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 2020 Annual Training Conference will bring together a unique group of professionals for 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 May 1, 2020.
**Austin/Hotel Information**

What you hear is true. With vibrant entertainment and culture, inspiring cuisine and stunning outdoor settings, Austin lets you create a soundtrack all your own. They're home to more than 250 music venues and a vibrant arts scene. Visit [https://www.austintexas.org/](https://www.austintexas.org/) and take a look around, and put the Live Music Capital of the World® on your playlist. Connect to a world of innovation, technology and comfort at the **AT&T Hotel and Conference Center** [https://meetattexas.com/](https://meetattexas.com/) the grand hotel of The University of Texas at Austin located at 1900 University Ave in Austin, TX 78705. Architecturally, the Texas limestone archways mimic the iconic University of Texas Tower. **The NANASP Group Rate is $195 + tax.** Book Your Reservations visit [www.nanasp.org](http://www.nanasp.org) for the group link.

**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 20, 2020**. 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](http://www.nanasp.org).

### 2020 Tentative Schedule of Events

**WEDNESDAY | JUNE 3, 2020**

8:00 am – 4:00 pm  
Registration Desk Open

8:00 am – 1:00 pm  
**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, Director**, of Community Programs & Planning, Senior Care Inc., Gloucester, MA  
**Denise Niese, Executive Director**, Wood County Committee on Aging, Inc., Bowling Green, OH
WEDNESDAY | JUNE 3, 2020 - Continued

Conference Begins

1:00 p.m – 2:15 p.m

The NANASP Executive Director, Legislative and ACL Leadership will bring you up to date on all that is happening in Washington relative to the world of aging and health policy.

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

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

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

2:15 p.m – 2:30 p.m
Break

2:30 p.m – 3:30 p.m
General Session 2: Election 2020 Panel of Pundits

**Moderated by Paul Downey**, CEO, Serving Seniors, San Diego, CA

3:30 p.m – 4:00 p.m
Break

4:00 – 5:30 p.m
Facilitated Roundtable Discussions

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

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[ANHI logo]

THURSDAY | JUNE 4, 2020

6:30 – 7:30 am
Wellness Activity

8:00 am – 5:30 pm
Registration Desk Open

8:00 am – 9:00 am
Continental Breakfast/Visit with Exhibitors
9:00 am - 10:15am  
**General Session 3: Partnerships with Healthcare Organizations**

Sharon Williams is an industry leader in both the health care and community-based services (CBO) industries. Her broad experience provides a unique perspective on effective engagement across these two diverse ecosystems to maximize integrated care initiatives and improve quality of care and quality of life outcomes for consumers. She is committed to the alignment of quality and performance outcomes for both clinical care and Social Determinants of Health (SDOH). Sharon has trained thousands of CBO leaders through myriad business acumen training and strategic support for community-based organizations. She has played an essential role with key national organizations to prepare their local leaders to build sustainable strategies that improve value and organizational capacity. She works closely with leadership from the US Department of Health and Human Services’ Administration on Community Living.

**Sharon Williams**, Chief Executive Officer, Williams Jaxon Consulting, LLC

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![Centene Corporation](image)

10:15 am – 11:00 am  
**Morning Break in Exhibit Hall**

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

**Boosting Contributions at Meal Sites: Insights from a Pilot Program**
You may have looked at contributions at your site and wondered how you might be able to increase them. Perhaps you may have wondered what others are doing across the country to address the issue of contributions. In this session, we cover these topics and much more. Behavioral science – the field of study examining how individuals make choices, are motivated, etc. – has informed federal programs ranging from ways to decrease energy costs in federal assisted housing to testing out methods to increase renewal rates of federal student aid. Strategies – which seeks to improve the overall efficiency of programs – have been developed and tested by the Office of Evaluation Sciences (OES) team. These strategies are potentially important to supporting business acumen efforts. In this session, presenters from ACL, OES, will highlight strategies developed and implemented at a local meal congregate site to increase – in a non-coercive manner – voluntary contributions from participants. Additionally, participants will learn about the strategies used by meal sites programs across the U.S. to collect or solicit voluntary contributions. Discussion will focus on the lessons learned from strategies employed at a meal site program, experiences from participants who engaged with meal site staff during the duration of this intervention, and in what ways these strategies can be sustained at a congregate meal site program. Participants will learn about funding opportunities that are available to test other innovative nutrition business ideas. Additionally, participants will receive practical tips and takeaways as to how they can apply these strategies to their existing services and support programs.

**Keri Lipperini, Director, Office of Nutrition and Health Promotion Programs, ACL/AOA, Washington, DC**  
**Elana Safran, Behavioral Scientist Office of Evaluation Sciences (OES)/U.S. GSA Washington DC**

**Diabetes Diagnosis - Now What? A Look Inside a Diabetes Essentials Workshop**
“Diabetes Essentials” is a community outreach program developed in-house and is AADE-accredited. Designed as a point-of-entry for future Nutrition Program clients, the program has been presented to audiences at nursing homes, senior housing, and at health fairs. Focusing on post-diagnosis changes, it has three major components to understanding diabetes: 1) diagnosis and disease progression; 2) necessary lifestyle changes, and 3) resources/tools to continue living life to its fullest.

**Janelle Couture, RDN, Aging & In-Home Services of Northeast Indiana, Fort Wayne, IN**
**Partnerships and Opportunities to Address Social Need Among Aging Medicare and Medicaid Managed Care Enrollees**

Providers, health plans, and states are growing more aware of the connection between individual, community, and social factors and health. Numerous studies have highlighted that these factors contribute significantly more to an individual’s health and well-being than do health care and genetics. Older adults present with a number of both health and non-health care needs that include housing insecurity, low socioeconomic status, food access, social isolation, and loneliness. In particular, by one estimate, health care costs are 1.5x higher for food-insecure individuals. National, state, and local strategies that promote access to coordinated food and nutrition services are essential to maintain independence, functional ability, disease management, and quality of life. Community-based organizations and managed care plans are individually and in partnership implementing a broad range of strategies to address the social needs of older adults. In this session, a discussion about the unique social needs of older adults will take place among key stakeholders, including from the public, private, and nonprofit sectors representing the perspectives of advocates, providers, consumers, policymakers, and health plans. Examples of efforts and opportunities to address the social determinants of health of older adults, and in particular food insecurity, will be highlighted along with a review of current and emerging policy and practice opportunities related to this effort across both the Medicaid and Medicare Advantage programs.

**UnitedHealth National Experts & AAA/CBO Leaders - TBA**

12:00 pm – 1:00 pm
Luncheon in Exhibit Hall

1:15 – 2:15 pm
Concurrent Breakout Sessions

**Breaking Bread to Combat Social Isolation**

With close to 50% of older adult women over 75 living alone, there is a great need to develop connections within their community for improved health outcomes. Assessing social isolation is a complicated and time intensive endeavor. Learn how two programs - Santa Clara County and The Baltimore County Department of Aging have addressed this important issue by establishing/optimizing community partnership programs to combat isolation.

*Laura Riley, Baltimore County Dept of Aging, Baltimore, MD and Vanessa Merlano, County of Santa Clara Social Services Agency, San Jose, CA*

**Building the Business Acumen of Nutrition and Aging Services**

Are you interested in learning how to increase your business savvy so that you can contract with health care? At this session the Aging and Disability Business Institute will provide information on tools and resources community-based organizations can use to enhance their business capacity, successfully adapt to a changing health care environment, and capitalize on emerging opportunities to diversify funding. This interactive session will be useful to participants no matter where their organization is on the business development journey.

*Karol Tapias and Maya Opdebeke, n4a, Washington DC*
*Meredith Ponder-Whitmire, Policy and Advocacy Director, NANASP, Washington DC*

**Use Food Education to Positively Impact your Seniors**

The BeWell Kitchen is designed to support our BeWell approach, where we recognize that providing education is a powerful tool to nudge our dining guests to make healthier choices. Our BeWell Kitchen offers an interactive, hands-on learning opportunity through preparing a BeWell recipe and provides participants take-home recipes and nutrition information. TRIO Community Meals hosts BeWell Teaching Kitchens at congregate sites to engage seniors and enhance the senior experience.

*Tammy Kingery, RD, LD, Chef Mario Reyes, and Devon Hilton, Trio Community Meals*

2:15 pm – 2:30 pm
Afternoon Break
2:30 pm - 3:30 pm
Concurrent Breakout Sessions

Does $1 + 1 = 3$? How to Evaluate Strategic Partnerships
Strategic partnerships present many opportunities, but they also come with challenges. As you consider different types of partnerships — from basic Memorandums of Understanding to shared services, alliances or even mergers — you'll need to answer a lot of questions about the benefits of a partnership, the risks and what would be needed to make it truly work. Start here with this presentation that helps you explore if $1 + 1$ will truly equal $3$!

Tara A. Ellis, President & CEO, Feed More Western New York, Buffalo, NY
Rachel Leidenfrost, Chief Strategic Initiatives Officer, FeedMore Western New York, Buffalo, NY

The Congregate Meal Program: Innovation in 2020 and Beyond
With a 45% decline in nine years for Congregate meal participation, Iowa developed a state-wide strategy to revitalize the Congregate Meal program. The new generation of older adults have much different needs and wants than in years past: they are living longer, working longer, are more diverse, and are more food insecure. Iowa developed solutions to increase participation, and one AAA saw a 50% increase in participation in just one year. The AAA utilized a Café model with successful community partners, a salad bar, and choice menus. This interactive session will delve into the problems and solutions of a declining congregate meal program and give participants a chance to participate in alternative brainstorming sessions. Participants will discover innovative solutions both state-wide and on the AAA level including menu changes, meal site changes, marketing, and diversifying funding. All solutions discussed can be replicated nationwide.

Alexandra Bauman, RD LDN, Iowa Depart of Aging, Des Moines, IA

Socialization2.0: What’s Next in Congregate Nutrition Program Research
From June 2016 to August 2019, with funding from the RRF Foundation for Aging, NANASP studied the benefits of Older Americans Act (OAA) funded Congregate Nutrition programs to the health and well-being of older adults. In three years, NANASP surveyed a total of 3,824 program participants in 14 states. NANASP also collected 90 surveys total from Congregate Nutrition program providers. NANASP Executive Director, Bob Blancato, visited 21 Congregate Nutrition program sites in person, speaking with more than 1,100 participants nationally. In this session participants will learn how research findings about the importance of socialization were then used to advocate locally and nationally for increased funding to the Congregate Nutrition program. Participants will hear how NANASP is pursuing a new Socialization2.0 project that will help them expand their research by increasing site visit locations, creating formalized focus groups, compiling in depth profiles on program participants and collaborating with researchers to collect a more robust database of information.

Robert Blancato, Executive Director, NANASP, Washington, DC
Meaghan B. McMahon, MSW, Consultant, Washington, DC

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

Innovations to Address the Behavioral Health Needs of Older Adults through the Nutrition Gateway
For this session, the U.S. Administration for Community Living will share the latest national data, relevant initiatives, and new resources for addressing the behavioral health needs of older adults. Two organizations, Meals on Wheels Tarrant County and Georgia State University, will share their innovative approaches for enhancing the well-being of adults in their communities through nutrition and wrap around supportive services.

Keri Lipperini, Director, Office of Nutrition and Health Promotion Programs, ACL/AOA, Washington, DC
Dr. Laura Shannonhouse, Georgia State University, Atlanta, GA
Danielle Moore, VP of Nutrition and Health Programs, Meals on Wheels of Tarrant County
The Diner: Game Changing Project
The Diner, a unique and award-winning contemporary dining model in Vancouver, Washington serves as both a multi-generational modern diner and a senior meal site. Revenue from paying customers supports the organization and offers donation based senior OAA diners the dignity of choice. The Diner’s construction took two years from concept to its opening in February 2019, and has been recognized locally as “a savvy, community-minded solution, and the first of its kind in the country”.

Suzanne Washington & Renata Wilson, Chief Operations Officer, Meals on Wheels People, Portland, OR

Creating a Monthly, Recurring Gifts Program
A monthly, recurring gifts program provides a non-profit organization regular income that staff and fundraisers can rely on. When a donor sets up a recurring donation, they choose to give a pre-determined amount of money on a regular basis. Many donors like to give monthly, bi-monthly, or yearly, but they can give as frequently as they’d like. (Monthly giving is probably the most frequent form of recurring giving.) A monthly, recurring gifts program allows donors to continually support your mission over time. It creates a community of loyal and engaged donors for your non-profit organization. With so many automatic, online recurring donation options (PayPal, electronic fund transfer (EFP, and other online donation platforms), it also saves staff and fundraisers time - allowing staff to focus more on the work they do in the community, and we’d like to show you how to start a program today!

Liz Lucas, Strategic Gifts Officer, FeedMore Western New York, Buffalo NY
Lisa Woodring, Chief Development Officer for the Meals on Wheels Foundation of Western New York, Buffalo NY

Evening - TBD
Optional Event/Dine-Arounds

FRIDAY | JUNE 5, 2020

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

8:00 am – 8:30 am
Continental Breakfast

8:30 am – 9:30 am
General Session

Brain + Body Healthy Aging: A Community-Based, Scalable, Total Lifestyle Program to Reduce Alzheimer's Dementia Risk
More than 200 drug biologic therapeutic trials designed to prevent or treat AD have failed in recent years. Lifestyle has now been recognized as the one, evidence-based, risk-reduction intervention to slow the tsunami of this devastating disease. This session is aimed for directors and program coordinators of community and senior centers, managers and activity directors of retirement communities, and all others interested in the latest advances in understanding the critical role lifestyle plays in life-enrichment, social engagement, healthy aging, and risk reduction of Alzheimer’s disease and all-cause dementia. Specifically, it is designed to highlight how risk reduction for age-related memory impairment, MCI, AD, and VaD can be accomplished in a socially engaging, fun and rewarding style by implementing a certified instructor led, structured, multi-modal program with three years of curriculum.

Paul Bendheim MD, Clinical Professor of Neurology, University of Arizona College of Medicine BrainSavers LLC
Chelsea Stillman PhD, Department of Psychology, Brain Aging and Cognitive Health Lab, University of Pittsburgh
Carol Zernial MS, Executive Director - WellMed Charitable Foundation

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9:30 am – 9:45 am
Coffee Break

9:45 am – 10:45 am
Concurrent Breakout Sessions

What’s New in Nutrition Innovations?
Since 2017, the Administration for Community Living (ACL), Administration on Aging (AoA) has funded 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. Session participants will have the opportunity to hear exciting information from these ACL grantees about their innovative nutrition projects currently in action across the country. Project topics will include technology-driven nutrition enhancement and self-management program for older adults with multiple chronic diseases, innovation in network referrals, addressing low income, emergency services, food insecurity, and social isolation barriers by enhancing partnerships in communities, and research to identify causes of decline in congregate meal program participation by adults 60 and over.

Keri Lipperini, Director, Office of Nutrition and Health Promotion Programs, ACL/AOA, Washington, DC
Michael Aguirre, LMSW-AP, CTCM, SHIP Director, Texas HHSC and the Office of Area Agencies on Aging
Ryan Gadzo, Research Analyst, Erie County Senior Services (NY), and
Tom Kenny, Eastern Area Agency on Aging

Applying the Updated Blueprint to Defeat Older Adult Malnutrition –
Malnutrition is more prevalent now than ever before. 1 out of 2 older adults is at risk for malnutrition. As the population of Florida ages, 23 percent of the people are over age 60. Many of these people are admitted to the hospital and at risk for malnutrition. Identification of malnutrition, early nutrition intervention and providing therapeutic meals to the patient upon discharge improves patient outcomes, decreases incidence of readmissions and decreases overall healthcare costs.

This session will highlight the 2020 update to the 2017 National Blueprint: Achieving Quality Malnutrition Care for Older Adults. Attendees will learn about the Blueprint’s new features and resources, including its updated research and tools. The session will also discuss practical strategies for community-based organizations to use to combat malnutrition, both locally and through state and federal advocacy. The latest updates in federal malnutrition policy will also be shared.

Meredith Ponder-Whitmire, Policy and Advocacy Director, NANASP, Washington, DC
Heather Wayco, Director of Clinical Nutrition, Lee Health, Fort Myers, FL

10:45 am – 11:00 am
Coffee Break

11:00 am – 11:45 am
NANASP Annual Meeting/Closing Remarks/Raffle Drawing - Must be Present to Win!

Conference Concludes