

# THE INSTITUTE ON AGING AT MISERICORDIA UNIVERSITY

## PRACTICAL & LEGAL STRATEGIES FOR SUPPORTING OLDER ADULTS AND CAREGIVERS

A virtual webinar presented by:  
Dr. Jane Thibault and Nicholas D. Lutz, Esq.

### PROGRAM SCHEDULE:

#### 2:00–3:00 PM: DR. JANE THIBAUT A LIFESPAN APPROACH TO CARING FOR OLDER ADULTS

##### Program Information:

At the conclusion of the workshop, participant-caregivers will experience a diminishment of their fears of aging by recognizing their own potential for bio-psycho-social-spiritual growth throughout the lifespan, and thus will be better prepared to guide elders who are in their care.

##### Learning Objectives:

- Recognize positive and negative attitudes towards their own aging which may affect the quality of care of elders in their care.
- Recognize spiritual crises and challenges caused by bio-psycho-social changes associated with aging, especially loss of agency.
- Understand models for optimal psycho-spiritual growth into advanced old age.
- Recognize characteristics of people who are growing optimally — not merely getting — older.
- Know psychosocial, spiritual and liturgical ways to support and care for cognitively well elders as well as those suffering from dementia.



Jane Marie Thibault is a behavioral gerontologist and clinical professor emerita of Family and Geriatric Medicine at the School of Medicine, University of Louisville, where she taught and worked with elders and their families for more than three decades as director of the Geriatric Evaluation and Treatment Program. In addition she taught gerontology in the School of Social Work, pastoral work with the aging at the Louisville Presbyterian Theological Seminary, and a course entitled “Optimal Aging” at Oxford University in England.

A trained spiritual director in remission from non-Hodgkins lymphoma, Jane currently spends her time companioning individuals and families dealing with later life challenges, consulting with businesses serving older adults, writing, providing retreats and workshops on topics of spirituality and aging, especially “Dedicated Suffering,” and teaching Centering Prayer.

Her first book, *A Deepening Love Affair: The Gift of God in Later Life* (Upper Room Books, 1993) explores the spiritual vocation of the mature adult. Her second, *10 Gospel Promises for Later life*, (Upper Room Press, 2004) addresses 10 of the most pressing fears of aging and explores the promises of God’s good news for the older adult. *No Act of Love is Ever Wasted: The Spirituality of Caring for Persons with Dementia* (2009) and *Pilgrimage into the Last Third of Life: 7 Gateways to Spiritual Growth* (2012) were co-authored with Rev.Dr. Richard Morgan and continue exploring the psycho-spiritual challenges of late life.

Jane received her PhD in behavioral gerontology from the University of Chicago, an MA in counseling psychology from Chapman University, an MSSW in clinical geriatric social work from Kent School of Social Work and a BA in English and psychology from Salve Regina University. She and husband Ron Fryrear live in Louisville, KY. Their daughter and two granddaughters live in Greenville, SC.

#### 3:00–4:00 PM: NICHOLAS D. LUTZ, ESQ. ELDER LAW FAQS

##### Program Information:

Elder law is an umbrella term for the legal practice areas that affect us as we move through the aging process. The practice areas of estate planning, probate, and Medicaid planning are often misunderstood. This program is designed to answer common questions that clients, their families, caregivers, and aligned professionals may have about elder law related topics.

##### Learning Objectives:

- Understand the uses and differences between commonly used estate planning tools like powers of attorney, wills, and trusts.
- Differentiate between planning and estate planning tools/documents. Understand the important role that type of ownership and beneficiary designations play in proper planning.
- Gain a basic understanding of the mechanics of the Medicaid long-term care benefit through examples and answers to commonly asked questions.



A lifelong resident of Pennsylvania, attorney Nick Lutz focuses on elder law, asset protection, estate planning, and closely related practice areas. Over the course of his career he has helped hundreds of families in northeast and central Pennsylvania protect their assets from nursing home costs and enjoy the peace of mind that comes from having a comprehensive estate plan in place for the future.

Nick founded Cardinal Estate Planning to create a boutique environment dedicated exclusively to meeting the short- and long-term planning needs of the community he calls home. He takes a highly personal approach to the practice of law and can be described as a “family counselor for life.” Nick earned his law degree from the University of Pittsburgh School of Law. He also earned an MBA from the Joseph M. Katz Graduate School of Business at the University of Pittsburgh. Nick received his undergraduate degree from Wilkes University.

Nick’s grandparents have played a major role in his life, and this has translated into a love of working with elders. Nick appreciates the wisdom and life experiences his clients share, and derives a great deal of professional satisfaction from helping elders plan for the future and find solutions to difficult legal issues during times of crisis. When asked why he chose to focus on elder law, asset protection, and estate planning, Nick explains, “*There is nothing quite like that feeling when you’re sitting down with a client, perhaps an elder couple you have known for much of your life, and explain exactly how you can simultaneously protect their life savings and their eligibility for Medicaid to pay for nursing home care. You can literally see the stress disappear, replaced by relief and a smile. This is why I do what I do.*”



Friday, October 13, 2023

2:00 PM – 4:00 PM

Scan to register online by May 11th

Registration fee: \$39.00 This program is approved for participating social workers for Two (2.0) Social Work Continuing Education (CE) Credits.

Questions, please email [muconf@misericordia.edu](mailto:muconf@misericordia.edu) or call (570) 674-6161.



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