

AGENDA ITEM # VI.

Diane Lamoreaux

From: Carrie Schonlaw
Sent: Wednesday, April 01, 2015 7:17 AM
To: Diane Lamoreaux
Subject: FW: NANASP Conference
Attachments: NANASP Conference agenda.pdf; NANASP-ScheduleofEvents-2015.pdf

Diane,

I have attached two different copies of the Conference Agenda. The first is a one page version with the dates/times and topics of each session. The second one is about 4 pages long and provides a description of the different sessions being offered.

As I mentioned, we are down to only two Counties who would be sending staff if approved, Washington & Garfield. Therefore, we are looking at only requesting around \$3,000 total (\$1,500 per person). These funds would come out of some one-time carry-over funds from the Aging Administrative funding.

Thanks,

Carrie A. Schonlaw, SSW
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Five County Association of Governments
Area Agency on Aging
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AGENDA ITEM # VI. (Continued)



NANASP 2015 Annual Training Conference

Schedule of Events

The NANASP Annual 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 nutrition providers, through better understanding of emerging and innovative ideas in resource development and marketing; health and nutrition; organizational development and operations and advocacy.

Wednesday, June 3, 2015

- 8:00 am - 1:00 pm **Pre-Conference Intensives/Local Site Tour- REGISTRATION REQUIRED!** (PCI-ND)
- 2:00 pm - 3:00 pm **NANASP Washington Update: National Voice. Local Action**
- 3:00 pm - 3:45 pm **Optimizing Health for Diverse Older Adults**
- 4:00 pm - 5:00 pm **Healthy Aging Listening Session**
- 5:00 pm - 6:30 pm **2015 "Winner's Circle" Opening Reception: Celebrating our Champions for Healthy Aging!** (OPEN-REC)

Thursday, June 4, 2015

- 8:00 am - 9:00 am **Networking/Roundtable Breakfast**
- 9:15 am - 12:00 pm **Integrating Ethics into your Work with Staff and Volunteers** (GS2)
- 12:00 pm - 1:15 pm **Exhibit Hall Lunch**
- 1:45 pm - 2:45 pm **Kitchen's Working Together to Reduce Costs** (1A)
- 1:45 pm - 2:45 pm **Growing Younger through Fall Prevention and Social Isolation Reduction** (1B)
- 3:00 pm - 4:00 pm **Opportunity Knocks: Understanding the Role of Nutrition Services in Healthcare Integration** (2A)
- 3:00 pm - 4:00 pm **20 Hot Tips to Raise More Money for Senior Nutrition** (2B)
- 4:15 pm - 5:15 pm **Lunch and Learn Sessions** (3A)
- 4:15 pm - 5:15 pm **Messaging for All: Learning from the SCESP Model** (3B)

Friday, June 5, 2015

- 8:00 am - 8:45 am **Continental Breakfast/NANASP Annual Meeting**
- 9:00 am - 10:00 am **Is it Social Bullying? Strategies for Assessing and Intervening with Older Adults** (GS4)
- 10:15 am - 11:15 am **Everyone Wins with Evidence-Based Health Programming!** (4A)
- 10:15 am - 11:15 am **RSVP: A Valuable Ally in Promoting Healthy Aging** (4B)
- 11:30 am - 12:30 pm **Connected, Not Isolated: Showing Older Adults the iPad and the Internet** (5A)
- 11:30 am - 12:30 pm **Improving Participation and Satisfaction in Your Nutrition Program with Onsite Chef Programs** (5B)



SCHEDULE OF EVENTS

Wednesday, June 3, 2015

- 8:00 a.m. – 5:30 p.m. Registration Open
- 8:00 a.m. – 1:00 p.m. **Pre-Conference “Warm Up”: Nutrition/Senior Center Directors Training** (Separate Registration Required)
- 9:00 a.m. – 1:00 p.m. **Pre-Conference “Warm Up”: Jewish Family & Career Services Site Tour** (Separate Registration Required)
- 1:00 – 5:00 p.m. *Exhibit Hall Set Up/Move in*
- 2:00 – 2:15 p.m. **“Post Time” Welcome/Opening Remarks**
- 2:15 – 3:00 p.m. **NANASP Washington Update: *National Voice. Local Action.* (GS1)**
- Robert Blancato, Executive Director
National Association of Nutrition and Aging Services Programs
Washington, D.C.*
- 3:00 – 3:45 p.m. **Optimizing Health for Diverse Older Adults (GS2)**
- Nutrition has long been recognized as an important contributor to health, particularly for older adults. Older Hispanic men and women are generally at greater risk of experiencing nutritional problems. The Latino Integrative Nutrition Initiative (LINI) was launched in 2010 to support evidence-based, informed choices by U.S. Hispanics in the access and provision of culturally and linguistically appropriate nutrition services and nourishment for all family members. The newest phase of LINI is targeting older Hispanic adults and includes an expanded consumer website with the goals of improving health equity, reducing health disparities, and supporting an improved quality of life for the older Hispanic population.
- Cecilia Pozo Fileti, MS, RD, FADA
C.P. Fileti Associates, Inc.
Ann Arbor, MI*
- 4:00 – 5:00 p.m. **Healthy Aging Listening Session – Nora Super (Invited)**
- 5:00 – 6:30 p.m. **2015 “Winner’s Circle” Opening Reception: Celebrating our Champions for Healthy Aging!**



AGENDA ITEM # VI. (Continued)

Thursday, June 4, 2015

8:00-9:00 a.m. Networking/Roundtable Breakfast

9:15 a.m. -12:00 p.m. **Integrating Ethics into your Work with Staff and Volunteers (GS3)**

Ethical questions and issues frequently arise in our work, but how prepared are we to handle them? This interactive session offers an opportunity to revisit the various types of ethics, the characteristics of an ethical dilemma, and why ethical behavior is important to your organization today. Practice a decision-making process for navigating real-life ethical scenarios involving board members, staff, and volunteers. Gain insight and practical ideas on how to incorporate ethics into the fabric of your organization.

Katherine Campbell, Executive Director
Council for Certification in Volunteer Administration, Midlothian, VA

10:00 – 10:30 a.m. Coffee Break in Exhibit Hall

12:00 – 1:30 p.m. **Exhibit Hall Lunch**

1:45 – 2:45 p.m. **Concurrent Breakout Sessions**

Kitchen's Working Together to Reduce Costs (1A)

This workshop will discuss how the process six Area Agency Kitchen in Indiana have banded together to save money by creating and using one menu and bidding out food procurement. Also to be discussed is how the cooperation has worked out and the flexibility to adjust for regional taste. Banning together has also saved in dietician costs by having one dietician sign off on the menu for all agencies.

Elaine Brovont, President/CEO, Mid-Land Meals, Inc., Lafayette, IN
George Hawthorne, Director of Nutrition/Transportation, REAL Services, Inc., South Bend, IN

Growing Younger through Fall Prevention and Social Isolation Reduction (1B)

Growing Younger provides health and wellness education to Congregate Nutrition Sites to prevent falls and reduce social isolation through evidence and outcome based programming. This workshop will provide a road map from pilot to sustainable program design and delivery to provide attendees with a blue print of success.

Eric Garmon, Director of Growing Younger Program, YMCA
Missi Boyer, Director of Meals and Wellness Program, Senior Connections,
The Capital Area Agency on Aging, Richmond, VA

2:45 – 3:00 p.m. Coffee Break

3:00 – 4:00 p.m. **Concurrent Breakout Session**

Opportunity Knocks: Understanding the Role of Nutrition Services in Healthcare Integration (2A)

Healthcare integration can hold potential opportunities for nutrition providers. However, the path to enter into this new healthcare and LTSS systems arena may be unclear or uncharted. This session will provide a basic foundation to understanding this new environment and how to begin to build your program for the future.

Holly Hagler, MBA, President & CEO, SeniorServ, Anaheim, CA
Linda Netterville, MA, RD, LD, Director, National Resource Center on Nutrition and Aging, Alexandria, VA

AGENDA ITEM # VI. (Continued)

20 Hot Tips to Raise More Money for Senior Nutrition (2B)

If you're responsible for raising more money from individuals each year, then this session is for you! Come hear about the best tips, tests, and creative techniques to help you raise more money. Revamp your new donor acquisition, upgrade existing donors and increase your donor retention. Learn about proven direct mail techniques and online fundraising strategies from professional fundraisers who have been there - done it all - and are willing to share their secrets. Whether you are new to fundraising or are a seasoned veteran, you will get simple, practical tips you can put to use today to raise more money. We'll cover some best practice basics and much, much more.

Lynn Mehaffy, CFRE, Lautman Maska Neill, Washington, D.C.

4:00 – 4:15 p.m. Coffee Break

4:15 – 5:15 p.m. **Concurrent Breakout Sessions**

Lunch and Learn Sessions -TBD (3A)

Many snapshots of senior centers and meal programs show the very elderly with games and a meal sitting around tables. Exercise programs and visits from social groups who want to visit and “cheer up” seniors generally fill out the days. **Lunch and Learn Sessions**, combine C-1 meals, nutrition education and evidence based health workshops with Medicare updates, and topic specific requested presentations

Cynthia Creede, Wellness Director, Senior Services of Southeastern Virginia, Norfolk, VA

Messaging for All: Learning from the SCESP Model (3B)

For 50 years the Senior Community Service Employment Program (SCESP) has given older workers a helping hand in job training and providing economic security. The success of the program stems in part from the dual message of hope and help. This session will examine this ability to appeal to different audiences.

Lita Levine Kleger, Director of Program Development and Paul DelPonte, Director of Communications and Outreach, Experience Works, Arlington, VA

Friday, June 5, 2015

8:00 – 8:45 a.m. Continental Breakfast/NANASP Annual Meeting

9:00 – 10:00 a.m. **Is it Social Bullying? Strategies for Assessing and Intervening with Older Adults. (GS4)**

What constitutes social bullying among older adults versus unacceptable social behavior due to other causes like dementia or mental illness? Learn the common characteristics of older bullies and how victims are selected will be offered with examples from different setting that will demonstrate the negative impact of the behavior. In addition, learn an important four-part targeted intervention approach addressing the organization, the bullies, the victims and the bystanders in your nutrition sites and senior centers.

*Marsha Frankel, LICSW, Director of Mental Health
Jewish Family & Children's Services
Waltham, MA*

10:00 – 10:15 a.m. Break

AGENDA ITEM # VI. (Continued)

10:15 – 11:15 a.m. Concurrent Breakout Sessions

Everyone Wins with Evidence-Based Health Programming! (4A)

Adopting evidence-based health programs is a proven way to champion healthy aging for older adults in your communities. In this workshop, one Area Agency on Aging from North Carolina will discuss their experience with Stanford University's Chronic Disease and Diabetes Self-Management Programs and Maine Health's A Matter of Balance Program. Participants will learn about program effectiveness, getting started, recruiting volunteers and trainers, ongoing program maintenance, and challenges such as funding and staffing.

*Annette Demeny, Aging Program Specialist and Katie Kutcher, Aging Program Coordinator
Centralina Area Agency on Aging Charlotte, NC*

RSVP: A Valuable Ally in Promoting Healthy Aging (4B)

With 300,000 volunteers, RSVP is the nation's largest federally funded volunteer program. Volunteers serve Meals on Wheels, staff senior centers; enroll seniors in health and other benefit programs. Its low-cost and flexibility make it a valuable partner in improving the quality of life for seniors.

*Betty Ruth, President and Gene Sofer, Washington Representative,
National Association of RSVP Directors (NARSVPD)*

11:15 – 11:30 a.m. Coffee Break

11:30 a.m. – 12:30 p.m. Concurrent Breakout Sessions

Connected, Not Isolated: Showing Older Adults the iPad and the Internet (5A)

An important mission of senior nutrition and other aging programs is to keep older adults connected and engaged and avoid isolation from their family and neighbors. This workshop will describe how SCSEP participants are using iPads to show other older adults (one-on-one) information and benefits available online.

Tony Sarmiento, Executive Director, Senior Service America, Inc., Washington, D.C.

Improving Participation and Satisfaction in Your Nutrition Program with Onsite Chef Programs (5B)

*LisaLaBonte, Director, Senior Nutrition Services, New Opportunities, Inc., Waterbury, CT
Sharon TerHaar, Executive Director, AgeWell Services of West Michigan, Muskegon, MI*





2015

ANNUAL TRAINING CONFERENCE
Champions for Healthy Aging
 Hyatt Regency Louisville | June 3-5, 2015

- Summary
- Invitation
- Location
- Registration Fees
- Directions
- Schedule of Events
- Staff



NANASP 2015 Annual Training Conference

Registration Fees

Please choose one.

Full Conference Registration

Member Rate
\$299.00

Discounted Price
 \$249.00

If Registered By
 Wednesday, December 31, 2014

Refund Policy
[Details](#)

Non-Member Rate
\$399.00

Discounted Price
 \$349.00

If Registered By
 Wednesday, December 31, 2014

Refund Policy
[Details](#)

Daily Registration - Wednesday (All Day)

Daily Registration Rate - WED
\$99.00

Daily Registration - Thursday

Daily Registration Rate - THU
\$99.00

Daily Registration - Friday

Daily Registration Rate - THU
\$99.00

[View Refund Policy](#)

Pre-Conference Intensives/Local Site Tour- REGISTRATION REQUIRED!