life limiting, advance illness, disabilities and their caregivers. She provides individual, family and group therapy for people at end of life and grief/bereavement support. Maria has supervised master's level social workers, social work interns and helped organize conferences for other social work professionals in the area of bereavement and Palliative Care. Maria is currently enrolled in the Zelda Foster Studies Leadership in Palliative Care and End of Life Studies program at NYU Silver School of Social Work.

Josephine Connolly-Schoonen, PhD, RD
Associate Clinical Professor; Director, Nutrition
Division & Dietetic Internship, Family, Population &
Preventive Medicine, Stony Brook Medicine

Josephine is a Clinical Associate Professor and Founding Director of the Stony Brook Medicine Nutrition Division. Over the past 25 years she has led the development and implementation of a dietetic internship program, an online graduate nutrition program, a WIC program, the Stony Brook Heights Rooftop Farm, a sports nutrition program with Stony Brook Athletics, and a robust public health nutrition program creating environmental and policy changes to increase access to healthy foods in low-income communities. In addition, she led the integration of the Stony Brook University Hospital Clinical Nutrition team with the academic Nutrition Division. Josephine maintains a clinical practice, including management of chronic illnesses, such as diabetes, heart disease, IBS, SIBO and eating disorders. Josephine also serves as the Chair of the New York State Academy of Nutrition and Dietetics Therapeutic Diet Order Writing Task Force, and President of the Long Island Dietetic Association.

REGISTER NOW



For mail-in registration, please email:
Jennifer.D.Davidson@stonybrook.edu

Coming in Fall 2021 More Topics for Aging in Place:

- Home Modifications/Ergonomics/
Universal Design
- Speech Language
- Assistive Technology
- Telehealth
- Elder Mistreatment
- Balance, Movement & Exercise