The National Association of Nutrition and Aging Services Programs (NANASP) is a national membership organization for persons across the country working to provide older adults healthful food and nutrition through community-based services. NANASP’s mission is to strengthen through advocacy and education those who help older Americans. NANASP’s vision is to reshape the future of nutrition and healthy aging.

Who Should Attend?
NANASP’s 2019 Annual Training Conference will bring together a unique group of professionals for three days of networking, education, and advocacy. Join us as we explore various ways to enhance the success of senior nutrition providers, through better understanding of emerging and innovative ideas in resource development; leadership and operations; nutrition and advocacy. Nutrition and aging service providers including: Nutrition Directors; Senior Center Directors and Staff; Social Workers; Agency Directors; Volunteer Coordinators; Nutritionists; Development Managers; Board Members; Suppliers/Vendors and/or anyone involved with meals and other services for the aged/aging would all benefit from attending this conference!
Registration Fees & Information

Full Registration Conference fees are $349 for Members / $449 for Non-Members and include conference materials, admission to all education sessions, the Opening Reception, breakfast, lunch and coffee breaks on Thursday and Friday. One-day registration rates starting at $175 are also available. Early-bird registration expires, April 12, 2019

Hotel Information

Yes, the art deco ocean liner Queen Mary now celebrating 40 years in Long Beach - is a hotel too! Officially retired from service in 1967, The Queen Mary remains permanently moored in the port of Long Beach. The ship has emerged as a favorite tourist attraction featuring restaurants, a museum and a hotel with 346 spacious staterooms and suites. The NANASP Group Rate for Deluxe Stateroom with 1 King Bed is $169 + tax. Extra spacious and more luxurious – the preferred choice of First-Class passengers. Includes operable portholes that face either the port or starboard side of the ship. (Windowless) Inside Staterooms with 1 King Bed are also Available for $149. To Book Your Reservations call 877-342-0742 or visit queenmary.com today. Be sure to mention you are with NANASP. Start planning your trip now at visitlongbeach.com

Transportation Information

Getting to Long Beach Is Easy! NANASP Conference Attendees can fly into Los Angeles International Airport (LAX), Long Beach Airport (LGB) or Orange County's John Wayne Airport (SNA). Limousine, taxi and/or airport shuttle services are available from all.

Scholarship Opportunities

Through the generous pledges from friends of NANASP, we are pleased to be able to provide a limited amount of scholarships for those who desire to attend the annual conference. Priority will be given to NANASP Members; those with greatest economic need; those attending the conference for the first time; and those demonstrating their ability to give the greatest return on investment to their community (local community or professional community). Anyone is eligible to apply. Applicants should have at least two years’ experience in current position. Application must be submitted in the name of an individual rather than on behalf of the agency. Award is not transferable without approval. Applications are due to NANASP by March 15, 2019. Notification of awards will be made the week of April 1st. For additional information and to download a scholarship application, visit the NANASP website at www.nanasp.org

Schedule of Events

WEDNESDAY MAY 15, 2019

PreSession

8:00 a.m. – 1:00 p.m
Nutrition/Senior Centers Directors Training Pre-Session
Separate Registration/Fee Required

Are you a new director and wondering about the requirements for the nutrition program? Are you a current nutrition program director, wondering how the nutrition program can survive with its limited funding? Are you a future oriented director and wondering about program innovations? Then this pre-session is for you! NANASP is proud to bring back one of their most popular training sessions for Nutrition Directors! Learn from seasoned experts in the field of aging – who combined have over 70 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 cover the history of the OAA and its practical applications; review the Aging Network structure; develop strategies to work with program staff, local AAA’s, State Units on Aging and Senior Centers; highlight the uniqueness of each state and local needs and get back to basics, incorporating the challenges and opportunities your programs are facing in these difficult economic times and help you to create the ideal nutrition program and senior center.

Pat Bohse, Executive Director
Social Community Activities Network (SCAN) and President, Bohse & Associates | Middletown, NJ

Keri Lipperini, Director, Office of Nutrition and Health Promotion Programs
Administration for Community Living, Administration on Aging | Washington, DC

Linnea Hagberg, Nutrition Program Director
Senior Care Inc., Gloucester, MA
Conference Begins

12:00 p.m
Registration Desk Opens

2:00 p.m – 4:15 p.m
Opening Institute

2:00 p.m – 3:00 p.m
Opening Keynote

*Edwin Walker, Deputy Assistant Secretary for Aging*
Administration for Community Living/Administration on Aging
Washington, DC

3:15 p.m – 4:15 p.m
Washington Update: National Voice. Local Action

*Robert (Bob) Blancato, Executive Director*
National Association of Nutrition and Aging Services Programs
Washington DC

NANASP Executive Director Bob Blancato will bring you up to date on all that is happening in Washington relative to the world of aging and health policy. We will discuss the current Administration, the new Congress, and what is currently happening in the world of aging and health policy and Older Americans Act funded programs.

*Sponsored by*

4:30 p.m – 5:30 p.m
The Future Is Now: Findings from A Congregate Meal Program Summit

The National Association of Nutrition and Aging Services Programs (NANASP), in collaboration with the National Resource Center on Nutrition and Aging (NRCNA), are partnering to reimagine and plan for the future of congregate meal programs. Informed by actionable insights and recommendations from program leaders across the country, in this session you will learn about emerging research, new tools and resources, and best practices that you can use to position your program for future success. Describe emerging and relevant trends in congregate meal program programs, participation and practice. Analyze their program operations to identify opportunities to strengthen program appeal, client engagement and impact, as well as plan for continued sustainability.

*Ucheoma Akobundu, Senior Director - Nutrition Strategy and Impact*
Meals on Wheels America (MOWA) | Arlington VA

*Meredith Ponder-Whitmire, Policy and Advocacy Director*
National Association of Nutrition and Aging Services Programs (NANASP) | Washington DC

*Robert (Bob) Blancato, Executive Director*
National Association of Nutrition and Aging Services Programs | Washington DC

5:30 p.m – 7:00 p.m
Opening Welcome Reception

*Sponsored by*
A Community-based Medically Tailored Meal Intervention to Address Healthcare Utilization Among Vulnerable Seniors (BO4A)

Nutrition

In this session, we will share the evidence and outcomes of a medically tailored meal intervention for chronically ill seniors and identify social determinants of health critical to effective interventions. Participants will better understand medical nutrition intervention models most effective with acute populations and the transition strategies to maintain engagement and improve health outcomes.

Mark Ryle, CEO, Chair and Vice Chair  
Project Open Hand/California Food Is Medicine Coalition/National Food Is Medicine Coalition  
San Francisco CA

Richard Ayoub, CEO  
Project Angel Food  
San Francisco CA

Strategies for Addressing the Social Determinants of Health Among Older Adults with Behavioral Health Needs (BO4B)

Innovative Programs & Services

For this session, the Administration for Community Living will share new data, relevant initiatives, and resources for addressing the behavioral health needs of older adults. Two organizations, Serving Seniors and Maryland Living Well Center of Excellence- MAC, Inc., will share innovative approaches for addressing the social determinants of health and social isolation among older adults in their communities, with an emphasis on how they are identifying and addressing behavioral health needs in their population.

Keri Lipperini, Director, Office of Nutrition and Health Promotion Programs  
Administration for Community Living, Administration on Aging | Washington, DC

Jennifer Sinnott, Vice President for Clinical Services  
Serving Seniors | San Diego CA

Leigh Ann Eagle, BS, Executive Director  
Maryland Living Well Center of Excellence Salisbury | Salisbury, MD

Sue Lachenmayr, MPH, CHES, State Program Coordinator  
Maryland Living Well Center of Excellence | Salisbury Maryland

10:15 am – 11:00 am  
Morning Break in Exhibit Hall
11:00 am – 12:15 pm
Concurrent Breakout Sessions

The Importance of Data in Healthcare - How to Prepare Yourself for the Changing Landscape (B05A)

The landscape continues to evolve as it relates to the management of data in the nutrition service sector. The healthcare industry is getting more entrenched into our lives and the expectation for good data driven analytics is high. Outcome based metrics are desired and we need to prepare ourselves for this new way of life. We need to move beyond capturing more than our basic client demographic information and funding avenues. There are new focal points that haven’t been on our radar in the past, such as Social Determinants of Health. We must be able to capture value added data about the clients we serve. This workshop will talk about the evolution of data management, things you should consider when making decisions about how to capture data and real-life examples from one of your peers in how they have managed data for various program initiatives they have been involved in. Understanding the healthcare expectations for data management. See how your peers are managing these requirements. Understand fundamental decisions that should be made to prepare yourself for better data capture.

Greg Prosser, President & CEO
Accessible Solutions, Inc. / Cocoa FL

Holly Hagler, CEO
SeniorServ, Inc. / Anaheim CA

Use Your Kitchen to Raise More Funds (B05B)
Resource Development

As funding continues to become scarcer it is up to each of us to find ways to increase revenue as expenses continue to rise. Why not utilize what you are already doing, with what you already have at your disposal and with the dedicated people you already have. Use your kitchen to start a for profit business. Come and learn, or share, what you can do to continue to serve those in need in your community.

George Hawthorne, Director of Nutrition/Transportation
REAL Services, Inc. / South Bend IN

Identify Malnutrition Risk and Not Sure What’s Next? A Successful State and AAA Model Partnership (B05C)

An SUA and AAA have collaborated on a number of effective, community-based malnutrition risk interventions. Receive training on a replicable malnutrition care pathway that will allow you to approach healthcare partners with a set of services to heal and reduce the risk of malnutrition in older adults. Learn about an award-winning malnutrition awareness workshop that is paired with evidence-based health and falls prevention programs. And, hear about the impact of an innovative, shelf-stable, medically-tailored meal program, designed to address the gap between hospital discharge and OAA service implementation.

12:30 pm – 2:15 pm
Luncheon in Exhibit Hall

2:30 pm – 3:45 pm
Concurrent Breakout Sessions

What’s New in Nutrition? ACL’s Innovations in Nutrition Programs and Services Projects (B06A)

Since 2017, the Administration for Community Living (ACL), Administration on Aging (AoA) has funded 11 pioneering projects to support testing promising practices that look to enhance the quality and effectiveness of nutrition services programs or outcomes within the aging services network. Innovations have included a focus on malnutrition, technology driven congregate meal programs, decreasing the prevalence of food insecurity, oral health, and other nutrition and aging relevant topics. Session participants will have the opportunity to hear exciting information from current grantees about their innovative nutrition projects currently in action across the country. Attendees will also receive guidance on how to potentially replicate these initiatives in their own communities, as well as hear about key lessons learned from implementing this work.
Serving Seniors: Food Assistance and Nutrition Programs Meeting Seniors Where They Are (BO6B)

In 2016, Feeding America, the nation's largest hunger relief organization, embarked on a comprehensive study of its food assistance programs that serve seniors. The result is the largest qualitative study on seniors in more than a decade. This presentation will highlight key findings of the research, discuss best practices, and focus on the importance of senior voices and experiences in the service model design process.

Renee Griffin, Assistant Director
Senior Resources of Guilford | Greensboro, NC

4:15 pm – 5:30 pm
Concurrent Breakout Session

Senior Malnutrition - Challenges and Opportunities for Community-Based Organizations (BO7A)
Marketing/Image

Malnutrition is a growing and urgent problem among seniors. Up to 1 out of 2 seniors is either at risk of becoming or is malnourished, and it is estimated that 6% to 30% of community-dwelling seniors are under-nourished. The economic burden in the U.S. is over $155 billion/year, with an estimated $51.3 billion attributable to seniors. Although malnutrition is pervasive and costly in the senior population, it remains a silent epidemic and malnutrition care approaches have been omitted from most prevention and wellness, patient safety, care transitions, and population health strategies. Because the causes and contributors for malnutrition are multiple and complex and include medical and social risk factors, addressing senior malnutrition requires engagement at all levels from individuals, families, and caregivers, to healthcare institutions and providers, community-based organizations, public health officials and policymakers. Defeat Malnutrition Today, a coalition of over 75 organizations and stakeholders, is raising awareness about malnutrition and together with West Health is advocating for legislative and public health policy actions while elevating the role of community-based organizations to advance quality malnutrition care by screening for and addressing the social risk factors that contribute to and worsen senior malnutrition. This workshop will provide an overview of the problem and present opportunities for nutrition providers and other community-based organizations to advocate for policy and payment/reimbursement reform, screen for and address malnutrition and malnutrition risk among seniors across the care continuum and evaluate outcomes of innovative programs.
that advance comprehensive malnutrition care. Participants will also learn about how the Defeat Malnutrition Coalition is elevating the role of community-based organizations to combat malnutrition through the formation of a subgroup. The coalition’s subgroup will focus on improving malnutrition care by bridging health care and supportive care that is provided by nutrition programs and other community-based programs that are entrenched in their communities and provide a wide array of services that support seniors in their homes, where they manage their health and lives on a day-to-day basis.

**Brenda Schmitthenner, Senior Director, Program Officer**  
Successful Aging West Health / La Jolla CA

**Meredith Ponder Whitmire, JD, Senior Associate**  
Matz, Blancato & Associates / Washington DC

**Fundraising: Planning, Boards, Mailings and Thanking (BO7B)**  
Fundraising

Come learn about how to create a successful fundraising plan, direct mail campaign and how to choose the right Board Members and hold them accountable. Learn ways to refine and grow a fundraising program that fits your programs needs and desired outcomes.

**Lisa Woodring, Chief Development Officer**  
FeedMore Western New York / Buffalo NY

**Elizabeth Lucas, Donor Relations Director**  
FeedMore Western New York / Buffalo NY

**Critical Conversations about Elder Abuse: Recognizing, Reporting and Prevention (BO7C)**  
Building Successful Nutrition and/or Senior Center Partnerships Track

Julie Schoen from the National Center on Elder Abuse and Erin Scheithé from the Bureau of Consumer Financial Protection will provide an overview of elder abuse and elder financial exploitation specifically. The session will include free, easy-to-use prevention resources, a discussion of how to recognize if your meal recipients are at risk, and steps to report instances of elder abuse to the proper authorities.

**Erin Scheithé, Content Specialist**  
Consumer Financial Protection Bureau / Washington DC

**Julie Schoen Deputy Director**  
National Center on Elder Abuse, Keck School of Medicine, University of Southern California / Alhambra CA

**FRIDAY, MAY 17, 2019**

6:30 am – 7:30 am  
Wellness Activity

8:00 am – 3:30 pm  
Registration Desk Open

8:30 am – 9:30 am  
NANASP Annual Meeting/Breakfast

Sponsored by

[Centene Corporation](#)
9:45 am – 10:45 am
Concurrent Breakout Sessions

Leveraging New Opportunities to Address Social Determinants of Health

Senior centers and community-based organizations are uniquely qualified to address Social Determinants of Health related to socialization, food security, economic security and more. Health care providers are just beginning to discover their potential. The Center for Medicare and Medicaid Services has issued guidelines for health plans to improve the health outcomes of older persons with chronic illness through new supplemental benefits. Is your organization ready to leverage this opportunity? Will the nimble for-profit sector replace the traditional aging network? This session will explore the changing landscape and our response.

Robert (Bob) Blancato, Executive Director
National Association of Nutrition and Aging Services Programs | Washington DC

Carol Zernial, Foundation Executive Director
WellMed Medical Management, Inc. | San Antonio, TX

Laura Cisneros, Director of Senior Community Services
WellMed Medical Management, Inc. | San Antonio, TX

Is Your Direct Marketing Program Lost at Sea? Don’t Jump Ship! Come Learn How to Find Oceans of New Donors and Revenue for Seniors (BO8B)

Resource Development

Are you always trying to catch the next wave of new revenue to feed more seniors? Do you struggle to get your key leadership onboard to start or expand your donor acquisition program? If so, attend this interactive session to learn how you can acquire hundreds of new donors and raise thousands of dollars through direct marketing. Lisa Maska and Kate Zidek will share Case Studies from programs just like yours—and show how it can work for you, too. You’ll learn direct marketing best practices, network with colleagues, and have all your questions answered. Plus – all attendees will receive a copy of our helpful 10 Tips for Direct Marketing Success. Whether you are just getting started or have been in the mail for years, this session will help you navigate your fundraising program to where you need it to go! Lautman Maska Neill & Company partner/owner, Lisa Maska, CFRE, has been helping nonprofit organizations raise money for more than 25 years, and is proud of having launched her firm’s Meals on Wheels Co-op in 2000. Kate Zidek, CFRE, Director of Client Services, has over 20 years of experience in the nonprofit sector, including her former position as VP Development with Meals on Wheels San Antonio. Last year, Lautman’s Meals on Wheels Fundraising Co-op raised over $13.3 million and acquired 53,000 new donors for our 48+ senior nutrition partners across the nation. Learn why adding or expanding a direct marketing program is your smartest investment. Learn direct marketing “best practices” to increase revenue and acquire new donors. Learn how to make the case for direct marketing to your Board and key leadership.

Kate Zidek, CFRE, MPA, Director of Client Services
Lautman Meals on Wheels Fundraising Co-op | Washington DC

Lisa Maska, CFRE Partner/Owner
Lautman Meals on Wheels Fundraising Co-op | Washington DC

10:45 am – 11:15 am
Coffee Break

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

Advocating Beyond the Meal (BO9A)

Misc Track

In its third year of Retirement Research Foundation funding, NANASP has focused on building a strong national grassroots advocacy movement through sites visits in key states and membership organizing. Our goal has been to demonstrate the importance of socialization to policymakers and to show that investing more in the Older Americans Act Congregate Nutrition Program reduces healthcare costs overall. This is especially important as reauthorization of the OAA will take place in the coming year.
How Home Delivered Meal Programs and Food Banks Can Work Together to Better Serve their Community’s Hungry (BO9B)

E. Douglas Beach, CEO
Western Reserve Area Agency on Aging (WRAAA) | Cleveland, OH

Kate Maehr
Greater Chicago Food Depository | Chicago, IL

Timothy McDermott, Chief Development Officer (Invited)
FeedMore | Richmond, VA

Special Thanks to Our 2019 Sponsors!