NANASP/NISC
2017 Joint Conference
PROGRAM OF EVENTS

Fostering Well-Centered Aging

NANASP / NCOA 2017

Nanasp
National Voice. Local Action.

NCOA
National Council on Aging

AISC
Association of Illinois Senior Centers
National Blueprint: Achieving Quality Malnutrition Care for Older Adults
Welcome to Oak Brook, IL!

We hope you’ll take advantage of this retreat in the heart of Oak Brook, IL. The Hyatt Lodge at McDonald’s Campus offers exceptional amenities in an unparalleled natural setting. Swim. Shop. Work out. Relax. Go for a swim in our 70-foot lap swimming pool. Unwind in one of our three whirlpools. Stroll or jog along our nature McTrails. Ignite your inner glow and restore your balance in the Midtown Spa or take the complimentary shuttle to the Oak Brook Mall or venture to area attractions.

Welcome First Time Attendees! We know you will find this conference to be a terrific experience and encourage you to take full advantage of the various networking opportunities available throughout the conference. Please pick up a “First-time Attendee” ribbon at the Registration Desk to help identify you.

Evaluation Forms Please place completed evaluations in the appropriately marked boxes. Your comments and suggestions regarding topics and speakers will be especially helpful for future planning committees.

2017 Conference Committee
Special thanks to all the members who helped with the planning efforts of this event:

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FOLLOW US ON TWITTER Tweeting from the conference? Use #fosteringwellcenteredaging. Follow @nourishseniors on Twitter, tweet away, and stay tuned for announcements throughout the conference.

LIKE US ON FACEBOOK Don’t have an account and/or aren’t sure how to? The Conference Staff will have a help desk to answer your questions and show you just how easy it is to sign up!

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The National Association of Nutrition and Aging Services Programs (NANASP) is a professional membership organization whose membership is made up primarily of persons working in, or interested in the field of aging, community-based services, and nutrition and the elderly. For 30 years, NANASP has been recognized as a primary leadership organization in the field of aging in shaping national policy, training service providers, and advocating on behalf of seniors.

NCOA’s National Institute of Senior Centers (NISC) supports a national network of over 3,000 senior center professionals dedicated to helping older adults remain active, engaged, and independent in their communities. NISC is setting the standard for the future of senior centers by promoting research, promising practices, professional development, and advocacy. NISC also offers the nation’s only National Senior Center Accreditation Program. Learn more at ncoa.org/NISC.

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Cass Wheeler | Strategic Consultant, Coach, Speaker, Austin, TX
The Exhibit Hall will be open on Thursday, June 15th from 7:30 am – 2:00 pm. Stop by and visit all of our vendors and hear more about the great products and services they offer NANASP/NISC members. Be sure to have your passports signed and returned to the Conference Staff by 1:30 pm on Thursday for the chance to win some great prizes!

### Special Thanks to our Exhibitors and Supporters!

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Address/Details</th>
<th>Phone Number/Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abbott Nutrition</td>
<td>3300 Stelzer Road, Columbus, OH 43219</td>
<td>(800) 227-5767 abbott.com</td>
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<tr>
<td>Accessible Solutions, Inc.</td>
<td>3885 N. Courtenay Pkwy., Ste 8, Merritt Island, FL 32953</td>
<td>321-250-2040 accessesolutions.com</td>
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<tr>
<td>Bateman Community Living</td>
<td>400 Northridge Rd., Suite 600, Atlanta, GA 30350</td>
<td>404-964-5470 batemancommunityliving.com</td>
</tr>
<tr>
<td>Better Medicare Alliance</td>
<td>1090 Vermont Ave NW, Washington D.C. 20005</td>
<td>bettermedicarealliance.org</td>
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<tr>
<td>Butter Buds</td>
<td>2230 Chicory Rd, Racine, WI 53403</td>
<td>248-561-6786 bbuds.com</td>
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<tr>
<td>Defeat Malnutrition</td>
<td>Defeatmalnutrition.today</td>
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<tr>
<td>Delivery Concepts</td>
<td>29301 County Road 20, Elkhart, IN 46517</td>
<td>800-654-1857 deliveryconcepts.com</td>
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<tr>
<td>Diversified Foods</td>
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<td>717-521-8579 diversifiedfoods.com</td>
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<td>Geri-Fit Company LLC</td>
<td>PO Box 2522, Temecula, CA 92593</td>
<td>888-437-4348 gerifit.com</td>
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<tr>
<td>Golden Gourmet, LLC</td>
<td>107 Industrial Blvd, Americus, GA</td>
<td>866-950-9047 goldengourmetmeals.com</td>
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<tr>
<td>Healthy-Steps</td>
<td>16332 Norman Rd, Culeper, VA 22701</td>
<td>540-547-4824</td>
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<tr>
<td>JA Foodservice</td>
<td>455 Post Rd, Buchanan, MI 49107</td>
<td>269-695-5600 jafoodservice.com</td>
</tr>
<tr>
<td>Lautman Maska Neill &amp; Company/Meals on Wheels Co-op</td>
<td>1730 Rhode Island Ave, NW Ste 301, Washington, DC 20036</td>
<td>202-296-9660 lautmandc.com</td>
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<td>Liturgical Publications</td>
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<td>414-403-2469 lipiseniors.com</td>
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<td>Maid-Rite Specialty Foods, LLC</td>
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<td>Mobile Advantage</td>
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<td>Mom’s Meals Nourishcare</td>
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<td>866-716-3257 momsmeals.com</td>
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<td>mowstore.com</td>
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<td>616-356-2950 oliverquality.com</td>
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<td>PhRMA</td>
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<td>202-835-3400 phrma.org</td>
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<tr>
<td>St. Johns County Council on Aging – Integrative Memory Enhancement Program</td>
<td>180 Marine St, St. Augustine, FL 32084</td>
<td>904-209-3700 coasjc.com</td>
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<td>Tivity Health</td>
<td>701 Cool Springs Blvd, Franklin, TN 37067</td>
<td>800-869-5311 tivityhealth.com</td>
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<td>TrueSense Marketing</td>
<td>155 Commerce Dr, Freedom, PA 15042</td>
<td>724-371-3322 truesense.com</td>
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<td>Valley Services, Inc</td>
<td>10 Canbrake Dr, Flowood, MS 39232</td>
<td>601-832-1172 valleyinc.com</td>
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<tr>
<td>Women’s Institute for a Secure Retirement (WISER)</td>
<td>1140 19th Street NW Ste 550, Washington, DC 20036</td>
<td>202-393-5452 wiserwomen.org</td>
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Schedule of Events

WEDNESDAY JUNE 14, 2017

8:00 am – 5:30 pm .......... Hamburger University Foyer
Registration Desk Open

8:00 am – 1:00 pm ............. HU 226 – 2nd Floor
Nutrition Directors Training Pre-Session
 Separate Registration/Fee Required
Learn from three seasoned experts in the field of aging – who together they have over 50 years of experience in the field of aging. This training will show the flexibility, the different variations and the diversity of the Older Americans Act (OAA). We will discuss the history of the OAA and its practical applications and review the Aging Network structure. Through an interactive exercise on creating the ideal nutrition program and senior center we will develop strategies on how to: work creatively with staff, volunteers and collocating partners; develop outstanding nutrition and educational programs; market your program; and find new funding opportunities to position your program for growth and prosperity.

Pat Bohse, President
Bohse & Associates, Middletown, NJ

Holly Greuling, National Nutritionist
US Department of Health Human Services, Washington, D.C.

10:00 am – 1:00 pm ............. HU 247 – 2nd Floor
NISC Aging Mastery Program (AMP)
Separate Registration Required

11:00 am – 1:00 pm ............ HU 248 AB – 2nd Floor
NANASP Board of Directors Meeting

CONFERENCE BEGINS

HU = Hamburger University

PLEASE NOTE: All guests will be required to wear a printed name badge (provided by the Group) while in the Hamburger University Building.

1:30 pm – 1:45 pm .......... HU Auditorium 224 – 2nd Floor
Welcome/Opening Remarks

SPONSORED BY

1:45 pm – 2:45 pm ............ HU 224 – 2nd Floor
NANASP/NISC Policy & Politics 2017: Stronger Together

Robert Blancato, Executive Director
National Association of Nutrition and Aging Service Programs (NANASP), Washington, DC

James Firman, President & CEO
National Council on Aging (NCOA), Arlington, VA

2:45 pm – 3:00 pm .......... Foyer – 2nd Floor
Break

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WEDNESDAY JUNE 14, 2017

3:00 pm – 4:00 pm ................................................. HU 224

The new Administration and the 115th Congress that convened in 2017 have outlined policy proposals that will have significant impacts on the programs and benefits on which many vulnerable Americans rely. Learn about the threats to senior nutrition, transportation, healthy aging, and elder justice programs, and to Medicare, Medicaid, and SNAP benefits. Find out how seniors’ stories can make a difference in these debates and how local organizations can ensure these voices are heard.

Marci Phillips, Director of Public Policy and Advocacy
National Council on Aging (NCOA), Arlington, VA

4:00 pm – 4:15 pm........................................... Foyer – 2nd Floor

Break

ECONOMIC SECURITY AT YOUR SENIOR CENTER (BO3A) ....................................... HU 226

Senior centers are dedicated to connecting their low-income participants to a holistic set of services that improve their economic well-being. Learn how some senior centers are helping to connect older adults experiencing economic hardship to services, benefits, and other support. A panel of presenters will give mini-presentations on their programs that add to the economic well-being of their participants. You’ll learn from those using an holistic approach by offering NCOA’s Savvy, Saving Senior® programs and toolkits, or tips on running a successful partner led Health and Financial Wellness Fair and how you can help older adults by offering a durable medical equipment loan closet.

We’ll discuss resources, recruiting, training, team building and utilizing the economic resources and toolkits.

TRACK: INNOVATIVE PROGRAMS & SERVICES

Laura Cisneros
Wellmed, San Antonio TX

Beverly Ferry, CEO
Living Well in Wabash County, Wabash IN

Erin Kee, Senior Program Manager
National Council on Aging (NCOA), Arlington, VA

Jill Kranz, Senior Services Director
Middleton Senior Center, Middleton, WI

ELDER LEAD: Identifying Needs and Addressing Gaps in Substance Abuse and Mental Health among Senior Hoosiers (BO3B) ............................... HU 248

Elder LEAD is an innovative program with a series of workshops for Hoosiers 65 and older that distributes self-screening tools, shares information, and engages participants in identifying their own risk and protective factors in the areas of medication, alcohol, and depression. The Elder LEAD session will illustrate the planning, lessons learned, and steps taken to complete a statewide needs assessment and the process of analyzing the findings to develop a program to address identified gaps.

TRACK: INNOVATIVE PROGRAMS & SERVICES

Eric Evans
Geminius Corporation, Merrillville, IN

Schedule of Events

4:15 pm – 5:15 pm ................................................. 2nd Floor

CONCURRENT BREAKOUT SESSIONS
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Be sure to visit our Teaching Kitchen in the exhibit hall.
AMP’ing Up America with the Aging Mastery Program® (BO3C) ...................... HU 224
Developed by the National Council on Aging, Aging Mastery Program (AMP) is a fun, engaging and aspirational behavior change program based on the premise that modest changes can produce big results. The program encourages mastery—developing sustainable behaviors that lead to improved health, stronger financial security, and overall well-being. This session will focus on the nuts and bolts of AMP, how the program works, the evidence base for AMP, and the experiences of community-based organizations.

**TRACK: INNOVATIVE PROGRAMS & SERVICES**

**James Firman**, President & CEO
National Council on Aging (NCOA), Arlington, VA

Taking Advantage of ACL Data Resources to Foster Well-Centered Aging (BO3D) ...................... HU 222
This presentation will discuss how ACL data resources can assist nutrition and aging service providers and senior center professionals. The session will provide an overview of ACL data resources and initiatives, including the National Survey of Older Americans Act Participants and ACLDATA.gov (new!). Participants will discuss opportunities for improving data accuracy and use. Learn how you can take advantage of existing ACL data resources for proposals, education and advocacy, and program management!

**TRACK: ADMINISTRATION AND GOVERNANCE**

**Amy Wiatr-Rodriguez**, Aging Services Program Specialist
U.S. Administration for Community Living, Chicago, IL

THURSDAY, JUNE 15, 2017

HU = Hamburger University

6:30 am – 7:30 am ......................Meet in Hotel Lobby Wellness Activity

7:00 am – 5:30 pm .............................. (HU) Foyer Registration Desk Open

7:30 am – 9:00 am ......Prairie Ballroom /Hyatt Lodge Continental Breakfast/Visit with Exhibitors

9:15 am – 10:30 am......HU Auditorium 224 – 2nd Floor General Session/Keynote – This Chair Rocks: How Ageism Warps Our View of Long Life

**Ashton Applewhite**

We may think we know what lies ahead: a grim slide into depression, dementia, and dependence. But that’s just the party line, and author and activist Ashton Applewhite debunks it in spades. Part monologue, part consciousness-raiser, Let’s Rock This Chair dispels myth after myth about late life and proposes an alternative to worrying about getting old: wake up to the ageist messages that frame two thirds of our lives as decline, cheer up, and push back. It’s time to work together to make discrimination on the basis of age as unacceptable as any other prejudice.

10:30 am – 11:00 am ................................. HU224 Foyer Morning Break

Ashton Applewhite Book Signing
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### Thursday, June 15, 2017

**11:00 am – 12:15 pm**

**Concurrent Breakout Sessions**

#### Malnutrition among Older Adults and the Continuum of Care (BO5A) .......................... HU 222

Up to 50% of older adults are malnourished, a condition that causes a decline in functional status, worsening of chronic conditions and increased hospitalizations and readmissions. Four malnutrition e-measures have been submitted to CMS for acceptance into the Hospital Inpatient Quality Reporting Program and to the National Quality Forum (NQF) for endorsement. Adoption of these e-measures will increase the awareness of malnutrition and sequela and the impact on patient care and costs. Hospitals that include a malnourished diagnosis and treatment within discharge orders may facilitate a referral of the individual to a community-based registered dietitian and nutrition program for nutrition services.

**Track: Innovative Programs & Services**

**Holly Greuling**, National Nutritionist  
U.S. Administration for Community Living, Administration on Aging, Washington, DC

**Jeanne Blakenship**, Vice President,  
Policy Initiative and Advocacy  
Academy of Nutrition and Dietetics, Washington, DC

#### Old or Bold? Rusty or Golden? Overcoming Marketing Challenges of your Senior Center (BO5B) ...................................................... HU 224

Do your town administrators and residents know and appreciate all that you do? This workshop will provide tools and best practices to help you create positive marketing and branding messages. You will learn innovative ideas and marketing best practices from senior centers and other organizations. Participants will identify some of the marketing challenges they face. The presenter and attendees will problem solve solutions. Attendees will leave with at least twenty ideas that they can implement quickly and easily.

**Track: Marketing/Image**

**Barrie Atkin**, President  
Atkin Associates Strategy & Marketing, Waltham, MA

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**The Importance of Primary Care-Senior Center Linkages (BO5D)................................. HU 226**

This panel will share insights from a recently completed NIH-funded pilot study that investigated the health benefits of senior center participation at three senior centers in South Texas. The senior centers, which are supported through a unique partnership between an innovative network of primary care clinics and the City of San Antonio, also provided an ideal setting to explore the extent to which primary care-senior center linkages are associated with members’ participation and health outcomes.

**Track: Research**

**Carol Zernial**, Executive Director  
WellMed Charitable Foundation, San Antonio, TX

**Gerrod Allen**, Manager  
Alicia Trevino Lopez Senior Center, San Antonio TX

**Polly Hitchcock Noël**  
University of Texas Health Science Center at San Antonio  
/ Dept. Family & Community Medicine, San Antonio, TX

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SCSEP and Senior Centers: Fighting Ageism Together (BO5E) ................................................... HU 248

Stereotyping of older adults appears to be more common in some states than others, according to new research. After a brief review of this research, this workshop will describe recent efforts involving the Senior Community Service Employment Program (SCSEP) and senior centers working together to help older adults’ efforts to overcome ageism.

Donna Satterthwaite, Interim Executive Director
Senior Service America, Inc., Silver Spring, MD
Elizabeth White, Author

12:15 pm – 2:00 pm ......Prairie Ballroom/Hyatt Lodge Luncheon in Exhibit Hall
Passport Drawing at 1:45 PM

Beyond the Meal: The Value of Socialization in OAA Congregate Nutrition Programs (BO6A) ................ HU 222

This session will present the findings of “Beyond the Meal: The Value of Socialization in OAA Congregate Nutrition Programs,” a study conducted by NANASP and funded by the Retirement Research Foundation. The study surveyed congregate meal providers and participants to determine the health and wellness effects of preventing isolation through participation in OAA congregate meal programs.

Robert Blancato, Executive Director
National Association of Nutrition and Aging Service Programs (NANASP), Washington, DC
Meaghan McMahon, MSW
MBM Consulting

Expanding Evidence-Based Programs within the Aging Network (BO6B) .................... HU 224

The National Council on Aging (NCOA)’s Center for Healthy Aging will provide an update on national, state, and local efforts to expand evidence-based health promotion and disease prevention programs among older adults and adults with disabilities through the work of its two Resource Centers. This session will benefit new and experienced senior centers, nutrition and other aging service providers that are currently offering evidence-based programs, as well as those that are interested in becoming more involved with innovative approaches.

TRACK: INNOVATIVE PROGRAMS & SERVICES
Chelsea Gilchrist, Program Associate, National Falls Prevention Resource Center
National Council on Aging, Arlington, VA
Angelica P. Herrerra-Venson, DrPh, MPH Manager, Data Management & Evaluation
Center for Healthy Aging, National Council on Aging (NCOA), Arlington, VA
Judy R. Simon, MS, RD, LDN, Nutrition & Health Promotions Programs Manager
Maryland Department of Aging, Baltimore, MD

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2:15 pm – 3:30 pm
CONCURRENT BREAKOUT SESSIONS continued

Partnering for Success — Lessons Learned from a Regional Collaborative of Senior Nutrition Programs (BO6C) ......................... HU 226
As the healthcare integration landscape continues to evolve, senior nutrition program partnerships are well-positioned to deliver valuable, high-quality, patient-centered services. Together, these collaboratives can develop competitive and effective service packages for healthcare payers. In this session, participants will learn from the challenges and triumphs experienced by a collaborative of four senior nutrition programs. Promising practices from the National Resource Center on Nutrition and Aging’s Business Acumen Learning Collaborative Initiative will also be shared.

TRACK: BUILDING SUCCESSFUL NUTRITION AND/OR SENIOR CENTER PARTNERSHIPS

Uche Akobundu, Director, Project Management and Impact
Meals on Wheels America, Arlington, VA

Ellen Whitlock, Executive Director
Senior Resources of Guilford, Greensboro NC

Creating LGBT Welcoming Senior Centers (BO6D) ........................................... HU 248
Today approximately 3 million older adults openly identify as lesbian, gay, bisexual and transgender (LGBT) in the United States. Many LGBT older adults do not access social and support services at senior centers because of fear they will not be welcomed. Others do attend centers but hide their identity. What can centers do to let LGBT older adults know they are welcomed and valued members? Join us for tools, programming ideas and discussion on creating welcoming centers.

TRACK: INNOVATIVE PROGRAMS & SERVICES

Sherrill Wayland, Manager
SAGE (Services & Advocacy for GLBT Elders), New York City, NY

3:30 pm – 3:45pm .......................... Foyer – 2nd Floor
Afternoon Break
THURSDAY, JUNE 15, 2017

Ensuring Programs and Services are Accessible to Everyone (BO7B) ................... HU 222
People with disabilities are the fastest growing minority group in the country and the aging population accounts for a significant portion of this growth. Disability is diverse and encompasses mobility, sensory, mental health and cognitive limitations. This session will review the requirements for public and private entities to make modifications in policies, practices and procedures as well as provide auxiliary aids and services to ensure people with disabilities have access to their services and programs.

Robin Jones, Director
Great Lakes ADA Center/University of IL at Chicago, Chicago, IL

From Compassion to Action: How to Recruit and Keep Volunteers (BO7C) ................. HU 226
Research is gathering on the benefits of volunteering including improvements in physical, mental, and emotional health. As 10,000 Americans turn 65 every day and are living longer, we have an expanding resource of older adults looking for meaningful ways to contribute to their community. A discussion will also include volunteer recruitment, effective screening tools and ways to maintain volunteers.

TRACK: COMMUNITY VISIBILITY, SUPPORT & LEADERSHIP

Angel Stoy, Aging Specialist
Centralina Area Agency on Aging (AAA), Charlotte, NC

Annette Demeny, Regional EBHP Coordinator
Centralina Area Agency on Aging (AAA), Charlotte, NC

Katie Kutcher, Project Manager
Centralina Area Agency on Aging (AAA), Charlotte, NC

NCOA’s Next Steps to Better Nutrition (BO7D) ............................................. HU 248
Learn how your senior center can host NCOA’s Next Steps to Better Nutrition series. This series is 6 hour-long classes that teach older adults about the relationship between nutrition and chronic disease, and how they can take steps to improve their diet and keep their heart healthy. NCOA developed the program to teach older adults how they can afford, purchase, and cook more nutritious foods because eating healthy is a challenge for many older adults.

TRACK: INNOVATIVE PROGRAMS & SERVICES

Erin Kee, Senior Program Manager
National Council on Aging (NCOA), Arlington, VA

5:00 pm – 6:30 pm ....................... Prairie Ballroom AB/NISC Leo Laks/AISC Reception Hyatt Lodge
Ticketed Event/Separate Registration Fee
Schedule of Events

FRIDAY, JUNE 16, 2017

HU = Hamburger University

6:30 am – 7:30 am .................. Meeting in Hotel Lobby
Wellness Activity

8:00 am – 13:30 pm .................... (HU) Foyer
Registration Desk Open

8:30 am – 9:30 am ................. Prairie Ballroom AB/
NANASP Annual Meeting/Breakfast  Hyatt Lodge

NISC State Senior Associations/Breakfast
State Senior Center Associations strengthen and support professionals, promote awareness and innovation, and excellence in programming that older adults so richly deserve in their lives to age well. Tracey Colagrossi, NISC Chair of the State Associations Team facilitates this workshop geared for members of state associations and for those looking to start one. The session addressed the challenges associations face such as recruitment, member retention, marketing, technology, collaboration with other aging associations and events to address the relevance of Senior Centers. A toolkit of resources will be available.

Tracey Colagrossi, NISC Executive Committee Chair
State Association Liaison
Hanover Township/Association of Illinois Senior Centers, Bartlett, IL

Maureen O’Leary, NISC Program Manager
National Council on Aging (NCOA), Arlington, VA

9:45 am – 10:45 am
CONCURRENT BREAKOUT SESSIONS

Wellness Café — Attracting & Retaining
Congregate Site Attendees (BO8A) .................... HU 226
Congregate sites have experienced a steady decline in attendance as economies of scale have replaced local menus prepared daily with heat & serve frozen entrees, and fast-food restaurants have created low-cost dining options for older adults. Wellness Café is a new concept for our congregate meal sites and is designed to better support attendees in healthy living. Wellness Café features nutrition-specific evidence-based educational programming presented by a Registered Dietitian combined with event-specific menu options.

TRACK: INNOVATIVE PROGRAMS & SERVICES

Janelle Couture, Health and Nutrition Education Specialist
Aging & In-Home Services of Northeast Indiana, Inc.,
Fort Wayne, IN

Kate Wiggins, Nutrition Director
Aging & In-Home Services of Northeast Indiana, Inc,
Fort Wayne IN

Development of a Senior Center Partnership -
Evidence Based Health and Wellness program
for High Risk Seniors with Chronic
Illnesses (BO8B) .......................................... HU 248
Case study of a successful diversified community/healthcare/university partnership that utilized a pilot health and wellness program to promote healthy outcomes for high risk older adults with multiple chronic illnesses. "BE WELL", an Exercise and Weight Management award program, developed over 13 years with 19 pilots of high risk cohorts to become an award winning, evidence based program with significant health improvements in blood pressure, weight, lipid management, body composition, diabetes management and improved fitness.

TRACK: BUILDING SUCCESSFUL NUTRITION
AND/OR SENIOR CENTER PARTNERSHIPS

Bonita Hart, RDN, President
Food and Nutrition Management Services,
North Hollywood, CA
FRIDAY, JUNE 16, 2017

Eat Healthy, Be Food Safe, and Get Active – Using Free Resources to Create Buzz for Your Senior Center (BO8C) ......................... HU 222
Encourage healthy eating, food safety, and regular exercise for older adults with free, practical, hands-on materials from the U.S. Department of Health and Human Services and the USDA. Get ideas for activities and workshops that you can offer to older adults based on the 2015-2020 Dietary Guidelines, the National Institute on Aging’s Go4Life® campaign, and the USDA’s My Plate, My Wins campaign and Food Safety 101 program. Come away with tips and tools you can use right away!

TRACK: BUILDING SUCCESSFUL NUTRITION AND/OR SENIOR CENTER PARTNERSHIPS

Stephanie Dailey, M.A., Director, Go4Life® Campaign
National Institute on Aging, Bethesda, MD

Holly H. McPeak, M.S., Nutrition Advisor
U.S. Department of Health and Human Services/Office of Disease Prevention and Health Promotion, Rockville MD

Adam Gherin, Consumer Safety Inspector
USDA - Office of Public Affairs and Consumer Education, Washington, D.C.

 Strategies for Senior Center Success (BO8D) .................................................. HU 224
Senior centers must move from survival mode to successful, effective, results oriented operations. This session will present a “how to kit” or process for senior centers, especially rural and/or small to medium senior centers to reach greater success through practical fundraising and partnerships; marketing & branding and annual & planned giving.

TRACK: RESOURCE DEVELOPMENT

Sheila Salyer, Manager
Tallahassee Senior Services, Parks, Recreation & Neighborhood Affairs, Tallahassee, FL

Beverly Ferry, Chief Executive Officer
Living Well in Wabash County COA, Wabash, IN

10:45 am – 11:00 am ......................... 2nd Floor Foyer
Coffee Break

11:00 am – 12:00 pm
CONCURRENT BREAKOUT SESSIONS

Grass Roots to Senior Center: From Village Senior Committee to Professional Non-Profit (B09A) ......................... HU 226
The Oswego Senior Center is an example of a small town senior center that evolved from the Village of Oswego Senior Committee to a Senior Commission to a non-profit supported through the Village, County, Township and School District, as well as through Older Americans Act monies, project income, donations and fundraisers. In 2016, on a budget of $305,000, OSC served 1,584 different individuals for a total of 28,787 interactions or units of service in 2,254 events over the year. Through our twice a week congregate lunch program, we served 453 people over 10,000 meals. This with a part-time staff of six, 199 volunteers, and 60+ community partners. Learn how OSC evolved, how progressive community ideas allowed for our space, how we foster community collaboration, and how we have doubled our participants since we opened our center in 2009. Tips on growing from grass-roots, program development, marketing, volunteer management, community collaborations, intergenerational, advisory councils, sponsorships, and fundraising.

TRACK: BUILDING SUCCESSFUL NUTRITION AND/OR SENIOR CENTER PARTNERSHIPS

Sandra Pastore, Executive Director
Oswego Senior Center, Oswego, IL

Radical Hospitality: Creating a Welcoming Inclusive Environment (BO9B) ......................... HU 224
How do we create an environment that welcomes all people? How do we celebrate our differences, while at the same time discouraging bias? Join us as we discuss how to intentionally develop programming that works towards welcoming and providing hospitality to all participants. Sometimes doing what seems “normal” means unintentionally excluding others from participating fully. This session addresses how to work with staff and participants on creating a culturally inclusive environment.

TRACK: COMMUNITY VISIBILITY, SUPPORT & LEADERSHIP

Kimberly Phillips, Senior Citizens Services Manager
Portage Senior Center / City of Portage, Portage, MI

Dawn Shilts, Program Manager
Portage Senior Center / City of Portage, Portage, MI
FRIDAY, JUNE 16, 2017

11:00 am – 12:00 pm
CONCURRENT BREAKOUT SESSIONS continued

Wish We Knew Then What We Know Now: Reflections on Key Issues in Senior Center Design (BO9C) ...................................................... HU 222
Look at your building in a new light as you consider its impact upon the perceptions and experiences of those you serve, the scope of what can be accommodated, and its role in supporting the successful realization of your goals. A team of Senior Center design specialists will offer insights gained through 35 years of involvement with the senior center industry.

Douglas Gallow, AIA & Ellen Gallow, CAPS, Senior Center Design Specialists
Lifespan Design Studio, Loveland, OH

The Value of National Accreditation (BO9D) .......................................................... HU 248
NISC has developed nine standards of excellence for senior 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. This session will give an overview of the National Senior Center Accreditation Program. National accreditation is official recognition that a senior center meets the nine standards of excellence. More than 250 senior centers have been accredited. Learn about the value of the self-assessment process and accreditation and the opportunity to improve your infrastructure, develop a vision for the future and showcase your center in the community.

Maureen O’Leary, NISC Program Manager
National Council on Aging (NCOA), Arlington, VA

CONFERENCE CONCLUDES

SAVE THE DATES
June 6-8, 2018
Marriott Charleston
Charleston, SC
$165.00/night

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At Tivity Health™, we work hand-in-hand with clients, members and healthcare partners to create everyday opportunities for long-lasting health and vitality. Our flagship products—SilverSneakers®, Prime® Fitness and WholeHealth Living™—are sought after by consumers and organizations alike not simply because they work, but because we care.

Join Steve Janicak, Chief Growth Officer, during the NANASP/NCOA 2017 Annual Training Conference Opening Remarks on June the 14th at 1:30.
SCHEDULE AT A GLANCE
HU = Hamburger University

WEDNESDAY, JUNE 14

1:30 pm – 1:45 pm
Welcome/Opening Remarks
HU Auditorium 224
– 2nd Floor

1:45 pm – 2:45 pm
NANASP/NISC Policy
& Politics 2017: Stronger Together
HU 224 – 2nd Floor

2:45 pm – 3:00 pm
Break
Foyer – 2nd Floor

3:00 pm – 4:00 pm
HU 224

4:00 pm – 4:15 pm
Break
Foyer – 2nd Floor

4:15 – 5:15 pm
Concurrent Breakout Sessions
2nd Floor

Economic Security at Your Senior Center (BO3A)
HU 226

Elder LEAD: Identifying Needs and Addressing Gaps in Substance Abuse and Mental Health among Senior Hoosiers (BO3B)
HU 248

AMP’ing Up America with the Aging Mastery Program® (BO3C)
HU 224

Taking Advantage of ACL Data Resources to Foster Well-Centered Aging (BO3D)
HU 222

5:30 pm – 7:00 pm
Opening Welcome Reception
All registrants/exhibitors welcome
Grand Oaks Pavillion

THURSDAY, JUNE 15

6:30 am – 7:30 am
Wellness Activity
Meeting in Hotel Lobby

7:00 am – 5:30 pm
Registration Desk Open
Foyer

7:30 am – 9:00 am
Continental Breakfast/Visit with Exhibitors
Prairie Ballroom/Hyatt Lodge

9:15 am – 10:30 am
General Session/Keynote
HU Auditorium 224
– 2nd Floor

10:30 am – 11:00 am
Morning Break
Ashton Applewhite
Book Signing
HU 224 Foyer

11:00 am – 12:15 pm
Concurrent Breakout Sessions

Malnutrition among Older Adults and the Continuum of Care (BOSA)
HU 222

Old or Bold? Rusty or Golden? Overcoming Marketing Challenges of your Senior Center (BOSB)
HU 222

The Importance of Primary Care-Senior Center Linkages (BO5D)
HU Seminar 248 AB

12:15 pm – 2:00 pm
Luncheon in Exhibit Hall
Prairie Ballroom/Hyatt Lodge

2:15 pm – 3:30 pm
Concurrent Breakout Sessions

Beyond the Meal: The Value of Socialization in OAA Congregate Nutrition Programs (BO6A)
HU 222

3:45 pm – 5:00 pm
Concurrent Breakout Sessions

A Fundraising Fit for All: Urban, Rural or Suburban (BO7A)
HU 224

Ensuring Programs and Services are Accessible to Everyone (BO7B)
HU 222

From Compassion to Action: How to Recruit and Keep Volunteers (BO7C)
HU 226

NCOA’s Next Steps to Better Nutrition (BO7D)
HU Seminar 248 AB

5:00 pm – 6:30 pm
NISC Leo Laks/AISC Reception
Ticketed Event/Separate Registration Fee
Prairie Ballroom AB/Hyatt Lodge

6:30 am – 7:30 am
Wellness Activity
Meeting in Hotel Lobby

8:00 am – 12:30 pm
Registration Desk Open
Foyer

8:30 am – 9:30 am
NANASP Annual Meeting/Breakfast
Prairie Ballroom AB/Hyatt Lodge

FRIDAY, JUNE 16

8:30 am – 9:30 am
NISC State Senior Associations/Breakfast
Prairie Ballroom CD/Hyatt Lodge

9:45 am – 10:45 am
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HU 226

Development of a Senior Center Partnership — Evidence Based Health and Wellness Program for High Risk Seniors with Chronic Illnesses (BO8B)
HU Seminar 248 AB

Eat Healthy, Be Food Safe, and Get Active — Using Free Resources to Create Buzz for Your Senior Center (BO8C)
HU 222

Strategies for Senior Center Success (BO8D)
HU 224

10:45 am – 11:00 am
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2nd Floor Foyer

11:00 am – 12:00 pm
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HU 226

Radical Hospitality: Creating a Welcoming Inclusive Environment (BO9B)
HU 224

Wish We Knew Then What We Know Now: Reflections on Key Issues in Senior Center Design (BO9C)
HU 222

The Value of National Accreditation (BO9D)
HU 248