



**2017 GGS Annual Conference
July 24 – 26, 2017
TENTATIVE AGENDA**

MONDAY, JULY 24th

***Conference Pre-Intensive
Dealing with Dementia Train the Trainer
8:00 AM – 12:00 PM***

The Rosalynn Carter Institute for Caregiving is offering a new program to Georgia caregivers: Dealing with Dementia (DWD). The workshops and Caregiver Guide are offered to family caregivers and the home health care workers who support them. The DWD Caregiver Guide provides ongoing guidance and encouragement throughout their caregiving journey.

DWD trainers are empowered to hold the four-hour workshops for Family Caregivers and for Expert Consultant (professional) Caregivers. There are three central goals to the workshops:

- To provide insights into the dementia caregiver's experience that will increase their understanding of the impact of dementia on the care recipient AND the importance of protecting their own well-being.
- To ensure the caregiver's comfort in navigating the extensive content of the guide to locate and use the information they need when they need it.
- To provide a framework for problem solving that includes utilizing the proven strategies and techniques provided

All training materials and DWD Guides you need are provided for FREE until the end of the program in September 2017.

Gayle Alston provides the class, sharing her dementia expertise gained from both her professional and personal life. Dealing with Dementia Workshops will help you support dementia caregivers in your community in a powerful and life changing way. Registration is limited. Please email Gayle Alston at Gayle.Alston@gsw.edu to register or for more information.

Opening Plenary
A Panel Discussion of Preparedness, Wellness and Readiness
1:00 PM – 2:30 PM
Moderator: Jennifer Beamer, Atlanta Regional Commission
Panelists: Susan Amick, Wesley Woods Towers
Walter Coffey, LeadingAge Georgia
Abby Cox, DHS Division of Aging Services
Lois Ricci, AARP

Our conference will begin with a dynamic panel of 4 experts in their respective fields discussing the importance of prevention, readiness and wellbeing. Moderated by the GGS President, Jennifer Beamer, this panel will set the stage for this year's diverse and engaging conference.

Visit with Exhibitors
2:30 PM – 3:00 PM

We are pleased to have a diverse group of exhibitors joining us for the 2017 Annual Conference. Please take time to visit with them and learn more about their programs and products and how they can help you and your clients.

Concurrent Workshops I
3:00 PM – 4:00 PM

Title	Presenter Name	Program Description
Not Planning for a Disaster Can Be a Disaster	Moderator: Pat Baker, Gwinnett County Health & Human Services Panelists: Jennie Deese, Wesley Woods Towers Jack Milton, Augusta Fire Department Kelly Beasley, Delmar Gardens of Gwinnett	Come meet with area experts to learn about real life disaster experiences in Georgia that have occurred in the last year and the impact on their area of service. Put into perspective the critical importance of planning for a disaster, all it entails and why it is a must for all.
Care Partner Role in Decreasing Fall Risks by Identifying Depression and Facilitating Treatment	Oyinkansola Akinmade, Caretherapy, LLC	This presentation will shed light on depression in older adults and the need to pay more attention to facilitating treatment of depression as a way to decrease falls in the older adult population.

The Invisible Man: Advocating for LGBT Adults Receiving Long-Term Services and Supports	Melanie McNeil, Esq., DHS Office of the Ombudsman	While receiving long-term services and supports can be stressful for anyone dealing with the loss of abilities, LGBT adults especially experience discrimination caused by individual preferences. It is important to understand that individuals receiving long-term services and supports, in their individual home or in a long-term care facility, have the same right to be free from discrimination and harassment as any other individual. Providers of long-term services and supports must be made aware of how their attitudes and actions may impact the way they provide services. This presentation will explore how this population is facing discrimination in long-term care settings and possible advocacy solutions.
Encouraging the Use of Assisted Technologies: Helping Older Adults Maintain Well-Being and Independence	Evelina W. Sterling, Kennesaw State University Jessica Gill & Felicia Alingu, Cobb County Senior Services	In order to reduce the escalating personal and societal costs of chronic illness among older adults, the need to understand the opportunities and challenges related to assisted technology option is critical. To prepare for this future, Cobb County Senior Services developed and evaluated a new interactive cutting-edge assisted technology lab.
Financial Exploitation Response and Initiatives	David Blake, DHS Division of Aging Services & Christopher Baker, Baker Daily Money Management, LLC	As the population ages, losses due to financial exploitation are increasing. Christopher Baker, CPA will discuss how daily money management services can help prevent financial fraud at an individual level. David Blake will discuss initiatives specifically created by the Georgia Department of Human Services Division of Aging Services to empower mandated professionals with tools and resources to more effectively address financial exploitation.

Concurrent Workshops II
4:15 PM – 5:15 PM

Title	Presenter Name	Program Description
Georgia Alzheimer's Disease & Related Dementias (GARD) State Plan Workforce Development Work Group's Student-led Projects	Victoria Helmly, DHS Division of Aging Services Michael Whitaker, University of Georgia Master of Public Health Student Bhawana Chaudhary, Georgia State University Master of Arts in Gerontology Student	The Georgia Alzheimer's Disease & Related Dementias (GARD) State Plan's Workforce Development work group is focused on assessing the current workforce needs and improving the education and training of the workforce. This presentation highlights three projects from this work group that were led by students from Georgia State University and the University of Georgia.
Older Adult Understanding of Health and Self-Management	Kay Graham, Brenau University Lisa Howard, Legacy Link Area Agency on Aging	This presentation will address the concepts of optimized aging beyond medical "health." Older adult views of health and self-management will be highlighted. Participants will leave the session with strategies to actively engage older adults in the process of managing their health and wellbeing.
'Brain Food' & Lifestyle Factors May Reduce Cognitive Decline in Older Adults	Heather Katz, Sodexo	This session will explore research and clinical trials that support a reduction in the risk of mental decline through proper diet and lifestyle factors. This session will review and identify 'brain foods' that have been shown to reduce cognitive decline and discuss how to incorporate lifestyle and diet factors as part of a multidisciplinary approach to impacting cognitive decline.

Fostering Healthy Living Through Educational, Informational and Recreational Initiatives for all Generations	Anne Foster, Rusella Pettway & Yolanda Walker, Generational Sources of Strength, Inc.	Generational Sources of Strength, Inc. fosters healthy living through educational, informational and recreational initiatives for all generations. This session explores how evidence based programs and intergenerational initiatives increase well-being for older adults.
Aging is Complicated: A Panel Discussion on Bringing Together Expertise, Partners, and Resources to Address Mobility for Georgia's Aging Population	Faciliator: Elizabeth Head, GA Department of Public Health Panelists: Leslie Taylor, Mercer University Kay McGill, GA Vocational Rehabilitation Agency Michael Crooks, Alliant Quality Rachel Wilson, Tools for Llife/GA Tech Gwenyth Johnson, DHS Division of Aging Services	This panel will address aspects of physical and mental health, built environment, pharmacy, health/well-being, driving/transportation, and resources for all of these issues in the context of mobility and health for our aging population. We will answer questions about mobility and aging. Experts will provide answers/stories of their experiences and engage in questions/discussion with the audience.

President's Reception and Poster Presentations
5:30 PM – 7:00 PM

Join us for an evening of networking and relaxation with an opportunity to engage with our exciting poster presentations.

TUESDAY, JULY 25th

Into to Tai Chi
7:30 AM – 8:00 AM

Begin your day with an introduction to Tai Chi. Christine Bittle with Legacy Link Area Agency on Aging will lead you through a warm up and teach you one form. No experience necessary.

Continental Breakfast
7:30 AM – 8:30 AM

Please join us for breakfast and take time to network with other attendees.

General Session
From Research to Market: The Journey of Drug Development
8:30 AM – 9:30 AM
Jeff Mader, Eli Lilly

Have you ever wondered why it takes so long for a new medication to enter the market? Jeff Mader, a Eli Lilly Medical Science Liaison with expertise in diseases of neurodegeneration and chronic pain, will explain the drug development process from research to market. Promising research in the development of new medications for Alzheimer's Disease will also be discussed.

Concurrent Workshops III
9:45 AM – 10:45 AM

Title	Presenter Name	Program Description
Senior Hunger Initiative	Gwenyth Johnson, DHS Division of Aging Services	This session will consist of an introduction to the issue of Senior Hunger in the state of Georgia followed by a facilitated discussion of the five topics to aid in the development of the state plan to address Senior Hunger.
Making Advance Care Planning Easier with a POLST	Ronnie Genser, Bereavement Navigators	Many people don't know about the Georgia POLST or have difficulty understanding the Georgia POLST vs. the Georgia Advance Directive for Health Care. Learn from a baby boomer widow why this information is so important and how to make these processes easier and less stressful!
Walking for Optimal Bone Health: Preventing & Managing Osteoporosis in Older Adults	Neely Sullivan, Select Rehabilitation	This session will be presented while participants take a walk. Participants will practice and discuss examples of treatment options for improved bone health. Participants will discuss how poor bone health plays a role in daily activities. Programs that seek to prevent bone deterioration also improve quality of life. Participants should wear appropriate clothing and shoes for physical activity.
Emerging Trends in Disaster Preparedness: Why YOU and Are You Prepared?	Jennifer Hogan, DHS Division of Aging Services Paula Leak, Atlanta Regional Commission	The face of disasters has changed over the last ten years from hurricanes and tornadoes to include ice storms, terrorism and disease outbreaks. The average person is not prepared for most disasters. This presentation will focus on the changing face of disasters and how by taking simple measures now can help you in preparing for, responding to and recovering from a disaster.
The Unique Needs of LBD Families	Pamela Corsentino, Lewy Body Dementia Association	Families facing a diagnosis of Lewy body dementia have a different set of challenges than those dealing with Alzheimer's or other dementia due to LBD's physical and behavioral symptoms. These issues are often not addressed in typical dementia care offerings. This presentation will address the issues of LBD families obtaining a correct diagnosis, getting proper treatment and receiving supportive care.

Concurrent Workshops IV
11:00 AM – 12:00 PM

Title	Presenter Name	Program Description
Living Life Fully with Dementia: Preparing for Our Future	Kim McRae, Have a Good Life Robert Bowles, Retired Pharmacist turned Dementia Advocate, Living Beyond Diagnosis	This session will explore current attitudes and beliefs surrounding dementia. Hear from Robert Bowles, a retired pharmacist living with Lewy body dementia, about what people with dementia want and need to live well. Current promising practices and resources supporting person-centered dementia care will be shared, including the Eden Alternative Domains of Well-Being.™
Assistive Technology Solutions for Successful Aging	Martha Rust, & Rachel Wilson, Tools for Life/Georgia Tech	The world around us is evolving at an astounding rate. Assistive Technology developments have been foundational in this evolution and a catalyst producing positive life-changing results, especially as we age. This talk will present what's new in AT. Participants will receive updates on exciting research projects being produced at TechSage at GaTech. AT to assist with aging will be shown.
Advocating for Action: GCOA State Senior Issues Advocacy	Vicki Johnson, Kathy Floyd & David Coffman, Georgia Council on Aging	Being an Advocate and engaging legislators is critical to maintain support for programs serving Georgia's seniors. This session will review the 2017 legislative session and CO-AGE priorities. Attendees will also learn and practice strategies for engaging legislators and new supporters. We will finish the session with a preview of the 2018 legislative session and what policy priorities will be coming.
Improv with Seniors: Up the Hill, Not Over the Hill	Robert Drake, Jo Allen Bradham, Frazier Dworet, Patricia Coates & Jane Gole, OLLI at Emory University	Mental acuity, verbal facility, attentive listening, coherent transitions, social exchange, and seeing, choosing, and making connections--the core of improvisation--are also the skills seniors fear losing. Applying the positive values of improv to slow some effects of aging is the successfully realized objective of the Improvables, a troupe made up of retirees.
The Importance of Socialization "Value in Adult Day Health"	Aysha Cooper, SarahCare of Snellville	I hear often from families I meet, "I wish I would have known about adult day health when..." Most of adult day health referrals come from Geriatric Psychiatrists because they understand the value in adult day programming. I plan to discuss the importance of socialization in the elderly and how adult day health can make their life more meaningful.

Annual Meeting and Awards Luncheon
12:15 PM – 2: 15 PM

Please join us as we celebrate significant achievement and contributions to the field of aging. We will also provide updates from our GGS committees and induct our new officers and board members.

Visit with Exhibitors
2:15 PM – 2:45 PM

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Concurrent Workshops V
2:45 PM – 3:45 PM

Title	Presenter Name	Program Description
GGN Network in Action: A Panel for Students and New to Aging Professionals	Facilitator: Taylor Kennedy, University of Georgia Panelists: Lois Ricci, Educator/Nurse Steve Neff, The Neff Group, LLC Jennie Deese, Wesley Woods Victoria Helmly, DHS Division of Aging Services	Bringing together a diverse group of aging professionals, this session has been designed to offer an effective way for students, new professionals in aging, or anyone interested in learning more about various opportunities in aging to engage with other peers in the aging network. Please bring your questions for this exciting new opportunity!
Mind Shift: Changing How You Age Starts with Changing Your Mind	Rogena Walden, Don't Act Your Age	A positive outlook on aging can enhance your well-being and add years to your life. Recognize negative beliefs about aging you've unconsciously held. Learn the impact of ageist attitudes on your health and longevity. Then develop a personalized strategy based on the mind-body connection to create a healthier, longer life.
Ten Tough Questions	Kelley Napier, Brannon Black, LLC	In this workshop, elder law attorney Kelley Napier of Brannon Black, LLC shares "Ten Tough Questions" that she often discusses with the individuals and families she serves. We ask you to reflect upon these questions, identify your areas of concern, and then formulate your own specific plan of action on how you will address your concerns. In our experience, the extent to which our clients have answered these questions clearly and decisively has a huge positive impact upon their well-being, their family relationships, and their peace of mind.
Stress in Healthcare: Dealing with PTSD, Trauma, and Burnout	John Butler, The Aslan Group, LLC	Professional healthcare providers often deal with PTSD, Vicarious Trauma, Secondary Traumatic Stress, and Burnout either with themselves or with their colleagues. Learn the symptoms, similarities, and differences of each. Also learn how to prevent and deal with each of these potentially debilitating conditions in yourself and co-workers.
The Fun Theory: Transforming dementia care through person-based technology	Juliet Kerlin, It's Never 2 Late	Professionals in senior living are looking to improve quality of life and clinical outcomes for their residents. Person-centered engagement technology provides activity and rehab professionals with opportunities to engage and care for residents undergoing physical and cognitive decline. Engagement technology fosters creativity, self-expression and continued personal development.

Concurrent Workshops VI
4:00 PM – 5:00 PM

Title	Presenter Name	Program Description
When Will You Become a Caregiver... Are You Ready?	Lois Ricci, Kennesaw State University/AARP Pat Baker, Gwinnett County Health & Human Services	No matter what support is provided, caregiving is a journey with twists and turns along the way. Circumstances can change and care needs change but knowing where you want to be and having the tools necessary to navigate the changes can help improve the caregiving experience.
Vital Spirituality and Faithful Living: Integrated spiritual practices for a healthy, holy and long life.	Susan Amick, Wesley Woods Towers	This interactive session explores longevity and quality of life and the role of resilience, flexibility, joy, spiritual practices and community. We will listen, breathe, laugh, move, and reflect on faith and spirituality across the lifespan. Explore perspectives on aging gracefully, managing change, and creating opportunities for vital faith expression.
Storytelling with Survey Data	Felicia Alingu, Cobb Senior Services	Survey data can enhance the stories an organization tells about its programs and services, and you don't have to be a researcher to collect it! Learn simple and effective ways to collect information, summarize data, and make eye-catching reports to tell your organization's stories in a compelling way.
A Picture Says a Thousand Words: Community Engagement	Amy Riedesel, Tanner Health System	This presentation will demonstrate the process of using photography and guided question principals to create visual presentations through a holistic group process of community strengths and barriers for use in raising awareness across community, state legislator and fundraising groups for telling the story of a community and its needs across populations.
Prognostication in chronic disease prevention: Patient and provider perspectives	Ann E. Vandenberg, Emory University	The American Geriatrics Society does not recommend cancer screening in older adults without considering life expectancy and the risks of testing, over diagnosis and overtreatment. New tools are emerging to predict life expectancy. We review literature on prognostication, including patient and provider acceptance, with implications for patient-centered care in chronic disease prevention.

Advocacy Strategy Session
5:15 PM – 6:45 PM

Join the GGS Advocacy Committee and the Georgia Council on Aging for an advocacy planning session. Learn about current initiatives for the 2018 Legislative Session and how you can get involved at a local level.

WEDNESDAY, JULY 26th

Into to Tai Chi
7:30 AM – 8:00 AM

Begin your day with an introduction to Tai Chi. Christine Bittle with Legacy Link Area Agency on Aging will lead you through a warm up and teach you one form. No experience necessary.

Continental Breakfast
7:30 AM – 8:30 AM

Please join us for breakfast and take time to network with other attendees.

Closing Session
A Vision for the Future: Expanding Exercise Enjoyment as a Pathway to Prevention, Readiness, and Wellbeing
8:30 AM – 11:30 AM
Celeste Greene, LaughActive

We know that physical activity is one of the most effective and therapeutic interventions for preventing decline in functional health. Many adults do not get enough physical activity to reap the associated health benefits and participation typically declines as we age. Lack of exercise enjoyment is a significant barrier to physical activity participation among older adults. Can you imagine what it would look, sound, and feel like if older adults were actually eager to exercise? Imagine seeing your clients genuinely smiling while exercising; hear their joyful cheers as they clap, laugh, and play their way to better health and engagement. As organizations, are we ready to help older adults realize this vision of enjoyable exercise? In this interactive session, we will explore evidence-based techniques that get older adults moving, engaging with exercise and each other, and keep them coming back for more. We will experience how intentional laughter and play can put the fun in fitness for older adults and expand physical activity programming across multiple wellness domains. Come ready to laugh and leave feeling joyful, energized, and inspired with a new vision of physical, mental, and emotional fitness for older adults.