

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

Monday, July 22, 2019

Ⓜ - Medical/Mental Health

Ⓐ - Advocacy & Ageism

Ⓓ - Living with Dementia

Ⓜ - Well-Being & Meaningful  
Engagement

Ⓞ - Organizational Excellence

**OPENING SESSION**

1:00 PM – 2:30 PM

**Stand By Me: Connecting to the World  
Around Us Through Music**

Mallory Even, *Metro Music Therapy*

Each and every one of us has a personal, emotional, and generational connection to music; and while these connections may be siloed within our own hearts and minds, the power of accessing and sharing our stories, memories, and experiences through music is simply unparalleled. In this keynote presentation, Mallory Even, board-certified and licensed Music Therapist, will lead conference attendees through an engaging and lively presentation highlighting the field of Music Therapy and its' benefits for all ages, the detailed differences between Music Therapy and Music Entertainment, and the positive outcomes both can bring when introduced safely and intentionally within the older adult population.

**EXHIBITOR BREAK**

2:30 PM – 3:00 PM

We are pleased to have a diverse group of exhibitors joining us for the 2018 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 SESSION A**

3:00 PM – 4:00 PM

**Co-Occurring Conditions in Older Adults,  
Mental Health, Medical, Addiction, and  
Treatment Solutions**

Sharon A. Matthew & Dr. Ming Wang, *Canon Treatment Centers*

Ⓜ Ⓜ

This presentation will cover mental health issues in older adults including prevalence of depression and anxiety in older adults and the growing need for addiction therapy for older adults. This presentation will also highlight the medical complications for older adults and the difficulty in assessing them as well as effective treatment for older adults with mental health, addiction, and medical issues.

**Turning the Intangible into Measurable  
Data**

PK Beville, *Second Wind Dreams*

Ⓓ Ⓞ

Georgia is the first state to implement the Virtual Dementia Tour Comprehensive Program. It is currently being provided to 171 nursing homes in GA through a CMP project grant. The results of this program show that there is an increase in staff person-centered care along with clear statements of competency. Design initiatives will be covered along with specific strategies that can be applied in all settings. With the new CMS guidelines on our

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

Monday, July 22, 2019

doorstep, this program will help prepare participants especially for Quality Assurance and Performance Improvement (QAPI).

**Raising Your Voice for Public Policy Advocacy: Taking Action Together**

Melanie McNeil, *GA DHS, Office of the State Long-Term Care Ombudsman*  
Katie Perumbeti, *Atlanta Regional Commission*



Does your organization engage those you serve to amplify their voices through advocacy? It is important to learn how to set your advocates in motion by encouraging consumers, providers, and professionals to become civically engaged. This presentation will include general principals of policy advocacy, including how the process works and an example using the Georgia General Assembly.

**Older Adult Mobility: Assessment, Planning, and Program Perspectives on Transportation in Georgia**

Kristi Fuller & Alice Prendergast, *Georgia Health Policy Center*  
JD Dillard, *Southern GA Regional Commission*  
Jami Harper, *SOWEGA Council on Aging*



Mobility plays a critical role in the maintenance of quality of life among older adults. This presentation will highlight findings from a statewide assessment focused on transportation; describe current practices in transportation planning; and explore innovative approaches to addressing unmet transportation need for older adults.

**University and Area Agency on Aging Partnerships for Workforce Development**

Pamela Elfenbein, *University of North Georgia*  
Lisa Howard & Melissa Armstrong, *Legacy Link, Inc.*



The University of North Georgia and Legacy Link, the Area Agency on Aging serving Northeast Georgia Mountains region, have created a strong and successful partnership for training both students and older adult workers to meet the needs of the areas rapidly growing, geographically and demographically diverse, aging population.

**CONCURRENT SESSION B**  
4:15 PM – 5:15 PM

**Exploring Life Expectancy Calculations by Race/Ethnic Groups - Quantity vs. Quality of Life**

Dr. Kerstin Gerst Emerson, Dr. Harwen Huang & Angi Pan, *University of Georgia*



As life expectancy increases, questions arise about the quality of the additional years of life. Older adults face increased prevalence of multiple types of disability; the increase is particularly strong in minority populations. The presenters will examine healthy life expectancy for minority elders, with a focus on Hispanic elders.

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

Monday, July 22, 2019

**A Calling to Come: End of Life Doulas**

Lisa Kaufman, *SeniorCare Options*



This presentation seeks to define what is an End of Life Doula and what their role is for the dying individual and the surviving family. The speaker will discuss the three foundational services of EOLD, and the reasons and goals for Life Review, Legacy Projects, and Vigil Planning. This presentation will define what is and is not a part of the Doula's role and purpose at end of life.

**Using Motivational Interviewing to Address Risky Alcohol Use in Older Adults**

Michelle Dattada & Stacy Hull, *Alliant Quality*



Risky alcohol use in older adults impacts medication effectiveness, responsiveness to medical treatment, patient safety, and independence. Addressing risky alcohol use in older adults can be met with resistance and denial. Motivational Interviewing offers an effective opportunity to engage patients and achieve health goals.

**Long-Term Care Services and Supports: Agenda Setting and Creating Solutions to Persistent Workforce Problems**

Dr. Jennifer Craft Morgan, *Georgia State University, Gerontology Institute*



Following a pre-conference forum on Workforce Solutions for Long Term Services and Supports (LTSS), this workshop will engage attendees with a discussion of

Workforce challenges identified by previous forums. Attendees will then be asked to share their expertise and brainstorm solutions for specific challenges facing workforce development in LTSS.

**Still Going Strong in Georgia: Advocacy for Older Adult Transportation**

Vicki Johnson, Kathy Floyd, & Maureen Kelly, *Georgia Council on Aging*  
Scott Haggard, *ATL Transit Authority/ State Road and Tollway Authority*



Access to transportation is identified as one of the highest unmet needs for older Georgians. This panel discussion will explore current efforts underway to seek solutions for better transportation options and also focus on advocacy work about the issue.

**PRESIDENT'S RECEPTION & POSTER SESSIONS**

6:00 PM - 7:30 PM

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

**Building Bridges and Breaking Down Silos with Assistive Technology**

Ginger Ragans, *Legacy Link, Inc.*

Assistive Technology (AT) can improve one's ability to see, hear, communicate, walk, or perform basic life functions. Learn how to form meaningful community partnerships and execute the "AT Domino Effect." Our role as aging-well advocates is

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Monday, July 22, 2019**

to help people maintain independence in their home and community.

**Creating Technology-Based Mindfulness Interventions to Support Breast Cancer Treatment and Survivorship: A Literature Review**

Kasey Smith, *University of Georgia*

Breast cancer is the most common cancer in women, with the highest incidence in women aged 70-74 years. This literature review explores the health benefits of mindfulness in women who are being treated for and survivors of breast cancer, and benefits and concerns of using technology to deliver mindfulness-based interventions.

**Digital Learning in Dementia Care: GA Memory Net Reaching Healthcare Providers Statewide**

Rebecca Dillard, *Georgia Memory Net - Emory University*

This poster will highlight the various digital media used by GA Memory Net (GMN) for statewide provider outreach: eBooks, interactive videos on asynchronous platforms, and app based materials.

**From the Front Door to the Back Door: Practices Tips and Processes for Improving Immunization rates**

Elizabeth Massiah, *Alliant Quality*

This poster will highlight processes that reduce provider burden and improve

immunization assessment, recommendation, and provision

**Going the Extra Mile: How to Create Meaningful Engagement**

Linda Pacer, *Pacer Law LLC*

Barbara Scurry, *Daily Money Manager of Your Senior Partners, LLC*

Merle Land, *Senior Keller Williams Realty*

It's not enough for those who provide services to older adults to be excellent at what they do: it's imperative that they go above and beyond whatever is required. This poster session will show how "extra mile" practices can be utilized by any business or service provider.

**Providing Diabetes Education in a Dialysis Center**

Jeana Partington, *Alliant Quality*

Alliant Quality collaborated with Emory University Hospital's Renal Division to host diabetes workshops in a Dialysis Center while the patients were dialyzing. Entertaining Pow Toons were displayed via monitors located at each patient's dialysis chair. Peer educators were onsite for face-to-face interaction. Weekly Action Plans were used for health and well-being goals.

**Zone Tool for Self-Management of Depression**

Michelle Dattada, *Alliant Quality*

Depression causes a person to feel hopeless and oftentimes uncertain on what to do to feel better. The Depression Zone Tool helps

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

guide individuals through self-monitoring  
to symptom management providing  
accessible and actionable advice during  
crucial times.

**More Posters Coming Soon!**

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Tuesday, July 23, 2019**

**CONTINENTAL BREAKFAST/  
EXHIBITOR BREAK  
7:30 AM - 8:00 AM**

We are pleased to have a diverse group of exhibitors joining us for the 2018 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.

**GENERAL SESSION  
8:00 AM - 9:30 AM**

**Bringing Dementia Friends to Georgia**

Victoria Helmly, *GA DHS Division of Aging Services*

Dementia Friends USA is a global movement that is changing the way people think, act, and talk about dementia. Developed by the Alzheimer's Society in the United Kingdom, the Dementia Friends initiative is underway in the USA. By helping everyone in a community understand what dementia is and how it affects people, each of us can make a difference for people touched by dementia. The GA Division of Aging Services has been approved to bring this program to Georgia. At the end of this presentation, you will become a Dementia Friend and receive information on how to become a Dementia Friends Champion. A Dementia Friends Champion is a volunteer who encourages others to make a positive difference to people living with dementia in their community. They do this by giving them information about the personal impact of dementia, and what they can do to help.

**CONCURRENT SESSION C  
9:45 AM - 10:45 AM**

**Implementation of the Annual Wellness Visit to Improve MIPS Scores**

Donna Cohen, *Alliant Quality*



Over the past three decades, various federal administrations have approached changes in the fee for service episodic health care delivery system. However, there has not been success as measured by persistent changes, lowered cost curve or relative improvement in life expectancy compared to other developed nations. Tools that promote patient centeredness can result in care that is more appropriate and of higher value. This session will explain how the implementation of tools can support efficient care delivery at high value.

**Sycamore Row: What John Grisham Got Wrong About Probate**

Kelley Napier, *Brannon Napier Elder Law*



Have you been asked about the emotional and confusing process of administering an estate? Using the plot of John Grisham's novel Sycamore Row, you will gain an understanding of the steps involved in the probate process, and how providers can provide support and resources to patients and their loved ones. Don't worry if you have not read the book as the characters are the starting point to guide us through the content of the presentation.

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

Tuesday, July 23, 2019

**"SUPERHERO" - Rethinking Your Approach**

Mary Jo Johnson-Gibbons, *Aging Concept, LLC and Wellbridge Community of Madison*



Come explore the meaning of preserving personhood. You will be moved to contemplate the human soul like possibly never before. Mary Jo presents an eye-opening session on the realization of providing memory care from the "heart" and not always from the "head." Learn ways to reexamine traditional practices and adopt greater relational practices. Develop strategies for facilitating smooth transitions and creating individualized approaches fostering a "true" person-centered culture.

**Dementia Live - Evoking Change through Empowering Experiences**

Laura Ellen Christian & Susan Robbins, *The Arbor Company*  
Ann Germany, *The Solana East Cobb*



In this high-impact experience, you will be immersed into life with dementia, resulting in a deeper understanding of what it's like to live with cognitive impairment and sensory change. You will be empowered to build new bridges of communication for those living with dementia as well as have a deeper understanding of how exposing others to this experience can spread culture change within a community.

**Grantwriting for the Aging Network**

Dr. Jennifer Craft Morgan, *Georgia State University, Gerontology Institute*



This workshop will provide an overview of the practical aspects of planning for and writing a grant to support aging services programs or interventions. Dr. Morgan has more than 15 years' experience writing, implementing, and evaluating grant-funded projects aimed at improving training, job quality, and quality of care for older adults across healthcare settings. Dr. Morgan will share practical tips on how to get started and tips for those already in the process of grant writing. Come ready to participate in this interactive session.

**EXHIBITOR BREAK  
10:45 AM - 11:15 AM**

We are pleased to have a diverse group of exhibitors joining us for the 2018 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 SESSION D  
11:15 AM - 12:15 PM**

**Presenting with Impact**

Clark Brown, *OnTrack International, Ltd.*



Does presenting to an audience make you feel anxious and uncomfortable? Do you 'survive' the experience? Are you unsure if you have really got the message across? If you answered 'Yes' then this session is ideal for you. Learn how to manage your nerves, appear more

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Tuesday, July 23, 2019**

confident and make sure you get your message across. This session is highly practical, interactive, and full of top tips to help you develop the number one skill of presenting to an audience.

**Safety and Independence in the Home through Home Modification**

Rick Thaxton, *HomeFree Home Modification*



This presentation will depict an overview of home modification of how (1) clientele is identified & who is best served by home adaptation, (2) how the CAPS, (Certified Aging in Place Specialist), designation plays a major role in the professional experience provided, (3) The numerous types of home modification both interior & exterior that can be provided to allow the resident to have a more “user friendly” home, (4) broad view of the funding to pay for home modification.

**Intimate Connection & Sexuality in the Context of Dementia Disorders: Benefits, Risks, and the Role our Own Values Play**

Dr. Regina Koepp, *Atlanta VA Medical Center & Emory University School of Medicine Department of Psychiatry & Behavioral Sciences*



People with dementia disorders experience a decline in functioning, but often maintain a need for intimate connection. This workshop will discuss sexuality, intimacy, and dementia disorders. It will review risks and benefits of intimacy, complicating factors, and the role values play when determining appropriateness of intimate connections.

**Dementia Friendly Georgia Initiatives**

Victoria Helmly, *GA DHS Division of Aging Services*

Dr. Fayron Epps, *Georgia State University*

Virginia Griffin, *Alzheimer's Outreach Center of South Georgia, Inc.*

Whitney Oeltmann, *Dementia Spotlight Foundation*

Robin Andrews Smith, *11:11 Collaborative*



This panel presentation will highlight dementia friendly initiatives in Georgia. A moderated panel discussion will present current work within the highlighted communities, including progress thus far and goals for the future. Topics will center around how and why the community began their work, challenges faced, and benefits they have seen in their community. The goal of this presentation is to share best practices and for others to learn about how they can become involved in becoming “dementia friendly”.

**Reducing Hospital Readmission in the Population with Alzheimer's Disease and Related Dementia**

Katherine Vanderhorst, *C&V Senior Care Specialists, Inc.*



People living with Alzheimer's are hospitalized 2-3 times more than people without Alzheimer's. One in four are likely to be readmitted within 30 days from discharge. The person with Alzheimer's and Related Dementias and their caregivers struggle to manage the comorbidities that often lead to hospitalization. Come learn ways to provide

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Tuesday, July 23, 2019**

strategies to caregivers to minimize re-hospitalizations.

**ANNUAL MEETING & AWARDS  
LUNCHEON  
12:30 PM – 2:30 PM**

Please join us as we celebrate significant achievements in the field of aging through recognition of our Award and Scholarship Recipients. The GGS Annual Meeting and Induction Ceremony will follow.

**EXHIBITOR BREAK  
2:30 PM – 3:00 PM**

We are pleased to have a diverse group of exhibitors joining us for the 2018 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 SESSION E  
3:00 PM – 4:00 PM**

**Smiles for Miles: You Don't Have to be  
Down in the Mouth!**

Pam Cushenan, *Soft Smiles, LLC; Georgia State University*

Sonya Dunbar, *Geriatric Tooth Fairy*



Oral health care needs rank as one of the highest concerns for older adults and their families. Learn all about Georgia's new law that increases access to oral care, highlights educational workshops for carers, and options for mobile oral care that brings preventive services within reach to older adults.

**Increasing Access to Naloxone Saves Lives**

Michael Crooks, *Alliant Quality*



Older adults face additional risks of opioid-related harm, but those who receive the opioid-reversal drug naloxone are 50% less likely to die than those who didn't. Learn opioid risk screening strategies and tips for recommending safe opioid practices to older adults including naloxone co-prescribing when appropriate.

**Deepening a Practice of Cultural Humility  
in Working with Diverse Older Adults**

Dr. Regina Koepp, *Atlanta VA Medical Center & Emory University Department of Psychiatry & Behavioral Sciences*



This presentation will define multicultural humility and discuss common assumptions and biases. Participants will reflect on their own intersecting diversity variables. A vignette will be used to demonstrate the importance of self-awareness so that unconscious biases may become conscious and corrected, thereby promoting integrity and grace in relation to others.

**Building Resources for Person-Centered  
Care in Georgia's Nursing Homes**

Dr. Jennifer Craft Morgan, *Georgia State University, Gerontology Institute*

Kim McRae, *Have a Good Life*



This presentation will include an overview of the grant project "Building Resources for Person-Centered Care in Georgia's Nursing

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Tuesday, July 23, 2019**

Homes', review resources developed and summarize lessons learned. This interactive session will also include administrators and certified nursing assistants from Georgia nursing homes to speak to the barriers and facilitators for implementing person-centered care more fully in their organization.

**Engaging Senior with Diabetes to Improve Health - Results of a Five-Year Project**

Jeana Partington, *Alliant Quality*



According to a 2012 study in Preventing Chronic Disease, DSMES has been shown to be a cost-effective strategy that reduces estimated lifetime health care costs related to a lower risk for complications (Brown HS III, Wilson KJ, Pagán JA, et al.). Jeana Partington, Diabetes Task Manager at Alliant Quality, will share the results of a five-year project that included providing free DSMES to seniors with diabetes in communities throughout GA and how this fun and engaging program empowered participants to make lifestyle changes for improved health.

**CONCURRENT SESSION F**  
**4:15 PM - 5:15 PM**

**Best Practices to Meet and Promote Health Literacy with Your Clients: A Refresher/Primer to Better Meet Older Adult Health and Well-Being Needs**

Dr. Kay Graham, *Brenau University*  
Lisa Howard, *Legacy Link, Inc.*



The presenters will discuss health literacy concepts, older adults as a vulnerable population, and recent research regarding older adult practitioner's current knowledge and practice regarding health literacy. Participants will practice health literacy concepts and then brainstorm strategies to meet and promote health literacy in their practice settings.

**The Challenge of Malnutrition in Older Adults: Approaching the Problem with a Social Model**

Allison Bernal & Renae Brown, *GA DHS*  
*Division of Aging Services*



Can you spot malnutrition in older adults? Would you know what to do about it? In this session, learn how to identify malnutrition and ways to address this growing problem at the individual, interpersonal, policy, community, and organizational levels. Learn about a theory-based framework for understanding the effects of personal and environmental factors that determine health behaviors.

**Older Adult LGBT Education in Senior Living Communities**

Angel Allaire, *Arbor Company*



The Arbor Company would like to share our best practice on how we educated our NJ Senior Living Communities on Older Adult LGBT Education. The idea came to us after viewing a film called Love Wins, a true story of two women in their 80s who fell in love, however remained in the closet for 45 years. The educational series was hosted by Garden State

2019 GGS Annual Conference  
July 22 -24, 2019  
Daily Schedule and Session Descriptions

**Tuesday, July 23, 2019**

Center for Equality, Health and Wellness  
Coordinator Bianca Mayes.

**Making "Scents" of the Dementia World**

Linda Alvarez, *The Arbor Company & Barrington Terrace of Naples*  
Laura Ellen Christian, *The Arbor Company*



With the rise in pharmacological interventions related to symptoms of dementia, we struggle with adverse drug reactions, medication side effects, and recurrent falls leading to injury. New studies focus on environmental modifications and alternative therapies to reduce symptoms related to dementia. We will walk through case studies conducted, demonstrating effective results of reducing stress responses by environmental modifications, low sensory alternative therapies, and the art of therapeutic touch.

**The Feasibility of a Tai-Chi Tele-Exercise Intervention for Persons Aging with Mobility Impairment**

George Mois, *University of Georgia*



Persons aging with mobility impairments encounter barriers to exercise engagement including accessibility to transportation, facilities, and professionals with specific training to meet their unique abilities and needs. A tele-technology exercise platform could reduce these barriers as it utilizes video conferencing to administer remote exercise classes.

**EVENING NETWORKING EVENT**

Stay Tuned for More Information

**Wednesday, July 24, 2019**

**CLOSING SESSION**  
**9:00 AM - 12:00 PM**

The Closing Session will include Brunch at 10:30 AM.

**It's Time To Disrupt Aging**

Debra Tyler-Horton, *AARP Georgia*

While it is no longer acceptable to express negative thoughts on people based on race, sexual orientation, or gender identity, etc., negative stereotypes around aging are alive and well. AARP is trying to change that. Based on AARP CEO Jo Ann Jenkins' national Bestselling book, *Disrupt Aging*, AARP has started a movement seeking to change the conversation by challenging our outdated beliefs and encouraging us all to re-think the negative stories we tell ourselves and each other about growing older. Learn more about the importance of this movement and how you can get involved. Our ability to live longer, healthier lives is one of our greatest achievements – it's time we treat it as such.

**The Improvables!: Improv for the Ages**

GGs closes our conference with an afternoon of clean comedy featuring the Improvables! The Improvables grew out of a class in the Osher Lifelong Learning Institute at Emory University. They found new directions and, even, new destinies—modeling that agile brains, facile tongues, and love of laughter are as much a part of aging as a little grey hair.