



64TH ANNUAL GGS CONFERENCE

The Ritz-Carlton Reynolds
Lake Oconee
July 22-24, 2019

Connect. Explore. Grow.





Quality In-Home Care, Inc.

"Over 25 years of blue ribbon experience in providing quality in-home services"

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Quality In Home Care, Inc. provides the services listed below to individuals in the CSRA who are frail and elderly, have a disability, and are at risk of nursing home placement. The support services are ordered by a case management entity or are arranged on a private pay basis to provide services to safely maintain the individual in their home environment and reduce their risk of institutional placement.

Service Categories:

Personal Care Services Skilled Nursing Services Companion/Sitter Services

Payment Sources:

Medicaid Waiver Programs Veterans Administration Private Insurance Private Pay
(CCSP/SOURCE/ICWP)



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THE RITZ-CARLTON

REYNOLDS, LAKE OCONEE

On behalf of all our Ladies and Gentleman, it is our pleasure to welcome you to The Ritz-Carlton Reynolds, Lake Oconee! Thank you for choosing us as your home away from home.

We hope you had an enjoyable journey to the beautiful and serene Lake Oconee area. We are honored to be able to share all of the exciting features this breathtaking resort has to offer.

As an appreciation of your time here, we invite you to enjoy a 10% discount in our Signature Shop, located on the third floor - please bring this letter to redeem.

We send our best wishes for a wonderful stay and may your experience with us be filled with fond #RCMemories!

Sincerely,

The Ladies at the Signature Shop
The Ritz-Carlton Reynolds, Lake Oconee

Message from the GGS President



Dear Friends and Colleagues:

Welcome to the 64th Georgia Gerontology Society (GGS) Annual Conference at the beautiful Ritz Carlton Reynolds at Lake Oconee. I am very excited for this year's conference theme, "Connect. Explore. Grow."

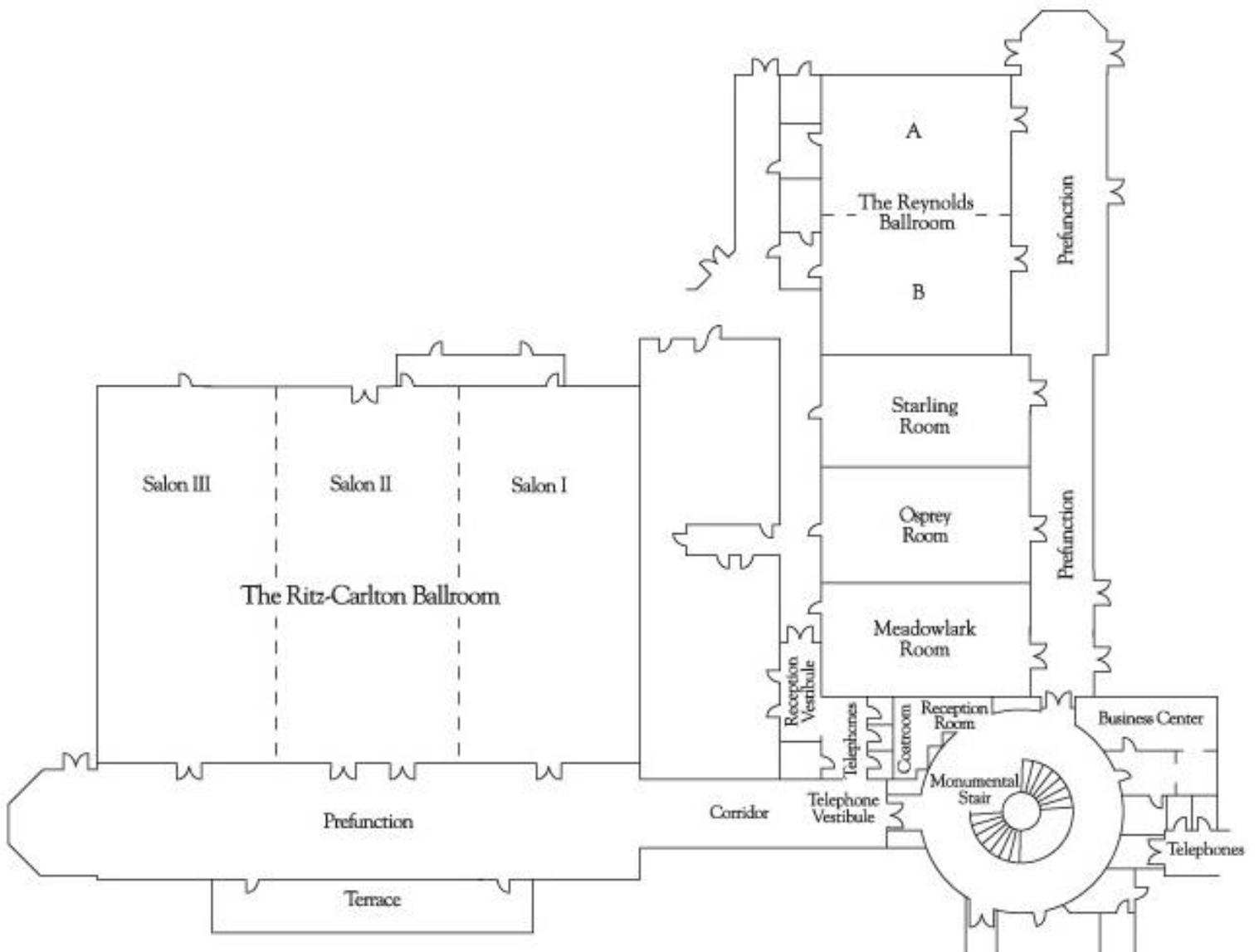
Our dedicated conference committee volunteers and staff have worked diligently to bring you the best possible conference experience with three days of dynamic general sessions, engaging educational workshops, and endless networking opportunities. You'll be sure to enjoy the President's reception on Monday evening with opportunities to connect with friends, old and new, and explore new research and services with our poster session. Each evening, we'll have an opportunity to continue networking while enjoying homemade s'mores by the fireside with, and we've been promised, a beautiful sunset over the lake. Be sure to visit our exhibitors to learn about advancements in products and services in the field of aging.

On behalf of the GGS Board of Directors and members, I wish to thank all of our presenters, exhibitors, sponsors, and friends for their continued support of the Georgia Gerontology Society. Before I close, I want to thank the conference planning committee for their tireless efforts that I know will make this event a resounding success. Furthermore, I wish to thank each of you for your commitment to the aging network and GGS by attending this year's conference.

I am delighted you are here, and I hope you leave us feeling renewed and inspired.

Warm Regards,
Babs J. Hall, President

Conference Floorplan



Lobby Level Meeting Rooms

The Georgia Gerontology Society: A Brief History

The Georgia Gerontology Society was established in 1955 as a result of gerontology forums held in the state. The Society was one of the first state voluntary gerontology organizations in the country, made up of people who shared a common interest in aging. The first decade of the Society resulted in the establishment of the Annual Meetings that served as the primary activity of the organization and remain the focus even today. The original goals and objectives of the Society included: promoting the scientific study of the aging process; fostering the development and dissemination of information related to aging; and affording a common meeting ground for representation of the various scientific fields interested in aging and those responsible for the care and treatment of the aged. Two of the major accomplishments of the first decade were the publication of *Georgia: Fact Book on Aging* and the formation of a state Coordinating Committee on Aging, which was the forerunner for the Georgia Commission on Aging.

During the second and third decades of the Society, considerable thought was given to defining the role of the organization. Legislative activity began via the establishment of a legislative committee. This was also during the time period of the enactment of the Older Americans Act and Medicare, important legislation which added credibility and scope for the Society. The awards program, recognizing outstanding service or achievement in the field of aging, was developed during this time and remains in existence today.

At the 1969 Annual Meeting, there were 42 cooperating agencies and organizations listed on the program, demonstrating the beginnings of the Society's membership diversity. In defining its role, the Society's primary purpose was to serve the professional needs of people who work to improve the quality of life for older persons in Georgia. In keeping with this purpose for future professionals, a scholarship fund was established during this time. The first history of the Society was compiled by Louis Newmark,

the organization's first president, who remarked, "May the years ahead grant the Society the same kind of leadership it has had in the past, and that the organization may continue to grow and prosper..."

Throughout the fourth and fifth decades, the Georgia Gerontology Society focused on promoting and coordinating its work with other state and national organizations and programs serving the aging, thus creating renewal, growth, and advancement throughout the Society. As a result of this involvement, the Society continues as one of the leading state organizations for aging adults in the nation. Among the major achievements were the establishment of a permanent statewide office and staff; collaboration with national organizations like the National Council on Aging (NCOA), the American Society on Aging (ASA), the National Association of States United for Aging and Disabilities (NASUAD); co-sponsorship of statewide events like the Georgia Older Worker Luncheon, Senior Week at the Capitol, the Georgia Conference on Aging, and AARP training; and operation of the Senior Advocacy Project to monitor the Georgia General Assembly and publish the Senior Issues Newsletter. The Society has sponsored and conducted forums and training workshops throughout the state, illustrating that the Georgia Gerontology Society has indeed continued to grow and prosper.

GGG is currently engaged in a strategic planning process which is focusing on seven priority areas - Education & Training, Advocacy, Workforce Development, Visibility, Membership, Board Development, and Organizational Capacity. This process is helping GGS reach its goal of becoming the principal network of educators, professionals, and businesses that serve older adults in Georgia. As the Georgia Gerontology Society looks to the future, the achievements and accomplishments of the past can be looked on with pride, but they will also serve as a guideline in efforts to meet the challenges facing the Society in the 21st century in promoting quality leadership in the field of aging.

A History of the Georgia Gerontology Society Awards

The Georgia Gerontology Society annually acknowledges the outstanding achievements of individuals in the field of Gerontology, through the presentation of awards during its annual meeting and conference. GGS established an early tradition of recognizing significant achievement and contributions to the field of aging. Since 1966, the Annual Meeting and Conference has included an Awards Ceremony as a particular highlight. During the first years, awards were given in a variety of categories - Individual, Professional, Distinguished Service, and area of service. With the passage of time, the number and type of awards has become more established. Several awards have been named for individuals who have been significant to the Georgia Gerontology Society and to gerontology in the state of Georgia - John Tyler Mauldin, Elsie Alvis, Louis Newmark, Marietta Suhart, Dan Hickman, David L. Levine, and Kay Hind. The following awards are our standard:

The **Elsie Alvis Award** (Formally the Professional Award) is given to the outstanding professional in gerontology with a minimum of 15 years of service. The Award was first given in 1970 as a Professional Award and was named in honor of Elsie Alvis in 1980. This designation honors an early GGS member who received the Individual Award in 1966, the first year Awards were made. She served as the Director of the Governor's Commission on Aging, later the State Commission on Aging, beginning in 1960. She served well past the age of 70 and directed a statewide study to develop Georgia's Story of Her Aging, published as the official Georgia report to the 1961 White House Conference on Aging.

The **John Tyler Mauldin Award** is given to an older individual in Georgia who exemplifies a positive role model of outstanding Achievement in the field of Aging. First given to Dr. Mauldin in 1967 as the First Annual Outstanding Achievement Award, it was named for the first recipient the next year. Dr. Mauldin, a prominent Atlanta surgeon and also an early GGS activist, was appointed in 1959 to Chair the newly established Governor's Commission on Aging, later the State Commission. He directed the planning of Georgia's participation in the 1961 White House Conference on Aging.

The **Louis Newmark Award** is presented to an individual providing at least 10 years of service to aging, with particular attention to the Georgia Gerontology Society. The Award was first given in 1982 to Louis Newmark, the Society's first President, in recognition for his nearly three decades of service to gerontology in Georgia and to the Society. Louis Newmark also won several GGS Awards for his social service and service to the Society and was the Society's historian for the first three decades of its existence. He was also a founder of the Georgia Conference on Social Welfare.

The **Marietta Suhart Award**, established in 1993 shortly after Marietta's death, is given to the individual with demonstrated ability to educate para-professionals, professionals, and other persons working with older adults; proven leadership and vision in gerontology by development/expansion of educational programs and services; and recognized ability to touch as well as to teach learners. A long-time GGS Board member, hard-working committee member, and enthusiastic educator who fit the description of the Award established in her name, Marietta Suhart was the Gerontology Specialist with the University of Georgia Continuing Education program.

The **Dan Hickman Award** is presented to the person who has shown excellence in the profession of Care/Case Management and who exhibits leadership in the profession by providing exceptional direct services, training fellow Care Managers, and/or advocating for improvements in care management. The Award was established in 1998 and first presented in 1999 in memory of Dan, who was the Community Care Services Program Manager with the Georgia Division of Aging Services. He helped to define case management as a profession in Georgia, and he exhibited great spirit, zest, and integrity in support of the profession.

The **David Levine Legislative Award**, established in 1993, is given to the legislator who has sponsored or co-sponsored legislation that would improve the quality of life for older adults; has consistently supported aging issues; and has been willing to listen to the concerns of Georgia's elderly. This award has now been named to honor Dr. David L. Levine, who devoted his adult life advocating for those who could not advocate for themselves.

The **Kay Hind Change Agent Award**, established in 2017, is presented to an individual who is a driving force in creating change that improves the lives of older adults in Georgia. Kay Hind provided 49 years of exemplary service to Georgia's aging population. Her vision, persistence, patience, expertise, advocacy, and collaborations cemented the foundation for change in southwest Georgia and beyond.

Citations of Merit may also be chosen and presented, by the Awards Committee, to special individuals who deserve recognition because of achievement, service, exemplary living, and/or commitment to aging.

Scholarships

The Robert P. Wray Scholarship

Robert P. Wray was an active GGS member, a founder of numerous service programs in Pennsylvania and Georgia, and was the first Director of the University of Georgia Gerontology Center. He was first posthumously honored in 1989 by designation of the Wray Legislative Award. However, Society members quickly realized that this educator's memory would be best honored through naming of the annual gerontology scholarship award.

The Virginia Smyth Scholarship

The Virginia Smyth Scholarship is presented annually to offer financial support to persons seeking to advance their careers in aging. The fund, established in 1998, provides scholarships for graduate study in gerontology and promotes leadership development in the field of aging to include a broad knowledge base, strong organizational skills, and a vision for the future. The Scholarship was first awarded in 2004 and named for Virginia Smyth, a founding member of GGS and the spirit behind the establishment and endowment of the GGS Scholarship Fund.

Older Adult Scholarships

As a network that educates, serves and advocates for older adults and their families, GGS sponsors an annual gerontology scholarship award program for older adults. This program provides scholarship opportunities to attend the GGS Annual Conference for older adults in Georgia. By sponsoring these awards, we aim to promote continued interest and involvement in aging-related issues across the lifespan.

3rd Annual Direct Care Workforce Solutions Forum

July 22nd- 9:30 -11:30 AM

There is a crisis facing the direct care workforce. These critical jobs are the frontline in caring for older Georgians. As more and more Americans age, the need for qualified caregivers continues to grow. This annual forum brings together funders, legislators, providers, and job trainers for this solutions-oriented forum to position Georgia to become a leader by strengthening the direct care workforce pipeline.

SPEAKERS: State Representative Jesse Petrea; Caylee Noggle, Georgia Student Finance Commission; Catherine Ivey, Georgia Department of Community Health; Dr. Jennifer Craft Morgan, Georgia State University-Gerontology Institute; John Helton, Atlanta CareerRise; Pam Clayton, Georgia Health Care Association; Mary Helton, A.G. Rhodes Health & Rehab & Sue Burgess, Atlanta Regional Commission Area Agency on Aging

HOSTED BY Thanks Mom & Dad Fund, in partnership with the Georgia Gerontology Society, Alzheimer's Association-Georgia Chapter, Atlanta Regional Commission AAA, Georgia Council on Aging, Georgia Health Care Association, Gerontology Institute at Georgia State University, and LeadingAge Georgia

Conference At a Glance

MONDAY, JULY 22				
TIME	LOCATION	TITLE	TRACK	PRESENTER NAME(S)
1:00 PM - 2:30 PM	OPENING SESSION			
	BALLROOM	<i>Stand By Me: Connecting to the World Around Us Through Music</i>		Mallory Even
2:30 PM - 3:00 PM	BALLROOM FOYER	VISIT WITH EXHIBITORS/AFTERNOON REFRESHMENTS		
3:00 PM - 4:00 PM	CONCURRENT SESSION A			
	MEADOWLARK	<i>Co-Occurring Conditions in Older Adults, Mental Health, Medical, Addiction, and Treatment Solutions</i>	M W	Sharon A. Matthew Dr. Ming Wang
	OSPREY	<i>Turning the Intangible into Measurable Data</i>	D O	PK Beville
	STARLING	<i>Raising Your Voice for Public Policy Advocacy: Taking Action Together</i>	A	Melanie McNeil Katie Perumbeti
	REYNOLDS A	<i>Older Adult Mobility: Assessment, Planning, and Program Perspectives on Transportation in Georgia</i>	W	Kristi Fuller Alice Prendergast JD Dillard Jami Harper
	REYNOLDS B	<i>University and Area Agency on Aging Partnerships for Workforce Development</i>	O	Pamela Elfenbein Lisa Howard Melissa Armstrong
4:15 PM - 5:15 PM	CONCURRENT SESSION B			
	MEADOWLARK	<i>Exploring Life Expectancy Calculations by Race/Ethnic Groups - Quantity vs. Quality of Life</i>	W	Dr. Kerstin Gerst Emerson Dr. Hanwen Huang Anqi Pan
	OSPREY	<i>A Calling to Come: End of Life Doulas</i>	W	Lisa Kaufman
	STARLING	<i>Using Motivational Interviewing to Address Risky Alcohol Use in Older Adults</i>	M W	Michelle Dattada Woodrina Layton
	REYNOLDS A	<i>Grantwriting for the Aging Network</i>	O	Dr. Jennifer Craft Morgan
	REYNOLDS B	<i>Still Going Strong in Georgia: Advocacy for Older Adult Transportation</i>	A W	Vicki Johnson Kathy Floyd Maureen Kelly Scott Haggard

TRACKS

 Medical/Mental Health

 Well-Being & Meaningful Engagement

 Advocacy & Ageism

 Organizational Excellence

8  Living with Dementia

MONDAY, JULY 22

TIME	LOCATION	TITLE	TRACK	PRESENTER NAME(S)
6:00 PM - 7:30 PM	<i>BALLROOM</i>	PRESIDENT'S RECEPTION & POSTER SESSIONS		
		<i>A Community Conversation: Voices from the Caribbean</i>		Natoya Castor
		<i>A State Perspective: The Regional Fight to Combat Senior Hunger in Georgia</i>		Dr. Temitope A. Walker
		<i>Building Bridges and Breaking Down Silos with Assistive Technology</i>		Ginger Ragans
		<i>CAPABLE* Program: Game Changer for Targeted Populations in Georgia</i>		Teresa Berger
		<i>Care Plans and the Georgia Memory Net: Helping People Living with Dementia and Their Care Partners Move Forward</i>		Laura Medders
		<i>Creating Technology-Based Mindfulness Interventions to Support Breast Cancer Treatment and Survivorship: A Literature Review</i>		Kasey Smith
		<i>Digital Learning in Dementia Care: GA Memory Net Reaching Healthcare Providers Statewide</i>		Rebecca Dillard
		<i>From the Front Door to the Back Door: Practices, Tips, and Processes for Improving Immunization Rates</i>		Elizabeth Massiah
		<i>Going the Extra Mile: How to Create Meaningful Engagement</i>		Linda Pacer Barbara Scurry Merle Land
		<i>Increasing F/V Intake of Individuals with Dementia</i>		Jamie C. Gilbert
		<i>POAs, PODs, and Healthcare Directives: Financial Education Implications for Gerontologists</i>		Jessica Parks
		<i>Providing Diabetes Education in a Dialysis Center</i>		Jeana Partington
		<i>The Relation between Lutein and Zeaxanthin and Emotional Wellbeing among Community Dwelling Older Adults</i>		Bailey Collette
		<i>Zone Tool for Self-Management of Depression</i>		Michelle Dattada Woodrina Layton

Conference At a Glance

TUESDAY, JULY 23				
TIME	LOCATION	TITLE	TRACK	PRESENTER NAME(S)
7:30 AM - 8:00 AM	BALLROOM FOYER	CONTINENTAL BREAKFAST/VISIT WITH EXHIBITORS		
8:00 AM - 9:30 AM	GENERAL SESSION			
	BALLROOM	<i>Bringing Dementia Friends to Georgia</i>		Victoria Helmly
9:45 AM - 10:45 AM	CONCURRENT SESSION C			
	MEADOWLARK	<i>Implementation of the Annual Wellness Visit to Improve MIPS Scores</i>	MO	Donna Cohen
	OSPREY	<i>Sycamore Row: What John Grisham Got Wrong About Probate</i>	AW	Kelley Napier
	STARLING	<i>"SUPERHERO" - Rethinking Your Approach</i>	WD	Mary Jo Johnson-Gibbons
	REYNOLDS A	<i>Dementia Live - Evoking Change through Empowering Experiences</i>	D	Laura Ellen Christian Susan Robbins Ann Germany
	REYNOLDS B	<i>Long-Term Care Services and Supports: Agenda Setting and Creating Solutions to Persistent Workforce Problems</i>	C	Dr. Jennifer Craft Morgan Maureen Kelly
10:45 AM - 11:15 AM	BALLROOM FOYER	VISIT WITH EXHIBITORS/MORNING REFRESHMENTS		
11:15 AM - 12:15 PM	CONCURRENT SESSION D			
	MEADOWLARK	<i>Presenting with Impact</i>	C	Clark Brown
	OSPREY	<i>Safety and Independence in the Home through Home Modification</i>	W	Rick Thaxton
	STARLING	<i>Intimate Connection & Sexuality in the Context of Dementia Disorders: Benefits, Risks, and the Role our Own Values Play</i>	D	Dr. Regina Koepp
	REYNOLDS A	<i>Dementia Friendly Georgia Initiatives</i>	D	Victoria Helmly Dr. Fayron Epps Virginia Griffin Whitney Oeltmann Robin Andrews Smith
	REYNOLDS B	<i>Reducing Hospital Readmission in the Population with Alzheimer's Disease and Related Dementia</i>	MD	Katherine Vanderhorst

TUESDAY, JULY 23

TIME	LOCATION	TITLE	TRACK	PRESENTER NAME(S)
12:30 PM - 2:30 PM	BALLROOM	ANNUAL MEETING & AWARDS LUNCHEON		
2:30 PM - 3:00 PM	BALLROOM FOYER	VISIT WITH EXHIBITORS		
3:00 PM - 4:00 PM	CONCURRENT SESSION E			
	MEADOWLARK	<i>Smiles for Miles: You Don't Have to be Down in the Mouth!</i>	M W	Pam Cushenan Sonya Dunbar
	OSPREY	<i>Increasing Access to Naloxone Saves Lives</i>	M W	Michael Crooks
	STARLING	<i>Deepening a Practice of Cultural Humility in Working with Diverse Older Adults</i>	A G	Dr. Regina Koeppe
	REYNOLDS A	<i>Building Resources for Person-Centered Care in Georgia's Nursing Homes</i>	W G	Dr. Jennifer Craft Morgan Dr. Elisabeth Burgess Kim McRae
	REYNOLDS B	<i>Engaging Seniors with Diabetes to Improve Health - Results of a Five-Year Project</i>	M W	Jeana Partington
4:15 PM - 5:15 PM	CONCURRENT SESSION F			
	MEADOWLARK	<i>Best Practices to Meet and Promote Health Literacy with Your Clients: A Refresher/Primer to Better Meet Older Adult Health and Well-Being Needs</i>	W	Dr. Kay Graham Lisa Howard
	OSPREY	<i>Identifying and Addressing Malnutrition in Older Adults: A Social Model Approach</i>	M W	Allison Bernal Renae Brown
	STARLING	<i>Older Adult LGBT Education in Senior Living Communities</i>	A G	Angel Allaire
	REYNOLDS A	<i>Making "Scents" of the Dementia World</i>	D W	Linda Alvarez Laura Ellen Christian
	REYNOLDS B	<i>The Feasibility of a Tai-Chi Tele-Exercise Intervention for Persons Aging with Mobility Impairment</i>	W	George Mois
	S'MORES BY THE LAKE	EVENING NETWORKING EVENT		

Conference At a Glance

WEDNESDAY, JULY 24				
TIME	LOCATION	TITLE	TRACK	PRESENTER NAME(S)
9:00 AM - 12:00 PM	CLOSING SESSION			
	<i>BALLROOM</i>	<i>It's Time To Disrupt Aging</i>		Debra Tyler-Horton
		<i>The Improvables!: Improv for the Ages</i>		The Improvables

GGG Silent Auction - Ballroom		
<p>GGG would like to thank all of the individuals and organizations that donated goods and services for our Silent Auction. We encourage you to bid high and bid often as all proceeds support our student and older adult scholarship recipients! Can't stay for the entire conference? Some items have a buy it now price. Take home a new treasure or a fun experience while supporting a great cause!</p>		
Silent Auction Hours		
M O N D A Y	6:00 PM - 7:30 PM	The Silent Auction will open during the President's Reception
T U E S D A Y	7:30 - 8:00 AM	
	10:45 - 11:15 AM	
	2:30 PM - 3:00 PM	
	5:15 PM - 5:45 PM	
W E D N E S D A Y	8:00 AM - 8:45 AM	Bid Sheets will be collected at 8:45 AM sharp.



2019 GGS ANNUAL CONFERENCE

July 22-24, 2019

Daily Schedule and Session Descriptions

MONDAY, JULY 22

OPENING SESSION

BALLROOM

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.

TRACKS



Medical/Mental Health



Advocacy & Ageism



Living with Dementia



Well-Being & Meaningful Engagement



Organizational Excellence

Daily Schedule and Session Descriptions

MONDAY, JULY 22

VISIT WITH EXHIBITORS/AFTERNOON REFRESHMENTS

BALLROOM FOYER

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

MEADOWLARK

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 adult population and the medical complications in this age group.

Turning the Intangible into Measurable Data

OSPREY

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

STARLING

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

REYNOLDS A

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.

Learning Objectives:

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

REYNOLDS B

Pamela Elfenbein, University of North Georgia
Lisa Howard & Melissa Armstrong, Legacy Link Area Agency on Aging



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

MEADOWLARK

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 Doula

OSPREY

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.

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

STARLING

Michelle Dattada & Woodrina Layton, 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.

Grantwriting for the Aging Network

REYNOLDS A

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

Daily Schedule and Session Descriptions

MONDAY, JULY 22

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.

Still Going Strong in Georgia: Advocacy for Older Adult Transportation

REYNOLDS B

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.

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

BALLROOM

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.

A State Perspective: The Regional Fight to Combat Senior Hunger in Georgia

Dr. Temitope A. Walker, GA DHS Division of Aging Services

Georgia's first State Plan to Address Senior Hunger was published in December 2017. A key recommendation included establishing 12 senior hunger regional coalitions across the state that formed in FY2019. From the state perspective, see the work of these distinct coalitions as they began their efforts to combat senior hunger.

Building Bridges and Breaking Down Silos with Assistive Technology

Ginger Ragans, Legacy Link Area Agency on Aging 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 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.



PRESIDENT'S RECEPTION & POSTER SESSIONS

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

Increasing F/V Intake of Individuals with Dementia

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

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.

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 & Woodrina Layton, 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 accessible and actionable advice during crucial times.

Daily Schedule and Session Descriptions

TUESDAY, JULY 23

CONTINENTAL BREAKFAST/ VISIT WITH EXHIBITORS

BALLROOM FOYER

7:30 AM - 8:00 AM

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.

GENERAL SESSION

BALLROOM

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

MEADOWLARK

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.

Sycamore Row: What John Grisham Got Wrong About Probate

OSPREY

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

STARLING

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

REYNOLDS A

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

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

REYNOLDS B

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

Maureen Kelly, Thanks Mom & Dad Fund



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.

VISIT WITH EXHIBITORS/MORNING REFRESHMENTS

BALLROOM FOYER

10:45 AM - 11:15 AM

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 D

11:15 AM - 12:15 PM

Presenting with Impact

MEADOWLARK

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

OSPREY

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

Daily Schedule and Session Descriptions

TUESDAY, JULY 23

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

STARLING

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.

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

REYNOLDS A

Victoria Helmy, 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

REYNOLDS B

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 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 ADRD individuals. 3. Attendees will be able to employ strategies to successfully deal with identified issues.

ANNUAL MEETING & AWARDS LUNCHEON

BALLROOM

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.

VISIT WITH EXHIBITORS

BALLROOM FOYER

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 E
3:00 PM - 4:00 PM

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

MEADOWLARK

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

OSPREY

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 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

STARLING

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

REYNOLDS A

Dr. Jennifer Craft Morgan and Dr. Elisabeth Burgess, 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 able to 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

REYNOLDS B

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 using the DEEP® curriculum and how this fun and engaging program empowered participants to make lifestyle changes for improved health.

Daily Schedule and Session Descriptions

TUESDAY, JULY 23

Learning Objectives:

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

MEADOWLARK

Dr. Kay Graham, Brenau University

Lisa Howard, Legacy Link Area Agency on Aging



The presenters will discuss health literacy concepts, older adults as a vulnerable population, and recent research regarding gerontology practitioners' current knowledge and practices 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 associated with low health literacy for the vulnerable older adult population. 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.

Identifying and Addressing Malnutrition in Older Adults: A Social Model Approach

OSPREY

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.

Older Adult LGBT Education in Senior Living Communities

STARLING

Angel Allaire, The 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

REYNOLDS A

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

REYNOLDS B

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 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

CLOSING SESSION - BALLROOM

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.



A Special Thank you to our 2019 Annual Conference Sponsors

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GGG Annual Conference Exhibitors

AARP Georgia (Gold Sponsor)

AARP helps people 50 and older live their best lives. AARP Georgia serves the state's nearly 1 million members from its headquarters in Midtown Atlanta.

Mercer University College of Health Professions (Silver Sponsor)

Mercer University's College of Health Professions seeks to prepare students to improve the health and quality of life of people through excellence in teaching, research, and service. The College is comprised of five disciplines: physical therapy, physician assistant studies, public health, clinical psychology, and athletic training. Each program is housed in a department that provides students with comprehensive didactic courses taught by an extraordinary faculty and extensive clinical experience enhanced by outstanding service-learning opportunities.

The Office of the State Long-Term Care Ombudsman (Silver Sponsor)

The Office of the State Long-Term Care Ombudsman seeks resolution of problems and advocates for the rights of residents of long-term care facilities with the goal of enhancing the quality of life and care for residents.

Law Offices of Dennise L. Grayson, LLC (Conference Bag Sponsor)

The Law Office of Dennise L. Grayson is located downtown Watkinsville, in Oconee County, Georgia and serves the needs of aging clients and their family members throughout Athens and the surrounding areas. The practice is focused on Elder Law and Special Needs Planning such as Powers of Attorney, Wills, Trusts, Medicaid eligibility and asset protection, probate and estate administration matters, Guardianships and Conservatorships, Special Needs Trusts, and Advance Directives for Health Care. Dennise helps clients age in place and maintain quality independent living by strategically planning for long term care expenses using Medicaid and Veterans Aid and Attendance benefits; and assists families in matters of Probate and Estate Administration.

Alliant Quality

Alliant Quality is the Quality Improvement Organization for the Centers for Medicaid and Medicare Services in Georgia. Through this work, Alliant Quality supports improvement of health outcomes for Medicare beneficiaries, with a focus on health initiatives related to behavioral health, cardiac health, immunizations, medication safety, diabetes, and many more.

Alzheimer's Association, Georgia Chapter

The Alzheimer's Association is the leading voluntary health organization in Alzheimer's care, support, and research. Our mission is to eliminate Alzheimer's disease through the advancement of research; to provide and enhance care and support for all affected; and to reduce the risk of dementia through the promotion of brain health. The Georgia Chapter serves the entire state through 7 service area offices in Atlanta, Columbus, Macon, Tifton, Augusta, Savannah, and Dalton.

American Realty

American Realty is a realty office doing business in East Atlanta since 1991. With our senior's division, we now help seniors downsize, resize, or retire to senior living communities.

B&B Care Services

B&B Care Services offers EDWP/CCSP Case Management Family Support Services, State Respite Community Transitions, and Disability Services.

Caron Treatment Centers

With over 60 years in the field, Caron Treatment Centers operates lifesaving addiction and behavioral healthcare treatment. Caron offers an extensive continuum of care including adolescents, young adults, mid-life adults, older adults, chronic pain, executives, healthcare professionals and legal professionals. Caron has a regional office in Dunwoody, GA that provides outpatient services for the treatment of substance use and co-occurring disorders, offering assessments, collegiate and young professional programming, teen, family and individual education and counseling. For more information on Caron, please visit Caron at www.caron.org.

GGG Annual Conference Exhibitors

The College of Nsg. And Health Sciences at Georgia Southwestern State University

The College of Nsg. and Health Sciences at Georgia Southwestern State University offers a new Bachelor of Science in Long Term Care Management. Scholarships are available to study about managing care for older adults and those with disabilities. Employers state they need these skill sets.

Edward Jones

Making sense of investing by helping seniors, families, and business owners organize, grow, & protect their wealth and income.

The Georgia Council on Aging

The Georgia Council on Aging (GCOA) was created by the Georgia General Assembly in 1977 to advise the Governor, assembly, and state agencies on matters relating to the state's older Georgians.

Georgia Memory Net

Georgia Memory Net (GMN) is a statewide program dedicated to the early diagnosis and treatment of Alzheimer's disease and related dementias. Supported by the Georgia Department of Human Services' Georgia Alzheimer's Project, GMN provides Georgians and their Primary Care Providers with the tools they need for accurate diagnosis, appropriate treatment, and long-term support. Our programs encourage Medicare-eligible adults to take advantage of their Annual Wellness Visit - a Medicare paid health screening by PCPs that includes a 3-minute screening tool used to detect memory problems and related issues. In turn, GMN provides healthcare professionals with the resources they need to help diagnose patients experiencing memory loss or cognitive impairments, and provides initial support and education while linking patients and care partners with community resources to provide ongoing support.

Georgia Relay

Georgia Relay is a state program offering a variety of no cost phone services for the deaf, hard of hearing, deaf-blind, or those who have difficulty speaking. Georgia Relay allows users to stay connected through a variety of Traditional Relay and Captioned Telephone services.

Georgia State University, Gerontology Institute

The Gerontology Institute at Georgia State University educates scholars and professionals who are actively engaged in addressing the diverse needs of older adults and our aging society. The Institute includes a core faculty of experts who work in the interdisciplinary field of gerontology and a diverse group of affiliate faculty who research aging issues within their own disciplines. We offer a Masters Degree, Graduate Certificate, Undergraduate Certificate, and a Bachelor's Degree in Interdisciplinary Studies in Gerontology. In addition to classwork, our students have numerous opportunities to engage in the field through student organizations, volunteer events, lecture series, research assistantships, and internships.

Mom's Meals NourishCare

Mom's Meals NourishCare provides high-quality meal solutions direct to the homes of seniors and patients nationwide. Customers choose every meal every order from our broad selection of entrees, including those to support common health conditions. Mom's Meals has been a leading nutrition provider for nearly 20 years.

Ridgeview Institute

Ridgeview is an acute psychiatric hospital and addiction treatment center with two locations in Smyrna and Monroe, GA serving the older adult population with both inpatient and outpatient levels of care.

Southern Gerontological Society

Southern Gerontological Society (SGS) is the premier gerontological association for service providers, students, older adults, and academic researchers. Come learn about SGS's many membership benefits and the 2020 Conference to be held in Norfolk, Virginia.

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georgia memory net

Georgia Memory Net is a statewide program dedicated to the early diagnosis and treatment of Alzheimer's disease and related dementias.

We're here to give Georgians, and their primary care providers, the tools they need for accurate diagnosis, appropriate treatment, and long-term support.

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Georgia Department of Behavioral Health & Developmental Disabilities

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Make checks payable to: CSRA Regional Commission

Mail to: Dina Conklin, 3626 Walton Way Extension, Suite 300, Augusta, GA 30909 **by September 20st.**

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Director, Division of Aging Services

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Georgia Gerontology Society



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**2023
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