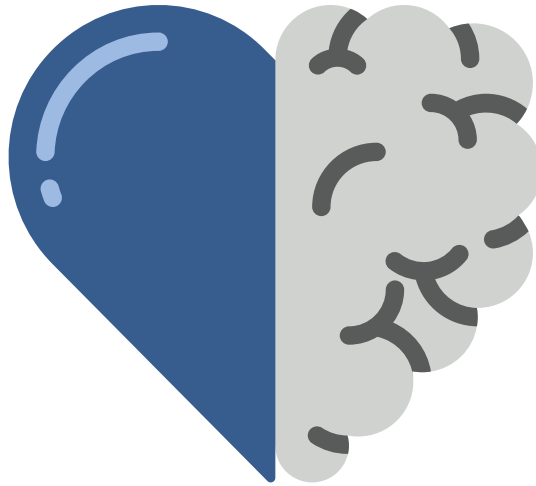


A Beautiful Mind: Inspiring Mental Wellness for the Aging Population



**Hybrid Conference
generously sponsored by:**



305 WEST END
ASSISTED LIVING

**Manhattan, New York City
or Via the Zoom Platform**

AGING (i)fe CARE®
A S S O C I A T I O N
— NEW YORK CHAPTER —

proudly announces an important conference featuring
cutting-edge speakers & topics:

Tuesday, NOVEMBER 16th, 2021

8:30am to 4:30pm

305 West End Avenue,

New York, NY 10023

and via the Zoom Platform

5 CEUs NYSED/SW, NJ SW Board of Examiners & NACCM

A Beautiful Mind: Inspiring Mental Wellness for the Aging Population
Tuesday, NOVEMBER 16th, 2021 - 8:30am to 4:30pm
305 West End Avenue, New York, NY 10023
and via the Zoom Platform

Our 2021 Conference, [A Beautiful Mind: Inspiring Mental Wellness for the Aging Population](#), has generated great interest and we expect a robust turnout of Aging Life Care Managers® and other health care providers from NY and across the country. It will be held on November 16th, 2021, at the conveniently located [305 West End Avenue](#) in Manhattan, NYC and via the Zoom platform.

The conference is designed to explore the concepts of mental wellness and resiliency among older populations, including our veterans. Attendees will develop an understanding of holistic treatment models in the field of psychiatry and how the role of new care models including telemedicine is changing the field. Your corporate sponsorship will support Aging Life Care Professionals to broaden their knowledge base as it relates to the mental health of our aging population. Plan to join us on November 16th. We appreciate your participation!

[Who attends the NYALCA Annual Conferences?](#)

Attendees have included over 200 professionals who provide a wide range of services throughout the United States, with a concentration in the tri-state region. These services can include assessments, developing plans of care, coordination and recommendation of services, counseling, home care, psychotherapy, placement and guardianship to the rapidly growing senior population and their families. The NYALCA conference is a unique educational and networking opportunity for professionals who work directly with seniors and their families, as well as those who are interested in learning more about aging issues and solutions.

All onsite tickets subject to virtual accommodation based on unforeseen COVID-19 safety issues. No refunds.

JOIN US

Cutting Edge Speakers



Drew Barnes, LMSW, PCTIC Coordinator

Drew Elizabeth Barnes is a licensed social worker, certified care manager, an aging life care professional, and an artist currently based in North Carolina. Her experience spans working in both public and private sectors, with a focus on serving the homebound community within New York City. She has worked for Concerts in Motion (CiM) since 2017, now virtually, and is currently the Person-Centered Trauma Informed Care (PCTIC) Coordinator. In this role, she

provides on-going PCTIC trainings with the musician roster, and provides feedback to staff and musicians in order to maintain alignment with the PCTIC approach so that we are equipped to serve Holocaust survivors, recipients with Dementia, and other vulnerable populations. Drew also leads CiM's community outreach and oversees all relationships with CiM's agency partners throughout NYC and beyond.



Cheryl Nolte, LMSW, Caregiver Support Program Social Worker

Cheryl Nolte joined the Caregiver Support Program in January of 2021. Cheryl has been with the VA for 10 years, working at the Veterans' Crisis Line, Mental Health Intensive Case Management (MHICM), Patient Aligned Care Team (PACT) and creating the Financial Case Management position at the Canandaigua VAMC as a new position. Cheryl has worked in the Rochester, NY community for almost 30 years working in Geriatrics. She was an Eldersource

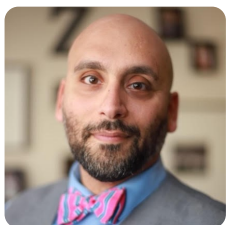
Case Manager and was one of the first to receive her certification in Geriatrics from St. John Fisher College through a collaboration with Lifespan. She has enjoyed working with special needs populations including: Geriatric Case Management, individuals with Dementia and their caregivers, Traumatic Brain Injury, and medically complex individuals in home care.



Janhavi Wadhvani, Founder of Self-Sense, Meditation and Wellness Coach

Having taught yoga, breathwork and meditation for over 21 years, Janhavi Wadhvani is experienced in working with people of multitudinal backgrounds in the US and abroad. During the pandemic, she increased her focus on working with the elderly and vulnerable participants which inspired her formation of 'Self-Sense'. By training with the Harvard affiliated program to gain a deeper foundation of scientific evidence behind body and mind

practices, she currently teaches programs for elders at facilities and centers in the Greater Boston area. Janhavi also offers individuals specialized programs on a one-to-one basis, offering tools based on specific needs. She has taught at multiple institutes and holds a Master's from the Institute for Technology and Management in Mumbai, India.



Raymond Zakhari, DNP, EdM, NP

Raymond Zakhari, DNP, EdM, NP, has a diverse clinical background ranging from intensive care to medical house calls. He began his career at Duke University Medical Center in the cardiothoracic ICU and made his way back to the Northeast as a traveling ICU and ED nurse. In 2009 he founded Metro Medical Direct, the first concierge, nurse practitioner-owned, medical/psychiatric house call and tele-health practice in New York City. Dr. Zakhari was also

trained in sex therapy at the New York University School of Medicine/Langone Medical Center by Dr. Virginia Sadock (co-author of The Synopsis of Psychiatry). Dr. Zakhari is appointed to the staff of NewYork-Presbyterian Hospital, Department of Internal Medicine in Psychiatry at the Payne Whitney Clinic and provides consultative services as a Sexual Assault Forensic Examiner. He is a former officer of the New Jersey Air National Guard and has deployed in support of Operation Iraqi Freedom.

Schedule of Events

8:30AM - 9:15AM REGISTRATION/ CONTINENTAL BREAKFAST
NETWORKING/ MEET OUR SPONSORS, ONLINE
PRESENTATIONS

9:15AM - 9:30AM WELCOMING REMARKS BY:

Dana Reisch, LMSW, CMC (Conference Chair), Anne Sansevero, RN, MA, GNP,
CCM (President, NY ALCA®)



KEYNOTE SPONSOR WELCOME FROM MELISSA SHEEHAN,
DIRECTOR OF BUSINESS DEVELOPMENT, THE BRISTAL
ASSISTED LIVING AND 305 WEST END ASSISTED LIVING

9:30AM - 11:00AM MORNING KEYNOTE PRESENTATION – FINDING CALM
THROUGH BREATHWORK AND MEDITATION

Janhavi Wadhvani is experienced in working with people of multitudinal backgrounds in the US and abroad and has taught yoga, breathwork and meditation for over 21 years. During the pandemic, she increased her focus on working with the elderly and vulnerable participants which inspired her formation of 'Self-Sense'.

11:00AM - 11:30PM EXHIBIT VISITING. TOUR, REFRESHMENT BREAK,
ONLINE SPONSOR PRESENTATIONS

11:30AM - 12:30PM MID-DAY PRESENTATION – RECLAIMING MEMORIES THROUGH
MUSIC

Drew Elizabeth Barnes is licensed social worker, certified care manager, managing life care professional, and an artist currently based in North Carolina. Her experience spans working in both public and private sectors, with a focus on serving the homebound community within New York City.

12:30PM - 1:15PM CONCERTS IN MOTION, LUNCH BREAK, EXHIBIT VISITING AND
ONLINE SPONSOR PRESENTATIONS

1:15PM - 2:30PM EARLY AFTERNOON PRESENTATION – VETERAN SERVICES:
PROMOTING WELLNESS AND BALANCE IN VETERANS
HEALTH CARE

Cheryl Nolte, LMSW, Caregiver Support Program Social Worker joined the Caregiver Support Program in January of 2021. Cheryl has been with the VA for 10 years, working at the Veterans' Crisis Line, Mental Health Intensive Case Management (MHICM), Patient Aligned Care Team (PACT) and creating the Financial Case Management position at the Canandaigua VAMC as a new position. Cheryl has worked in the Rochester, NY community for almost 30 years working in Geriatrics.

2:30PM - 3:00PM EXHIBIT VISITING, ONLINE SPONSOR PRESENTATIONS

3:00PM - 4:15PM LATE AFTERNOON PRESENTATION – IDENTIFYING AND
MANAGING MOOD DISORDERS IN GERIATRIC CLIENTS

Dr. Raymond Zakhari has a diverse clinical background ranging from intensive care to medical house calls. He began his career at Duke University Medical Center in the cardiothoracic ICU and made his way back to the Northeast as a traveling ICU and ED nurse. In 2009 he founded Metro Medical Direct, the first concierge, nurse practitioner-owned, medical/psychiatric house call and tele-health practice in New York City.

4:15PM - 4:25PM CLOSING REMARKS

4:30PM - ONWARD SIGN OUT AND FINAL TOURS

Pending for 5 NYSED/NJ SW and NACCM CEUs

Attendees MUST be signed-in for the whole presentation and submit the evaluation form that will be given to you onsite if in-person OR emailed to you if attending via the Zoom Platform after the meeting. Aging Life Care Association SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers, #0166. This program is approved for 5 contact hours by the National Academy of Certified Care Managers (NACCM). Based on the regulations of the NYSED and NJ Board of Social Work Examiners CEU approval, all participants who are seeking social work CEUs must sign-in and sign out for the entire presentation as well as submit an evaluation form to obtain the full 5 CEU hours.

Attendee Registration

REGISTER HERE

Please complete all sponsor and attendee registration and payment information online at www.nyalca.org. Attendee registration is non-transferable and non-refundable. In-person registration may be changed to Zoom registration.

NO ONSITE REGISTRATION ALLOWED

	Early Bird (before 10/25)	Standard (10/25 to 11/12)
ALCA MEMBER	\$115	\$140
NON-MEMBER	\$125	\$150

- In-person registration includes continental breakfast and lunch
- Kosher meals must be ordered in advance by November 1st, 2021 to accommodate requests.
- Any in-person attendee tickets may be switched to a ZOOM ticket with no fee
- No refunds will be issued
- **ALL IN-PERSON ATTENDEES MUST SHOW PROOF OF FULL VACCINATION BY OCTOBER 25TH TO ALCANYEVENTS@GMAIL.COM AND ONSITE THE DAY OF THE EVENT VIA CROWDPASS. NO EXCEPTIONS.**
- All in-person attendance subject to change based on COVID guidelines and in-person tickets will be replaced with ZOOM tickets accordingly. No refunds.
- Financial hardship will be considered on a case-by-case basis. Please request application from alcanyevents@gmail.com. Must be submitted by October 6th, 2021 for consideration.