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

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

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<td>8:30 - 10 a.m.</td>
<td>Breakout session 1</td>
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<tr>
<td>10:15 - 11:45 a.m.</td>
<td>General session</td>
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<tr>
<td>11:45 a.m. - 12 p.m.</td>
<td>Conference closing</td>
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WEDNESDAY, MAY 16

7:30 - 9:45  Registration and continental breakfast
10:00 - 11:45  Conference opening

To the Best of My Ability

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

11:45 - 1:15  Lunch (on your own)

1:15 - 2:30  Breakout session 1
- 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

2:45 - 4:00  Breakout session 2
- 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

THURSDAY, MAY 17

7:00 - 8:15  Registration and breakfast

8:30 - 9:45  Breakout session 1
- 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

10:00 - 11:15  Breakout session 2
- 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  Breakout session 3
- Tools for Life Demo Room, Exhibits
  Open Play in the Neuroplasticity Arcade

- Awards Ceremony Luncheon
  Keynote presentation
  Carol Pryor, Consultant
  Billy Snider, Partnership Manager, Government and Nonprofit, Lyft Inc.

12:00 - 2:00  Breakout session 4
- Tools for Life Demo Room
  Open Play in the Neuroplasticity Arcade

2:15 - 3:30  Breakout session 3
- 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-DEMD 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

3:45 - 5:00  Breakout session 4
- 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
FRIDAY, MAY 18

MEET OUR SPEAKERS

**Registration and breakfast**

**8:30 - 10:00**

- **Therapeutic Diets Made Simple with More CHOICE**
  - Swanton

- **Service Learning in Nonprofit Agencies: Developing Professionals You Want to Work With**
  - Henry Oliver F

- **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**

- **Improving Your Hands-On Skills for Giving Care**
  - Teepa Snow, Founder, Positive Approach, LLC

- **Final Remarks**

- **Door Prizes**

- **Evaluations**

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**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.

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**Brain Injury and Disability: Neuroplasticity and the Steps to Recovery**

Wednesday, May 16 | 10 a.m. | Decatur Ballroom

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.

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**Carol Pryor**, Consultant

**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!
### 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.

**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: RIGHTS & RESOURCES**

**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**

**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.

**Breakfast & Networking**

| 2:30 - 3:15 | Location TBA |

**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.
BREAKOUT SESSIONS

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.

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.

BREAKOUT SESSIONS

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.

BREAKOUT SESSIONS

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 SESSIONS

TRACK: SENIOR CENTER

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.

BREAKOUT SESSIONS

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.

BREAKOUT SESSIONS

TRACK: 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.
Helping older adults apply for SNAP and SMED.

Complete an online training to improve your skills in (SMED), which can help increase the amount of SNAP apply for the Standard Medical Expense Deduction Assistance Program (SNAP). Also, very few older adults and families to apply to the Supplemental Nutrition Assistance Program for Older Adults (SNAP-SMED) Online Training for Professionals to create 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 | 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: RIGHTS & RESOURCES**

**Understanding the Adult Protective Services Report and Investigation**

[2:15 - 3:30 | Swanton]

Barbara Pastirk, 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**

**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.

**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: COMMUNITY LIVING**

**Ensuring Access to Healthy Food Where Seniors Live, Learn, Work, 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.

**BREAKOUT SESSIONS**

**BREAKOUT SESSIONS**

**BREAKOUT SESSION 3**

**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

**TRACK: COMMUNITY LIVING**

**Neuroplasticity Arcade**

[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**

**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.

**BREAKOUT SESSIONS**

**BREAKOUT SESSIONS**

**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.
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.
GeorgiaCares is a volunteer-based program that provides free, unbiased and factual Medicare information and assistance to beneficiaries and their caregivers. GeorgiaCares helps people with Medicare understand their benefits, make informed decisions about health care options and provide ways to protect themselves from Medicare fraud, error and abuse.

GeorgiaCares
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.