



Empowering Communities for Life-Long Engagement

June 22-24, 2016
Atlanta Airport Marriott Hotel

Presented by:
Georgia Department of Human Services
Division of Aging Services



ADRC Healthy Communities Summit
June 22-24, 2016
Atlanta Airport Marriott Hotel
Atlanta, Georgia

Conference At-A-Glance

Wednesday, June 22, 2016	
<p>Pre-Intensives</p> <p>8:00am-5:00pm Discounted Price \$60 (normally \$170) Limit 30 people</p> <p>8:00am-2:00pm Free</p> <p>9:00am-12:00pm Free</p>	<ul style="list-style-type: none"> • Mental Health First Aid—8 hours <i>Kim Grier</i> This course will teach you how to help someone who is developing a mental health problem or experiencing a mental health crisis. The training helps you identify, understand, and respond to signs of mental illnesses and substance abuse disorders. • Certified Information and Referral Specialist for Aging and Disability (CIRS-A/D)—6 hours <i>Gloria Jackson-McLean</i> This training will provide participants with competencies for the Aging and Disability Information and Referral/Assistance Programs and AIRS certification • Sustainable HCBS Programs—3 hours <i>Livable Communities</i> Join Livable Communities for Part Two of “Staying Alive: CPR to Sustain Aging Programs.”
1:00 pm – 2:30 pm	Opening General Session
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Workshop Sessions
4:15 pm – 5:15 pm	Hula-hooping No hoop needed! No experience needed! Learn how to hula hoop or practice your skills.
Thursday, June 23, 2016	
7:00 am – 8:15 am	Breakfast
7:30 am – 8:30 am	Conference Registration

8:30 am – 5:30 pm	Tools for Life Demo Get hands-on experience with various types of assistive technology and learn more about what is available for your clients.
8:30 am – 5:30 pm	Neuroplasticity Arcade Participants will have the opportunity to experience a variety of neuroplasticity activities from laughter to exercise to video games and juggling to hula hooping. The goal is to engage the participant in play that can have beneficial health impacts. Research has shown that play activities can help individuals to de-stress, establish interpersonal relations, improve balance and prevent falls and more.
8:30 am – 9:45 am	Workshop Sessions
9:45 am – 10:00 am	Break
10:00 am – 11:15 am	Workshop Sessions
11:15 am – 1:00 pm	Lunch (<i>On Your Own</i>)
1:00 pm – 2:30 pm	General Session
2:30 pm – 2:45 pm	Break
2:45 pm – 4:00 pm	Workshop Sessions
4:00 pm – 4:15 pm	Break
4:15 pm – 5:15 pm	Workshop Sessions
6:30 pm – 11:30 pm	Appreciation Gala Please join us in a celebration of providers, managers, policy writers, and everyone in between for the awesome work you do! This is an upscale event, packed with entertainment and dancing (along with a fabulous dinner!). REGISTRATION IS REQUIRED
Friday, June 24, 2016	
7:30 am – 8:30 am	Breakfast and Hotel Check-Out
7:30 am – 8:30 am	Conference Registration
8:30 am – 10:30 am	Tools for Life Demo Get hands on experience with various types of assistive technology and learn more about what is available for your clients.
8:30 am – 9:45 am	Workshop Sessions
9:45 am – 10:30 am	Networking Break
10:30 am – 11:45 am	Closing Session
11:45 am – 12:00 am	Wrap Up

ADRC Healthy Communities Summit

This conference is designed to provide workshops and general sessions on a variety of topics that focus on healthy aging and healthy living and to improve integration and seamlessness of services to older adults, persons with disabilities, families, and caregivers statewide. We have also expanded our focus to the healthy communities and initiatives that support inclusiveness across the lifespan.

Target Audience

Senior center managers, Area Agency on Aging staff, dietitians, nurses, care coordinators, nutrition service providers, health educators, social workers, Parks & Recreation personnel, caregivers and others involved in planning and providing care for adults and older adults and those with disabilities

Program Credits

Applications have been made to the following organizations (number of hours pending):

- Continuing professional education (CPE) for dietitians from CDR
- CHES (entry-level)/MCHES (advanced-level) Category I continuing education contact hours (CECH) have been made to the National Commission for Health Education Credentialing, Inc. (NCHEC)
- Continuing Education Credit for Social Workers to NASW Georgia.

A Certificate of Attendance will be provided for other conference attendees. Successful completion includes attendance at the entire event/sessions and completion and submission of evaluation forms.

Planners and Presenters disclose no conflict of interest relative to this educational activity.

Hotel Information

The Atlanta Airport Marriott
4711 Best Rd.
Atlanta, Ga 30337
(404) 766-7900

“This premier lodging destination offers five unique dining options and a modern fitness facility, and guests can enjoy easy access to many local attractions and complimentary shuttle service to and from the Atlanta, GA, airport. Choose from an array of indoor and outdoor spaces that will prove ideal for any type of event. Every room features soundproof windows that provide guests the ultimate in peace and quiet.”

Conferees may make reservations. Special room rates for the conference are \$138 per night plus applicable taxes. The 24-hour cancellation policy will be enforced. Please mention that you are attending the Healthy Communities Summit with your stay. **To get the special group rate, you must make room reservations by May 18, 2016. Parking is \$16/day.**

Summit Details

Opening Session

Wednesday, June 22, 2016 1:00 pm – 2:30 pm

Ending Senior Hunger: Imagine the Possibilities

Enid Borden, National Foundation to End Senior Hunger

Enid Borden paints a raw and truthful picture of the severity of senior hunger in America. She not only provides a dose of reality, she challenges the audience to think differently about the problem to have the courage to lead and create change.

Workshop Sessions

Wednesday, June 22, 2016 2:45 pm – 4:00 pm

Senior Meal Programs: Maximizing Today's Resources to End Hunger Tomorrow

Eve Anthony, CEO, Athens Community Council on Aging

Matt Levine, National Foundation to End Senior Hunger

Senior hunger should not exist while 40% of the food in this country is wasted. Every kitchen and dining room has food waste, including those feeding seniors. What if there was a way for nutrition programs to quantify their food waste? What if learning to reduce that waste could save money, ensure better nutrient intake and reduce carbon food prints simultaneously? What if food waste could be turned into a new source of healthful food through senior friendly gardens? All of this is possible. Come hear about how it is being accomplished right here in the State of Georgia.

Older Driver Safety: The State Program and Alzheimer's Association Perspective

Elizabeth Head, GA Department of Public Health, Injury Prevention Program

Denise Yeager, GA Department of Public Health, Injury Prevention Program

Kimberly Franklin, The Alzheimer's Association

This session offers a snapshot of the who, when, why, what type of injuries, and an examination of where crashes happen for older drivers. In addition, the session will highlight the older driver safety program, including the Yellow Dot program; breaking down tough conversations, and resources to help aging drivers. Finally, there will be a discussion about recognizing drivers who have Alzheimer's and how to help them.

Social Security A to Z: Tips to Assist Your Clients

Alicia Lipscomb, Social Security Administration

There are notable differences between Social Security programs. This session will help you identify potential benefits and troubleshoot issues through various channels. Learn how to assist clients in creating “mySocialSecurity” accounts. Understand eligibility requirements for retirement, disability, supplemental security income and Medicare.

Community Resource Collaborative

Karen Nelson, Northwest Georgia Regional Commission and Area Agency on Aging

Learn how one AAA partnered with first responders and community partners to provide outreach and assistance to at-risk, isolated individuals. This simple, yet innovative program has helped the AAA to reach previously unserved individuals who are aging or living with disabilities, and has provided first responders with a way to help address needs that previously might have gone unaddressed.

Workshop Sessions

Thursday, June 23, 2016 8:30 am – 9:45 am

ALL DAY: Tools for Life Lab and Neuroplasticity Arcade

Formal Session in the Neuroplasticity Arcade: Playing For Health

Gwenyth Johnson, DHS Division of Aging Services

Don't just learn! Experience play-based therapy as a means of joyful physical and mental activity. Research has shown that play activities can help individuals to de-stress, establish interpersonal relations, improve balance, prevent falls and more. You will not be sitting during this session; get ready to play and have a tactile sense of the effects on mood, balance, and other aspects of wellness.

Tools for Life Lab

This lab is filled with assistive technology for you to see, hear, and touch! We have updated the lab this year to group products together based on the domains of the DON-R. Learn about the feature-matching tool that is being developed to help enhance the quality of life for our clients, and in many cases, replace a more costly service.

Optimal Mobility: Helping Older Adults to Stay Independent in and out of Their Homes

Gwen Bergen, Centers for Disease Control and Prevention

This session will discuss helping older adults ensure optimal mobility and the health benefits of staying mobile. The focus will be on the new CDC instrument, Mobility Planning Tool, which is currently in development. This tool is aimed at older adults 60-74 and encourages them to think about how their mobility might change as they age and what they can do now to ensure optimal mobility in themselves, their home, and their community.

Partnering with Food Banks to Fight Hunger

Sarah Jackson, Georgia Food Bank Association

Georgia's eight regional food banks distribute more than 130 million pounds of food annually through a network of nearly 2,400 partner agencies and congregations in all 159 counties. This session will provide information on the food bank network in Georgia, their sources of food, and insight into how their community-based network of volunteer agencies operates. The session will discuss how agencies and other groups working with older adults can partner with their regional food bank to address senior hunger.

Using the Standard Medical Expense Deduction to Get or Increase Food Stamp (SNAP) Benefits

Jung Sun Lee, PhD Associate Professor, University of Georgia

Mary Ann Johnson, PhD Professor, University of Georgia

Temitope Walker, PhD Student, University of Georgia

Nancy Lindbloom, JD, Georgia Legal Services Program

The Standard Medical Expense Deduction (SMED) was approved for Georgia in 2015. The SMED has great potential to significantly increase benefit levels for the neediest individuals while decreasing administrative burden among state agencies and partners. This session will cover key facts about the new SMED, available resources and training opportunities, and step-by-step strategies to apply the SMED for older adults and individuals with disabilities.

Visualizing How Georgia Utilizes Services with the Division of Aging Services

Chevas Yeoman, GA Division of Aging Services

A graphical telling of the story of the Division of Aging Services and how our clients have utilized the services we provide. Using internal and external data, the participants will be given a glimpse of where DAS started, our current client base and service trends, and what we expect to see in our near and distant future.

Workshops Sessions

Thursday, June 23, 2016 10:00 am – 11:15 am

Accountable Health Communities

Amy Riedesel, Director of Community Health, Tanner Health System

As a nonprofit hospital in rural western Georgia, Tanner Health System is on the cutting edge of developing community-based programming that supplements clinical setting work. The system utilizes community partners, collaboration and agreement to further enhance community living options that support families where they live, work, learn and play.

Ageless Grace

Sandy Bramlett, Instructor/Trainer at Nia Atlanta

Ageless Grace is a fitness modality that aids in neuroplasticity. It has been successfully used for individuals with Parkinson's disease as well as for aging populations and even in youth programs. It combines movement with function and coordination. This session will be held in the Neuroplasticity Arcade.

Vision Loss: Now What Do I Do?

Kay McGill, Georgia Vocational Rehabilitation Agency

Are you or is someone you know experiencing vision loss or a combined vision and hearing loss? Project Independence could help. Resources—and hope—are available for people who have lost their vision later in life or whose vision has changed over time.

TechSage at Georgia Tech: Technologies to Support Successful Aging with Disability

Elena Gonzalez, Research Scientist, Georgia Institute of Technology

Adults with disabilities are living longer and thus likely to experience age-related declines that can negatively influence their independence and quality of life. There is great potential for technology to provide supportive solutions for people aging with disability. Researchers at Georgia Tech are investigating the unique challenges of these individuals and designing supportive technology-based solutions as part of the Rehabilitation Engineering Research Center on Technologies to Support Successful Aging with Disability (TechSage). This talk will provide an overview of the center's research, development and training efforts and discussion on opportunities for collaboration and community partnerships.

The Oral Health Crisis for Georgia's Older Adults

Eric Napierala, DHS Division of Aging Services

Oral health offers clues about a person's overall health. Poor oral health is found to be correlated with cardiovascular disease, endocarditis, and other adverse health issues. This presentation will shine a light on the importance of oral health, what is being done nationally, and the state of Georgia's efforts to incorporate this health indicator into policy.

General Session

Thursday, June 23, 2016 1:00 pm – 2:30 pm

Strengthening the System of Care for Older Adults Through Collaboration

Eve Byrd, Coordinator of Ambulatory Clinical Sites, Emory University

Mental health and aging coalitions across the country are successfully fostering partnerships between the mental health and aging services networks. This approach helps meet older adults' mental health needs by integrating services and supports. This presentation will highlight the work of the Georgia Coalition on Aging and Behavioral Health.

Workshops Sessions
Thursday, June 23, 2016 2:45 pm – 4:00 pm

A Call for Action! Join the Fight in Georgia Against Abuse, Neglect, and Exploitation

Amanda James, Administrative Director, Georgia Gerontology Society

The abuse, neglect and exploitation (ANE) of at-risk adults in a growing problem in Georgia. Learn what the state is doing to address the issue and how you can join the effort to recognize, report, and possibly prevent the most vulnerable adults from falling victim to these crimes.

Laugh Your Way to Wellness and Engagement

Celeste Greene, Director, Laughter Yoga Atlanta

If you want to unlock wellness and engagement in exercise, laughter is the key. Discover firsthand how to tap into your innate and infinite ability to laugh heartily—and get a cardiovascular workout—through an invigorating Laughter Yoga session. There are no requirements for mats, exercise attire or physical ability. All you need is a willingness to laugh, have fun, and feel great! You will leave feeling joyful, energized, and inspired. This session will be in the Neuroplasticity Arcade.

Socially Engaging Homebound Elders with Selfhelp’s Virtual Senior Center Program

David Dring, Executive Director, Selfhelp Innovations

Learn about the award winning, research-proven Virtual Senior Center program and how it can expand your delivery of care to vulnerable populations, such as homebound older adults. See a demo of the service, hear actual participants share their experiences, and learn how you can incorporate the program into your service mix.

GLSP Services and Hot Topics for the Aging and Disability Community

Marcy Muller, Georgia Legal Services Program

What kinds of cases and clients can you refer to our office? Learn about how Georgia Legal Services program assists with Medicaid, Food Stamps, and TANF; federally subsidized housing; protective orders for victims of domestic violence; powers of attorney, advance directives and wills and much more. The discussion will also cover some of the latest “hot topics” that are of interest to those working with aging or disabled populations.

Engaging with Local Elected Officials: The Impact of Advocacy!

Kathy Floyd, Executive Director, Georgia Council on Aging

Have you ever had the thought, “my vote doesn’t matter” or “I’m just one person”? Well, come to this session to learn why those two statements just aren’t true! Your local legislators can have a huge impact on your program and its funding. Get engaged in advocacy and offer opportunities to those you serve to engage in a fun and meaningful way. You CAN make a difference!

Workshops Sessions
Thursday, June 23, 2016 4:15 pm – 5:30 pm

Innovations in Transportation: Local Success in Bridging the Transportation Gap

Candace Kortovich, Mobility Manager, Senior Services North Fulton
Bob Carr, Founder, Common Courtesy

There is an overwhelming need for transportation options for populations who no longer drive but must still accomplish activities associated with medical, personal, and employment needs. This panel presents potential solutions. Panelists will share their programs, process, and expertise on getting alternative transportation initiatives up and running.

Juggling Life: Finding Balance When Everything is Up in The Air!

Brian Bruggeman, Three Rivers Area Agency on Aging

Learn how to juggle three scarves and identify four life lessons that juggling teaches to reduce stress, improve problem solving skills, and live a healthier lifestyle. This session will be in the Neuroplasticity Arcade.

Developmental Disabilities, Intellectual Disabilities and Mental Illness: Sorting it Out

Maria Lee, Department of Behavioral Health and Developmental Disabilities

Gain a practical perspective of developmental disabilities and intellectual disabilities and become able to distinguish between developmental disabilities and a mental health diagnosis using case examples.

Mission, Possible: The Benefits of Adaptive Technology in Nursing Home Transitions

Jayson "JW" Wright, MFP Specialist, DHS Division of Aging Services
Rachel Wilson, Tools For Life

Explore the results of a pilot between DAS and Tools for Life, using adaptive technology to increase independence. Two pilot areas, one urban and one rural, were targeted to develop a sustainable program to access assistive technology (AT) needs and deliver AT devices. Hear how this pilot influenced the lives and independence of the individuals who were served.

Workshops Sessions
Friday, June 24, 2016 8:30 am – 9:45 am

The Fine Art of Balancing Protection with Self Determination

Evelyn Gay, Georgia Legal Services

Adults have a basic right to make choices, good or bad, and determine the course of their lives. This session will talk about recognizing signs and signals of abuse and neglect (including self-neglect and exploitation). Attendees will be educated on the application of the Supported Decision Making Model to assist people in making choices, increasing access to positive life outcomes and reducing the risk of harm.

“NO” is a Four-Letter Word

Thom Snyder, DHS Division of Aging Services

Saying no to persons in need is hard. This session will explore the Division of Aging Services' policy related to service delivery and client prioritization, the ethical issues surrounding assessments and referrals, and how to overcome our resistance to these difficult conversations.

Special Needs Trusts: What They Are and How to Use Them

David McGuffey, CELA, Elder Law Practice of David L. McGuffey

Individuals with special needs often require access to public benefits or protection of limited funds to give them hope for the future. A special needs trust is a tool used to enhance quality of life for this population. This session will give an overview of special needs trusts, help you determine whether a special needs trust will help, and where to go for assistance.

Developing an Active Shooter Strategy

Jennifer Hogan, DHS Division of Aging Services

Can you recognize the characteristics of active shooter events? Have you devised a plan for surviving an active shooter event? Learn detailed strategies from law enforcement on surviving an active shooter event, increasing your situational awareness, and how to respond to keep your co-workers/clients safe.

Options Counseling: A Win-Win Scenario for Your Business and Your Clients

Sarah Ekart, ADRC Options Counseling Specialist, DHS Division of Aging Services

If you are not currently offering community options counseling, or if your program is not as robust as you would like it, join in this session to get it going! New techniques and tools help emphasize the person as the center of their long-term services and supports decisions. There will be an opportunity to hear success stories and best practices.

Harmony Help

Nicole Hodge, ADRC Specialist, DHS Division of Aging Services

Harmony is scheduled to go live July 1st!! This is your opportunity to **bring your laptop** and get “hands on” instruction with our new database.

Networking

Friday, June 24, 2016 10:00am-10:30am

This is your last chance to visit the amazing vendors and make some new connections!

**Closing Session and Conference Wrap Up
Friday, June 24, 2016 10:30 am – 12:00 pm**

**Engaging Communities through Tiny Art and Creating the Best
Volunteers Ever!**

Karen Anderson, Artist and Director, Tiny Doors ATL

Stacey Singer, Executive Director, Girls Rock Camp ATL

Tiny Doors ATL creates doors in Atlanta neighborhoods with the goal of promoting imagination and interaction through art. The inspiring story of these tiny doors leads to a greater conversation about community and participation in public art. Deepen your understanding of this social movement, and find tangible ways to engage in art for people of all ages and ability levels.

Also, learn from an expert about the practices that have been employed at non-profit Girls Rock Camp ATL to create a viable network of volunteers, including how to create knowledgeable volunteers and how to keep them reliable, committed and engaged.

Wrap Up/Door Prizes/Evaluations

Thank you to our conference partners!

Tools for Life

Department of Behavioral Health and Developmental
Disabilities

Brain Injury Association of Georgia



ADRC Healthy Communities Summit

June 22-24, 2016
 Atlanta Airport Marriott Hotel
 Atlanta, Georgia

Conference Registration

Name _____

Email _____

Organization or Agency _____

Phone _____

Early Registration (before May 1 st)	\$200	
Regular Registration (May 4 th - May 31 st)	\$250	
Late Registration (after June 1 st)	\$275	
One Day Pass	\$115	
One Day Pass (after June 1 st)	\$125	
Mental Health First Aid Training	\$60	
CIRS/A/D Training	FREE	
Sustainable HCBS Programs	FREE	
Required: I plan to attend the Celebration Gala. (free for registered conference participants)	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Celebration Gala-tickets for NON-REGISTERED attendees ONLY	\$45	
Continuing Education Certificates (please check your field below)	\$20	
TOTAL		\$

CEUs

____ Registered Dietitians

____ Health Educators

____ Social Workers

The space for the conference is limited to the first 350 registrants. The full conference registration fee includes instruction, materials, continental breakfast, boxed lunch and celebration dinner on Thursday.

Checks for registration should be made payable to the **“Healthy Aging Trust Fund” (nutrition conference)** and mailed to:

**DHS Division of Aging Services
 2 Peachtree Street, Suite 33-461
 Atlanta, Georgia 30303-3142
 Attn: Angela Johnson**

You may fax the registration form to 404-657-5285, but the check for the registration must follow by mail prior to the conference. For more information, contact Angela Johnson at 404-657-5323.