

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.

Learning Objectives:

1. Attendees will be able to describe the basics of Music Therapy. 2. Attendees will be able to identify how Music Therapy differs from Music

Entertainment. 3. Attendees will be able to discuss safe and effective ways to utilize music for older adults.

EXHIBITOR BREAK

2:30 PM – 3:00 PM

We are pleased to have a diverse group of exhibitors joining us for the 2019 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.

Learning Objectives:

1. Attendees will be able to describe mental health issues in older adults. 2. Attendees will be able to identify proven strategies or cognitive deficits, depression, and anxiety. 3. Attendees will be able to explain the importance of addiction treatment in an older

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adult population and the medical complications in this age group.

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

Learning Objectives:

1. Attendees will be able to identify ways to track staff competence.
2. Attendees will be able to explain how results can meet QAPI guidelines.
3. Attendees will be able to describe ways the VDT applies to person-centered care.

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.

Learning Objective:

1. Attendees will be able to explain how systems advocacy impacts public policy, leading to positive changes in public policy that can improve quality of life and care for individuals receiving Long Term Service and Support (LTSS).
2. Attendees will be able to describe how the internet and social media can be used to effectively amplify the advocate's voices.
3. Attendees will be able to design strategies for measuring success of public policy advocacy efforts.

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.

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1. Attendees will be able to describe key issues related to mobility among older adult populations. 2. Attendees will be able to identify the tools and processes used in the state to measure transportation need and unmet need and to plan for the future. 3. Attendees will be able to discuss innovative approaches used within the state to address transportation need among 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.

Learning Objectives:

1. Attendees will be able to describe how to negotiate the scope of an organization/university partnership for workforce development and the responsibilities of the partners. 2. Attendees will be able to envision how an organizational/university partnership for workforce development can assist in meeting the future workforce needs of the organization. 3. Attendees will be able to create an organizational/university partnership to meet the specific workforce needs of their organization.

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. Hanwen Huang & Anqi 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.

Learning Objectives:

1. Attendees will be able to discuss the importance of life expectancy calculations by race/ethnicity. 2. Attendees will be able to identify differences in life expectancy estimates and healthy life expectancy. 3. Attendees will be able to describe implications of longer life combined with disability.

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

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and is not a part of the Doula's role and purpose at end of life.

Learning Objectives:

1. Attendees will be able to define the meaning of End of Life Doula.
2. Attendees will be able to identify the differences between an End of Life Doula and Hospice.
3. Attendees will be able to identify the core practices served by an End of Life Doula.

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.

Learning Objectives:

1. Attendees will be able to discuss the impact of risky alcohol use on health outcomes for older adults.
2. Attendees will be able to describe how to use motivational interviewing skills to discuss risky alcohol use.
3. Attendees will utilize skills in responding to real life scenarios with reduced resistance and increased engagement in effective strategizing.

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.

Learning Objectives:

1. Attendees will be able to identify Long Term Services and Supports (LTSS) workforce challenges.
2. Attendees will be able to apply learnings to their own job or organization.
3. Attendees will be able to identify specific workforce solutions for 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.

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Learning Objectives:

1. Attendees will be able to identify the links between social determinants of health and quality of life transportation. 2. Attendees will be able to discuss innovative initiatives to improve older adult transportation. 3. Attendees will be able to identify advocacy tips for use in their communities to help promote older adult transportation.

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.

A Community Conversation: Voices from the Caribbean

Natoya Castor, *Georgia State University, Gerontology Institute*

A Virgin Islands Community Conversation (VICC) highlights the social influences challenging and burdening older adults overall quality of life in the U.S Virgin Islands (USVI). The purpose of this research seeks to empower not only the Virgin Islands community but Caribbean communities region-wide. This project details the information and findings from community and stakeholder input and presents a summary of the information collected in the Virgin Islands.

Advance Directives: Population Awareness and Education Promotion

Jacqueline Neill, *Mercer University School of Medicine*

This project aimed to educate the population about advance care planning, clear up common misconceptions regarding advance directives, and provide the community with information to help them make their care decisions. We studied public awareness and understanding regarding advance directives, and the efficacy of educational initiatives about advance healthcare planning.

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 to help people maintain independence in their home and community.

CAPABLE* Program: Game Changer for Targeted Populations in Georgia

Teresa Berger, *UW-Madison Law School Center for Patient Partnerships*

Georgia's Older Adult Population will increase by 140% from 2000 to 2030. While over 90% of older adults wish to Age-in-Place, functional capacity and chronic

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conditions create many challenges to achieving that goal. The CAPABLE Program is an innovative, home-based, person-directed model designed to enhance quality and improve ability for older adults to function at home safely and independently.

*CAPABLE (Community Aging in Place: Better Living for Elders) Program was developed by Dr. Sarah Szanton at Johns Hopkins University School of Nursing

Care Plans and the Georgia Memory Net: Helping People Living with Dementia and Their Care Partners Move Forward

Laura Medders, *Emory Healthcare/Georgia Memory Net*

The Georgia Memory Net's Community Service Educators conduct assessments with care partners and patients at the Memory Assessment Clinic sites. We will discuss the formal tools used to assess areas of need for the dyad. The care plan can guide the dyad and be shared with community partners.

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

Kasey Smith, *University of Georgia Institute of Gerontology*

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.

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This poster session will show how "extra mile" practices can be utilized by any business or service provider.

Increasing F/V Intake of Residents with MCI in LTC

Jamie C. Gilbert, *Cato's Sandbox / NAIPC Greater Atlanta Chapter*

Although the benefits of eating fruits and vegetables (F/V) are known, most seniors do not consume the recommended levels. Poor F/V intake exacerbates health disorders and are particularly challenging for individuals with dementia. Due to cognitive impairments, interventions predicated on rational decision-making lack efficacy; alternatively, interventions rooted in social theory and delivered through a multi-level framework that shift the burden from individual to environment might be more effective.

POAs, PODs, and Healthcare Directives: Financial Education Implications for Gerontologists

Jessica Parks, *University of Georgia Institute of Gerontology*

During the Summer of 2018, the researcher offered four estate planning educational workshops geared towards older adults. Topics included Powers of Attorney, payable-on-death arrangements, Healthcare Directives, and wills. Results of this intervention showed increased financial knowledge and completion of various estate planning forms.

Providing Diabetes Education in a Dialysis Center

Jeanne 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.

The Relation between Lutein and Zeaxanthin and Emotional Wellbeing among Community Dwelling Older Adults

Bailey Collette, *University of Georgia Institute of Gerontology*

This presentation discusses the relationship between retinal lutein and zeaxanthin levels, measured as macular pigment optical density, and stress and emotional wellbeing in older adults with and without mild cognitive impairment.

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 guide individuals through self-monitoring to symptom management providing

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accessible and actionable advice during crucial times.

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

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**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.

Learning Objectives:

1. Attendees will be able to discuss dementia and how it affects people.
2. Attendees will be able to identify ways to make a positive difference in the lives of people living with dementia.
3. Attendees will be able to describe how to become a Dementia Friends Champion.

**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.

Learning Objectives:

1. Attendees will be able to discuss the factors that influence the value equation in healthcare.
2. Attendees will be able to describe practice tools to increase value.
3. Attendees will be able to identify resources to transform care delivery.

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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.

Learning Objectives:

1. Attendees will be able to explain the Probate process in Georgia. 2. Attendees will be able to describe the priority of claims in the Probate process. 3. Attendees will be able to discuss the year's support right that a surviving spouse or minor child have in Georgia.

"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.

Learning Objectives:

1. Attendees will be able to explain a transformative shift in thinking towards preservation of personhood through a strength-based approach. 2. Attendees will be able to identify 3-5 key components of a person's Life History to create a meaningful tool for person-centered planning. 3. Attendees will be able to develop and implement a cooperative transition process into a formalized care setting inclusive of expectations for engagement.

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.

Learning Objectives:

1. Attendees will be able to relate the Dementia Live Experience to real-life challenges for people with dementia. 2. Attendees will be able to apply new awareness to real-life needs of residents/staff/families. 3. Attendees will be able to examine measurable outcomes of

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Dementia Live when integrated into the local community, resulting in deep culture change.

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.

Learning Objectives:

1. Attendees will learn how to search for grant opportunities for their program plans.
2. Attendees will be able to describe the basics of a logic model and how it supports project development.
3. Attendees will be introduced to resources to help them in writing grants for program grants.

EXHIBITOR BREAK

10:45 AM - 11:15 AM

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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 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.

Learning Objectives:

1. Attendees will be able to discuss managing adrenalin, body language, voice, and likability.
2. Attendees will be able to identify ways to prepare your message.
3. Attendees will be able to describe tips for delivering your message.

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"

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home, (4) broad view of the funding to pay for home modification.

Learning Objectives:

1. Attendees will be able to describe the CAPS designation and the role it plays within the home. 2. Attendees will be able to identify who is best served by home adaptation. 3. Attendees will be able to discuss funding options for home modification.

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

Dr. Regina Koepf, *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.

Learning Objectives:

1. Attendees will be able to discuss the benefits and risks of intimate & sexual connection in an older adult population with dementia disorders. 2. Attendees will be able to summarize complicating factors related to individuals living with dementia who are engaging in intimate behaviors. 3. Attendees will be able to assess their own values related to older adults with major neurodegenerative disorders (i.e., dementia) wishing to engage in intimate connection.

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".

Learning Objectives:

1. Attendees will be able to discuss the national movement of Dementia Friendly America. 2. Attendees will be able to describe the dementia friendly initiatives happening in Georgia. 3. Attendees will be able to identify ways to implement dementia friendliness into their own organization or community.

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

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



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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 strategies to caregivers to minimize re-hospitalizations.

Learning Objectives:

1. Attendees will be able to recognize cognitive issues versus non-compliance.
2. Attendees will be able to utilize strategies to determine cases of behaviors in AD/DRD individuals.
3. Attendees will be able to employ strategies to successfully deal with identified issues.

**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.

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2:30 PM – 3:00 PM**

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**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.

Learning Objectives:

1. Attendees will be able to list approved settings in which the new access to oral care law permits increased preventive services.
2. Attendees will be able to answer 5 questions with a 60% accuracy after an interactive oral health review.
3. Attendees will be able to discuss methods to connect oral resources.

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.

Learning Objectives:

1. Attendees will be able to describe risk factors for opioid harm including enhanced risks for

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older adults. 2. Attendees will be able to identify common opioid risk evaluation (screening) tools. 3. Attendees will be able to recognize effective strategies to communicate opioid-related risks to older adults.

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.

Learning Objectives:

1. Attendees will be able to define multicultural humility.
2. Attendees will be able to summarize common assumptions and biases.
3. Attendees will be able to apply a framework for engaging in multicultural humility.

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

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.

Learning Objectives:

1. Attendees will be able to define person-centered care and culture change by the end of the session.
2. Attendees will be able to discuss the collaborative efforts in Georgia aimed at implementing person-centered care in Georgia nursing homes.
3. Attendees will be identify social media videos and written materials that can be used to educate others on implementing person-centered care.

Engaging Seniors 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.

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1. Attendees will be able to describe the populations with diabetes in GA and why the Centers for Medicare and Medicaid Services (CMS) funded this program to address diabetes disparities. 2. Attendees will be able to explain the evidence-based curriculum used for Diabetes Self-management Education and Support (DSMES) and why Alliant Quality chose to use this empowering and engaging program in GA. 3. Attendees will be able to discuss the positive outcomes of the five-year project based on DSMES participants' knowledge, attitude, and self-efficacy as well as improved clinical measures.

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.

Learning Objectives:

1. Attendees will be able to discuss poor health outcomes for vulnerable populations such as older adults' associates with low health literacy.

2. Attendees will be able to identify and apply Health Literacy Universal Precautions within a variety of settings serving older adults. 3. Attendees will be able to develop next steps within their own areas of practice regarding health literacy.

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.

Learning Objectives:

1. Attendees will be able to define malnutrition using 6 clinical characteristics. 2. Attendees will identify opportunities at the individual, interpersonal, policy, community, and organizational level to address malnutrition in older adults. 3. Attendees will understand the effects of personal and environmental factors that determine health behaviors.

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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 Center for Equality, Health and Wellness Coordinator Bianca Mayes.

Learning Objectives:

1. Attendees will be able to describe the importance of educating senior living communities on LGBTQ history. 2. Attendees will be able to discuss lessons learned from staff and resident testimonials. 3. Attendees will be able to discuss *Love Wins*.

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.

Learning Objectives:

1. Attendees will be able to identify the benefits of a holistic approach towards dementia care. 2. Attendees will be able to describe new and innovative approaches to relieving the symptoms presented with dementia using sensory therapy. 3. Attendees will be able to discuss different environmental modification techniques to reduce stress."

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.

Learning Objectives:

1. Attendees will be able to identify usability issues that arise during the demonstration of a tele-technology exercise program and better understand the requirements for tele-technology exercise interventions for the target population (adults with a mobility impairment). 2. Attendees will be able to identify the perceived ease of use, usability features, and attitudes towards this type of exercise intervention from the target population

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based on the results from the semi-structured interview conducted. 3. Attendees will be able to describe how this type of exercise intervention may influence exercise self-efficacy, affect, and attitudes toward adoption among the target population.

EVENING NETWORKING EVENT

S'mores by the Lake

Come and mingle with your fellow conference attendees at the resort's complimentary s'mores celebration daily by the rustic, lodge campfire. As you walk through our doors and time begins to slow down, come huddle around the warmth of the resort's cozy lakeside bonfire and indulge in our signature tradition of delicious s'mores created just to your liking. The fire is lighted daily from 8 to 10 p.m., just outside of Georgia's restaurant.

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.

Learning Objectives:

1. Attendees will be able to describe the Disrupt Aging movement. 2. Attendees will be able to self-reflect on how they are contributing to negative stereotypes of aging. 3. Attendees will be able to identify how they can take steps to address ageism.

The Improvables!: Improv for the Ages

GGG 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.