

# 2018 NCAOA State Aging Conference

North Carolina

STATE AGING  
Conference

SAVE  
the  
DATE

MARCH 14-15, 2018

GREAT WOLF LODGE.

CONCORD

Hosted By:

NCAOA

NORTH CAROLINA  
ASSOCIATION ON AGING



*The only State Aging Conference!*

The North Carolina Association on Aging will hold its **Annual State Aging Training Conference on Wednesday, March 14 – Thursday, March 15, 2018** at the **Great Wolf Lodge in Concord, North Carolina.**

The NCAOA Annual Training Conference is an excellent opportunity to network with a concentrated, yet diverse number of aging professionals and volunteers. The NCAOA Training Conference is now the only state aging conference in North Carolina. More than 150+ persons are expected to attend, making our conference large enough for quality, but small enough for good interaction among participants.

## ***Previous Conference Attendee Fields***

AAA Staff  
Administrators  
Adult Services Staff  
Aging Service Providers  
Business Associates  
Caregiver Specialists  
Case Managers  
Consultants

DSS Staff  
Family Caregivers  
Government Leaders  
Health Care Professionals  
Nutrition Service Staff  
Ombudsmen  
Parks & Recreation Staff  
Planners

Policy Makers  
Program Directors  
Researchers/Educators  
Senior Adults  
Senior Center Staff  
Students  
Volunteers

***We Hope YOU Will Join Us!***




## 2018 NCAOA CONFERENCE AT A GLANCE

### Wednesday, March 14


8:30 a.m. – 10:00 a.m.	Registration Desk and Exhibit Hall Opens
10:00 a.m. – 11:30 a.m.	Opening Session
11:30 a.m. – 12:30 p.m.	Lunch & Learn
12:30 p.m. – 1:45 p.m.	Concurrent Workshops A
1:45 p.m. – 2:00 p.m.	Break / Silent Auction Opens
2:00 p.m. – 3:15 p.m.	Concurrent Workshops B
3:15 p.m. – 3:30 p.m.	Break
3:30 p.m. – 4:45 p.m.	Concurrent Workshops C
5:00 p.m. – 7:00 p.m.	NCAOA Networking Reception

### Thursday, March 15

7:30 a.m. – 8:30 a.m.	Networking Breakfast
8:30 a.m. – 9:15 a.m.	General Session
9:15 a.m. – 9:30 a.m.	Break
9:30 a.m. – 10:45 a.m.	Concurrent Workshops D
10:45 a.m. – 11:00 a.m.	Break / Silent Auction Ends
11:00 a.m. – 12:15 p.m.	Concurrent Workshops E
12:15 p.m. – 1:30 p.m.	NCAOA Awards Luncheon and Conference Closing
1:30 p.m. – 2:30 p.m.	NCAOA Board of Directors Meeting



## The 2018 NCAOA Excellence in the Field of Aging Awards



The North Carolina Association on Aging is pleased to announce that it is now accepting nominations for Excellence in the Field of Aging Awards. The awards categories are as follows:

### **Service Excellence Award**

This award honors an **employee** for the quality of direct service they provide to older adults in their community. Candidates must be front line service delivery workers.

### **Guiding Star Award**

This award honors a **supervisor** or manager for quality supervisory skills in the management of programs and staff they provide that benefit older adults. This award recognizes their ability to supervise and motivate staff as they provide quality work in their community.

### **Rising Star**

This award honors a **rising star employee** with three or fewer years of work experience in the aging network. This award recognizes their ability to take on leadership roles and an interest in the future of their organization and the field of aging.

### **Leadership Excellence Award**

This award honors a **Chief Executive/Administrative Officer** for the quality of leadership and organizational management they provide to their organization and to the aging network. Candidates must have significant year (candidate is preferred have 5 plus years of work experience) as a Chief Executive or Administrative Officer with their organization.

### **Reaching for the Stars – Innovative Program Award**

This award honors an **agency** that has an innovative and creative program that is working to enrich the lives of older adults. We are looking for programs that are creative but effective in enhancing the lives of older adults.

**Visit [NCAOA.org](http://NCAOA.org) for a nomination form. Please submit nominations by February 23<sup>rd</sup>.**

# Conference Opening Session

Wednesday, March 14 at 10:00 am

## Presented by: Jason Brown



In 2009, Jason Brown was the highest-paid NFL center and was playing for the St. Louis Rams. Five years later, after earning more than \$25 million of that contract, Brown made the decision to leave the NFL to become a farmer in his home state of North Carolina, with a passion to help feed the hungry.

Brown played college football at UNC and was drafted 124th overall in 2005. He played nine seasons in the NFL and at the age of 29, he still had plenty of NFL years ahead of him. He was cut by the Rams, yet numerous teams were interested in signing him to a contract and he had an offer to join the Baltimore Ravens.

But ... he walked away from the game.

Brown moved to Louisburg, North Carolina, and bought a 1,000-acre farm – what he has named the “First Fruits Farm.” He had never farmed a day in his life and had to learn how to grow crops on YouTube. Brown had a vision for his farm to provide food for those in need and to help address food shortage in eastern North Carolina. He donates his first harvest of his crops to local food banks. Back in 2016, he donated over 100,000 pounds of sweet potatoes and other vegetables.

When asked why he would leave the NFL to become a farmer, Brown said, “When I think about a life of greatness, I think about a life of service.”

## Conference Lunch & Learn

Wednesday, March 14 at 11:30 am

### Advocacy Session

Sponsored by:



# Conference General Session

**Thursday, March 15 at 8:30 am**

## **Presented by: Sandy Markwood,**

**Chief Executive Officer, National Association of Area Agencies on Aging**



National Association of Area Agencies on Aging, Chief Executive Officer, Sandy Markwood has more than 30 years' experience in the development and delivery of aging, health, human services, housing and transportation programs in counties and cities across the nation. Prior to coming to n4a in January 2002, Sandy served as the Deputy Director of County Services at the National Association of Counties where she took a lead role in research, training, conference planning, program development, technical assistance and grants management.

As CEO, Sandy is responsible for n4a's overall management. She sets strategic direction for the staff, oversees the implementation of all policy, grassroots advocacy, membership and program initiatives.

She also leads n4a's fundraising efforts and engages corporate sponsors to support critical initiatives, including an aging awards/best practices program and the Leadership Institute for Area Agency on Aging staff. Externally, Sandy forms strategic partnerships with federal agencies and organizations in aging, human services and health care arenas to enhance the role and recognition of Area Agencies on Aging and Title VI programs.

# NCAOA Awards Luncheon & Conference Closing

**Thursday, March 15 at 12:15 pm**

## **Presented by: Mandy K. Cohen, MD, MPH**

**Awards Presented by: Brad Allen, President, North Carolina Senior Games, Inc.**



Since being appointed as Secretary of the N.C. Department of Health and Human Services in January, Mandy Cohen, MD, MPH, and her team have worked tirelessly to improve the health safety and well-being of North Carolinians. Among her top priorities are combating the opioid crisis, building a strong, efficient Medicaid program, and improving early childhood education.

Cohen is an internal medicine physician and has experience leading complex health organizations. Before coming to the North Carolina Department of Health and Human Services she was the Chief Operating Officer and Chief of Staff at the Centers for Medicare & Medicaid Services (CMS). She brings a deep understanding of health care to the state and has been responsible for implementing policies for Medicare, Medicaid, the Children's Health Insurance Program and the Federal Marketplace.

A graduate of Cornell University, she received her medical degree from Yale School of Medicine, a Master's in Public Health from the Harvard School of Public Health and trained in Internal Medicine at Massachusetts General Hospital.

# Conference Workshops

Wednesday, March 14, 2018

12:30 p.m. – 1:45 p.m. Concurrent Workshops A

## 1) SCOPE Get-R-Done Interactive Workshop

We know how difficult it is for senior center staff to take time out of their day and work on organizing and filing documentation. That's why we decided to bring back the Get'R Done workshop! Take this opportunity to work on your own SCOPE files with the experts. You can bring your own materials and spend a couple of hours, away from distractions, filing and filling your notebooks or file caddies in the company of your colleagues. There will one-on-one assistance available for everyone, regardless of where you are in the process.

**Presented by:** Leslee Breen, MA, and Rebecca Freeman, MPH, Division of Aging and Adult Services, North Carolina Department of Health and Human Services

## 2) Hearts Talking -

The journey from a diagnosis of Alzheimer's to an intergenerational Kindermusik experience

Toddlers and preschoolers come with a grown-up to sing, play instruments, and move with Seniors at the Tab Williams Adult Day Center. It's never clear who is having more fun as love, joy, respect, and music permeate the room. This session tells the stories of what started as a weekly pilot in March, 2017 and has consistently exceeded expectations ever since.

**Presented by:** Sara Romanik, Program Specialist, Williams Adult Day Center, Senior Services, Inc.; Kelly Green, Vice President, Global Education Sales & Services, Kindermusik International

## 3) The Road to Equality Has Never Been STRAIGHT:

Serving Lesbian, Gay, Bisexual and Transgender (LGBT) Elders

LGBT Cultural Competence Training is an educational experience that promotes understanding and awareness of LGBT elders and their families. Personal stories and experiences are used throughout this interactive training to inform and educate staff and constituents to create respect and dignity for clients regardless of sexual orientation, gender identity and other differences.

**Presented by:** Angel Stoy, Aging Specialist, Centralina Area Agency on Aging; Elisa Gregorich, Centralina Area Agency on Aging

## 4) Post Keynote Session – Focus on Nutrition

**Presented by:** Jason Brown; Juan Jefferson, Vance County Senior Center

### 1) Leveraging the NC Senior Center Network for Grassroots Advocacy

North Carolina has an incredibly strong network of senior centers. The state's certification and training programs have greatly enhanced the level of programming offered in senior centers across the state. As a result, NC senior centers now serve over 100,000 people over 60 each year. That is a lot of people... with a lot of voices! Learn how you can partner with the NC senior center network to effectively advocate for older adults.

**Presented by:** Rebecca Freeman, MPH, Division of Aging and Adult Services, North Carolina Department of Health and Human Services

### 2) Tips for Working with Clients with Dementia and Their Caregivers

Over 160,000 people are currently living with Alzheimer's disease in our state. With NC's rapidly aging population and age being the primary known risk factor for dementia, that number is expected to increase to 210,000 by 2025. Most aging services and nutrition providers have clients who have dementia or who are caregivers to someone with dementia.

To help you work more effectively with your clients with dementia as well as their caregivers, this session will:

- 1) Discuss the latest facts about Alzheimer's disease and related dementias;
- 2) Explore strategies on how to positively communicate with clients with dementia and their caregivers;
- 3) Describe techniques for addressing behaviors that may be disruptive in group settings;
- 4) Provide nutrition tips for enhancing the health of people with dementia.

**Presented by:** Julia Lunsford, MD, Geriatric Psychiatrist, Faculty Member, Department of Psychiatry, UNC Chapel Hill

### 3) Faith & Aging: Responding to Community Spiritual Needs through Faith-Based Partnerships

In this session, participants will learn about the Orange County Department on Aging's (OCDoA) ongoing work to (1) best serve its local faith-based organizations and their aging congregants, as well as (2) address the evolving spiritual needs of the older adult community. Informed by its community needs assessment, and Master Aging Plan (five-year strategic plan), the OCDoA works to develop strong partnerships with faith-based organizations and leaders, and to engage these leaders in collaborative initiatives, including several "faith and aging" symposiums, and ongoing quarterly breakfast meetings. In addition, through a partnership with the UNC Hospital's, Clinical Pastoral Education program, the OCDoA has been able to provide non-denominational pastoral counseling to interested older adults and their caregivers, including those with dementia, and those who are isolated in their homes. Participants in this session will come away with an understanding of the opportunities and challenges of successfully developing and leveraging faith-based partnerships, as well as how to serve the, often changing and complex, spiritual needs of the older adult community.

**Presented by:** Yvette Garcia Missri, Administrator, VC55+, Orange County Department on Aging; Allen Ingram, Faith Outreach Coordinator, Orange County Department on Aging; Shenae McPherson, Volunteer Coordinator, Orange County Department on Aging

#### 4) Are You A Good Steward of Your Medicare? Guard Your Card...Enhance Your Benefits

Are you getting the most out of your Medicare benefits? Have you been taking advantage of the preventative benefits Medicare offers? Are you prepared to receive your new Medicare card? Do you know the steps to take to ensure your new Medicare Beneficiary Identification Number is protected? Join us for a conversation focusing on the importance of the 2018 benefits and changes to your Medicare identifying information.

**Presented by:** Stephanie Bias, NCSMP Program Coordinator, North Carolina Senior Medicare Patrol Program (NCSMP) and Seniors' Health Insurance Information Program (SHIIP); Jeanie Schepisi, SHIIP Piedmont Area Regional Manager, North Carolina Senior Medicare Patrol Program (NCSMP) and Seniors' Health Insurance Information Program (SHIIP)

#### 3:30 p.m. – 4:45 p.m. Concurrent Workshops C

##### 1) Volunteering and a Healthy Lifestyle

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. We will use examples of volunteer recruit and sustainability across programs such as evidence-based health promotion and volunteer transportation. A discussion will also include volunteer recruitment, effective screening tools and ways to maintain volunteers.

**Presented by:** Angel Stoy, Aging Specialist, Centralina Area Agency on Aging; Annette Demeny, Aging Specialist, Centralina Area Agency on Aging; Katie Kutcher, Aging Programs Coordinator, Centralina Area Agency on Aging

##### 2) Getting Old is Not for Sissie's – A humorous look at the Challenges of Aging

A quote by singer and entertainer, Maurice Chevalier states, "You don't stop laughing because you grow older. You grow older because you stop laughing". We will discuss the science behind why we age, both the physical and emotional challenges of growing older. This includes a humorous look at those things that makes us feel like we are falling apart. We will have an honest conversation about what scares us about aging and how to address those concerns. We will also discuss how we can enjoy a healthy lifestyle, plan for financial security and more importantly, the joys of aging. We will have an exercise on having not a bucket list, but a life list. Growing older should not be considered the end of our story, but the beginning of a whole new chapter of living and embracing life to the fullest.

**Presented by:** Charles A Williams Social Services Program Consultant, Division of Aging and Adult Services; Bernetta Thorne-Williams Certificate of Need Project Analyst, Division of Health Service Regulation

##### 3) Early Intervention, The Key to Alzheimer's disease

Once you recognize the cognitive signs of Alzheimer's disease (AD) and other dementias, the considerable damage is already done. AD research into novel treatments is shifting to treating the underlying risk factors for AD among asymptomatic individuals. Ongoing research studies and clinical trials (reviewed herein) are focused on identifying: 1) modifiable risk factors for the disease, 2) evidence of AD pathology before death and 3) novel intervention strategies for individuals before they ever know that they are at risk.

**Presented by:** Timothy Hughes, PhD, Wake Forest Baptist Health

#### 4) How to Support Senior Grandparents raising their Grandchildren with Community Involvement

As a frontline witness of Grandparents raising their Grandchildren. The presenter will give vital information to other Family Caregiver Support Specialist on how to get the most out of community efforts to assist their grandparents. By sharing skills of networking and experience they may gain insight on how to better serve their grandparents.

**Presented by:** Lesia R. Henderson, Family Caregiver Support Specialist, Sampson County Department of Aging

#### 5) North Carolina Senior Center Meeting

**Thursday, March 15, 2018**

**9:30 a.m. – 10:45 a.m. Concurrent Workshops D**

#### 1) A Whole Foods, Plant-Based Diet for the prevention and treatment of disease and healthy aging

The presentation will include an overview of the plant based diet and guidelines for moving towards increasing plants into the diet. Also, the benefits of the plant based diet will be reviewed as well as some research supporting the rise in popularity of this approach for preventing disease. There will also be a review of the link between animal products to cancer and other chronic diseases. Specifically, obesity, cardiovascular disease and cancer will be the primary focus in connection to a plant-based way of living.

**Presented by:** Tracy Bonoffski, MS, RD, CEP, CSSD, Registered Dietitian, Certified Sports Dietitian and Exercise Physiologist, Lecturer, UNC Charlotte Department of Kinesiology

#### 2) Branding and Marketing--Afraid to Jump In? "Just Do It!"

This presentation is designed to help organizations recognize the importance of understanding and defining their brand, knowing the difference between brand building and marketing, as well as to give practical tips for doing both--effectively and economically.

Attendees will receive strategies to help grow brand awareness, connect with their audiences and begin implementing marketing tactics that will bring positive results.

**Presented by:** Joel McIver, Director of Communication and Engagement, Senior Services, Inc.; Mary Lee Roche, Marketing Manager, Senior Services, Inc.

#### 3) Positive Approach to Care (Hand Under Hand™) for Families Living with Dementia

As a Certified Positive Approach to Care Trainer, the presenter was trained by Teepa Snow, a Dementia Training Specialist and travels nationally and internationally. Hand Under Hand teaches families and professionals how to approach this disease with a positive attitude. This workshop teaches caregivers how to see things from the other side and by understanding what the person living with Dementia is feeling.

**Presented by:** Lesia R. Henderson, Family Caregiver Support Specialist, Sampson County Department of Aging



#### 4) Laughter Yoga

Laughter yoga is an exercise involving continuous periods of laughter -<https://en.wikipedia.org/wiki/Laughter>. Laughter yoga is based on the belief that voluntary laughter provides the same physiological and psychological benefits as spontaneous laughter. Laughter yoga is done in groups, with eye contact, jokes and playfulness between participants. Forced laughter soon turns into real and contagious laughter.

**Presented by:** Tamyra Jovel, Family Caregiver Resource Specialist, Mid-East Commission Area Agency on Aging

#### 11:00 a.m. – 12:15 p.m. Concurrent Workshops E

##### 1) Active Shooter Awareness (Run, Hide, Fight) – Protecting your workplace with a lockdown and response

Recent national tragedies remind us that an active shooter incident can happen in any place at any time. In fact, CNN reported from January 1 to November 5, 2017, there were 307 mass shootings in the United States. Active shooter incidents continue to be random, extremely unpredictable and happen with little to no warning.

Promoted by the Department of Homeland Security, Run. Hide. Fight. is a safety protocol for active shooter situations. In the midst of the chaos, anyone can play an integral role in mitigating the impacts of an active shooter.

In his presentation, Captain Miller will give attendees the tools needed to develop a workplace response plan for how to prepare for and respond during and after an active shooter incident.

**Presented by:** Captain Robert Miller, Davidson County Sheriff Office

##### 2) Bookend Caregiving - Building networks to support family caregiving across generations

The purpose of this workshop is to provide introductory information about bookend caregiving, or family caregiving that is done by youth and young adults on behalf of an aging family member. The workshop will introduce participants to the concept of 'youth caregiving' in the United States, and explain how bookend caregiving presents a different way of thinking about how families currently organize care for older adults. Participants will also learn about a collaborative network of researchers, medical practitioners, advocacy groups, schools, and local and regional government agencies to learn about and support bookend families in the Triangle region of North Carolina.

**Presented by:** Janice Tyler, Director, Orange County Department on Aging; Dr. Connie Siskowski, President and Founder, American Association of Caregiving Youth; Dr. Elizabeth Olson, Professor, UNC-Chapel Hill; Martin Hunicutt, Assistant Director, Business Development, Duke Clinical Research/AACY Board Member; Mary Warren, Director, Triangle J Area Agency on Aging

##### 3) NC Meals on Wheels Annual Meeting

## Additional Conference Events

### *NCAOA Networking Reception*

(Music, Small Plates, Beverages, and Attendee Networking to Kick Off the Conference)

**Wednesday, March 14<sup>th</sup>**

**5:00 PM to 7:00 PM**



## *Call for Auction Items*

### *- NCAOA Silent Auction -*

*From "Murphy to Manteo" and Everywhere in Between*

Please consider bringing an item to the conference to be auctioned – all proceeds go to NCAOA to further the advancement of our efforts to serve as an advocate and support organization for older adults, service providers and associated organizations throughout North Carolina.

The items that are most well received are items that represent a local "treasure" from your community (i.e. Sanford and Seagrove Pottery, High Country Baskets, etc.)

*Thank you!*

## Conference Hotel Accommodation Information

### **Lodge Reservations**

Each individual guest must make their own accommodations reservation by calling the toll-free Central Reservations Department at 1-866-751-9653 by Tuesday, February 13, 2018.

Identify as members of the Group, with Reservation # 1803NORT\_001.

*All reservations must be guaranteed by the individual and accompanied by a first night room deposit or with a major credit card.*

**Be sure to state you are with the NCAOA group to waive the resort fee.**

# Conference Registration Options

**All Conference attendees must register online.** Once registration is complete, a confirmation will be sent via email. If you are paying by check, please include a copy of the online confirmation for all your registered attendees and mail to the address below.

**Please Note:** If you are registering multiple attendees, you only have to complete ONE online registration – there is an option to add additional attendees.

<b>Register Online</b>	<b>Complete the Online Form and Mail Payment to:</b>
<a href="http://conta.cc/2Dwv3iR">http://conta.cc/2Dwv3iR</a>	NCAOA, PO Box 10341, Raleigh, NC 27605-0341

## **Conference Registration Options:**

Registration ( <b>On or before Friday, March 2</b> )	\$150.00 members	\$175.00 non-members
Conference Day Rate	\$100.00 members	\$125.00 non-members
Presenter Registration attending full conference	\$130.00	
Presenter Day Rate	\$85.00	
Presenter Registration not attending full conference	No Charge	
Student Registration attending full conference	\$75.00 (student ID required)	

Extra Wednesday Evening Networking Reception Ticket (for guest): \$40.00

Please Note: Networking Reception is Included in the Full Conference Registration

**Payment Options: Credit Card via PayPal Online on Mail in Check**

\*Please include a copy of the online confirmation form with payment.

Cancellation Policy: Refund of half your registration fee will be made if written notice of cancellation is postmarked by March 2, 2018.

Please visit [ncaoa.org](http://ncaoa.org) for information on membership.

**We Look Forward to Seeing You at the Conference!**

**Please contact Nina Walters with any questions at [nina@streamlinedbusiness.com](mailto:nina@streamlinedbusiness.com) or 336-870-9586.**