



**Tarrant Area Gerontological Society**  
**P.O. BOX 162201**  
**Fort Worth, TX 76161-2201**

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# Tarrant Area Gerontological Society

Winter 2009 ~ Newsletter

[www.tagstarrant.org](http://www.tagstarrant.org)

## Board Members

### President

Kim Olmedo

### Vice-President

Zanda Hilger

### Treasurer

Barbara Lundgren

### Secretary

Karolyn Sorenson

### Nominations Chair

Lynell Bond

### Programs Chair

Sue Wallace

### Summer Forum Chair

Mike Chapman

### Scholarship Chair

Pat Gleason-Wynn

### At Large Member

Mary Jo Pleva

### At Large Member - Faith Based

Tricia Baldwin

### At Large Member - Management

Shelly Young

### At Large Member - Nursing

Michele Orshal

### At Large Member - Public Policy

Don Smith

### At Large Member - Social Work

J. Daniel Bruce

## PRESIDENT'S CORNER

*Kim Olmedo*

2008 proved to be a year of change for TAGS, and you will continue to see changes in 2009. One change that involves me directly is that while I remain on the board, it is now as President. It is an honor and a privilege to serve TAGS in this role, and I look forward to exciting times as we continue to strive to make TAGS the "go-to" organization for aging issues in Tarrant County.

Some of you may know that the board did a major revision of the by-laws last year, resulting in a different organizational structure. After dwindling attendance at the Special Interest Group (SIG) meetings, the Chairs of the Special Interest Groups decided to shake things up. This subcommittee of the board began working as a team, and decided to have a smaller number of educational offerings each year. As a member of that group, I can attest that it is easier to do this kind of planning as a group.

The new by-laws provide a structure for a Program Committee, made up of representatives from each special interest: Social Work, Nursing, Public Policy, Administration and Faith Based. This committee will work to plan educational offerings for 2009, including planning the program of the Summer Forum.

There is still a Summer Forum Committee, and Mike Chapman continues to lead that committee. While the Program Committee will plan the program of the Summer Forum, there is still much work and planning that goes into putting on a successful Summer Forum. The first Summer Forum planning meeting is January 20, 2009 at 9:00am at Meals on Wheels located at 320 S. Freeway in Fort Worth, so please plan to attend if you are interested in helping.

Another change in 2008 was our first ever Winter Forum. The Winter Forum was an educational offering focused on retirement and planning issues, and the audience was pre-retirement age people in the community. We had a good turnout for this premiere event, and more exciting is that professional video will be available for viewing at our website and on DVD. Many thanks to Jon Glover for his inspiration and hard work, not only on the Winter Forum, but for his many years of service with TAGS!

As you can see, TAGS is busy planning and offering a variety of educational programs, not only for professionals, but for the greater community. 2009 looks to be an exciting year, and I look forward to serving you.

## Community Announcements

**February 10, 2009: Senior Day 2009 at the Capitol.** [10:30am] Celebrate the contributions of older adults and address the issues facing Seniors in Texas. This event will be at the front steps of the State Capitol in Austin, Texas. For help in planning a group trip or for further information: Lynda Ender, [lender@theseniorsource.org](mailto:lender@theseniorsource.org), (214) 823-5700 or David Thomason, [david@tahsa.org](mailto:david@tahsa.org), (512)467-2242, or [tsac.org](http://tsac.org)

### February, 2009: Mapping The Journey Workshop

Caring for someone with dementia can be a difficult journey. Education is one tool that can help the caregiver and the person with dementia. The Alzheimer's Association-North Central Texas Chapter is offering a workshop covering topics such as an Overview of Alzheimer's Disease, Legal Issues, Financial Considerations, and Managing Caregiver Guilt and Stress.

**Part I: February 4, 2009**      **Part III. February 18, 2009**

**Part II: February 11, 2009**      **Part IV. February 25, 2009**

Location: Stonewall Title Company – 1840 Acton Hwy – Granbury, TX 76049  
 For more information, call (817) 336-4949 or 1-(800)272-3900

**March 26, 2009: SAVE the DATE ~ Alzheimer's Association – North Central Texas Chapter Spring Symposium 2009 – Enhancing Life at Every Stage of Alzheimer's.** For more information, call Shelly Young at (817) 336-4949.

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## Meet the TAGS Board Members

### **President: Kim Olmedo**

Kim Olmedo received her MSSW from the University of Texas at Austin in 1990. She worked for Child Protective Services in Arlington, TX, from 1986-1990. In 1990 she became a social worker and case manager at Fort Worth Rehabilitation Hospital (now HealthSouth Cityview), where she stayed until 1993. She has been a certified case manager since 1993.

In 1993 she helped open the rehabilitation unit at the Osteopathic Medical Center of Texas. In 1995 she became the clinical coordinator of the unit. She was still the clinical coordinator of the unit when the hospital closed its doors in 2004. Since November 2004, Kim has worked for Universal Health Services in both hospice and home health, and then at LifeCare Hospital of Fort Worth as a case manager.

Kim currently works for Katten & Benson, an elder law firm in Fort Worth, where she provides geriatric care management and life care planning services. She has recently become a Licensed Clinical Social Worker, and is recognized by the National Association of Social Workers as a Clinical Social Worker in Gerontology.

Kim is a member of the National Association of Social Workers, the American Society on Aging, the National Association of Professional Geriatric Care Managers, and she is the president of the Tarrant County Adult Protective Services Community Board. Kim has been a member of TAGS for more than 10 years, and has served on the board much of that time. She is excited to be the new TAGS president, and looks forward to working with all TAGS members to make Tarrant County a good place to grow old.

### **Vice President: Zanda Hilger**

Zanda Hilger, Vice President, is an independent contractor/consultant. Previously she was the TAGS Programs Committee Chair and has served on the Summer Forum Committee. Zanda provides caregiver counseling, education and support groups on behalf of Area Agency on Aging and Aging & Disability Resource Center of Tarrant County. She also works with two other area agencies on aging. She does corporate training and runs focus groups and for Tarrant County College coordinates education programs and supervises practicum students of the Mental Health Department. Zanda has been working in the gerontology field for 10 years and is a licensed professional counselor with a Master's Degree in Counseling & Psychology.

### **Treasurer: Barbara Lundgren**

Barbara has been working in the field of aging since 1983. She is currently the director of development for Meals On Wheels, Inc. of Tarrant County. Prior to joining the staff of Meals On Wheels, Barbara was a meal delivery volunteer and served on the Board of Directors.

Barbara is a past president of the Meals On Wheels Association of America and currently serves on the boards of the Meals On Wheels Association of American Foundation and she is treasurer of the Meals On Wheels Association of Texas. Barbara is a founding member of the Tarrant Area Gerontological Society and currently serves on the board as treasurer.

## Caregiver's Corner

### **Surprise! You're Now A Care Giver**

Written by Jodi Cz, Caregiver

Edited by Zanda Hilger, on behalf of Caregiver Education programs

When Mom's husband passed away, I knew our lives would never be the same. Mom was 63 years old when she came to live with us—my husband just turned 43 and I 42. I was excited about all of the fun we would have together. My anticipation soon turned to anger and frustration as I realized that we were in over our heads. We didn't have a clue how to be "care givers."

It's been an uphill battle as we have tried to "change" the way Mom does things. Our goal has been to keep her safe and healthy. I was so wrapped up in this new role that I quit living my own life.

We faced many challenges, from deciding how to handle Mom's finances and health to her social activities and every day living. We kept expecting Mom to know what her own needs were even though she was not capable. Her Multiple Sclerosis, dementia, loss of hearing as well as grieving the changes in her life were presenting road blocks for all of us.

After struggling for almost three years, I realized we needed help. We had to learn more about our role as "care givers" and how to deal with the changes in Mom's emotions and behavior. The Director of the Senior Center, where we take Mom a couple of times a week, referred us to the Area Agency on Aging (AAA).

We began attending caregiver education classes and then began seeing a counselor referred by the Area Agency on Aging. We learned that we needed to change the way we communicated with Mom and treat her like an adult instead of like a child. We were reminded that we can do too much for our elderly parents to the point where they become totally dependent upon us. Educational classes and counseling gave us insight as to our role as "caregivers."

One of my frustrations is that Mom argues with me. It was suggested that it's time for me to "step off of the dance floor." When the frustration begins to build, I need to take a deep breath and walk away. Another important lesson is to be "silent"—I don't always have to respond to Mom.

Our job is to provide Mom with a safe and healthy environment at the highest level of independence. She needs the freedom to live her life to the best of her ability. Mom cannot process information at a fast pace so we have to learn to slow down. This is a challenge given our fast paced lives and jobs.

We were encouraged to see what we could learn from Mom like taking life as it comes; enjoying life; and, taking pleasure in the little things. The biggest lesson we have learned from her so far is to take one day at a time and truly live in the moment. Our AAA counselor reminded us that "care giving takes courage—it's not for the weak hearted."

Call the Area Agency on Aging at 2-1-1 for help for older adults and family members who help them. Also, go online to Family Caregivers Online at [www.familycaregiversonline.net](http://www.familycaregiversonline.net) for education, resources, work sheets, fact sheets and other valuable information. See also our link to education and support groups.

*Caregiver education and support groups are conducted free of charge throughout north central Texas at libraries, churches, companies, and for civic groups. To find one near you or to schedule a session, call 2-1-1, talk to someone in the Area Agency on Aging or email [caregiver@flash.net](mailto:caregiver@flash.net).*

## Calendar of Events

**January 20 2009:** [9:00 – 10:00 am] Summer Forum Planning Committee.

Location: Meals on Wheels – 320 S. Freeway, Fort Worth.

**January 20, 2009:** [11:30 am – 1:00 pm] TAGS Quarterly Meeting.

Location: Broadway Baptist Church – 305 W. Broadway Avenue, Fort Worth

Program: To Be Announced.

**RSVP for lunch by Thursday, January 15th, via email [tags.info@tagstarrant.org](mailto:tags.info@tagstarrant.org)** or (817) 531-8890. The cost of lunch is \$5.00\*. (\*Persons reserving a lunch will be invoiced for their meal if they do not attend.)

**February 17, 2009:** [9:00 – 10:00 am] Summer Forum Planning Committee.

Location: Meals on Wheels – 320 S. Freeway, Fort Worth.

**March 4, 2009:** [8:30 am – 12:30 pm] Ethics Conference: “Cultural Competency in a Health-Care Melting Pot”.

Location: American Cancer Society – 3301 W. Freeway, Fort Worth.

**March 21, 2009:** [9:00 – 10:00 am] Summer Forum Planning Committee.

Location: Meals on Wheels – 320 S. Freeway, Fort Worth.

**April 21, 2009:** [11:30 am – 1:00 pm] TAGS Quarterly Meeting.

Location: Broadway Baptist Church – 305 W. Broadway Avenue, Fort Worth.

Program: To Be Announced.



### Is Your Contact Information Correct?



Have you recently changed your business, home, mailing address, email address or phone number? If so, please take a moment and let us know of any changes so that you are correctly listed in the membership directory soon to be published.

Contact Cindy Cowan at (817) 531-8890 or send an email to: [tags.info@tagstarrant.org](mailto:tags.info@tagstarrant.org)

### Secretary: Karolyn Sorenson

Karolyn Sorenson completed and received a BS degree in Gerontology/Psychology and Counseling Education/Sociology from the University of North Texas in 1996. These two areas of focus were in response to her aging mother at the time of her 90<sup>th</sup> birthday. Karolyn was given the opportunity to intern at the NCT-AAA and worked directly with the Regional Ombudsman in moderating, counseling and advocating for the residents of nursing home facilities. Additionally, she interned with the Chaplain at Osteopathic Medical Center of Texas of Fort Worth in Counseling and worked minimally supervised in hospital visits with patients in both rehab and intensive care. Karolyn enjoys volunteer work in the community, attends and is active in many professional associations, and continues to grow and learn about senior healthcare issues through conferences and seminars. Karolyn is active in her church and is proud of her 4 children and 10 grandchildren and their successes. Karolyn humbly serves as secretary on the board of the Tarrant Area Gerontological Society.

### Nominations Chair: Lynell Bond

Lynell Moses Bond has lived most of her life in Fort Worth, Texas. She has a BA in English/Speech Education, and an M ED in counseling. Lynell has always been an active community volunteer in many organizations concerned with improving the lives of children, families, and the elderly. Lynell is an involved educator of adults in such topics as parenting, domestic violence, leadership, communication, and case management issues. Lynell has worked at Meals On Wheels of Tarrant County for over ten years and is the Director of Case Management. She also has a private counseling and geriatric consultation practice.

Lynell has a large family and enjoys spending time with people. She has two grown children. She loves to read, cook, and travel. She has the unique part of her identity of almost never watching TV.

### Programs Chair: Sue Wallace

Sue Wallace founded Assisted Services on April 1, 1994 after realizing “baby boomers” and their parents needed cost effective alternatives to remain independent in their chosen environment. Sue is the President and CEO of Assisted Services, a licensed personal assistance provider which provides care in private homes, retirement, assisted living and full care center communities throughout Tarrant and Johnson Counties. She began her business in 1994 as a ground floor opportunity without the benefit of a proven model to emulate because there were no businesses doing what she felt the senior community needed.

Prior to 1994, Sue was the owner of 2 restaurants and spent 22 years working for Southwestern Bell Telephone Company, primarily in supervisory and corporate management positions. Sue is active in her church and several healthcare and networking organizations including Continuity of Care, and Business and Professional Women’s Clubs of Texas. Sue is also an active board member of the Fort Worth Women’s Business Center Advisory Council, Tarrant Area Gerontological Society and the Arlington Women’s Club. After completion of a comprehensive course and subsequent certification exam, Sue achieved her Certified Senior Advisor designation. This enables her to be a professional advocate for seniors and their many needs.

**Summer Forum Chair: Mike Chapman**

Mike graduated from Ohio University in 1969 with a Bachelors Degree in business Administration and Industrial Psychology. Following six years in the U.S. Army and Army Reserves, Mike began his business career in the retail industry, which spanned the next 30 years. Mike's area of expertise was human resources, offering coaching on performance management, succession planning, recruiting, benefits and training.

In 2004, Mike transitioned from corporate America to the non-medical sector of home health with the purchase of Comfort Keepers in Fort Worth. Mike and his team provide in-home care/companion services for the elderly that enable them to remain independent and safe in their own homes.

Mike is actively involved in the Tarrant County Area Gerontological Society, United Way, March of Dimes, a member of the Chamber of Commerce, and various networking groups.

**Scholarship Chair: Pat Gleason-Wynn**

Dr. Pat Gleason-Wynn has a Ph.D. and a Master's degree in social work from The University of Texas at Arlington. She is a Licensed Clinical Social Worker and a Registered Nurse. Dr. Gleason-Wynn has worked with older adults in various settings for the past twenty-five years. She provides consultation in aging and long-term care, as well as guest lectures around Texas and the United States. In addition, she is a staff nurse at Harris Methodist Fort Worth. Dr. Gleason-Wynn also serves on the National Association of Social Workers Texas Chapter as President-elect. She is an officer on the Advisory Board of the Area Agency on Aging of Tarrant County (Texas), and is overseeing the implementation of the Healthy IDEAS project in Tarrant County.

**At Large Member: Mary Jo Pleva**

Mary Jo Pleva is a Certified Professional Geriatric Care Manager with a private practice in the Grapevine, Colleyville and Southlake areas. Her practice has been opened for five years, and she serves families who find themselves in the emotional and physical trials of taking care of an elderly loved one. She also provides geriatric consultation to Elder Law Attorney Steven A. Early's clients and works with him providing service to Life Care Clients. Mary Jo is a vendor for the Area Agency on Aging and provides support group and education to caregivers.

Mary Jo has worked in long-term care since 1992 and holds administrator certificates in assisted living and hospice. She graduated from Letourneau University with a Bachelor's Degree in Business Management in 2003. She has been married to Dave for 35 years and they have two daughters and 2 grandsons.

**At Large Member – Faith Based: Tricia Baldwin**

Tricia Baldwin is the Director of Pastoral Care and Counseling at Trinity Terrace Retirement Community. She has previously worked as a Chaplain at Harris Methodist Hospital and Cook Children's Medical Center. Tricia holds graduate degrees from University of North Texas and Southwestern Seminary. She is a Licensed Professional Counselor with 20 years of experience in counseling across the lifespan, from pediatrics to geriatrics, and she currently maintains a small counseling practice through Life Point Counseling. Tricia brings compassion, commitment, creativity and humor to her work with people as a chaplain and counselor. Floating in her kayak on a river or roaming on a hiking trail in the great outdoors is where you will find her in her free time.

**At Large Member – Management: Shelly Young**

Shelly Young is a graduate of Abilene Christian University with a BA in Marketing and MS in Gerontology. She has worked in senior housing and services for 13 years. Currently, she is the Education Coordinator for the Alzheimer's Association-North Central Texas Chapter.

**At Large Member – Nursing: Michele Orshal**

Michele Orshal has been a Registered Nurse for over 35 years. She has practiced nursing in a variety of settings, including hospitals, out-patient clinics and home health. Her career emphasis has been in home care which led her to co-found AGAPE Home Care, Inc. in 1996 to meet the private duty needs of the older adults in Tarrant County. Four years ago, Michele began offering Geriatric Care Management services and is nationally credentialed as a Care Manager, Certified (CMC). Her passion is client advocacy, and her priority is client-focused care. Originally from upstate New York, Michele has lived in 4 states, but loves Ft. Worth and considers it home.

**At Large Member – Public Policy: Donald Smith**

Don has served as the Director of the Tarrant County Area Agency on Aging at the United Way since October of 2005. He holds degrees in Psychology (B.A), Gerontology (B.S.) and Urban Affairs (M.A.) and has 25 years experience working for health, human service and governmental organizations including: the Heart of Texas Council of Governments in Waco, the Houston-Galveston Area Council, and North Central Texas Council of Governments in Arlington.

He has also served on numerous state-wide task forces, work groups and committees for the Texas Department on Aging, Department of Human Services, Department of Aging and Disabled Services and Texas Association of Area Agencies on Aging. Don has played a leadership role in the formation of community coalitions in Houston, Waco and Tarrant County to eliminate duplication, fragmentation and streamline access to the health and human services which has led to two national grants for the Heart of Central Texas Real Choice initiative and the Tarrant County Aging and Disability Center. Recently he has led the creation of twelve grass roots Neighbor Helping Neighbor projects in Tarrant County that serve communities that have high concentrations of low income, isolated older adults.

He is a native of Longview, Texas and has two children: daughter who lives in Philadelphia and son who lives in Los Angeles.

**At Large Member – Social Work: J. Daniel Bruce**

J. Daniel is a single father of two teenagers, a girl and a boy. He graduated with a B.S in Social Work from CMSU and a MSW from UTA. J. Daniel is a Licensed Clinical Social Worker and a Geriatric Care Manager. He also obtained a certification as a Biofeedback therapist. J. Daniel initially worked as a Hospital Director of Discharge Planning prior to entering hospice and home health. Following this work experience, J. Daniel started owned and operated Social Services, Inc. a social work medical staffing company. This company contracted with home care companies, hospitals, hospice companies, and nursing homes. The business began out of J. Daniel's home in Arlington with one other social worker focusing on Tarrant County. The business grew to more than 150 counties providing medical services to seniors and employment opportunities for social workers throughout the State of Texas.

Seeking new and different challenges, J. Daniel joined the management team as Grant Manager at the City of Arlington working with local politicians and was responsible for over \$60 million dollars in grant funds. These funds provided money to social service agency programs such as Big Brothers and Sisters, AIDS Outreach, Meals on Wheels, Tarrant County United Way, and Catholic Charities, etc. J. Daniel provided leadership in the construction of several community service buildings utilizing federal grant funds including the Tarrant County Workforce Center at UTA and Alliance for Children. New construction and renovation of housing projects were ongoing utilizing grant funds under the leadership and management of J. Daniel. In addition, he served on the Tarrant County Homelessness coalition submitting applications for federal dollars to assist agencies serving the homeless in Tarrant County.

In 2006, J. Daniel transitioned back to the medical arena by invitation from Cardiovascular Home Care to develop a new service line for doctors, patients and families. Safe Choices is a program designed to provide senior care planning for families and specifically deal with the safety issues of aging parents due to cognitive deficiencies and physical limitations. The growth of social services at Cardiovascular with the Safe Choices program has required the addition of several full time licensed social workers. In January 2008 Tarrant County Physicians magazine interviewed J. Daniel and featured the Safe Choices program as an innovative approach for physicians with non compliant, incompetent and unsafe elderly patients.