

Northern Plains Conference on Aging and Disability
Safe Today, Healthy Tomorrow
Delta by Marriott, Fargo, ND
October 17, 2018

Session Title: *Ethical Decision Making and Social Work: A Mindset of Awareness (8:45-11:00 AM)*

Presenters: Lonnie Peterson & Jim Legler

Qualifications of Instructor:

James Legler, Ph.D. is a professor of leadership and ethics, and teaches the Leadership Ethics course at the University of Jamestown graduate program in Leadership. He served as the Director of the Center for Ethical Leadership at Concordia College for 12 years, where he developed and taught ethics courses, presented seminars and consulted with organizations on ethics. He has a Ph.D. in organizational development and corporate training from Oregon State University.

Lonnie Pederson, Ed.D. is Director of the Master of Arts in Leadership Program – an innovative interdisciplinary graduate program of the University of Jamestown, located at the new Graduate Center in Fargo. In her role as faculty member, she teaches courses in leadership, ethics, and organizational theory. She brings over 20 years of various non-profit leadership experience into the classroom including human services, healthcare, and higher education. She completed her Ed.D. in leadership from the University of St. Thomas. Her scholarship focuses on the intersection of Spirituality & Work.

Program Content:

How can we as leaders make more informed ethical decisions amid crucial workplace dilemmas? This seminar discusses various definitions and perspectives of ethics. It then focuses on the importance of "awareness" in the decision-making process as it relates to social work. A Six-Question Ethical Decision-Making framework is presented that provides a lens for developing awareness in exploring solutions to ethical problems. The framework is applied to a social work case study and discussed with participants in small groups. A panel of three experts from different vocations will give their interpretation of the case.

Objectives:

1. Provide an overview of various definitions on ethics from a variety of professional perspectives.
2. Identify the importance of "awareness" as it relates to social work and the decision making process when making ethical determinations.
3. Present a Six-Question Ethical Decision-Making framework to assist in exploring solutions to ethical decisions.

Session Title: *Self-Protection and Predator Awareness (11:15-12:15 PM)*

Presenter: Skylar Dutton

Qualifications of Instructor:

Skyler Dutton earned his degree in Criminal Justice and Physical Education at Jamestown College prior to attending the Law Enforcement Training Academy in Bismarck in 2004. Skyler was a volunteer firefighter as well as a North Dakota police officer for nine years. While working as an officer, Skyler served as a certified drug recognition expert and school resource officer. Most recently, Skyler worked as a health, safety & environmental manager and logistics coordinator in the Bakken.

Program Content:

Every year, 7.5 million people are stalked in the United States. Additionally, 15% of women and 6% of men have reported experiencing stalking victimization. Improve your personal safety by arming yourself with knowledge to avoid potentially dangerous situations.

Objectives:

Gain knowledge of:

1. ND criminal trends & statistics
2. Types of predators and how to recognize them
3. Where most abductions occur and how to avoid them

Session Title: *Childhood Adversity and its Effects on Aging (1:00-2:00 PM)*

Presenters: Ramona Danielson

Qualifications of Instructor:

Ramona Danielson, Ph.D, MS., is a program evaluator and research specialist with the Department of Public Health at NDSU. She has 18 years of experience in applied social research. Her research interests include health equity, successful aging, and self-healing communities. Last fall, she completed her PhD in Human Development at NDSU with her dissertation entitled “Childhood Adversity and Successful Aging.” She is an ACE Interface Master Trainer through Prevent Child Abuse ND, and speaks to audiences across ND about adverse childhood experiences and resilience.

Program Content:

Early traumatic experiences have profound impacts across the lifespan. A wellness framework offers a multifaceted, strength-based lens to look at successful aging. This presentation will explain research showing the connection between childhood adversity and the quality of the aging experience. It will also talk about what we can do as individuals, professionals, and communities to help people with trauma histories achieve successful aging.

Objectives:

1. Discuss dimensions of wellness and how they relate to successful aging.
2. Explain the connection between childhood adversity and the quality of the aging experience.
3. Describe what is meant by trauma-informed approaches to working with adults with experiences of childhood (and adult) adversity.

Session title: *Aging Out of Place: Exploring Matters of Inclusion and Equity for All Community Members* (2:15 -3:15 PM)

Presenter: Laetitia Mizero Hellerud

Qualifications of Instructor:

Laetitia Mizero Hellerud, B.A., M.S., is the Founder and Owner of UBUNTU CONSULTING, which specializes in intercultural competence development, cross-cultural leadership and related fields. She was resettled as a refugee from Burundi in the fall of 1998 and has resided in Fargo Moorhead/West Fargo/Dilworth since then. She holds a BA degree in English Literature and Linguistics from the University of Burundi and a MS degree in Management from the University of Mary. She currently serves on several Boards and Committees, including the Fargo Human Relations Commission, The New Americans Consortium for Wellness and Empowerment, the [MN] Regional Workforce Alliance and the F-M Symphony Orchestra.

She is also a member of the ND Human Rights Coalition and was recently selected as one of the participants of the project *Those Among Us: The Human Rights Champions of North Dakota Volume 1*, a multi-disciplinary media project documenting the human rights and social justice champions of North Dakota. Laetitia worked for Lutheran Social Services in several capacities for a combined ten years between 1999-2015, most recently serving as the Director of the New Americans Program and State Refugee Coordinator. She also worked for the SENDCAA Head Start program from 2002 to 2012 and coordinated a Transitional Housing Program for the homeless, through Lakes and Prairies Community Action Agency in Moorhead. Laetitia is married to Mark, an attorney and retired farmer from Ada, MN. They have two children. Laetitia is the author of philosophical/biographical book entitled BEING AT HOME IN THE WORLD, Cross-Cultural Leadership Lessons to Guide Your Journey (Aloha Publishing).

Program Content:

Perceptions of aging influence societal behaviors and expectations towards older people. The majority of studies in this field have focused on individual differences in perceptions of aging **within** (mostly Western) cultures, but there is growing evidence that views of aging may differ **across** cultures, as well. Given the fact that the information from the Migration Policy Institute Data Hub and other reliable sources indicate that the immigrant population has been consistently on the rise in the United States, this session seeks to explore how services, practices and programs supporting the elderly are adapting or not to these realities.

Objectives:

1. Describe the changing demographics in our country, the impact on our communities and provide key background information on New Americans in our area.
2. Examine different ideologies on aging and their relevance on services, practices and resources.
3. Discuss current systems and whether they might be supporting or not, the aging process of all community members.

Session Title: *Self-Care Today, Healthy Tomorrow* (3:30-4:30 PM)

Presenters: Ann Dolence

Qualifications of Instructor:

Ann Dolence, has spent 15 years as a certified recreation therapist working in the area of psychiatric treatment. She has owned her own professional speaking and training business, The Leisure Connection, for the past 30 years. Ann is a Certified Tiny Habits® Behavior Design Coach. She has facilitated Worksite and School Wellness programs for 15 years and teaches as an adjunct instructor at the University of North Dakota Counseling and Voc Rehab Department and Continuing Education Associates.

Ann promotes nationally and locally that creativity, playfulness, laughter, and team work are nature's way of re-energizing and re-vitalizing ourselves. Once we remove the obstacles that conflict and negative attitudes produce, we are sure to obtain our goals. Simple techniques implemented daily can make these positive life qualities of success available to everyone.

Ann draws her training and presentation material from her professional knowledge but also from real-life experiences. Having always had a passion for running, Ann has participated in distance running races for the past 30 years. She believes in life, like in going the distance in running, training is the key to performance. You must focus on the finish line, stay on course and believe you will reach your goal one step at a time.

Program Content:

A Fun and Realistic Approach to Holistic Wellbeing will give you one hour to reflect, plan and learn how to take better care of yourself through tiny actions all day long. It's simple using the Tiny Habits® method and focusing on four bubbles of wellness. You will leave with a new skill and a refreshed new plan for self-care today and every day. You deserve it and so does your good health.

Objectives:

1. Provide an overview of the importance self-care.
2. Help course participants to identify a variety of small actions that can be taken daily to improve overall well-being.
3. Educate course participants on the Tiny Habits method as an approach to overall wellness.