

# Conference Agenda

**Thriving in Today's World!**

**Thursday, October 26, 2023**

**8:00 a.m. to 3:00 p.m.**

De Sales University Center  
2755 Station Avenue  
Center Valley, PA

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8:00-8:30 a.m.

Continental Breakfast and Registration

8:30-8:45 a.m.

Welcome and Introductions

8:45-10:15 a.m.

Be The Change

Heather Gloglich

10:15-10:30 a.m.

Break

10:30-12:00 noon

Morning Session

12:00-1:15 p.m.

Lunch

1:15-2:45 p.m.

Afternoon Session

2:45-3:00 p.m.

Evaluations and Certificates



CEDAR CREST  
COLLEGE



Northampton  
Community College

*Northampton Community College is approved as a provider of nursing continuing professional development by PA State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.*

Please contact [kimberlymelusky@lehighcounty.org](mailto:kimberlymelusky@lehighcounty.org) or call 610.782.3096 for any provisions or special needs.

# Thriving in Today's World!

**Thursday, October 26, 2023**

**8:00 a.m. to 3:00 p.m.**

De Sales University Center  
2755 Station Avenue  
Center Valley, PA



A conference to educate professionals who work with diverse groups of abled individuals in understanding the whole person in order to better support and assist individuals, families and communities throughout their lifespan.

## Registration Form

**Deadline to Register: October 6, 2023**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Select sessions from list of topics in this brochure:

**Circle one for each session:**

Morning Session:      A      B

Afternoon Session:      C      D

**Please select interested credits:**

\_\_\_\_\_ Licensed Social Work      \_\_\_\_\_ RN

**License Number must be provided:**  
\_\_\_\_\_

**Cost for conference \$35.00**

**Conference limited to 150 participants.**

**Mail this form with check payment to:**

Lehigh County Aging and Adult Services

Lehigh County Government Center

17 South 7th Street

Allentown, PA 18101

Attn: Kim Melusky

## Objectives

Most find that looking at the entire person and their life experiences is helpful in assessing and treating the individual. Recognizing the mind and body connection is important to provide comprehensive care.

This conference will examine the whole person and provide tools to support others to thrive in today's world.

## Keynote



### Be The Change

Heather Glogolich started her law enforcement career in 2004. She is presently a lieutenant in a municipal police agency in New Jersey and assigned to the patrol division. In addition to her impressive resume filled with achievements and accolades, Heather survived a harrowing domestic violence incident in 2008 at the hands of her ex-husband. Instead of allowing it to break her, she shares her story as a survivor through speaking presentations and victim advocacy.

## Breakout Sessions

### Morning Session:

#### **(A) Non Traditional Therapies**

**Jessie Shappell; Equi-librium**

**Kathy Purcell, Kristin Ransom, Taoran Xie; Therapeutic Arts Group**

Session will define music, art, and equine therapy and the benefits for individuals with a wide range of disabilities. Lecture and hands on experience will be provided for music and art therapy and show how equine therapy has evolved to meet the demand for grounding, connection, and healing for those with mental health issues.

#### **(B) Harm Reduction Approaches to the Opioid Crisis**

**Lisa Wolff, M.Ed.; Center for Humanistic Change**

Increase awareness of the opioid epidemic; how these drugs affect individuals, families, and the community; and how and why harm reduction strategies are essential to combatting the crisis.

### Afternoon Session:

#### **(C) Transitioning—Preparing for Change!**

**Lisa Kennedy; York County Department of Human Services and PennCares**

Session will highlight the many changes individuals may go through at various stages of life and how to properly plan for them. Although challenging, proper planning and having intended goals will aid in moving through any transition for both the adult and the caregiver.

#### **(D) Strategies for Understanding Behaviors & Applying Responsive Techniques**

**Lauren Krebs; Dauphin County Department of Drug & Alcohol Prevention and PennCares**

Training will define behavior and how they are learned and maintained. Learn to identify common behaviors among vulnerable populations and discuss intervention strategies and techniques to help deescalate and manage behaviors.

Cut on dotted line.