



American Muslim Senior Society (AMSS)

Diversity and Partnership in Action Supporting Caregivers and Empowering Older Adults

Program Calendar

Topic	Speakers	Time	Note
1- Program Orientation/ Meet and Greet, Student program overview Session 1: Saturday 10/03/2020 <i>Time: 10 am- 11:00 am</i>	Dr. Rabbi Gary Fink (SVP) Of Counseling and Family Support- Montgomery Hospice & Prince George's Hospice + Mrs. Negm (AMSS President)	60 min	Program objectives, what to expect, the follow of the sessions, Tech Q&A
2- Aging & Specific Issues Session 2: Saturday 10/17/2020 <i>Time: 10 am- 11:00 am</i>	Sydney Palinkas, ElderSAFE Center Community Educator	60 min	Aging & Specific Issues: Isolation, caregiving, elder abuse issues (physical, emotional, financial); how to assess for elder issues (simple questions to ask); how to best refer clients for support; specialized resources and agencies;
3- Mental Health (Dementia) Session 3: Saturday 10/31/2020 <i>Time: 10 am- 11:00 am</i>	Tara Davis-Rama, MHS Diversity and Inclusion Program Manager Alzheimer's Association National Capital Area Chapter	60 min	Challenges faced when a loved one is afflicted with cognitive or behavioral illness. Ways to cope and deal with these challenges.
4- Senior Legal Issue/ Advanced Care Session 4: Saturday 11/14/2020 <i>Time: 10 am- 11:00 am</i>	Morris Klein, Certified as an Elder Law Attorney. + Sara Hufstader and Val Walker Jewish Social Services Agency (JSSA)	60 min	Advance Care Planning -- including Advanced Directives, MOLST, wills, guardianships, Powers of Attorney, considering religious aspects of estate planning, immigration issues.

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<p>5- Islamic traditions and end of life care. Session 5: Saturday 12/05/2020 <i>Time: 10 am- 11:00 am</i></p>	<p>Imam Mohammed Abdullahi Muslim Community Center (MCC)</p>	<p>60 min</p>	<p>Islamic aspects of end-of-life care; Muslim traditions around end-of-life; Muslim approaches to wills and advanced directives; Mohammed(MCC) will focus on traditions and what is appropriate from the perspective of Islamic Mohammed will focus on traditions and what is appropriate(do's and don't)</p>
<p>6- Funeral Planning Session 6: Saturday 12/19/2020 <i>Time: 10 am- 11:00 am</i></p>	<p>Imam Mohammad Abdullahi Muslim Community Center (MCC)</p>	<p>60 min</p>	<p>What does a family need to know about making arrangements and funeral resources?</p>
<p>7- Grief and self-care Session 7: Saturday 01/16/2021 <i>Time: 10 am- 11:00 am</i></p>	<p>Reverend Kip Ingram- Director of Bereavement at Montgomery Hospice & Prince George's Hospice</p>	<p>60 min</p>	<p>Process of grief; Differing styles and reactions to loss; Resources and ways to provide self-care for people feeling emotional pain; How to best offer care for someone who has experienced a loss;</p>
<p>8- Ethics and Moral Session 8: Saturday 02/06/2021 <i>Time: 10 am- 11:00 am</i></p>	<p>Carolyn Richar-Capital Caring Health + Dr. Shaikh Hassan- Retired Vice Dean Howard University College of Medicine</p>	<p>60 min</p>	<p>Ethical boundaries and dilemmas for volunteers to keep in mind.</p>
<p>9- Visits and Communication Session 9: Saturday 02/20/2021 <i>Time: 10 am- 11:00 am</i></p>	<p>Rev. Kip Ingram Director of Bereavement at Montgomery Hospice.</p>	<p>60 min</p>	<p>Listening skills; How to do an Effective Visit; Cultural norms and barriers to receiving help (eg.not complaining); social stigma associated with some illnesses, especially cognitive conditions;</p>

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10- Other Cultures and Traditions. Session 10: Saturday 03/06/2021 <i>Time: 10 am- 11:00 am</i>	Dr. Rabbi Gary Fink, (SVP) Counseling and Family Support +Carolyn Richar Capital Caring Health	60 min	Becoming familiar and comfortable with the wide range of cultural practices and orientations; Learning to make no assumptions about others; Willingness to learn from others.
11- Resources Session 11: Saturday 03/20/2021 <i>Time: 10 am- 11:00 am</i>	Tina Purser Langley- Senior Health and Wellness Coordinator Aging and Disability Services, DHHS	60 min	Provide a written list of resources

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Trainers List

Name	Email	Org. Name
Dr. Gary Fink	GFink@montgomeryhospice.org	Montgomery Hospice & Prince George's Hospice
Imam, Mohammed Abdullahi	marameed@gmail.com	Islamic Center of Maryland - ICM
Dr. Sheik Nasir Hassan	nasir42@gmail.com	Retired Vice Dean Howard University College of Medicine
Carolyn Richar	CRichar@capitalcaring.org	Capital Caring Health
Reverend. Kip Ingram	Kingram@montgomeryhospice.org	Director of Bereavement at Montgomery Hospice.
Tina Langley	Tina.PurserLangley@montgomerycountymd.gov	Aging and Disability Services, DHHS
Imam Chad Earl	imam.chad@icomd.org	Director of Religious and Youth Affairs, Member Board of Trustees
Morris Klein	morrisklein@morrisklein.com	Elder Law and Special Needs Attorney
Sara Hufstader	shufstader@jssa.org	Lead Project Coordinator Senior Services
Sydney Palinkas	palinkas@ceslc.org	ElderSAFE Center Community Educator
Tara Davis-Rama	tkrama@alz.org	MHS Diversity and Inclusion Program Manager Alzheimer's Association National Capital Area Chapter

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