



2018

May 16-18

MARRIOTT COURTYARD DECATUR



ADRC

HEALTHY COMMUNITIES SUMMIT

lifelong communities
20 YEARS IN THE MAKING

Presented by **Department of Human Services** | Division of Aging Services

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

Proud sponsor of the 20th annual ADRC Healthy Communities Summit Conference



WELCOME



Abby Cox
Director
Division of Aging
Services

Welcome!

Hello ADRC Healthy Communities Summit attendees:

It is my pleasure to welcome you to the 2018 Aging and Disabilities Resource Connection Healthy Communities Summit in Decatur, Georgia. This is our 20th Summit and I could not be more proud of the speakers and topics you will hear about over the next three days.

I hope you will take advantage of the new conference tracks as they should help you focus on the sessions that will be of most interest to you. Each track has been designed to maximize your experience during the summit. Additionally, the Tools for Life demo room and the Neuroplasticity Arcade are back and bigger than ever. Both rooms have experts to answer questions, demonstrate techniques, and guide you to a new outlook.

The ADRC Healthy Communities Summit has again brought together stakeholders and professionals in the field of aging and disabilities, nutrition and wellness experts, and the very best people who provide services to our most vulnerable community members. For the next few days, there will be thoughtful discussion and sharing of best practices to do our most important work: helping individuals age in place in the communities of their choice.

I want to thank you for your hard work. It is my sincere hope that you connect with someone new, learn something new and leave the 2018 ADRC Healthy Communities Summit feeling inspired and energized.



CONFERENCE AT A GLANCE



7:30 - 9:45 a.m.	Registration and continental breakfast	WEDNESDAY May 16
10 - 11:45 a.m.	Conference opening and keynote presentation	
11:45 a.m. - 1:15 p.m.	Lunch (on your own)	
1:15 - 2:30 p.m.	Breakout session 1	
2:45 - 4 p.m.	Breakout session 2	
5:30 - 7 p.m.	Reception	
All Day	Tools for Life Demo Room	

7 - 8:15 a.m.	Registration and breakfast buffet	THURSDAY May 17
8:30 - 9:45 a.m.	Breakout session 1	
10 - 11:15 a.m.	Breakout session 2	
11:15 a.m. - 12 p.m.	Tools for Life Demo Room	
	Open play in the Neuroplasticity Arcade Exhibits	
12 - 2 p.m.	Awards ceremony luncheon and keynote presentation	
2:15 - 3:30 p.m.	Breakout session 3	
3:45 - 5 p.m.	Breakout session 4	

7:15 - 8:15 a.m.	Registration and breakfast buffet	FRIDAY May 18
8:30 - 10 a.m.	Breakout session 1	
10:15 - 11:45 a.m.	General session	
11:45 a.m. - 12 p.m.	Conference closing	



7:30 - 9:45 Registration and continental breakfast

10:00 - 11:45 Conference opening

Keynote presentation

Dr. Bamidele Adeyemo, Medical Director of Rehabilitation
Wellstar Health Systems, Atlanta Medical Center

Decatur Ballroom

11:45 - 1:15 Lunch (on your own)		
Breakout session 1	1:15 - 2:30	Track: Senior Center Addressing Senior Hunger in Georgia: A Nonprofit Approach Swanton
		Track: Professional and Organizational Development Counseling Tools for Everyday Use Henry Oliver F
		Track: Community Living Minority Older Individuals: What is Your Definition? Mary Gay C
		Track: Rights and Resources Vocational and Other Veteran Administration Resources Decatur Ballroom
		Neuroplasticity Arcade Art with Outcomes: Benefits of the Arts in Senior Living Avondale
Breakout session 2	2:45 - 4:00	Track: Senior Center Senior Center In-House Cooking Programs: Considerations and Creating a Successful Plan of Action Decatur Ballroom
		Track: Professional and Organizational Development Person-Centered Planning in Options Counseling Henry Oliver F
		Track: Community Living What am I Eating? Mary Gay C
		Track: Rights and Resources Medicare Denied the Claim; What Do I Do Now? Decatur Ballroom
		Neuroplasticity Arcade Shaping Shades of Gray: Chair Yoga Avondale
5:30 - 7:00		Reception Let us formally welcome you to the ADRC Healthy Communities Summit! This is a great way to meet your fellow attendees and make some new connections. We will have two performances this year that you won't want to miss! Decatur Ballroom

7:00 - 8:15 Registration and breakfast

Breakout session 1	8:30 - 9:45	Track: Senior Center Fun Diabetes Workshop — an Oxymoron? Swanton
		Track: Professional and Organizational Development Going Platinum: The Rare Mettle of Sustainability Decatur Ballroom
		Track: Community Living How do Older Adults Get Around? Planning for & Managing Mobility Changes Henry Oliver F
		Track: Rights and Resources What Elderly Legal Assistance Program Attorneys Do: Difficult Cases and Creative Solutions Mary Gay C
		Neuroplasticity Arcade Open play Avondale
Breakout session 2	10:00 - 11:15	Track: Senior Center Innovating Extensions of Federal Programs to Address Senior Hunger Decatur Ballroom
		Track: Professional and Organizational Development Engaging Older Adults in the World of Volunteerism Henry Oliver F
		Track: Community Living Oral Health for Older Workers: Dental Care for Senior Community Service Employment Program Participants Mary Gay C
		Track: Rights and Resources Medicare Scams and Fraud in Georgia Swanton
		Neuroplasticity Arcade Balanced Brain Stimulation Through Chess Avondale
11:15 - 12:00		Tools for Life Demo Room, Exhibits Decatur Ballroom
12:00 - 2:00		Awards Ceremony Luncheon Decatur Ballroom
Keynote presentation Carol Pryor, Consultant Billy Snider, Partnership Manager, Government and Nonprofit, Lyft Inc.		
Breakout session 3	2:15 - 3:30	Track: Senior Center Georgia Farmers Market Association's Implementation of Oldways' A Taste of African Heritage Program Decatur Ballroom
		Track: Professional and Organizational Development SNAP-SMED Online Training for Professionals to Help Increase SNAP Benefits in Older Adults Mary Gay C
		Track: Community Living Ensuring Access to Healthy Food Where Seniors Live, Learn, Work, Play and Pray Swanton
		Track: Rights and Resources Understanding the Adult Protective Services Report and Investigation Henry Oliver F
		Neuroplasticity Arcade Tai Chi / Taijiquan Avondale
Breakout session 4	3:45 - 5:00	Track: Senior Center Piecing Together Your Falls Prevention Awareness Day Event Henry Oliver F
		Track: Professional and Organizational Development Monitoring as a Tool for Program Development Swanton
		Track: Community Living Involving Your Community of Older Adults in Research with the Georgia Clinical and Translational Science Alliance Decatur Ballroom
		Track: Rights and Resources Georgia's No Wrong Door System of Long Term Services and Supports Mary Gay C
		Neuroplasticity Arcade Laughter Yoga Avondale

ALL AFTERNOON!

Tools for Life Demo Room [Henry Oliver E]
Get hands-on experience with various types of assistive technology, and learn about what is available for your clients.



7:15 - 8:15 Registration and breakfast

Breakout session 1	8:30 - 10:00	Therapeutic Diets Made Simple with More CHOICE	Decatur Ballroom
		Service Learning in Nonprofit Agencies: Developing Professionals You Want to Work With	Swanton
		Reframing Aging-Building Momentum to Build Support for Older Adults	Henry Oliver F
		Truth and Lies About the Opioid Epidemic: From the Big Picture to The Reality in Georgia	Mary Gay C

10:15 - 12:00 General Session

Decatur Ballroom

Improving Your Hands-On Skills for Giving Care
Teepa Snow, Founder, Positive Approach, LLC
Final Remarks
Door Prizes
Evaluations



Dr. Bamidele Adeyemo, Medical Director of Rehabilitation
Wellstar Health Systems, Atlanta Medical Center

Dr. Adeyemo is a Harvard Medical School-trained neurorehabilitation physiatrist. His interests include the full spectrum of rehabilitation but center on brain injury awareness, fall risk management, concussion management, and advocacy for disability. He has worked with WHO consultants and the Harvard Project of Disability to explore nongovernmental organization development with the aim of improving health care quality systems. Join Dr. Adeyemo as he shares insightful information on the emergent frontier of brain injury treatment and research.

Brain Injury and Disability: Neuroplasticity and the Steps to Recovery
Wednesday, May 16 | 10 a.m. | Decatur Ballroom

MEET OUR SPEAKERS



Teepa Snow, Founder
Positive Approach, LLC

Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia. Teepa's philosophy is reflective of her education, work experience, medical research, and firsthand caregiving experiences. Teepa's personal mission is to help others better understand how it feels to live with dementia. She utilizes her gifts of role play to demonstrate behavioral states and stages of dementia. This results in greater understanding for her audiences. Her company, Positive Approach, LLC, was founded in 2006 and offers person centered training opportunities in the United States, Canada, Australia and the UK.

Improving Your Hands-on Skills for Giving Care
Friday, May 18 | 10:15 a.m. | Decatur Ballroom

This session will help individuals use effective strategies for helping people with dementia. It will emphasize the value of matching helping behaviors to the person's needs and retained abilities to promote a sense of control and self-direction. This session will be of value to you whether or not you work directly with people with dementia.



Billy Snider, Partnerships Manager — Government and Nonprofit
Lyft Inc.

Georgia Medicaid Waiver Transportation Lyft Initiative
Wednesday, May 16 | 12 p.m. | Decatur Ballroom

Transportation remains at the top of the list of needed services in Georgia. In this session, you will hear about a test case conducted through the Department of Behavioral Health and Developmental Disabilities to provide transportation services to individuals through the ride-sharing company, Lyft. You will learn about how to create a simple, streamlined process and use automated systems to provide accountability in the utilization of funds for transportation services. This is one you won't want to miss!



Carol Pryor, Consultant

BREAKOUT SESSIONS

BREAKOUT SESSIONS



WEDNESDAY, MAY 16

BREAKOUT SESSION 1

TRACK: SENIOR CENTER

Addressing Senior Hunger in Georgia, A Nonprofit Approach

[1:15 - 2:30 | Swanton]

Patti Lyons, President, Senior Citizens Inc.
Debra Furtado, CEO, Senior Connections Atlanta
Norm Graves, CEO, Middle Flint Council on Aging

To address the issue of senior hunger, Georgia set out to develop a collaborative state plan. Data was collected around the state, workgroups pulled individuals from many organizations, and in September 2017 a state plan was developed. Four leaders from nonprofit meal providers will talk about the issues, best practices and challenges in meeting the needs of their communities.

TRACK: PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT

Counseling Tools for Everyday Use

[1:15 - 2:30 | Henry Oliver F]

Sheila Milikin, MFP Transition Coordinator,
Middle Georgia Area Agency on Aging

Many times in our lives we find ourselves in the role of counselor. We may not have a degree or license for counseling, but nonetheless, many of us find ourselves with clients, family or friends who are in distress and having a difficult time in their lives. This session will discuss counseling concepts and skills that can be used when dealing with people facing emotional difficulties.

TRACK: COMMUNITY LIVING

Minority Older Individuals: What is Your Definition?

[1:15 - 2:30 | Mary Gay C]

James R. Moorhead, Aging Services Coordinator,
Division of Aging Services
Lokyee Lee, Intern, Division of Aging Services

There is a lack of definition on what populations are considered "minority" or "underserved" by state and area plans on aging in the United States. This presentation will highlight key findings on data collected from state plans on aging from all 50 states. Differences and similarities between how minority and underserved were defined on state and local levels will be discussed, along with recommendations to assist aging networks with improving their outreach to such populations.

TRACK: RIGHTS & RESOURCES

Vocational and Other Veteran Administration Resources Available for Veterans

[1:15 - 2:30 | Decatur Ballroom]

Tracy Roberts, Community Employment Coordinator,
U.S. Department of Veterans Affairs

The VA provides services to veterans who are returning to work, including housing and healthcare needs. Through the VA, they may get connected to employers, vocational service providers and other wraparound services. Learn about all the programs and services the VA has to offer veterans who are returning to work.

NEUROPLASTICITY ARCADE

Art With Outcomes: Benefits of the Arts in Senior Living

[1:15 - 2:30 | Avondale]

Derrick B. Bryant, Owner, Art by Benetez, LLC and Colorfest Inc.

Join Derrick in the Arcade to learn how to introduce older adults to art programs and learn about the amazing benefits they bring. Derrick has been a professional artist for 15 years.

BREAKOUT SESSION 2

TRACK: SENIOR CENTER

Senior Center In-House Cooking Programs: Considerations & Creating a Successful Plan of Action

[2:45 - 4:00 | Decatur Ballroom]

Larkin Kelly, Priority Nutrition Care Dietetic Intern,
University of Georgia

What are the benefits of starting an in-house cooking program at your senior center? What factors must be taken into consideration? Larkin Kelly has the experience as a food service, farm-to-table and menu-development expert to answer these important questions. Let her help you make a personalized plan of action for developing an in-house cooking program at your site.

TRACK: PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT

Person-Centered Planning in Options Counseling

[2:45 - 4:00 | Henry Oliver F]

Lorraine Barr, Options Counseling Specialist,
Division of Aging Services

Join this lively and interactive presentation to learn how options counseling can be delivered using a person-centered approach. Lorraine Barr is currently responsible for providing training to all options counselors and Minimum Data Set Section Q options counselors across the state. If you are an ADRC counselor, a case manager, transition coordinator or options counselor, join this session to learn from the best!

TRACK: COMMUNITY LIVING

What am I Really Eating?

[2:45 - 4:00 | Swanton]

Gloria Jackson-McLean, Social Services Program
Coordinator, Division of Aging Services

In this interactive workshop, participants will thoroughly examine food labels and gain an understanding of how some foods affect the body and overall health. Gloria is a certified health educator with more than 10 years of experience. Let her show you how taking control of your health begins with taking charge of what you eat.

TRACK: RIGHTS & RESOURCES

Medicare Denied the Claim — What Do I Do Now?

[2:45 - 4:00 | Mary Gay C]

Christine Williams, GeorgiaCares Program Team Lead,
Division of Aging Services

Learn when and how to file a Medicare appeal. The process may seem daunting, but you will be confident after this session! Learn to read a Medicare Summary Notice and Explanation of Benefits, and gain strategies to help clients with Medicare billing issues for Parts A, B, C and D.

NEUROPLASTICITY ARCADE

Shaping Shades of Gray: Chair Yoga

[2:45 - 4:00 | Avondale]

Naima Lewis, Certified Yoga Therapist,
Hyer Dynamic Healthy Discoveries, Inc.

This session will provide those who serve young and older seniors with age-appropriate mat and chair yoga techniques, proven to enrich well-being and increase longevity.

BREAKOUT SESSIONS

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THURSDAY, MAY 17

BREAKOUT SESSION 1

TRACK: SENIOR CENTER

Fun Diabetes Workshop — An Oxymoron?

[8:30 - 9:45 | Swanton]

Jeana Partington, Task Manager, Diabetes Care, Alliant Quality

There is a great need in many communities for access to diabetes information. This presentation will describe the diabetes self-management education curriculum: the Diabetes Empowerment Education Program (DEEP). This six-week evidence-based program is offered at no cost through Alliant Quality. Through the use of adult learning principles, the workshops use fun and engaging ways to help participants consider how to improve their health. Learn how to get a workshop scheduled at your senior center, senior housing or church.

TRACK: PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT

Going Platinum: The Rare Mettle of Sustainability

[8:30 - 9:45 | Decatur Ballroom]

Dionne Lovett, Director, Coastal AAA
Pam Rogers, Program Manager, Coastal AAA
Jennifer Crosby, Wellness Coordinator, Heart of Georgia AAA
Julie Hall, Director, Middle Georgia AAA

This session will highlight the sustainability journeys of three Georgia Area Agencies on Aging. Participants will learn how each agency prepared for and implemented its sustainability projects and how to translate this information to their organizations.

TRACK: COMMUNITY LIVING

How Do Older Adults Get Around? Planning for and Managing Mobility Changes

[8:30 - 9:45 | Henry Oliver F]

Laurie Beck, Epidemiologist, Centers for Disease Control and Prevention
Gwen Bergen, Behavioral Scientist, Centers for Disease Control and Prevention

As people age, their mobility — or ability to go where they want to go, how they want to go and when they want to go — declines. Limited mobility can result in a lack of access to health care, reduced social interaction and limits to independence. The first part of this session will present what the CDC’s National Center for Injury Control and Prevention has learned during the process of developing an older adult mobility planning tool. The second part of the session will focus on the primary method of older adult mobility — driving.

TRACK: RIGHTS & RESOURCES

What Elderly Legal Assistance Program Attorneys Do: Difficult Case and Creative Solutions

[8:30 - 9:45 | Mary Gay C]

Robert W. Bush, Senior Staff Attorney, Georgia Legal Services Program, Inc.

This session will illustrate the substance and breadth of Title III legal services, starting with a quick review of Elderly Legal Assistance Program (ELAP) standards before moving on to a discussion of challenging cases and other instances of representation. You will leave this session with a better understanding of the challenges of legal representation of seniors and the scope of legal services funded by Title III.

NEUROPLASTICITY ARCADE

Open Play

[8:30 - 9:45 | Avondale]

Participants will have the opportunity to experience a variety of neuroplasticity activities including laughter, exercise, 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 help individuals de-stress, establish interpersonal relations, improve balance, prevent falls and more.

BREAKOUT SESSION 2

TRACK: SENIOR CENTER

Innovating Extensions of Federal Programs to Address Senior Hunger

[10:00 - 11:15 | Decatur Ballroom]

Rachael Kane, Director of Programs, Wholesome Wave Georgia

This presentation will explore innovative, nonprofit-led programs that use federal assistance programs to reach more seniors and create lasting effects on senior hunger. Attendees will learn about programs that reduce barriers to applying for food stamps, raise senior benefit amounts, and match those benefits to cover the higher cost of healthier foods.

TRACK: PROFESSIONAL & ORGANIZATIONAL DEVELOPMENT

Engaging Older Adults in the World of Volunteerism

[10:00 - 11:15 | Henry Oliver F]

Pamela Hurst, State Volunteer Coordinator, Division of Aging Services

Through interactive learning and lively discussions, participants will learn how tapping into the assets (skills and time) of older volunteers can strengthen agencies and improve the quality of life for older adults. This session will show you best practices in recruiting senior volunteers and effective ways to attract senior volunteers.

TRACK: COMMUNITY LIVING

Oral Health for Older Workers: Dental Care for Senior Community Service Employment Program Participants

[10:00 - 11:15 | Mary Gay C]

Jessica Adiyiah, Program Assistant, Division of Aging Services
Almaz Akalewold, SCSEP Coordinator, Division of Aging Services
Eric Napierala, Operations Analyst, Division of Aging Services

Oral health impacts the overall health and psychological well-being of an older adult. This presentation will focus on how oral health can influence employment opportunities. An overview of barriers and common gaps of current research about dental care for older adults will be discussed.

TRACK: RIGHTS & RESOURCES

Medicare Scams and Fraud in Georgia

[10:00 - 11:15 | Swanton]

Fletcher Blalok, Office of Inspector General, Department of Human Services

Scams and fraud in Georgia are becoming more sophisticated. In this session, you will learn about current scams and what you can do to prevent them.

NEUROPLASTICITY ARCADE

Balanced Brain Stimulation Through Chess

[10:00 - 11:15 | Avondale]

Anuhya Tapepalli, President, Chess for a Cause

One of the challenges our society faces comes from nuclear households — with kids getting little or no exposure to grandparents in their formative years. Understand how intra-generational programs provide invaluable experiences, replacing apathy with knowledge, sensitivity and a perspective on the age-related challenges among seniors.



THURSDAY, MAY 17, CONTINUED

BREAKOUT SESSION 3

TRACK: SENIOR CENTER

Georgia Farmers Market Association’s Implementation of Oldways’ A Taste of African Heritage Program

[2:15 - 3:30 | Decatur Ballroom]

Sagdrina Jalal, Executive Director,
Georgia Farmers Market Association

Learn how the Georgia Farmers Market Association has partnered with Oldways to engage populations with limited access to farmers markets in our state. This session will not only introduce participants to A Taste of African Heritage, it will also provide a pathway to creating this culturally relevant food education model in more Georgia communities.

TRACK: PROFESSIONAL &
ORGANIZATIONAL DEVELOPMENT

SNAP-SMED Online Training for Professionals to Help Increase SNAP Benefits in Older Adults

[2:15 - 3:30 | Mary Gay C]

Whitney E. Bignell, Assistant Professor,
Department of Health Policy and Management and
Mary Ann Johnson, Flatt Professor in Foods &
Nutrition, University of Georgia

Older adults are less likely than younger individuals and families to apply to the Supplemental Nutrition Assistance Program (SNAP). Also, very few older adults apply for the Standard Medical Expense Deduction (SMED), which can help increase the amount of SNAP benefits. This presentation will show you how to complete an online training to improve your skills in helping older adults apply for SNAP and SMED.

TRACK: COMMUNITY LIVING

Ensuring Access to Healthy Food Where Seniors Live, Learn, Work, Play, and Pray

[2:15 - 3:30 | Swanton]

Kayla Anderson, Director of Nutrition Services,
Open Hand Atlanta

Seniors face complex challenges when accessing fresh food and consequently experience serious health threats such as diet-related diseases. Open Hand’s Budget Box program streamlines programming through a collaborative point-of-service model that delivers education and direct access to Fulton County senior high-rise clients over the course of six months. This session outlines the Budget Box program design and provides information on a validated health outcomes tracking tool that features development and implementation, including recognition of barriers and best practices.

TRACK: RIGHTS & RESOURCES

Understanding the Adult Protective Services Report and Investigation

[2:15 - 3:30 | Henry Oliver F]

Barbara Pastirik, Manager, Division of Aging Services
Sharee Rines, Trainer, Division of Aging Services

Learn about different types of Adult Protective Services cases and when a report is warranted. Learn the process of practicing protective services with adults and review case studies.

NEUROPLASTICITY ARCADE

Tai Chi / Taijiquan

[2:15 - 3:30 | Avondale]

Miriam Holland, Founder and Head Instructor,
Mei Zhong Yang Style Taijiquan Association

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.

BREAKOUT SESSION 4

TRACK: SENIOR CENTER

Piecing Together Your Falls Prevention Awareness Day Event

[3:45 - 5:00 | Henry Oliver F]

Elizabeth Head, Injury Prevention Specialist,
Department of Public Health
Megan Stadnisky, Evidence-Based Aging Services
Coordinator, Division of Aging Services

A panel of unique partners will show you how to successfully implement a Falls Prevention Awareness Day (FPAD) event. You will receive an FPAD planning toolkit, leave with contact information for a Walgreens vendor for your event, and hear success stories of FPAD events and year-round falls prevention related programming.

TRACK: PROFESSIONAL &
ORGANIZATIONAL DEVELOPMENT

Monitoring as a Tool for Program Development

[3:45 - 5:00 | Swanton]

Connie White, HCBS Program Coordinator,
Atlanta Regional Commission
Meghan Murphy, HCBS Program Coordinator,
Atlanta Regional Commission

Monitoring is usually viewed as a necessary part of any funded service with its review guides and checklists. Learn how to identify trends through citations and develop training and checklists to help centers and subcontractors be successful and improve their programs. You will also learn how to use the trending citations when contracting with vendors and/or issuing requests for proposals.

TRACK: COMMUNITY LIVING

Involving Your Community of Older Adults in Research with the Georgia Clinical and Translational Science Alliance

[3:45 - 5:00 | Decatur Ballroom]

Mary Ann Johnson, Flatt Professor in Foods and Nutrition,
Associate Director, Institute of Gerontology, UGA
Deborah Murray, Associate Dean Extension and Outreach,
College of Family and Consumer Sciences, UGA
Tabia Henry Akintobi, Associate Professor of Community
Health and Preventive Medicine, Morehouse School
of Medicine
Michelle Kegler, Professor, Department of Behavioral
Sciences and Health Education, Rollins School of
Public Health, Emory University

The goal of the Georgia Clinical and Translational Science Alliance (GaCTSA) is to improve the health and well-being of all Georgians through research. The GaCTSA is a \$52 million, NIH-funded clinical and translational research project that involves Emory University, Morehouse School of Medicine, Georgia Tech and University of Georgia. The GaCTSA is reaching out to all Georgians, including those living in rural areas, children, and older adults to alleviate health disparities.

TRACK: RIGHTS & RESOURCES

Georgia’s No Wrong Door System of Long-Term Services and Supports

[3:45 - 5:00 | Mary Gay C]

Cheryl Harris, Section Manager, Access to Services,
Division of Aging Services

This session will provide a description of the No Wrong Door (NWD) system from the national perspective and will review Georgia’s NWD plan. This will include the background of the Aging & Disability Resource Connection and the network of community and statewide partners.

NEUROPLASTICITY ARCADE

Laughter Yoga

[3:45 - 5:00 | Avondale]

Gwenyth Johnson, Section Manager,
Division of Aging Services

Laughter yoga is a unique program that uses laughter exercises and deep yoga breathing to facilitate prolonged laughter. The program has demonstrated through a number of research studies to be beneficial for overall health, cardiovascular health, mental health and stress management.



FRIDAY, MAY 18

BREAKOUT SESSION 1

Therapeutic Diets made Simple with more CHOICE
[8:30 - 10:00 | Decatur Ballroom]

Pam M. Thompson, Owner, Food Fitness First, Inc.
The Food Spirals program is designed to make meal planning easy and fun! Learn how to use the Food Spirals for different diets like Renal, Diabetes, Plant Based and Low Sodium. Also, see the new app which is simple for anyone to use.

Service Learning in Non-Profit Agencies: Developing Professionals You Want to Work With
[8:30 - 10:00 | Swanton]

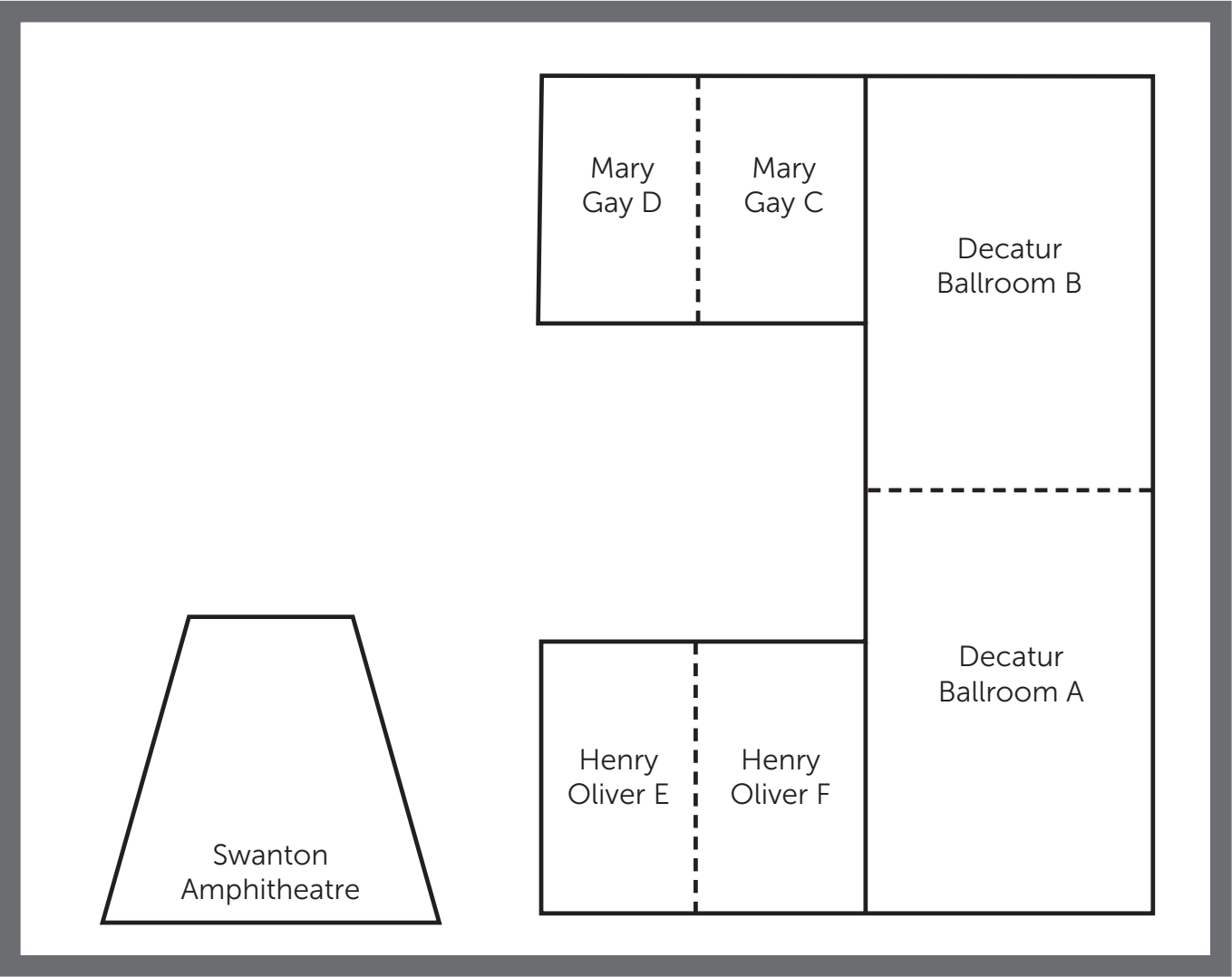
Christine Bittle, Community Programs Director, Legacy Link Area Agency on Aging
Lisa Howard, Wellness Coordinator, Legacy Link Area Agency on Aging
This session will provide information on why using interns in your agency is a good idea. Christine Bittle was an intern for 650 hours at Legacy Link, and Lisa Howard has managed the intern program at Legacy Link since 2012. Learn how to best use the skills and ideas service learning students bring to your agency. Leave knowing where to look for interns and what goals and skills benefit both the intern and the organization.

Reframing Aging-Building Momentum to Build Support for Older Adults
[8:30 - 10:00 | Henry Oliver F]

Cara Pellino, Aging & Disability Resource Connection Resource Coordinator, Atlanta Regional Commission
Katie Perumbeti, Lifelong Communities Coordinator, Atlanta Regional Commission
How can the field of aging help build a better understanding of aging and ageism, and create public support for the actions necessary to create a more age-integrated society? How do we make aging appealing and exciting to consumers, policymakers, businesses and funders? To answer these questions, the FrameWorks Institute created the Gaining Momentum Toolkit, which contains research-based strategies that can be used to create more effective communications. We will review exciting, fresh materials that incorporate the strategies to attract new consumers to the Aging & Disability Resource Connection (ADRC).

Truth and Lies About the Opioid Epidemic: From the Big Picture to The Reality in Georgia
[8:30 - 10:00 | Mary Gay C]

Dr. James C. Craig, Medical Director, Highland Rivers
Jennifer Hogan, Disaster Preparedness Coordinator, Division of Aging Services
Unfortunately, too many people are dying from opioid overdose in Georgia and in the United States. The aging network has a role to play in prevention, treatment and recovery. In this workshop, we will learn about the facts and myths about the opioid crisis as it relates to older adults and those with disabilities. We will also review the state plan on the opioid epidemic and hear the specific steps Georgia will be taking to tackle this issue.



Marriott Courtyard Decatur





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The State Health Insurance
Assistance Program (SHIP)
and
Senior Medicare Patrol (SMP)
for Georgia

Call 1-866-552-4464 (Option 4) or visit www.mygeorgiacares.org



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, care receivers, individuals 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:

- 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.