

Department of Human Services | 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 Development Disabilities

# HEALTHY COMMUNITIES SUMMIT

*taking care. taking charge. taking control.*

JUNE 19-21  
**2019**

*the desoto, savannah*



# ADRC

HEALTHY COMMUNITIES SUMMIT



## Hello ADRC Healthy Communities Summit attendees:

It is my pleasure to welcome you to the 2019 Aging and Disabilities Resource Connection (ADRC) Healthy Communities Summit in Savannah, Georgia. This is our 21st Summit and I could not be more proud of the speakers and topics you will hear about over the next three days.

This year, the theme for the Summit is "Taking Care, Taking Charge, Taking Control." For me, this means taking care of myself, my health, and my attitude. Over the course of the next few days I hope you find out what this theme means for you and your work. We have sessions covering topics like bullying, ageism, and mobility, to name a few. I am especially excited to have the Virtual Dementia Tour as part of the conference this year and hope you will take part in this transformative experience.

The ADRC Healthy Communities Summit has again brought together stakeholders and professionals in the fields of aging and disabilities, nutrition and wellness experts, and the very best providers of 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 2019 ADRC Healthy Communities Summit feeling inspired and energized.



**Abby Cox**  
Director,  
Division of Aging Services







## DAY 1

**Wednesday, June 19**

|               |                                             |
|---------------|---------------------------------------------|
| 8:00 - 9:45   | Registration & Continental Breakfast        |
| 10:00 - 11:45 | Conference Opening and Keynote Presentation |
| 11:45 - 1:15  | Lunch (on your own)                         |
| 1:15 - 2:30   | Breakout Session 1                          |
| 2:45 - 4:00   | Breakout Session 2                          |
| 4:30 - 6:00   | Reception                                   |
| All Day       | Tools For Life Demo Room                    |

## DAY 2

**Thursday, June 20**

|               |                                                   |
|---------------|---------------------------------------------------|
| 7:00 - 8:15   | Registration & Breakfast Buffet                   |
| 8:30 - 9:45   | Breakout Session 1                                |
| 10:00 - 11:15 | Breakout Session 2                                |
| All Day       | Tools For Life Demo Room / Exhibits               |
| 12:00 - 2:00  | Awards Ceremony Luncheon and Keynote Presentation |
| 2:15 - 3:30   | Breakout Session 3                                |
| 3:45 - 5:00   | Breakout Session 4                                |

## DAY 3

**Friday, June 21**

|               |                                 |
|---------------|---------------------------------|
| 7:15 - 8:15   | Registration & Breakfast Buffet |
| 8:30 - 10:00  | Breakout Session 1              |
| 10:15 - 11:45 | General Session                 |
| 11:45 - 12:00 | Closing                         |

|               |                                                                                                                           |                  |
|---------------|---------------------------------------------------------------------------------------------------------------------------|------------------|
| 8:00 - 9:45   | Registration & Continental Breakfast                                                                                      | Madison Ballroom |
| 10:00 - 11:45 | Conference Opening Session<br>"Prepare to Care"<br>Dr. Lois Ricci, Volunteer, AARP of Georgia                             | Oglethorpe       |
| 11:45 - 1:15  | Lunch on your own<br>Explore beautiful Savannah!                                                                          |                  |
| ALL DAY       | Tools for Life Demo Room                                                                                                  | Pulaski          |
| 1:15 - 2:30   | Breakout Session 1                                                                                                        |                  |
|               | Track: Senior Center<br>"Becoming a High-Performing Congregate Nutrition Program"                                         | Harborview       |
|               | Track: Professional & Organizational Development<br>"Ethics and Fee-for-Service: A Conversation"                          | Sapelo           |
|               | Track: Community Living<br>"Expanding Housing Options in Your Community"                                                  | Cumberland       |
|               | Track: Rights & Resources<br>"Benefits Tracking"                                                                          | Ossabaw          |
| 2:45 - 4:00   | Breakout Session 2                                                                                                        |                  |
|               | Track: Senior Center<br>"From Ageism to Social Consciousness; To Dream the Impossible Dream"                              | Ossabaw          |
|               | Track: Professional & Organizational Development<br>"Efficiency & Effectiveness in Workflow"                              | Cumberland       |
|               | Track: Community Living<br>"How the CDC is Working to Keep Older Adults Fall-free, Mobile and Independent"                | Sapelo           |
|               | Track: Rights & Resources<br>"Powers of Attorney, Guardianships and Client Capacity: Legal Representation of Persons 60+" | Harborview       |
| 4:30 - 6:00   | Reception<br>Meet your fellow attendees and make new connections! See a performance you won't want to miss!               | Madison Ballroom |



**Day 1 | June 19 | "Prepare to Care" | Oglethorpe | 10:00 a.m.**

AARP's Prepare to Care Guide is a practical tool to help you care for your family member or close friend. You'll find information, resources and checklists to help you get organized and find the support that you might need. You will also learn the importance of preparing for the inevitable caring of a loved one and the importance of self-care during the process.

Dr. Lois J. Ricci is a long-time AARP volunteer and served as a member of the AARP Georgia Executive Council. Lois was a facilitator/instructor for AARP's Wise Use of Medicines Program, The Caregiver Support Program and the 50+ worker Project. Each of these programs provided a valuable tool for the aging population and older adults. Dr. Ricci serves as a board member for the Georgia Gerontology Society.



**Dr. Lois Ricci**  
Volunteer,  
AARP of Georgia

DON'T MISS THE  
**TOOLS FOR LIFE  
DEMO ROOM!**

Get hands-on experience with various types  
of assistive technology and learn more about  
what is available for your clients.

OPEN THROUGHOUT THE SUMMIT | **PULASKI**

# Day 1 Breakout Sessions

## BREAKOUT SESSION 1 [ 1:15 ]

Track: Senior Center

### **"Becoming a High-Performing Congregate Nutrition Program"**

*Matthew Levine*, President,  
National Foundation to End Senior Hunger  
[ Harborview ]

What are the benefits of becoming a high-performing congregate nutrition program and how can it help end senior hunger in Georgia? Join us for a panel discussion on what is being done in the state, strides that have been taken and challenges others have overcome to become "high performing." Programs that have participated in What A Waste will share their best practices in the subject areas that can qualify a congregate nutrition program as high performing.

Track: Professional and Organizational Development

### **"Ethics and Fee-for-Service: A Conversation"**

*Gaynor Cheokas*, Director, Center for Business and Economic Development and Associate Professor of Management, Georgia Southwestern State University  
*Cheryl Mann*, Co-founder, Atlanta Home Care Partners, Inc.  
*Eve Anthony*, Chief Executive Officer, Athens Community Council on Aging  
[ Sapelo ]

This is a panel discussion that will focus on ethical considerations and practices when implementing a fee-for-service model in a social services agency setting. The panel will identify issues related to fee-for-service programs and offer strategies to resolve these issues. A conversational approach is intended to maximize the opportunity for agency staff to talk about their concerns in a service model traditionally targeted to low-income persons and to talk about possible resolutions to these concerns.

Track: Community Living

### **"Expanding Housing Options in Your Community"**

*Marty Collier*, Housing Coordinator, The Statewide Independent Living Council of Georgia  
[ Cumberland ]

Marty Collier has worked in the housing field for over 25 years as a policy analyst, advocate, trainer and consultant. This session will deepen your knowledge of housing solutions for your community that are affordable, accessible and integrated into the community. She will discuss approaches to expand housing opportunities in your community with local officials, getting homes modified to accommodate a disability, identifying affordable units in your community, working with developers to encourage increased production and reviewing and commenting on government plans for local housing funds.

Track: Rights and Resources

### **"Benefits Tracking"**

*Pat King*, RN, Manager, Forensics Special Initiatives Unit, Division of Aging Services  
[ Ossabaw ]

In Georgia there is emerging crime targeting vulnerable adults to gain access to their monthly benefits and perpetrate various types of abuse, theft and fraud. After this session, you will be able to identify indicators of benefits tracking and risk factors for benefits tracking.





### BREAKOUT SESSION 2 [ 2:45 ]

Track: Senior Center

#### **"From Ageism to Social Consciousness; To Dream the Impossible Dream"**

*PK Beville*, Founder and CEO Emeritus, Second Wind Dreams

*Gwenyth Johnson*, Acting CEO, Second Wind Dreams  
[ Ossabaw ]

We all shake our heads when we hear about injustices experienced by our aging counterparts. This is the story of how to put a stake in the ground, stand up for the rights of aging and get your community engaged. It's the story of perseverance and dedication to a cause much bigger than ourselves. Join us as we explore how our personal stories play a part in how we set the stage around us and whether that stage is inclusive or exclusive.

Track: Professional and Organizational Development

#### **"Efficiency and Effectiveness in Workflow"**

*Karen Nelson*, ADRC Team Lead/Transitions Specialist, DHS Division of Aging Services  
[ Cumberland ]

This session will focus on ways to improve your workflow to reduce stress and increase productivity. Anyone who works in a high-volume environment will want to attend this breakout. Participants will learn methods for prioritizing, managing and increasing the efficiency of the workflow.

Track: Community Living

#### **"How the CDC is Working to Keep Older Adults Fall-free, Mobile and Independent"**

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

*Briana Moreland*, Epidemiologist, Oak Ridge Institute for Science and Education/CDC  
[ Sapelo ]

Join us in this session as we identify resources for preventing older adult injury while ensuring optimal mobility. Learn about the data on falls and fall injury risk, identify effective evidence-based fall prevention strategies and discuss how to ensure optimal older adult mobility. The falls prevention topic will focus on the relevance of STEADI, a clinical falls prevention initiative, for those working with community-dwelling older adults.

Track: Rights and Resources

#### **"Powers of Attorney, Guardianships and Client Capacity: Legal Representation of Persons 60+"**

*Robert W. Bush*, Senior Staff Attorney, Georgia Legal Services Program, Inc.  
[ Harborview ]

When representing clients who have diminished capacity to participate and guide their representation, attorneys must apply unique legal principles. In this workshop, Robert Bush will explain those principles, and discuss the differences between powers of attorney and legal guardianships. The session will include an interactive discussion of actual case scenarios, which will allow attendees to participate in the analysis and decision-making process associated with such representation.

|                      |                                                                                                                                                                        |                         |
|----------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| <b>7:00 - 8:15</b>   | <b>Registration &amp; Breakfast</b>                                                                                                                                    | <b>Madison Ballroom</b> |
| <b>8:30 - 9:45</b>   | <b>Breakout Session 1</b>                                                                                                                                              |                         |
|                      | Track: Senior Center<br>"Noncompliance by Clients with Behavioral Health Issues: Whose Problem is it Anyway?" [ PART 1 ]                                               | Cumberland              |
|                      | Track: Professional & Organizational Development<br>"Partnership for a Smooth Transition Home: Know Your Rights"                                                       | Sapelo                  |
|                      | Track: Community Living<br>"Evolution of a Statewide, Evidence-based Program for Caregiving Families in Georgia"                                                       | Ossabaw                 |
|                      | Track: Rights & Resources<br>"Georgia Memory Net: The Role of Assessment Clinics"                                                                                      | Harborview              |
| <b>10:00 - 11:15</b> | <b>Breakout Session 2</b>                                                                                                                                              |                         |
|                      | Track: Senior Center<br>"Noncompliance by Clients with Behavioral Health Issues: Whose Problem is it Anyway?" [ PART 2 ]                                               | Cumberland              |
|                      | Track: Professional & Organizational Development<br>"The See-Saw Effect"                                                                                               | Ossabaw                 |
|                      | Track: Community Living<br>"Redefining Aging Well"                                                                                                                     | Sapelo                  |
|                      | Track: Rights & Resources<br>"Living Well with a Disability"                                                                                                           | Harborview              |
| <b>ALL DAY</b>       | <b>Tools for Life Demo Room</b>                                                                                                                                        | <b>Pulaski</b>          |
| <b>ALL DAY</b>       | <b>The Virtual Dementia Tour</b>                                                                                                                                       | <b>Lafayette</b>        |
| <b>12:00 - 2:00</b>  | <b>Awards Ceremony Luncheon &amp; General Session</b><br>"Cultivating Empathy for People Living with Dementia"                                                         | <b>Madison Ballroom</b> |
| <b>2:15 - 3:30</b>   | <b>Breakout Session 3</b>                                                                                                                                              |                         |
|                      | Track: Senior Center<br>"Motivational Interviewing Techniques"                                                                                                         | Harborview              |
|                      | Track: Professional & Organizational Development<br>"University & Area Agency on Aging Partnership for Workforce Development"                                          | Ossabaw                 |
|                      | Track: Community Living<br>"Taking Care, Taking Charge, Taking Control: Assistive Technology for Successful Aging"                                                     | Cumberland              |
|                      | Track: Rights & Resources<br>"Navigating Information and Resources from Hospital to Home to Community: Resources for Brain Injured Individuals and Their Families"     | Sapelo                  |
| <b>3:45 - 5:00</b>   | <b>Breakout Session 4</b>                                                                                                                                              |                         |
|                      | Track: Senior Center<br>"Senior Center Innovations: Department of Human Services and Thanks Mom & Dad Fund Partnership"                                                | Sapelo                  |
|                      | Track: Professional & Organizational Development<br>"Optimizing Interns and Volunteers to Improve Organizational Sustainability and Programmatic Efficiency"           | Harborview              |
|                      | Track: Community Living<br>"What is the Centers for Disease Control and Prevention (CDC) doing to better understand and improve safe transportation for older adults?" | Ossabaw                 |
|                      | Track: Rights & Resources<br>"Assistive Technology for Hearing and Non-Auditory Access"                                                                                | Cumberland              |

**Day 2 | June 20 | "Cultivating Empathy for People Living with Dementia" | Madison Ballroom | 12:00 p.m.**

The world can be a daunting place to negotiate for those living with dementia. The impact of dementia goes far beyond the individual with the disease, farther even than the effect on the family and local community. Dementia has become a societal imperative, with profound influence on businesses, health care and the economy. Developing empathy results in a better understanding of the physical and cognitive challenges faced by those living with dementia, which empowers us to provide them with better care and support.

Melora Jackson is the Virtual Dementia Tour® Clinical Manager for Second Wind Dreams. She has a B.A. in Psychology from Whitworth University in Spokane, Washington and holds a Master of Science in Human Development & Family Studies with a Gerontology emphasis from Colorado State University. She is a Certified Mental Health Therapist and a graduate of the Stennis Institute for Government at Mississippi State University. She is a Certified Facilitator for the Stanford University Chronic Disease Self-Management Program. She is a Certified Dementia Trainer, and a Certified Trainer of the Virtual Dementia Tour® with Second Wind Dreams®.



**Melora Jackson**  
Virtual Dementia Tour  
Clinical Manager,  
Second Wind Dreams

# CHECK OUT THE VIRTUAL DEMENTIA TOUR!

During the Virtual Dementia Tour experience, trained facilitators guide participants through common everyday tasks and exercises while outfitted with patented devices that alter their senses. The tour enables caregivers to experience for themselves the physical and mental challenges those with dementia face and use the experience to provide better person-centered care. Registration is required.

OPEN ALL DAY ON DAY 2 | **LAFAYETTE**



## Day 2 Breakout Sessions

### BREAKOUT SESSION 1 [ 8:30 ]

Track: Senior Center

#### **"Noncompliance by Clients with Behavioral Health Issues: Whose Problem is it Anyway?" | PART 1**

*Eve Byrd*, Director, Mental Health Program  
The Carter Center  
[ Cumberland ]

Too often we blame our clients who have behavioral health issues when they are noncompliant with treatment recommendations when the real issue may be inadequate linkage to services between aging and behavioral health providers. This two-part presentation will start with a frank discussion on the issue and involve audience participation and case presentation highlighting challenges attendees have experienced. Part 2 will include a discussion outlining how several AAAs have established collaborations and partnerships that have resulted in improved compliance, communication, service linkage and client outcomes.

Track: Professional and Organizational Development

#### **"Partnership for a Smooth Transition Home: Know Your Rights"**

*Melanie McNeil*, State Ombudsman, Department of Human Services  
*Kristi Fuller*, Assistant Project Director, Georgia Health Policy Center, Georgia State University  
*Lorraine Barr*, Options Counseling Specialist, DHS Division of Aging Services  
*Valerie Everett*, Money Follows the Person/Options Counselor/Nursing Home Transitions Program Manager, B&B Care Services Inc.  
[ Sapelo ]

Nursing homes have been impacted by the new Long-Term Care Services and Supports initiatives created by the Affordable Care Act. This session will illustrate the level of complexity and teamwork involved with the ADRC in transitioning nursing home residents to the least restrictive environment of choice. Learn about coordination and ongoing communication among the ombudsman, ADRC, and service provider that provides an opportunity for sharing information and resources, identifying options for collaboration to assist residents and ensuring the voices of residents are heard.

Track: Community Living

#### **"Evolution of a Statewide Evidence-based Program for Caregiving Families in Georgia"**

*Elizabeth Blount*, Care Consultation Program Manager, Rosalynn Carter Institute for Caregiving  
*David Watkins*, Aging Program Specialist, DHS Division of Aging Services  
*Nikki Duke*, Care Consultant, Coastal Region AAA  
[ Ossabaw ]

This presentation will showcase the evolution of the Georgia Benjamin Rose Institute Care Consultation (BRI CC) project. Implemented via partnership between the Georgia Division of Aging Services and the Rosalynn Carter Institute for Caregiving, BRI CC is an effective and practical caregiving family intervention. This presentation will also highlight the Care Consultant and caregiving family partnership in addressing caregiving challenges.

Track: Rights and Resources

#### **"Georgia Memory Net: The Role of Memory Assessment Clinics"**

*Laura Medders*, Clinical Social Worker and Social Services Lead, Georgia Memory Net  
*Victoria Helmly*, Georgia Alzheimer's & Related Dementias State Plan Coordinator, DHS Division of Aging Services  
*Julie Hall*, Director, Middle Georgia AAA  
[ Harborview ]

This presentation will be an overview of Georgia Memory Net. The panel will cover the goals of Georgia Memory Net and will detail the workflow of the Memory Assessment Clinics (MACs). This will include how clients can be referred to the clinics from primary care physicians and how clients are connected to community services. The panelists will share their experience with the project and their roles in the workflow.



### BREAKOUT SESSION 2 [ 10:00 ]

Track: Senior Center

#### **"Noncompliance by Clients with Behavioral Health Issues: Whose Problem is it Anyway?" | PART 2**

*Eve Byrd*, Director, Mental Health Program, The Carter Center

*Elaine Harkins*, ADRC Director, Legacy Link, Inc.

*Brian Bruggeman*, ADRC Program Manager, Three Rivers AAA

*Craig Dunn*, Program Manager, Pathways CSB

*Amy Allen*, SOURCE Program Supervisor, Legacy Link, Inc.

*Cara Pellino*, ADRC Coordinator, Atlanta Regional Commission

[ Cumberland ]

Too often we blame our clients who have behavioral health issues when they are noncompliant with treatment recommendations when the real issue may be inadequate linkage to services between aging and behavioral health providers. This two-part presentation will start with a frank discussion on the issue and involve audience participation and case presentation highlighting challenges attendees have experienced. Part 2 will include a discussion outlining how several AAAs have established collaborations and partnerships that have resulted in improved compliance, communication, service linkage and client outcomes.

Track: Professional and Organizational Development

#### **"The See-Saw Effect: Synergy of Work-Life Balance"**

*Dr. Erica Atkins*, Director, Office of Enterprise Development, Department of Human Services

[ Ossabaw ]

Employees who have the tools to balance their professional and personal lives are happier, healthier and more productive. This workshop will provide a multitude of tools for work-life balance and stress management. Dr. Atkins will cover: recognizing the signs of an unbalanced life, providing stress management tips/techniques, and improving time management practices.

Track: Community Living

#### **"Redefining Aging Well"**

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

[ Sapelo ]

Aging service providers strive to help older adults live well and age well. What do we mean by age "well"? How do we define "successful aging"? While physical and mental health are key pieces of the puzzle, older adults thrive in environments that help them live a satisfied, meaningful life on their own terms. This presentation explores the role of the modern-day senior center in supporting successful aging. We will discuss what success looks like, how it can be achieved, and strategies of implementation.

Track: Rights and Resources

#### **"Living Well with a Disability"**

*Gavin Colquitt*, Associate Professor, Georgia Southern University

[ Harborview ]

Living Well with a Disability is an innovative, consumer-directed, goal-focused health promotion program that helps individuals develop foundations for lifestyle change. The primary focus of the program is to reduce the severity and incidence of secondary health conditions that commonly occur among individuals living with a disability. This presentation will provide an overview of the curriculum. Additionally, results from a pilot test of the new, adapted program will be presented.

## Day 2 Breakout Sessions

### BREAKOUT SESSION 3 [ 2:15 ]

Track: Senior Center

#### **"Motivational Interviewing Techniques"**

*Porsha Johnson*, Human Resources Specialist,  
Department of Human Services  
[ Harborview ]

In a supportive manner, a motivational interviewer encourages employees to talk about their need for change and their own reasons for wanting to change. The goal of this training is for participants to be better prepared to coach individuals through change in a collaborative manner.

Track: Professional and Organizational Development

#### **"University & Area Agency on Aging Partnership for Workforce Development"**

*Pamela Elfenbein*, Professor and Director of Academic Gerontology Programs, University of North Georgia  
*Kenneth Mitchell*, Field Coordinator and Instructor, University of North Georgia  
*Lisa Howard*, Wellness Coordinator, Legacy Link AAA  
*Melissa Armstrong*, Senior Community Service Employment Program Director, Legacy Link AAA  
[ Ossabaw ]

The University of North Georgia and Legacy Link AAA have created a strong successful partnership for training both students and older adult workers to meet the needs of the area's rapidly growing, demographically and geographically diverse, aging population. These two agencies are joining together in this session to offer participants an understanding of the background and ongoing work of our partnership. Session participants will be provided insight into the partnership from the point of view of faculty, Area Agency on Aging management, and students. Successes, pitfalls and projected next steps will also be discussed.

Track: Community Living

#### **"Taking Care, Taking Charge, Taking Control: Assistive Technology for Successful Aging"**

*Martha Rust*, Assistive Technology Access Team Manager, Tools for Life  
*Rachel Wilson*, Assistive Technology Specialist, Tools for Life  
[ Cumberland ]

Assistive technology developments have been a catalyst for producing positive, life-changing results for individuals with disabilities. This session will present what's new in AT and the Aging in Place movement as we explore where we were, where we are, and where we are going. Join us for an insightful session that will shed light on assistive technology strategies, provide solutions and showcase devices that are used to help individuals age successfully in communities of their choice.

Track: Rights and Resources

#### **"Navigating Information and Resources from Hospital to Home to Community: Resources for Brain-Injured Individuals and Their Families"**

*Jane Jackson*, Executive Director, Brain Injury Association of Georgia  
*Waring Jackson*, Senior Volunteer Peer Mentor, Brain Injury Association of Georgia  
[ Sapelo ]

Gain a deeper understanding of the Brain Injury Association of Georgia and brain injury, programs and services that are offered to support long-term health and care for individuals and families, and how to promote active lifestyles and develop social networks. This session will provide community resources and offer options and resource counseling at area hospitals, helping to promote a smooth transition from hospital to home and to the community.





### BREAKOUT SESSION 4 [ 3:45 ]

Track: Senior Center

#### **"Senior Center Innovations: Department of Human Services and Thanks Mom & Dad Fund Partnership"**

*David Coffman*, Executive Director, Thanks Mom & Dad Fund  
[ Sapelo ]

The Georgia Department of Human Services and Thanks Mom & Dad Fund have partnered to distribute more than \$200,000 in senior center innovation grants to centers across Georgia. This presentation will review some of the most promising innovations in the areas of transportation, health and wellness, therapeutic programs and education. You will be able to identify ideas to bring back to your community and learn quick tips for fundraising for your project.

Track: Professional and Organizational Development

#### **"Optimizing Interns and Volunteers to Improve Organizational Sustainability and Programmatic Efficiency"**

*Hannah Byers*, Graduate Student, University of Georgia  
*Valerie Kimbrough*, Graduate Student, University of Georgia  
[ Harborview ]

Learn from our recent internship experiences at both the state and regional levels of the Division of Aging Services. Also, learn strategies to best utilize interns and volunteers. The focus will be on enhanced recruitment strategies, specific project goals and deliverables, and creating opportunities for collaboration. These strategies can improve the sustainability and effectiveness of your community-based programs and build relationships within the community at large.

Track: Community Living

#### **"What is the Centers for Disease Control and Prevention (CDC) doing to better understand and improve safe transportation for older adults?"**

*Laurie Beck*, Epidemiologist, Centers for Disease Control and Prevention  
[ Ossabaw ]

Mobility-related deaths are the leading cause of injury death for adults aged 65 and older. This presentation will have two aims related to transportation and safety: 1) to describe innovative techniques to better understand risk and protective factors for crash-related injuries, and 2) to describe an ongoing project that seeks to identify characteristics of rideshare services that serve as barriers or facilitators to the use of these services by older adults.

Track: Rights and Resources

#### **"Assistive Technology for Hearing and Non-Auditory Access"**

*Danny Housley*, Assistive Technology Acquisition Manager, Tools for Life  
[ Cumberland ]

This session will cover a variety of technologies for individuals with hearing-related disabilities. It will cover low to high tech devices for personal use and home safety. Get educated about what technologies are available to increase access for those with hearing-related disabilities.

## Day 3 [ June 21 ]

|                      |                                                                                                                   |                            |
|----------------------|-------------------------------------------------------------------------------------------------------------------|----------------------------|
| <b>7:15 - 8:15</b>   | <b>Registration &amp; Breakfast</b>                                                                               | <b>Madison Ballroom</b>    |
| <b>8:30 - 10:00</b>  | <b>Breakout Session 1</b>                                                                                         |                            |
|                      | Track: Senior Center<br>"Pursuing Accreditation for Senior Centers from the National Institute of Senior Centers" | Pulaski                    |
|                      | Track: Professional & Organizational Development<br>"Drawing on Adaptive Leadership Through Times of Change"      | Sapelo                     |
|                      | Track: Community Living<br>"Resources for Non-Mental Health Providers"                                            | Cumberland                 |
|                      | Track: Rights & Resources<br>"HIV and Older Adults / Safe Sex"                                                    | Ossabaw                    |
| <b>ALL DAY</b>       | <b>Tools for Life Demo Room</b>                                                                                   | <b>Pulaski</b>             |
| <b>10:15 - 12:00</b> | <b>General Session</b><br>"Senior Bullying: It Doesn't End on the Playground"<br>Closing / Final Remarks          | <b>Oglethorpe Ballroom</b> |

## Meet your Speaker



### **Pamela Countouris**

Certified Bullying Prevention Specialist,  
TCP Training & Consulting

### **Day 3 | June 21 | "Senior Bullying: It Doesn't End on the Playground" | Oglethorpe Ballroom | 10:15 a.m.**

Senior bullying is receiving increased media attention, research and concern from caring family members. Research has shown that 10 percent to 20 percent of seniors living in residential communities have experienced some type of bullying, which directly correlates with the statistics of bullying in schools. This seminar will examine the definition of bullying behavior, what it looks like and how to spot it, who is involved, where it happens, how it impacts the entire community, what happens if it is not addressed, and practical tools to deal with this behavior in a pro-social manner.

Pamela Countouris, with her vast experience in bullying prevention, has developed a comprehensive program in Senior Bullying to help institutions, caregivers, senior centers and residents deal with the bullying behaviors they may witness or experience. Pamela is an educator and bullying prevention specialist for all ages, from toddler to elder.



### BREAKOUT SESSION 1 [ 8:30 ]

Track: Senior Center

#### **"Pursuing Accreditation for Senior Centers from the National Institute of Senior Centers"**

*Tori Strawter-Tanks*, Director, Senior Services Department,  
Clayton County Board of Commissioners  
[ Pulaski ]

The National Council on Aging's National Institute of Senior Centers (NISC) has developed nine standards of excellence for senior center operations. To advance the quality of senior centers nationwide, these standards serve as a guide for all senior centers to improve their operations today and position themselves for the future. Under Tori Strawter-Tanks' leadership, the Clayton County Senior Services Department recently completed the process of acquiring accreditation from NISC. In this session you will be educated about the process and the many benefits of completing the process.

Track: Professional and Organizational Development

#### **"Drawing on Adaptive Leadership Through Times of Change"**

*Kristi Fuller*, Assistant Project Director, Georgia Health Policy Center, Georgia State University  
*Glenn Landers*, Assistant Research Professor and Health Systems Director, Georgia Health Policy Center, Georgia State University  
*Alice Predergast*, Research Associate, Georgia Health Policy Center, Georgia State University  
[ Sapelo ]

Changes presented in federal policy, such as the Affordable Care Act, have caused a multitude of enduring effects on various components of the U.S. health system, such as quality of care, access to services, finances, and general well-being. It is essential that professionals and organizations address these matters with an adaptive approach to increase critical thinking and problem solving. This session will illustrate the acquired qualities and skills necessary to operate as an adaptive leader in an unpredictable environment. Learn about the skills and predominant characteristics of an adaptive leader/thinker and the guiding principles of adaptive leadership.

Track: Community Living

#### **"Resources for Non-Mental Health Providers"**

*Terresa Ford*, Certified Peer Specialist, Grady Health Systems  
[ Cumberland ]

Terresa Ford provides services to individuals with severe and persistent mental health challenges and addictive disease issues in the metro area. This presentation will share mental health resources for individuals to be distributed by non-mental health providers. You will learn about one clinical outpatient resource and two alternative support group resources that can be shared with clients.

Track: Rights and Resources

#### **"HIV and Older Adults/Safe Sex"**

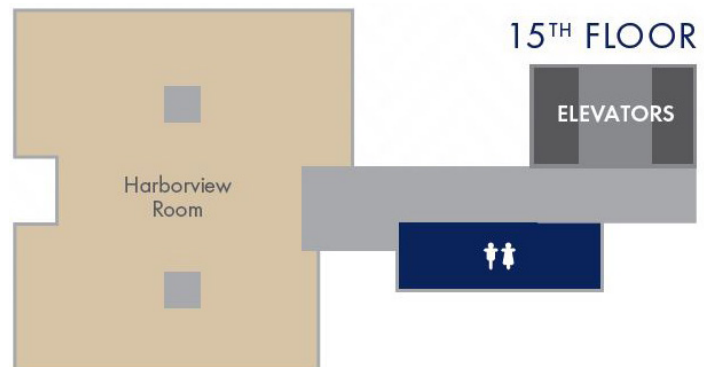
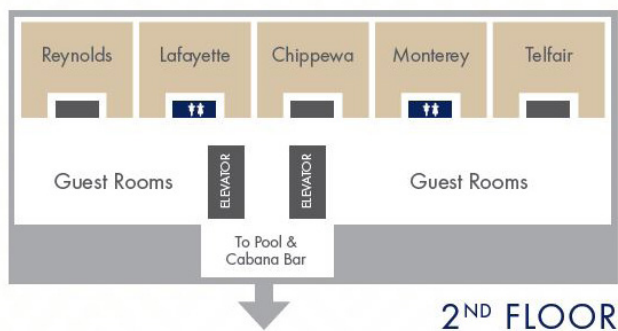
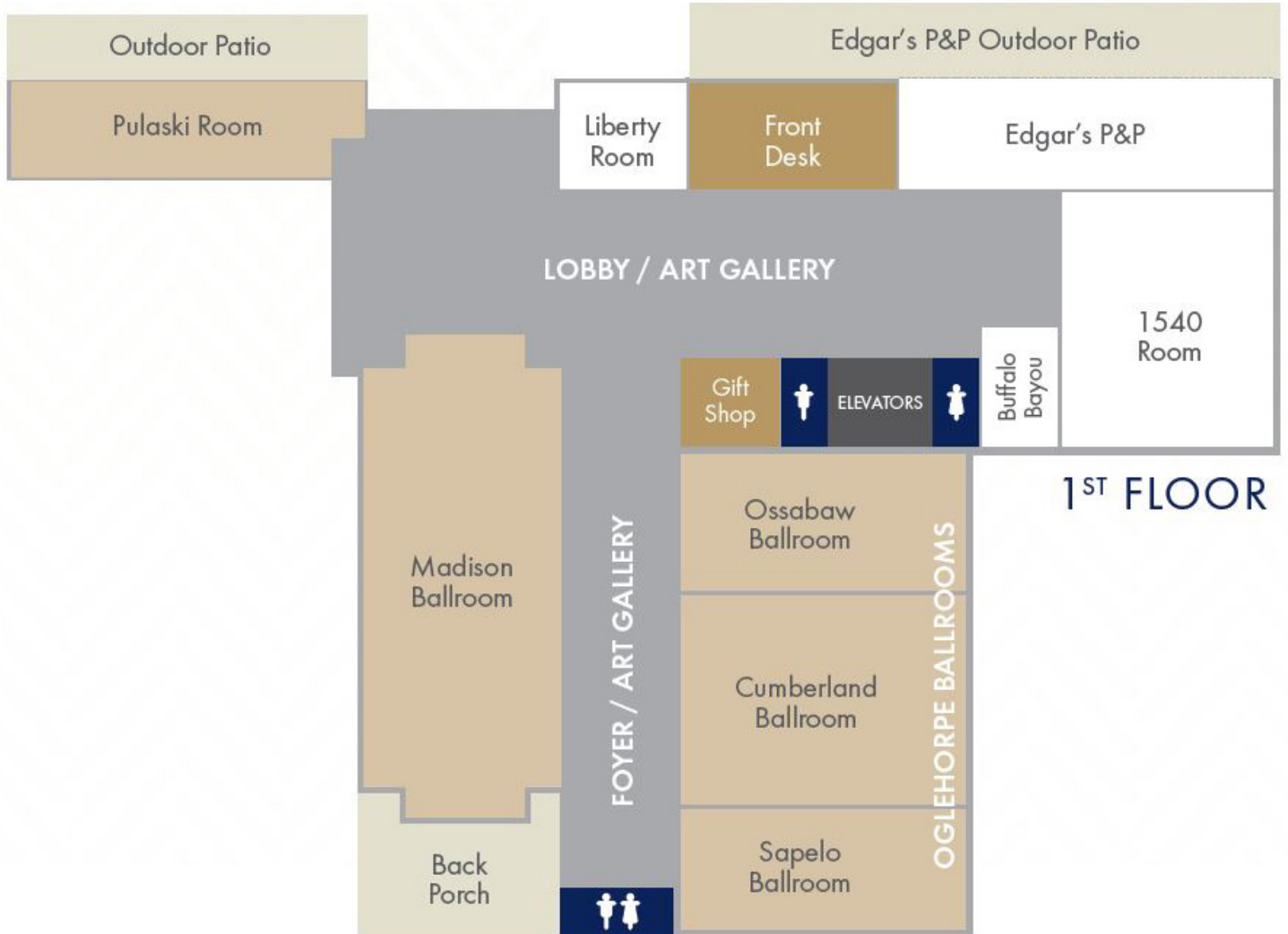
*Stacey Bristow*, Regional Coordinator, Office of HIV/AIDS  
[ Ossabaw ]

In the United States, an estimated 1 million people are infected with HIV, although one-third are unaware of their diagnosis. While HIV is commonly thought to affect younger adults, there are an increasing number of patients over the age of 50 living with the condition. This session will help you understand HIV prevention and transmission methods, demonstrate safer sex practices, and to be empowered. You will leave being able to educate community members and promote HIV screening for early detection.



# Facility Map

## The DeSoto | Savannah



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.

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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.



This image shows a full page of blank, lined paper. It features approximately 20 evenly spaced horizontal blue or grey lines across its entire width, typical of notebook paper. The lines are parallel and extend from the left edge to the right edge of the page. There are no margins, text, or other markings present.

[illegible]

[illegible]



### **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 (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)

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.