

JUNE 7-9  
**2017**  
AUGUSTA, GA



# ADRC

HEALTHY COMMUNITIES SUMMIT

*Promoting Community-Focused Collaboration*

Presented by **DHS** | Division of Aging Services

**Conference Partners**

Brain Injury Association of Georgia | Tools for Life, Georgia's Assistive Technology Act Program  
Department of Behavioral Health and Developmental Disabilities | LeadingAge Georgia



**JUNE 7-9, 2017**

**Augusta Marriott at the Convention Center**  
2 Tenth Street | Augusta, GA

## WELCOME!

### **Hello ADRC Healthy Communities Summit Attendees!**

It is my pleasure to welcome you to the 2017 Aging and Disabilities Resource Connection Healthy Communities Summit in beautiful Augusta, Ga. From the venue to the speakers and the topics, this year's conference is designed to educate, inspire and cross-pollinate your efforts with the theme "Promoting Community-Focused Collaboration."

Our aging and disability organizations have a strong history of partnerships. Such collaboration is critical at the macro and micro level in aging services. We are able to see the direct results of strong collaboration relationships. Most notably, in State Fiscal Year 2016, people receiving home and community-based services were able to stay in their homes for 59 months. This is astounding! It means that about 30,000 people remained in the community for almost five years longer than if our services were not available. We also know that approximately 15,000 people receive more than one service, which further highlights the importance of collaborative relationships.

While you are learning and sharing, don't forget about two very special rooms where you can play! The Tools for Life (TFL) Lab offers ideas and solutions for people of any age. In the lab, you get to see exactly how things work, while watching them in action. This is the third year TFL has set up a demo room, and it gets bigger and better every time.

Also, the Neuroplasticity Arcade is back! If you have never ventured inside, this is the year to do it. What could be bad about mixing science and play? Both of these rooms have experts to answer questions, demonstrate techniques and guide you to a new outlook.

I'll close with a great quote by Andrew Carnegie:

*"Teamwork is the ability to work together toward a common vision. The ability to direct individual accomplishments toward organizational objectives. It is the fuel that allows common people to attain uncommon results."*

Best Regards,

**Abby Cox**

Director, Division of Aging Services





## WEDNESDAY, JUNE 7

<b>7:30 a.m. - 9:45 a.m.</b>	Registration & Continental Breakfast
<b>10:00 a.m. - 11:45 a.m.</b>	Conference Opening
<b>11:45 a.m. - 1:15 p.m.</b>	Lunch (on your own)
<b>1:15 p.m. - 2:30 p.m.</b>	Breakout Session 1
<b>2:45 p.m. - 4:00 p.m.</b>	Breakout Session 2
<b>5:00 p.m. - 6:30 p.m.</b>	Reception
<b>Available all day</b>	Tools for Life Demo

## THURSDAY, JUNE 8

<b>7:00 a.m. - 8:15 a.m.</b>	Registration & Breakfast
<b>8:30 a.m. - 9:45 a.m.</b>	Breakout Session 1
<b>10:00 a.m. - 11:15 a.m.</b>	Breakout Session 2
<b>11:15 a.m. - 12:00 p.m.</b>	Tools for Life Demo   Exhibits   Open Play in the Neuroplasticity Arcade
<b>12:00 p.m. - 2:00 p.m.</b>	Awards Ceremony Luncheon
<b>2:15 p.m. - 3:30 p.m.</b>	Breakout Session 3
<b>3:45 p.m. - 5:00 p.m.</b>	Breakout Session 4

## FRIDAY, JUNE 9

<b>7:15 a.m. - 8:15 a.m.</b>	Registration & Breakfast
<b>8:30 a.m. - 10:00 a.m.</b>	Breakout Session 1
<b>10:15 a.m. - 11:30 a.m.</b>	General Session
<b>11:30 a.m. - 12:00 p.m.</b>	Conference Closing



7:30 - 9:45		Registration & Continental Breakfast		
10:00 - 11:45		Conference Opening <i>Abby Cox</i> , Director, Division of Aging Services <i>Carolyn Phillips</i> , Director, Tools for Life	Oglethorpe	
11:45 - 1:15		Lunch (on your own)		
ALL AFTERNOON		Tools for Life Demo Get hands-on experience with various types of assistive technology, and learn more about what is available for your clients.	Hamilton	
BREAKOUT SESSION 1	1:25 - 2:30	Tough Conversations about Driving <i>Elizabeth Head</i> , Program Coordinator, Department of Public Health	Estes A	
		Engaging Local Officials <i>Kathy Floyd</i> , Executive Director, Georgia Council on Aging	Estes B	
		A New Model for Meals in Vidalia <i>Pam Thompson</i> , Owner, Instructional Dietetics Associates, Inc. and Food Fitness First, Inc. <i>Amy Hewett</i> , Senior Nutrition Coordinator, Concerted Services Inc.	Lamar A	
		Collaboration between AAAs and Behavioral Health Providers <i>Kenyatta Walker</i> , Clinical Director, McIntosh Trail Community Service Board <i>Craig Dunn</i> , Program Director, Pathways Center <i>Elaine Tolan</i> , ADRC Lead Counselor, Legacy Link AAA <i>Cynthia Levi</i> , CEO, Avita Community Partners	Lamar C	
		Neuroplasticity Arcade: Video Games <i>Gwenyth Johnson</i> , Livable Communities Section Manager, Division of Aging Services <i>Chris Johnson</i> , Operations Analyst, Division of Aging Services	Walsh	
BREAKOUT SESSION 2	2:45 - 4:00	Optimal Mobility <i>Gwen Bergen</i> , Behavioral Scientist, Centers for Disease Control and Prevention	Estes A	
		Peer Support: Power and Possibility <i>Linda Porgue</i> , Disability Rights Program Director, disABILITY LINK	Estes B	
		Keeping Your Health Fair <i>Megan Stadnisky</i> , Evidence-Based Aging Services Coordinator, DHS Division of Aging Services <i>Elizabeth Head</i> , Program Coordinator, Department of Public Health <i>Shannon Brown</i> , PHAP Associate, Department of Public Health	Lamar A	
		Living Fully with Dementia <i>Walter Coffey</i> , President and CEO, LeadingAge Georgia	Lamar B	
		Neuroplasticity Arcade: Open Play Experience a variety of neuroplasticity activities	Walsh	
5:00 - 6:30		Reception		Oglethorpe



CAROLYN PHILLIPS

DON'T MISS THIS EXCITING KEYNOTE PRESENTATION AT 10 A.M., WEDNESDAY, JUNE 7, OGLETHORPE

Carolyn Phillips is the director of Tools for Life, Georgia’s Assistive Technology Act Program at Georgia Tech. She is also director and principal investigator at National Pass It On Center.

Carolyn will be speaking during our opening session with her presentation, “Lighting the Path to Independence: Exploring Technology and Inclusion for Aging Adults.”

The world around us is evolving at an astounding rate. Assistive Technology, or AT, has been foundational in this evolution and a catalyst for positive, life-changing results for individuals with disabilities, including the aging population. AT can increase opportunities for education, employment, social interactions, safety, home care and more and can be a key component to independent living, especially when there is a focus on technology like apps, tablets, wearables and robotics.

Assistive Technology can be used as an innovative way to provide support for the aging population. Use of AT for older adults is an emerging trend which in many cases improves accessibility, effectiveness, and even affordability of care for seniors. Much of this technology is making significant strides and holds great promise for the future of healthy aging.

Apps on mobile devices are tracking medications, lifestyle changes, activities, and even supplementing traditional therapies and personal care. The increasing personal use of electronic devices and associated apps is helping older adults manage their lives, remain productive, increase independence, and most importantly age in place in the communities of their choice.

This keynote presentation will thoughtfully share information on difficulties encountered by aging adults and provide information on the power of AT during this significant life transition. Discover how technology can provide much-needed relief and hope, not only to those directly affected, but their circle of support as well.





7:30 - 8:15		Registration & Breakfast	
ALL DAY		Tools for Life Demo Get hands-on experience with various types of assistive technology, and learn more about what is available for your clients.	Hamilton
BREAKOUT SESSION 1	8:30 - 9:45	Person-Centered Care and Services <i>Laquaya Garrett</i> , Service Coordinator, The Hellenic Tower <i>Walter Coffey</i> , President and CEO, LeadingAge Georgia	Estes A
		Is Guardianship the Answer? <i>Aimee Stowe</i> , Adult Guardianship Specialist, DHS Division of Aging Services	Estes B
		Concentrating on Caregiving <i>Monica Gilbert</i> , BRI Consultant, Atlanta Regional Commission <i>Mike Patton</i> , Research Project Coordinator, Augusta University <i>Megan Rhea</i> , Caregiver Program Coordinator, CSRA Regional Commission <i>Suzette Binford</i> , Programs Director, Alzheimer's Association GA Chapter	Lamar A
		Are You Prepared for an Active Shooter? <i>Jennifer Hogan</i> , Disaster Preparedness Coordinator, DHS Division of Aging Services	Lamar B
		Neuroplasticity Arcade: Tai Chi <i>Miriam Holland</i> , Head Instructor, Mei Zhong Tai Chi	Walsh
		BREAKOUT SESSION 2	10:00 - 11:15
What Does Medicare Fraud Look Like? <i>Christine Williams</i> , GeorgiaCares Team Lead, DHS Division of Aging Services <i>Jason Blankenship</i> , Director of Business Services, Better Business Bureau	Estes B		
Incapacity Planning <i>Evelyn Gay</i> , Project Director, Elder Rights Project, Georgia Legal Services	Lamar A		
Increase SNAP Benefits <i>Dr. Mary Ann Johnson</i> , Associate Director, Institute of Gerontology, UGA <i>Dr. Whitney Bignell</i> , Post-Doctoral Associate, Department of Foods and Nutrition & Department of Health Policy Management, UGA	Lamar B		
Neuroplasticity Arcade: Open Play Experience a variety of neuroplasticity activities	Walsh		
11:15 - 12:00		Visit Tools for Life, Exhibitors, Neuroplasticity Arcade	
12:00 - 2:00		Awards Ceremony Luncheon	Oglethorpe

2:15 - 3:30	The Behavioral Health Coach <i>Cara Pellino</i> , ADRC Resource Coordinator, Atlanta Regional Commission	Estes A	BREAKOUT SESSION 3
	Incorporating Assistive Technology <i>Peggy Luukkonen</i> , ADRC Program Manager, Coastal Regional Commission	Estes B	
	The Modern Senior Center <i>Jacova Clinkscales</i> , Senior Nutrition Supervisor, Spalding County	Lamar A	
	Access to Employment Opportunities Post-Retirement <i>Derek Phillips</i> , Lead Career Coach, Goodwill Industries North Georgia	Lamar B	
3:45 - 5:00	Neuroplasticity Arcade: Ageless Grace <i>Sandy Bramlett</i> , Master Trainer, Ageless Grace	Walsh	BREAKOUT SESSION 4
	Partnerships in Community Health <i>Katie Perumbeti</i> , Lifelong Communities Active Living Coordinator, Atlanta Regional Commission <i>Lisa Goodin</i> , Health Program Administrator, Fulton County PICH Program	Estes A	
	The Value of Proper Equipment <i>Sue Sharp</i> , Principal/Owner, Mobility Scooters and More	Estes B	
	Leadership Tools and Resources that Support Success <i>David Sprowl and Walter Coffey</i> , Managing Partners, WD International LLC	Lamar A	
	The Intersection of Transportation and Health <i>Mary Blumberg</i> , Manager, Atlanta Regional Commission <i>Cyndi Burke</i> , Mobility Manager, Atlanta Regional Commission	Lamar B	
	Neuroplasticity Arcade: Open Play Experience a variety of neuroplasticity activities	Walsh	

HAVE YOU VISITED THE NEUROPLASTICITY ARCADE?

As we age, it is important to keep our brains and bodies active and developing. Yes, developing! We can continue to grow and learn and develop our brains as we age. Recent research shows that engaging in a variety of play activities can actually help with this development, and it is called neuroplasticity.

We have several breakout sessions planned throughout the conference that will expand on this topic. Along with special sessions, participants will be able to participate in Open Play.

During Open Play, you will have the opportunity to experience a variety of neuroplasticity activities including laughter, exercise, video games, juggling and 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, prevent falls and more.

Attend one of the Neuroplasticity Arcade Breakout Sessions to learn more!



BREAKOUT SESSION 1	7:15 - 8:15	Registration & Breakfast	
	ALL DAY	Tools for Life Demo Get hands-on experience with various types of assistive technology, and learn more about what is available for your clients.	Hamilton
	8:30 - 10:00	Senior Hunger Fighters Meeting <i>Gwenyth Johnson</i> , Livable Communities Section Manager, Division of Aging Services <i>Kandia Al-Haddad</i> , Livable Communities Program Assistant, Division of Aging Services	Estes A
		Housing Overview: Eligibility, Payment Sources and Services <i>Laquaya Garrett</i> , Service Coordinator, The Hellenic Tower <i>David Sprowl</i> , Executive Director, Luterhan Towers <i>Walter Coffey</i> , President / CEO, LeadingAge Georgia	Estes B
		At-Risk Adult Crime Tactics (ACT) <i>Anna Ayers</i> , Special Victims Forensic Specialist, DHS Division of Aging Services	Lamar A
		Harmony in Production <i>Chris Johnson</i> , Operations Analyst, DHS Division of Aging Services <i>Eric Napierala</i> , Operations Analyst, DHS Division of Aging Services	Lamar B
	10:15 - 11:30	General Session Laugh Your Self Well: Laughter Yoga Learn about an innovative health promotion and disease prevention program that uses laughter as a form of exercise to enhance health and wellbeing. <i>Gwenyth Johnson</i> , Livable Communities Section Manager, Division of Aging Services <i>Jennifer Crosby</i> , Wellness Program Coordinator, Heart of Georgia AAA	Oglethorpe
	11:30 - 12:00	Conference Closing Final Remarks 2017 Conference Planning Committee Door Prizes Evaluations	Oglethorpe

## LAUGH YOUR SELF WELL: LAUGHTER YOGA

Laughter Yoga is an innovative health promotion and disease prevention program that uses laughter as a form of physical exercise to enhance health and wellbeing. It has been featured in TIME Magazine, The New Yorker, National Geographic, the Oprah Winfrey Show, ABC and CNN. Laughter Yoga requires only a willingness to choose to laugh. There are no “pretzel poses,” just laughter exercises mixed with deep yogic breathing and gentle stretches.



DON'T MISS THIS FUN & ENGAGING GENERAL SESSION AT 10:15 A.M., FRIDAY, JUNE 9, OGLETHORPE





Wednesday, June 7

BREAKOUT SESSION 1 1:15 - 2:30

**Tough Conversations about Driving: Helping Older Adults Transition from Driving, Emotionally and Physically**

Elizabeth Head | Program Coordinator, Georgia Department of Public Health

How do you begin to articulate the concerns you may have with an older adult who is still driving? Are there resources to help reduce or stop a person from driving? The Department of Public Health has strategies and innovative programs to help with this issue. By the end of this session, you will be able to assist others in starting the conversation with a loved one.

**Engaging Local Officials: The impact of Advocacy**

Kathy Floyd | Executive Director, Georgia Council on Aging

Learn how to engage with your local legislators in a useful way that could impact your program or its funding. Also, learn to engage older adults and people with disabilities in advocacy by offering opportunities that are easy and fun. You can make a difference!

**A New Model for Meals in Vidalia**

Pam Thompson | Owner, Instructional Dietetics Associates, Inc.; Food Fitness First, Inc.  
Amy Hewett | Senior Nutrition Coordinator, Concerted Services Inc.

Two years ago, in the Deep South, an idea was born. Instead of continuing to provide the same old meals the same old way, Pam and Amy engaged their local senior center for ideas and support to try something new. In this session, we will describe the process of one rural county partnering with a local restaurant and their current meal provider to offer a better meal program.

**Collaboration between Area Agencies on Aging and Behavioral Health Providers: A Recipe for Success**

Kenyatta Walker | Clinical Director, McIntosh Trail Community Service Board  
Craig Dunn | Program Director, Pathways Center  
Elaine Tolan | ADRC LEad Counselor, Legacy Link AAA  
Cynthia Levi | CEO, Avita Community Partners

The material we will share is the outcome of a daylong workshop on improving collaboration across systems. We will look at the various roles and responsibilities of the Aging and Disability Resource Connection, Community Care Services Program and Older Americans Act services. We will also discuss next steps for implementing workshops aimed at improving collaboration in all regions.

**Neuroplasticity Arcade: Enhancing the Lives of Older Adults with Video Games**

Gwenyth Johnson | Livable Communities, Division of Aging Services & Chris Johnson | Operations Analyst, Division of Aging Services

It is important to keep our brains and bodies active and developing. Research shows engaging in a variety of play activities can help with this development. Video games are one interesting way to tap in to our neuroplasticity and potentially improve our lives.

BREAKOUT SESSION 2 2:45 - 4:00

**Optimal Mobility: An Update on the CDC's Mobility Planning Tool**

Gwen Bergen | Behavioral Scientist, Centers for Disease Control and Prevention

The CDC is developing a new instrument, the Mobility Planning Tool, which helps older adults plan to ensure optimal mobility as they age. Attendees will get to see the tool, learn about the scientific and theoretical basis for it, and the interesting things the CDC has learned about older adults' knowledge, attitudes and behaviors toward mobility.

**Peer Support: Power and Possibility**

Linda Pogue | Disability Rights and Program Director, disABILITY LINK

Join this interactive presentation to learn about peer support: people with disabilities who act as mentors to other people with disabilities. Linda has spent much of her career developing effective and meaningful curricula for training and supporting peer supporters in Georgia.

**Keeping Your Health Fair (and your participants) from Falling Flat**

Megan Stadnisky | Evidence-Based Aging Services Coordinator, DHS Division of Aging Services  
Elizabeth Head | Program Coordinator, Department of Public Health  
Shannon Brown | PHAP Associate, Injury Prevention Program, Department of Public Health

A successful falls-prevention awareness event can boost participation in evidence-based programs in your region. Learn what partnerships will help you coordinate a meaningful falls prevention awareness event using a tool kit designed by the Department of Public Health. Whether you work directly with older adults and those with disabilities, or work with service providers, this session offers important information.

**Living Fully with Dementia: Changing the Status Quo**

Walter Coffey | President & CEO, LeadingAge Georgia; Managing Partner, WD International

Embrace the global journey of change. Together, we can enable individuals, families, residents and clients to live fully with dementia. In the spirit of "nothing about us without us," be inspired by comments from people living with dementia. Meet the Dementia Action Alliance, the U.S. people's movement for person-centered dementia care and support. Explore current attitudes and practices as well as challenges and opportunities as you imagine how a global movement can make a difference.

**Neuroplasticity Arcade: Open Play**

Participants will have the opportunity to experience a variety of neuroplasticity activities including laughter; exercise, video games and juggling and 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, prevent falls and more.

Thursday, June 8

BREAKOUT SESSION 1 8:30 - 9:45

**Person-Centered Care and Services: What's It All About?**

Laquaya Garrett | Service Coordinator, The Hellenic Tower  
Walter Coffey | President & CEO, LeadingAge Georgia; Managing Partner, WD International

What is the current state of person-centered care and culture change in our country and in Georgia? How do we create a balance between the medical/institutional model and nurturing the spirit of older adults? Join us as we explore the local, state, national and international efforts as well as best practices underway to transform care, services, and support.

**Is Guardianship the Answer?**

Aimee Stowe | Adult Guardianship Specialist, DHS Division of Aging Services

What is the purpose of adult guardianship? This session will give you the information you need to analyze whether pursuing guardianship might be in a person's best interest. Also, learn how to avoid or terminate unnecessary guardianships and the laws that apply in the practice of adult guardianship in Georgia.

**Concentrating on Caregiving: Exploring the Range of Services, Practices, and Innovations around Georgia**

Monica Gilbert | BRI Consultant, Atlanta Regional Commission  
Mike Patton | Research Project Coordinator, Healthy Grandparents Program, Augusta University College of Nursing  
Megan Rhea | Caregiver Program Coordinator, CSRA Regional Commission  
Suzette Binford | Programs Director, Alzheimer's Association Georgia Chapter

Attendees of this panel discussion will learn about caregiving as it relates to Alzheimer's and related dementias, kinship caregiving, Care Consultations and other specialty areas of caregiving. The panelists will share the challenges and opportunities involved in caregiving programs and will enlighten the audience about the range of services in Georgia.



## What Would You Do? Are You Prepared for an Active Shooter?

Jennifer Hogan | Disaster Preparedness Coordinator, DHS Division of Aging Services

The scene: An active shooter has arrived, and he's coming directly toward you. Do you know how to ensure your survival and the survival of your coworkers and clients? There are five things you must do in an active shooter situation. When you leave this session, you will have the skills to quickly assess and respond to an active shooter.

## Neuroplasticity Arcade: Tai Chi

Miriam Holland | Head Instructor, Mei Zhong Tai Chi

Tai Chi is an ancient art that can be used to develop one's life force energy for improved health and increased longevity. You can use the methods of Tai Chi in your daily life to maintain your general health and foster calmness and tranquility as well as reduce blood pressure, increase bone density and reduce stress. Tai Chi is famous for its beautiful, slow circular movements.

## BREAKOUT SESSION 2 10:00 - 11:15

### The Journey of the Zucchini: Developing a Farm-to-Table Health and Wellness Curriculum

Allyn Rippin | Director, Center for Active Living, Athens Community Council on Aging

The HealthyU program was developed by ACCA's Center for Active Life to provide older adults with the knowledge, confidence and skills needed to make healthy diet and lifestyle choices. The six-month program followed the "journey of the zucchini" from seed to plate to soil, and included trips to local farms, cooking and composting demonstrations, and planting and harvesting in the garden. Discover how you can create effective health promotion tools and programming that is fun and engaging.

### What Does Medicare Fraud Look Like and What Can I Do About It?

Christine Williams | GeorgiaCares Team Lead, DHS Division of Aging Services

Jason Blankenship | Director of Business Services, Better Business Bureau

This session will educate you on the basic and expert fraud tactics in Medicare Parts A, B, C and D. Once fraud is detected, learn the next steps for stopping it in its tracks! This session is recommended for professionals who work with clients with Medicare, Georgia's State Health Insurance Assistance Program (SHIP), or Senior Medicare Patrol (SMP).

### Incapacity Planning: Preserving Independence, Protecting Resources, and Maintaining Security

Evelyn Gay | Project Director, Elder Rights Project, Georgia Legal Services

Get informed about what capacity is in legal, financial and health care decision contexts and causes of loss of capacity. You will leave this session equipped to identify and implement legal and family solutions for clients with diminished capacity and their caregivers.

### Using the Standard Medical Expense Deduction to Help Increase SNAP (food stamp) Benefits

Dr. Mary Ann Johnson | Associate Director, Institute of Gerontology, UGA

Dr. Whitney Bignell | Post-Doctoral Associate, departments of Foods & Nutrition and Health Policy Management, UGA

Low-income seniors may receive more SNAP benefits with the Standard Medical Expense Deduction (SMED). Dr. Johnson and Dr. Bignell are community-based nutrition health educators and experts in older adult's needs related to food and nutrition assistance programs. This session will be an in-depth explanation of the medical expenses that can be counted toward the SMED, and how to complete, submit, and follow-up with the paperwork to support the SMED as part of the Senior SNAP application.

### Neuroplasticity Arcade: Open Play

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 participants in activities that have beneficial health impacts. Research has shown that these activities can help to establish interpersonal relations, improve balance, prevent falls and more.

## BREAKOUT SESSION 3 2:15 - 3:30

### The Behavioral Health Coach: An Extension of the Aging and Disability Resource Connection

Cara Pellino | ADRC Resource Coordinator, Atlanta Regional Commission

The Atlanta Regional Commission has established the role of a Behavioral Health Coach who serves older adults and people with disabilities living in public housing. The model has proven successful in linking behavioral health services to individuals who have fallen through the cracks and are at risk of eviction. This session will provide an overview of the model and outcomes from the service, as well as the cost of providing the service.

### Rocket Scientist Not Required! Incorporating an Assistive Technology Component to Your Service Package

Peggy Luukkonen | ADRC Program Manager, Coastal Regional Commission

There are so many ways in which you can help people with disabilities live more independently through the use of technology. You will get the opportunity to visit the assistive technology lab built at Coastal AAA-ADRC via Rosy the Telepresence Robot and get a first-hand look at how to integrate both high-tech and low-tech items into a program for yourself. Also, learn about funding opportunities.

### The Modern Senior Center: Meeting the Demands of the Aging Community

Jacoya Clinkscales | Senior Nutrition Supervisor, Spalding County

It is critical that communities provide multipurpose senior centers that meet the needs of multiple generations to remain relevant. A successful senior center effectively engages and addresses the needs of all within the aging population. To meet the needs, modern senior centers must leverage resources and partnerships within the community. This presentation examines the "buy-in" needed by both older adults and public partners to achieve such goals, as well as the importance of maintaining choice and agency when developing activities and events.

### Access to Employment Opportunities Post-Retirement

Derek Phillips | Lead Career Coach, Goodwill Industries North Georgia

Lifelong learning is considered an aspect of overall personal wellness. Goodwill Career Centers offer classes and training programs to help those looking for new opportunities post-retirement. When you leave this session, you will be equipped with tips and strategies for coaching your own program participants to diversify their resumes to remain competitive in the job market.

### Neuroplasticity Arcade: Ageless Grace

Sandy Bramlett | Master Trainer, Ageless Grace

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.

## BREAKOUT SESSION 4 3:45 - 5:00

### Partnerships in Community Health: A Program to Prevent Chronic Disease

Katie Perumbeti | Lifelong Communities Active Living Coordinator, Atlanta Regional Commission

Lisa Goodin | Health Program Administrator, Fulton County PICH Program

Fulton County has the highest number of individuals affected by chronic diseases of any county in the state. The Atlanta Regional Commission is working with a coalition composed of organizations to improve opportunities for physical activity and implement Complete Streets policies. Partnerships in Community Health (PICH) is a CDC program to help communities prevent chronic disease. Learn about best practices and how to improve a community's livability for persons of all ages.

### The Value of Proper Equipment: the Most Useful Types of Assistive, Safety, and Mobility Devices

Sue Sharp | Principal/Owner, Mobility Scooters and More

Living safely in your environment with a high quality of life can be achieved when the right technology is used. Gain knowledge on various safety and assistive devices on the market, and learn the proper use of the items. Also, learn about the return on investment of proper equipment to address the needs of the individual. Equipment will be available for use in this session.





Leadership Tools and Resources that Support Success

David Sprowl | Managing Partner, WD International, LLC  
Walter Coffey | Managing Partner, WD International, LLC; President & CEO, LeadingAge Georgia

Successful organizations are ones where leaders thrive throughout. Attendees of this workshop will explore what effective leaders understand in order to support and transform their organization. The significance of personal transformation, where our base of power comes from and how to use it, as well as tools for success will be presented.

The Intersection of Transportation and Health

Mary Blumberg | Manager, Strategic Planning and Development, Aging and Health Resources, Atlanta Regional Commission  
Cyndi Burke | Mobility Manager, Atlanta Regional Commission

Access to transportation is a crucial component of health. The Atlanta Regional Commission is employing a multi-prong approach to increase vulnerable residents' access to health care and related daily needs so that they can remain healthy and independent. This session will explore ARC's comprehensive transportation strategies to improve the system from planning to implementation.

Neuroplasticity Arcade: Open Play

Participants will have the opportunity to experience a variety of neuroplasticity activities. The goal is to engage participants in activities that have beneficial health impacts. Research has shown that these activities can help to establish interpersonal relations, improve balance, prevent falls and more.

Friday, June 9

BREAKOUT SESSION 1 8:30 - 10:00

Senior Hunger Fighters Meeting

Gwenyth Johnson | Livable Communities, Division of Aging Services & Kandia Al-Haddad | Livable Communities, Division of Aging Services

This session will bring the entire group up-to-date on the progress with the five workgroups from the Senior Hunger Summit, the process on the state plan to address senior hunger, and the work of three AAAs and their nine senior centers on the What A Waste program. If you are not currently engaged with this work, please join us to find out how you can become a part of the solution.

Housing Overview: Eligibility, Payment Sources, and Services

Laquaya Garrett | Service Coordinator, The Hellenic Tower  
David Sprowl | Executive Director, Lutheran Towers  
Walter Coffey | Managing Partner, WD International, LLC; President & CEO, LeadingAge Georgia

This session will provide information on types of housing including eligibility and payment options as well as typical services provided. This workshop will focus on the challenges facing providers and residents in affordable-housing settings. Speakers will present the role of the service coordinator, serving as a connector to supportive services, and the importance of community collaborations.

At-Risk Adult Crime Tactics Course (ACT)

Anna Ayers | Special Victims Forensic Specialist, DHS Division of Aging Services

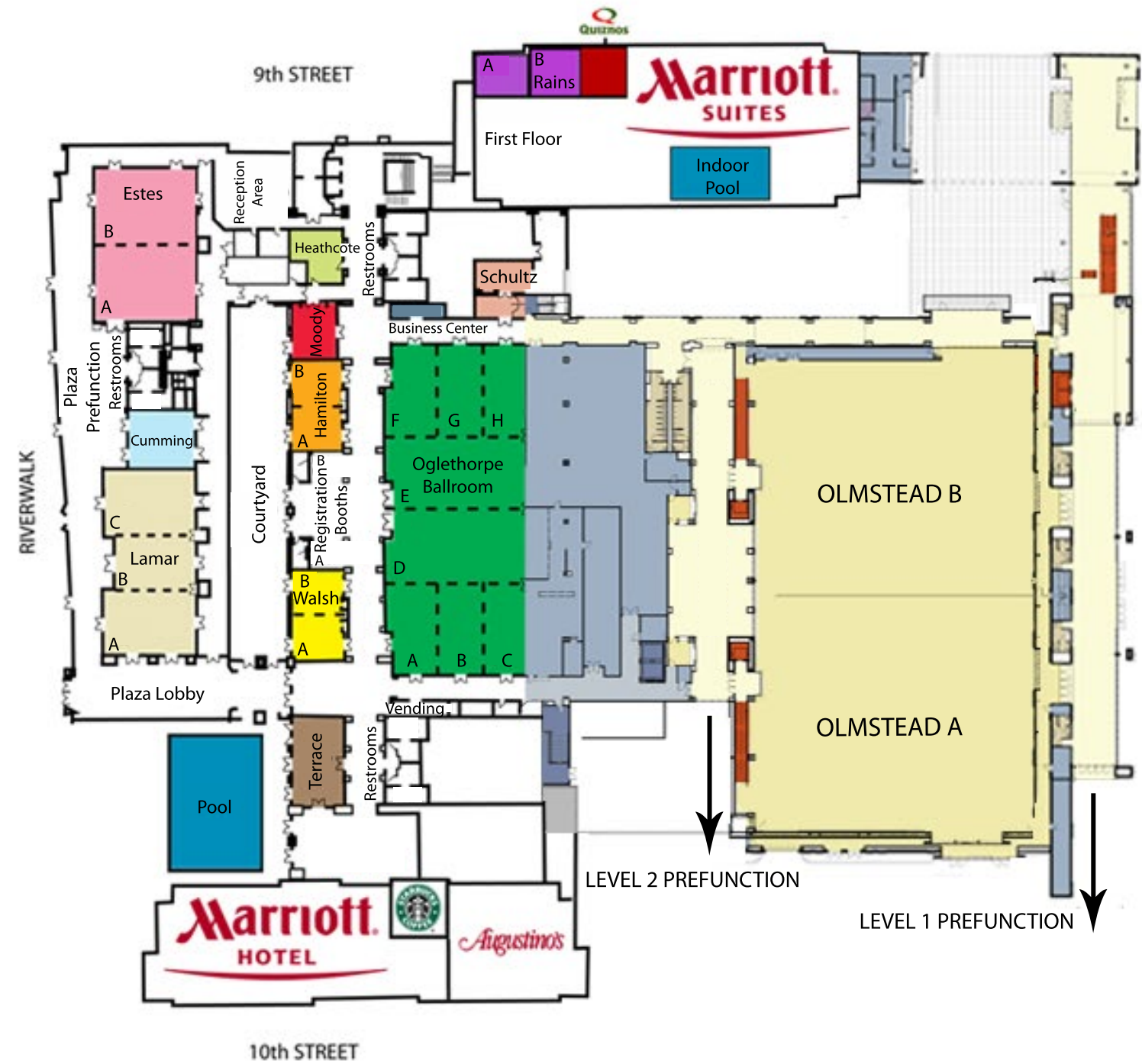
Anna currently teaches the At-Risk Adult Crime Tactics Course, a two-day class designed to equip primary and secondary responders with the knowledge and skills to address at-risk adult crime. The class includes simulated case studies that focus on identifying types of abuse. Service providers, social service workers and adult protective service workers will all benefit from this session.

Harmony in Production

Chris Johnson | Operations Analyst, DHS Division of Aging Services & Eric Napierala | Operations Analyst, DHS Division of Aging Services

Now that Harmony has been live for almost one year and everyone has had some experience with it, we can start refining how we use the tool. Useful tips and the advantages this system brings will be presented. This breakout will also include a Q&A session.

Augusta Marriott at the Convention Center  
2 Tenth Street | Augusta, GA



[illegible]This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





### **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.