

DEPRESSION IN OLDER ADULTS: ASSESSMENT, PROGRAMMING & RESOURCES

Faith Community Nurse Network - Continuing Education Symposium
March 16, 2023

Event Program



Check Out Our Virtual Exhibit Hall

<https://www.fcntc.org/about-us/partners-sponsors/virtual-exhibit-hall/>

Accessing the Symposium

Join Zoom Meeting

<https://us02web.zoom.us/j/88551928741>

Meeting ID: 885 5192 8741

Join the Zoom Meeting

- Either click on the meeting link above or open the Zoom app or go to www.zoom.com.
 - Click Join.
 - Enter Meeting In. Click Join.
 - You may be asked to register before entering the meeting, this is for attendance purposes for better CE tracking.

During the Meeting

For best audio quality, please mute your microphone when you are not talking. Computer audio is generally the best option, however, if you have an unstable internet connection, you may consider turning off your camera and/or switching to Phone Audio.

If you need to use phone for audio, you can use this number 888 475 4499 US Toll-free.

You will be prompted to enter the Meeting ID (470 344 6808).

Remember to adjust your Audio settings within zoom and enter your Audio Pin/ Participant ID when prompted when dialing in.

Your audio pin or participant ID is unique to you. It will be visible when you select Phone Call as your Zoom Audio Settings.

To learn more about Zoom Settings and Controls, feel free to use this website as a resource:

<https://www.seniortechclub.com/tech-recipe/how-to-attend-a-zoom-meeting/#in>.

If you have Zoom issues during the meeting - Chat directly with FCNN Zoom Help OR call/text 612-363-8251.

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Depression in Older Adults: Assessment, Programming and Resources

Thursday, March 16, 2023 | 9:30 am to 1:00 pm | via Zoom

The incidence of depression in persons over the age of 65 is increasing but often undiagnosed. Depression can impact the quality of life, function, health and risk of death among older adults. In this symposium, you'll learn about effective ways to screen for depression and the interventions and resources to help clients.

ANA Scope and Practice Standards for Faith Community Nursing

Standard 16 | Resource Utilization: The faith community nurse utilizes appropriate resources to plan, provide and sustain evidence-based nursing services that are safe, effective and fiscally responsible.

Learning Objectives

As a result of attending this symposium, participants will be able to:

1. Explain the importance of early detection, treatment and education in depression.
2. Identify a screening tool for depression (PHQ- 9) and the need for a suicide protocol.
3. Describe the PEARLS program as an example of an intervention for depression in seniors.
4. Identify services and community resources to assist FCNs as they plan and provide care to their clients with depression and other health issues.
5. Describe strategies for the intentional care of the spirit for those with depression.

Schedule

9:15 Join Zoom meeting

9:30 Welcome and Introduction—Sondra Weinzierl, Chair Education Committee, FCNN

9:36 Devotion—Delores Huanca, Education Committee Member, FCNN

9:40 A Moment with a Collaborative Partner

9:45 FCNN Update—Jessica Drecktrah, Chief Nursing Officer, FCNN

9:55 Keynote Speaker: Dr. Neal Buddensiek, M.D.

10:55 Q&A

11:00 Break

11:15 Sponsor Breakout Rooms

11:35 Spiritual Care in Depression –Jill Kunz Stewart, MS, RN ,PHN, COHN, FCN)

12:10 Panel on Resources for Older Adults with Depression:

12:10-12:20 PEARLS—Jess Drecktrah, Faith Community Nurse Network

12:20-12:30 988 Suicide and Crisis Line—Emily A. Lindeman, MDH, IVPS

12:30-12:40 NAMI Resources—Kay King, NAMI

12:40 Q&A for panel

12:50 Closing, Evaluation

1:00 Adjourn

This symposium was designed to meet the Minnesota Board of Nursing criteria for 3.0 hours of continuing education for RNs. It is the responsibility of each participant to determine if the offering meets CE requirements for their profession.

Speaker Biographies



Neal C. Buddensiek MD, DNBPAS, CMD, HMDC, WCC

Dr. Neal Buddensiek serves as Chief Medical Officer for Benedictine where he consults on medical care delivery and coordinates activities with community nursing home medical directors. He has a passion for caring for the medically complex geriatric population and in building high-functioning, interdisciplinary care teams that live out the culture of continuous quality improvement and clinical excellence. His clinical journey has provided opportunities to care for patients in hospitals, skilled nursing facilities, assisted living communities and in their homes. Buddensiek also serves as President of Post Acute Medical Direction, PLLC, serving as a hospice medical director for one MN hospice agency and provides skilled nursing facility medical direction for three Benedictine Living Communities in Hastings, MN , Red Wing, MN, and St. Paul, MN. Additionally, he serves as a collaborative practice physician for Paragon Clinical, a palliative care and geriatric psychiatry practice in Illinois and as oversight clinician for Faith Community Nurse Network (FCNN).

Over the years, he has held leadership positions at several local hospitals. Active in the medical community, Buddensiek is board certified in Internal Medicine through the National Board of Physicians and Surgeons; a certified medical director through The Society of Post-Acute and Long-Term Care Medicine; a certified hospice medical director through the Hospice Medical Director Certification Board; and a certified wound care specialist through the National Alliance of Wound Care and Ostomy. Buddensiek has been in medical practice for 17+ years.

Buddensiek holds a Bachelor's degree from Gustavus Adolphus College, St. Peter, MN, and received his medical training at Creighton University School of Medicine, Omaha, NE, and Abbott Northwestern Hospital's Internal Medicine Residency Program, Minneapolis, MN.

He lives in Mahtomedi, MN with his wife and three children.

Jill Kunz-Stewart, MS, RN, PHN, COHN, FCN

Jill has been the Parish Nurse at Glori a Dei Lutheran Church since 2018 and is a lifelong member. Prior work experience includes special education and general population school nursing; occupational and environmental health; public health/home care; and hospital nursing. She has been a volunteer instructor for the Red Cross since 1988. Jill recently completed 2 units of clinical pastoral education which were an excellent complement to the Faith Community Nursing course. Jill has two grown sons. She lives in St Paul with her husband, a cat and a dog. Favorite pastimes include reading, spending time outdoors and with family and friends.

Jessica Drecktrah, MHA, MN, RN, FCN

Chief Nursing Officer, Faith Community Nurse Network

Several years ago, Jess served a nursing leadership role as the Director for Evidence Based Programs. Recently, Jess served as Vice President, Life Enrichment for Presbyterian Homes & Services (PHS). At PHS, Jess provided service to 8,000+ senior housing residents with leadership responsibility for the functions of life enrichment, volunteerism, fitness, wellness coordination, wellness nursing and dementia care. Jess has held leadership positions at Target, the YMCA, Allina Health, Ecumen and the University of Minnesota.

Jessica graduated from the University of Nebraska, Lincoln, with a dual Bachelor of Arts degree in Health Services Administration and English Literature. She obtained her Master of Healthcare Administration (including Licensed Nursing Home Administrator [LNHA] Certificate) and Master of Nursing degrees from the University of Minnesota. Over the past two decades, Jess has championed innovative healthcare initiatives within academia, provider settings, fitness and retail. Her areas of expertise include pioneering strategy, startups, and program development.

Emily A. Lindeman, MDH, IVPS

Emily is a Suicide Prevention Coordinator at the Minnesota Department of Health. She leads the 988 Suicide & Crisis Lifeline implementation work with 988 Lifeline Centers, state and federal government agencies, and community partners across the state. For the past 10 years, Emily's experience has spanned public health injury prevention and behavioral healthcare quality improvement.

Kay King, NAMI Minnesota

Kay King is an adult community educator for NAMI Minnesota and is the older adults program coordinator . Each year she teaches about 4,000 families, professionals, community members and people living with mental illness about good mental health, suicide prevention and mental illness. She is a former executive director of a retirement community with independent and assisted living and a general manager of large hotels and resorts nationally and internationally. Kay is a family member and has worked for NAMI Minnesota for 14 years.

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