



Hello Yoonsuh,

## Greetings from Your AADA President!

We are at an exciting time preparing for events at the ACA Conference & Expo in New Orleans! This year, AADA will have a very strong presence with lots of networking and education opportunities. Our first event will be the Member Business Meeting at 11AM on Thursday March 28th. Our very own Suzanne Degges-White will be speaking followed by updates about the division and refreshments and networking - a great event for members and potential members! Later that day at 2PM, the Older Adult Task Force will be meeting to continue work on their various projects. Once again, a great opportunity for current and interested members alike. This year, ACA is providing several new opportunities. One is an additional meeting time for divisions in a ballroom on Friday, March 29th at 1PM. This AADA Division Membership Roundtable will be a Medicare Legislation Discussion led by AADA leaders who have been working diligently to advocate for Medicare reimbursements for counselors. Finally, all the ACA divisions will be competing in a Shoebox Float Competition. If you have any ideas for our float, please email me directly (khermann@louisiana.edu), and don't forget to stop by and vote for AADA! A final very exciting addition this year is AADA's booth in the expo hall. Come visit with AADA leaders and members and get your AADA swag!



I want to extend warm congratulations to our newly elected AADA board members Christian Chan, President-Elect, and Wendy Killam, Governing Council Representative. Many of you will recognize these names from past leadership roles and service to the division. Christian currently serves as the Member-at-Large, Outreach and Advocacy and has been at the forefront of planning many of our past conferences, current ACA events, and working with the Older Adult Task Force. Thanks to his leadership, we have all been informed about events, logistics, and opportunities. I am looking forward to Christian assuming the role of President-Elect and continuing to unify and innovate our division! Similarly, Wendy has been very active with AADA as past-president, treasurer, interim treasurer, the conference planning committee, and associate editor for *AdultSPAN*. I know she will be a great representative of AADA at the ACA Governing Council.

We are at an exciting point of growth and activity for AADA! I look forward to seeing AADA members in New Orleans!

Dr. Katherine M. Hermann-Turner  
AADA President 2018-2019

**Join AADA at the American Counseling Association**

## Annual Conference in New Orleans, Louisiana March 28-31, 2019

Mark your calendars for AADA events at this ACA conference in New Orleans, Louisiana! AADA members will have the opportunity to connect, collaborate, and share some refreshments at the business meeting on March 28, 2019, at 11:00AM. If you are interested in the older adult population, please make sure to attend the Older Adult Task Force meeting on March 28, 2:00PM. This is a great place to learn information about the task force's projects. Please note that all these events welcome not only AADA members but also non-members, and the AADA members can feel free to bring friends to these events. Also, AADA will have a booth in the exhibit hall. Please come by and visit!

### Business Meetings and Social Events:

Event Title	Day	Start Time	End Time	Room Assignment
AADA Member Business Meeting	Thursday, 3/28	11:00AM	12:30PM	Prince of Wales
AADA Older Adult Task Force	Thursday, 3/28	2:00PM	3:30PM	Warwick
AADA Division Membership Roundtable	Friday, 3/29	1:00PM	2:00PM	St. James

*Note.* The above meetings and/or events will take place at the ACA conference hotel.

There will also be three AADA featured presentations:

- *Alone in the Crowd: Helping Women Create and Maintain Truly Meaningful Relationships*, Friday, 3/29, 2:00PM - 3:30PM
- *Millennials and Wellness: Counseling Emerging Adults Utilizing Intersectional and Phenomenological Understanding*, Saturday, 3/30, 4:00PM - 5:00PM
- *Insights and Initiatives from the AADA Older Adults Task Force*, Sunday, 3/31, 9:00AM - 9:30AM

### Come visit us at the Association for Adult Development and Aging (AADA) Booth at the ACA 2019 Conference Expo Hall!

AADA is hosting a division booth at the ACA 2019 Conference expo hall! Please stop by to connect with AADA leaders, pick up AADA goodies and promotional materials, and receive updates about our AADA 2019 Conference and AADA events at ACA. We are excited to connect with current and new members, and help you feel connected to the division. Our booth will be open during the following times:

- Thursday, March 28 4:00PM - 6:30PM CST
- Friday, March 29 10:00AM - 6:30PM CST
- Saturday, March 30 10:00AM - 2:00PM CST

We are also searching for members willing to volunteer an hour or two of their time to work at the booth together with AADA leaders! This is a wonderful opportunity to sit, chat, and connect with board members and leaders. If you are interested, please contact the AADA Booth Coordinator and Member-at-Large Christian D. Chan at [chanchr2@isu.edu](mailto:chanchr2@isu.edu).

## The AADA 2019 Annual Conference in Chicago!

## Save the Date for the AADA Summer 2019 National Conference!

We will offer a pre-conference session by Dr. Barbara Herlihy on Ethics and Diagnosis (worth 3 CE Hours for \$60!). Our keynote is by Dr. Catherine Roland, ACA Past-President. In addition to the pre-conference session, we will have 1.5 days of education sessions, roundtable sessions, and poster sessions. This includes our PowerPoint-Free Zone of experiential presentations! We will also host a National Leaders Panel featuring Dr. Jane Rheineck, Dr. Michele Kerulis, Joyce Marter, Dr. Christian Chan, Dr. Wendy Killam, and Dr. John Nance!

Below is a selective list of sessions on schedule during the conference:

- Bridging the generational gap: Enhancing pedagogy to engage emerging adults in the study of aging by Dr. Crystal Neal, IAADA President
- Wellness counseling for older adults: From theory to practice by Dr. Philip Clarke and Dr. Matt Fullen
- Mood, mindfulness & movement: Practical interventions to reduce stress and improve mood in older adults by Dr. Michelle Zechner and Mary Beth McDonald
- The power of calm: Basic trauma-informed yoga techniques to restore the mind and body by Dr. Anthony Suarez and Misty Hatch
- Resiliency of trans college students: Implications for counselors and higher education professionals by Dr. Jane Rheineck and Matthew Lonski
- Surviving stroke: Instilling a sense of hope through art therapy by Dr. Dawn Wirick and Dr. Corinna Costello
- Medicare reimbursement for counselors: The results of a national study on Medicare advocacy by Dr. Matt Fullen, Dr. Gerard Lawson, and Jyotsana Sharma
- Journaling, self-talk, and creative meditation: What about those mid-life anxieties? by Dr. Catherine Roland

Participants will be able to earn up to 13 CE units from the pre-conference and conference! AADA has been approved by NBCC as an Approved Continuing Education Provider, ACEP No.1022. Programs that do not qualify for NBCC are clearly identified. AADA is solely responsible for all aspects of the programs.

For registration, please click on the following link:

[Registration](#)

For hotel reservations, please click on the following link:

[Hotel Reservations](#)

If you have any questions, please contact the conference committee at [aadaconference2019@gmail.com](mailto:aadaconference2019@gmail.com)



**Association for Adult Development and Aging  
2019 National Conference  
in Chicago, August 2-3, 2019  
The Wit Chicago  
201 N State Street  
Chicago, IL 60601**

## **A Report from the AADA Older Adults Task Force (OATF)**

The Older Adults Task Force will continue its focus on Practices, Advocacy, and Research that advances the counseling profession's ability to work constructively with people of all ages. You can see here what some of our goals are for 2019:

### **Practices**

- Support practicing counselors who work with older adults
- Support counselor education programs where graduate students with this interest are located

### **Advocacy**

- Support Medicare reimbursement for counselors
- Partner with other ACA divisions to promote importance of issues associated with aging

### **Research**

- Increase the number of aging-related submissions to ACA publications and professional conferences
- Stimulate research through grant funding

### **Next Meeting**

- Please join us in New Orleans during our in-person meeting at the American Counseling Association Conference!
- Thursday, March 28th from 2:00-3:30pm (Hilton New Orleans Riverside, Warwick Room).

If you would like more information, or to join our mailing list, please send a brief note to Matthew Fullen at [mfullen@vt.edu](mailto:mfullen@vt.edu).

Sincerely,

Matthew Fullen, Ph.D.  
Assistant Professor, Virginia Tech  
Chair, AADA Older Adults Task Force

## Adultspan News

Suzanne Degges-White, Ph.D., Editor  
Wendy Killam, Ph.D., Associate Editor

We hope that members are enjoying the articles that are appearing in the journal as of late. We are always eager to provide readers with the information they need to be effective in their roles, so please do not hesitate to let us know if there are topics you feel are absent from the journal that should be addressed. If you have ideas for special issues, please let us know. Our goal is serving AADA members, so please let us know what you need.

For the coming year, we are actively seeking research manuscripts and innovative practice pieces, as well. We want to place our readers at the cutting edge of their professions and encourage members to submit manuscripts or recommend the journal as an excellent publication outlet to colleagues who are seeking to publish their work. Be sure to check out the article from Dr. Sam Gladding in our Spring 2019 issue. We get to learn more about the way that this amazing professional's career took shape over the lifespan.

This past year, we welcomed some new reviewers to our editorial board. These include Mary A. Hermann, a faculty member at Virginia Commonwealth University; Ben Willis, who's at the University of Scranton; and Nathaniel Wagner, at Indiana State University. If you are interested in being a member of the Editorial Review Board, please send a copy of your CV and a letter of interest that highlights your relevant editorial and publication experience to the editor at [adultspanjournal@gmail.com](mailto:adultspanjournal@gmail.com).

*Note:* All AADA members receive free access to the journal which is available online. To access the electronic journal, please use the link below.

Step 1: <https://www.counseling.org/publications/electronic-journal-access-members>

Step 2: Sign in to your ACA account which can be accessed through the link above.



## Advocate for Professional Counseling!

For those interested in advocacy, there are currently a few good opportunities to contact your Senators and Representatives. Here are a couple bills relevant to boosting mental health services and helping the field become more effective.

### H.R. 1109 The Mental Health Services for Students Act

Congressional Mental Health Caucus Co-Chairs, Reps. Grace F. Napolitano (D-CA) and John Katko (R-NY), along with 56 original co-sponsors, proudly introduced H.R. 1109, the Mental Health Services for Students Act, to fund on-site mental health services for youth in schools nationwide. This bill would increase federal funding for therapists and mental health services in schools. Having these services in place can help students treat mental health concerns before they become unmanageable, rather than relying on crisis intervention.

### Mental Health Access Improvement Act

Senators Barrasso (R-WY) and Stabenow (D-MI) have reintroduced a bill in the Senate to enable LPCs to accept Medicare. This would increase access for senior citizens and is especially relevant to the AADA. Additionally, due to the high level of opioid use by senior citizens, better access to mental health services for the elderly could help deal with the opioid crisis. Rep. Thompson (CA-05) and Rep. Katko (NY-24) also reintroduced the bill in the House, so it looks like there could be some momentum growing with this one. If you're contacting a Senator, make sure to mention Senate Bill 286 in your communication.

If you would like more information or if you have questions about how to contact your Congressmen, feel free to reach out to Daniel Fleshner at [Daniel.Fleshner@gmail.com](mailto:Daniel.Fleshner@gmail.com)

**AADA Newsletter Committee**  
[yoonsuh80@gmail.com](mailto:yoonsuh80@gmail.com)

Please consider submitting something for our AADA newsletter in the future! We are always looking for news, updates, events, book recommendations, and articles from our talented membership.

STAY CONNECTED



Association for Adult Development and Aging,  
A Division of the American Counseling Association, Alexandria, VA 22222

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