

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

PRECONFERENCE
MONDAY, AUGUST 17, 2020
9:00 AM - 11:30 AM

The 2020 Annual Conference Preconference is still being planned. Stay tuned for more information and registration information.

NETWORKING LUNCH -
BARNWOOD RESTAURANT
MONDAY, AUGUST 17, 2020
11:30 AM - 12:45 PM

This networking lunch will provide an opportunity to meet other conference attendees and make connections to enhance your conference experience. Registrations will not be accepted on-site. You must pre-register for this event.

OPENING SESSION
WHITE OAK III BALLROOM
MONDAY, AUGUST 17, 2020
1:00 PM - 2:30 PM

Walter O. Coffey & G. David Sprowl, *WD International Consulting*



Walter O. Coffey
MPA, MA, Eden Educator
Gerontologist &
Thought Leader



G. David Sprowl
MPA, Eden Educator
Bilingual Certified
Leadership Coach

Walter and David are passionate about supporting and facilitating the growth and development of individuals and organizations. They understand individuals participate in professional development experiences and often lack the support needed to plan, practice and implement what they learn. WD International provides support through coaching, mentoring, and educating individuals, teams and organizations in order to create the results they want and need to be successful.

They have spent their careers working in organizations and with people (staff and boards) who want to focus on excellence, however, have not been intentional in making the changes needed to achieve positive results. With over twelve years' experience in developing and facilitating a statewide leadership academy as well as certifying over 600 new Eden Alternative Associates, they are aware of the gaps in individual development and implementing new practices. This is especially true when tied to an organization's ability to embrace person-centered, innovative programs and practices.

**Keynote - Vision without Action is
Only a Dream**

Walter and David will share how they have elected to age their way. They created a vision for their personal and professional lives and then set about putting it into action. Intentionality has been a driving force in guiding their actions toward successfully reaching their goals. One of the aspects of their vision was to pursue their passion for working in the field of aging. It propelled them to excel at improving the lives of older adults.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

Along the journey, they discovered meaningful opportunities to grow through the works of such thought leaders as the pioneers connected to the culture change movement, Jim Collins in Good to Great, Daniel Goleman in Emotional Intelligence, Stephen Covey in See/Do/Get, and many others.

Ultimately, without action, vision really does remain a dream. We must have a vision of what is possible – then actively bring our best selves forward to make it a reality.

Learning Objectives:

1. Attendees will be able to identify strategies that organizations can use to support staff personal development.
2. Attendees will be able to identify personal strategies to creating a vision for their career in the field of aging.
3. Attendees will understand how to use action-planning to support their vision to implementation.

**VISIT WITH EXHIBITORS/
AFTERNOON REFRESHMENTS
MONDAY, AUGUST 17, 2020
2:30 PM – 3:00 PM**

We are pleased to have a diverse group of exhibitors joining us for the 2020 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.

Conference Track Key

- Ⓜ - Medical/Mental Health
- Ⓐ - Advocacy & Ageism
- ⓓ - Living with Dementia
- Ⓦ - Well-Being & Meaningful Engagement
- Ⓞ - Organizational Excellence

**CONCURRENT SESSION A
MONDAY, AUGUST 17, 2020
3:00 PM – 4:00 PM**

Providing Care for the Dyad: Early Stage Patients and their Care Partners – WHITE OAK III BALLROOM

Mary Caldwell, *Alzheimer's Association, GA Chapter* & Bailey Colette, *UGA Institute of Gerontology*

ⓓⓂ

This session presents implications for practice regarding multi domain interventions during the early stages of mild cognitive impairment (MCI), or early-stage Alzheimer's that may improve quality of life for patients and their care partners. Participants will be introduced to participants and facilitators in the Alzheimer's Association "Carpe Diem" Early Stage Program through film clips that showcase the evidence-based program offered in Atlanta and Athens.

Learning Objectives:

1. Attendees will be able to describe the importance of providing interventions for the care partner dyad in the early stages of dementia.
2. Attendees will be able to identify

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

evidence-based lifestyle interventions to reduce risk and improve quality of life in care partner dyads. 3. Attendees will be able to plan and produce programming to benefit early stage care partner dyads.

Dancing Mindfulness: Bridging the Mind and the Body in Aging - WHITE OAK I

Cady Monasmith, BFA, MA, *Caron Treatment Center*



Evidence-based practices in concert with creative therapies serve as an effective treatment to nurture an older adult's well-being. Research suggests that integration of these practices enhances inner awareness, purpose, and hope as we age. Mindfully join life in a dance to help recover and rediscover a piece of yourself.

Learning Objectives:

1. Attendees will be able to define the benefits of mindfulness in the Older Adult Population. 2. Attendees will be able to describe the salience of the physical component in aging. 3. Attendees will be able to list techniques to develop a mindfulness practice.

Activity, Outings, and Meaningful Engagement among Assisted Living Residents with Dementia - WHITE OAK II

Dr. Pamela R. Manley & Dr. Joy Ciofi, *Georgia State University, Gerontology Institute*
(Co-Authors: Candace L. Kemp, Anna Lisa Baidoo, Alexis A. Bender, Stephen Duong, Andrea Hill, Elisabeth O. Burgess, April Wood, Jennifer Craft Morgan, Fayron R. Epps & Molly M. Perkins)



Meaningful activity is a significant unmet care need for persons living with dementia across settings. We discuss our ongoing 5-year study aimed at understanding meaningful engagement among assisted living residents with dementia. We consider family and staff involvement as well as recreational outings and offer strategies for optimizing meaningful engagement.

Learning Objectives:

1. Attendees will be able to explain what constitutes meaningful engagement in the lives of persons living with dementia. 2. Attendees will be able to articulate key barriers and facilitators to meaningful engagement for persons living with dementia in the context of activities programming and outings. 3. Attendees will be able to identify strategies for promoting optimal engagement among persons with dementia.

Keys to Community Engagement - What Happens When It's No Longer Safe to Drive? - WHITE OAK IV

Thom Snyder, *GA DHS Division of Aging Services*

Elizabeth Head, *GA DPH Injury Prevention Section*

Dr. Perry McMillon, *GA Department of Human Services*



By 2025, motor vehicle crashes will account for the second leading cause of unintentional injury deaths among older adults in Georgia. This presentation will discuss the implications for older adults when driving is no longer safe and resources to support their continued engagement in the community.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

Learning Objectives:

1. Attendees will be able to describe the connection between driving, independence, and health. 2. Attendees will be able to identify resources available to help identify safety issues related to older drivers. 3. Attendees will be able to identify resources available to support older adults to remain engaged.

AGING: I'm Gonna Do It MY Way! - WHITE OAK V

Kim McRae, *Have a Good Life and Culture Change Network of Georgia*

Rose Marie Fagan, *Culture Change Network of Georgia*



In this interactive workshop, we are going to dive into aging, ageism, and the stereotypes of aging that exist in our culture. We are going to explore how we can learn to take control of our future and make choices now that will prepare us to age positively with dignity and grace. It's about growing older YOUR way!

Learning Objectives:

1. Attendees will be able to describe the cultural stereotypes of ageism that are present in our society. 2. Attendees will be able to define their personal vision for their own aging. 3. Attendees will be able to explore how to bring this thinking to life within their organizations and communities.

The Changing Times of Healthcare and the Need for Ethical Leadership - WHITE OAK VI

Jason Lesandrini, HEC-C, LPEC, *Wellstar Health System*

Clifvette Webb, *Wellstar Research Ethics Fellow*



Most healthcare leaders believe their "should" self will show up when confronting ethical questions. The reality is their "want" self shows up and ethical leadership takes a backseat. This presentation covers what it means to be an ethical leader and how to re-engage our "should" self during ethical situations.

Learning Objectives:

1. Attendees will be able to identify the role of ethical leadership in healthcare. 2. Attendees will be able to describe ways to increase moral awareness of healthcare leaders. 3. Attendees will practice using tools and strategies for advancing healthcare leaders ethical development.

**CONCURRENT SESSION B
MONDAY, AUGUST 17, 2020
4:15 PM - 5:15 PM**

Tools for Life Demo Room - FALLEN TIMBERS

Get hands-on experience with various types of assistive technology and learn more about what is available for your clients.

Learning by Listening: Service-Learning in Medical Education to Assess Community Needs - WHITE OAK III BALLROOM

Eve Anthony, *Athens Community Council on Aging*

Julie K. Gaines, MLIS, AHIP, Megan Chesne, MS, & Lauren Slarks, *AU-UGA Medical Partnership*



For ten years, ACCA and the Augusta University/UGA Medical Partnership have

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

collaborated to provide community-based, service learning experiences for medical students. ACCA staff and AU/UGA faculty will discuss the purpose and design of the collaboration and medical students will present their findings from a 2-year project identifying unmet needs of homebound older adults.

Learning Objectives:

1. Attendees will be able to identify how shared outcomes can enable organizations serving older adults and academic institutions to build mutually-beneficial partnerships. 2. Attendees will be able to describe how community-based teaching methods of social determinants of health benefit the medical student, patient and the community. 3. Attendees will be able to utilize the medical students' key findings related to social, environmental and health needs to better serve community dwelling older adults.

Understanding Complicated or Stuck Grief - WHITE OAK IV

Dr. Wendy Haus Hanevold, *Private Practice*

Ⓜ

Complicated grief is a persistent form of intense grief. Grief continues to dominate the life of the bereaved and they are unable to move through the journey of grief to integration and adaptation. This workshop will share a model of hope and healing via an evidence-based treatment program.

Learning Objectives:

1. Attendees will be able to identify the presence of complicated grief in bereaved individuals. 2. Attendees will be able to differentiate grief and clinical depression. 3. Attendees will be able to describe an evidence-based treatment model for addressing complicated grief.

The Peach State's Dementia Plan - What's on Georgia's Mind - WHITE OAK V

Miles Hurley, JD, CELA, *Hurley Elder Care Law*

ⓓ

Alzheimer's disease and related dementias are a looming national public health crisis. We will explore the programs, services, and policies that have been implemented to diagnose, treat, care for, and protect our residents with dementia. Mr. Hurley will discuss what Georgia is doing well, areas that need improvement, and how the private sector, public sector, and academia can best work together to meet the needs of this growing population.

Learning Objectives:

1. Attendees will be able to identify three ways Georgia is improving access to diagnosis and treatment of dementia. 2. Attendees will be able to know what GARD stands for and two things they are doing in Georgia. 3. Attendees will be able to describe two ways that Georgia can improve dementia care in our state.

From the Simple to the Sublime, Dreams Come True: Utilizing Dream Fulfillment to Address Ageism and Social Consciousness - WHITE OAK VI

Gwenyth Johnson, MS, RDN, LDN, *Second Wind Dreams*

Ⓜⓐ

Second Wind Dreams® award winning Dreams program sheds light on the positive aspects of aging. Dream fulfillment not only provides the dreamer with an increased sense of wellbeing and decreased depression scores, but those who reside near the dreamer report similar improvements. Dream fulfillment in long term care settings has been associated with decreased

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

staff attrition rates and greater volunteer participation in the elder care community.

Learning Objectives:

1. Attendees will be able to discuss the psychological impact of dream fulfillment for older adults. 2. Attendees will be able to develop actionable items to help impact the older adults they serve. 3. Attendees will be able to describe the specifics of garnering grassroots support for dreams.

**POSTER SESSIONS
WHITE OAK III BALLROOM
MONDAY, AUGUST 17, 2020
5:45 PM - 6:45 PM**

Come visit with our poster session presenters as an opportunity to gain knowledge on initiatives, research findings, and best practices of a variety of topics.

** Stay tuned for additional poster sessions. Our late breaker call for posters ends May 1, 2020.

A Look into Public Outreach and Intervention to Create Dementia Friendly Communities

Hanna Cespedes, Alexandra Denault, Rhiannon Langham, Janice Milligan & Dr. Bonnie Kin, *Brenau University*

Dementia friendly communities are paramount to attending to the needs of individuals and their caregivers. This study examined attitudes towards dementia with community employee participants in a local coffee shop and then provided an intervention through a virtual reality experience of dementia accompanied with validation training to participants, to allow participants an opportunity to implement/interact with caregivers and those diagnosed

with dementia. Implications for the study will be discussed.

Appreciating the Impact Nutrition can have on the Health of an Aged Population

Pam Thompson, RDN, LDN, NHA, CFPP, FEMA, *Food Fitness First, Inc. /Instructional Dietetic Associates, Inc.*
Olivia Tompkins, *Food Fitness First, Inc.*

Food Fitness First, Inc. (FFF) provides educational resources (developed by registered and licensed dietitians) to individuals that need help achieving desired health goals. Specifically, FFF is a wellness program that specializes in chronic disease management and prevention. It is not a fad diet or weight loss program; It is about HEALTH.

Assisted Living Transitions: Perceptions & Attitudes of Family Member Caregiver of Older African American Women

Carol Shaw Burns, *Walden University*

As long-term care, also known as aging services, evolves to meet the needs of the aging population in the United States, exploring the family members' perceptions of the needs of older adults is especially important as the elder population becomes increasingly ethnically and racially diverse.

Creating a Person-Centered Service System in Georgia

Thom Snyder, *GA DHS Division of Aging Services*
Cara Pellino, *Atlanta Regional Commission*

In 2019, the GA DHS Division of Aging Services received a technical assistance grant from the National Center on Advancing Person Centered Practice and Systems (NCAPPS) to develop an operational definition and recommendations for

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

practice in some service systems across Georgia. This poster session provides an opportunity to learn about and to provide feedback about this project.

Dying in Prison

Victoria Helmly, *Georgia State University*

As the older prisoner population has increased, the challenges that have resulted have become apparent. This poster presentation will cover the challenges of caring for older and terminally ill inmates such as the increased costs, lack of training for prison staff, and human rights concerns.

Identifying Unmet Needs for the ACCA Meals on Wheels Population in Athens-Clarke County, Georgia

Liam Bendig, AU/UGA Medical Partnership
Shan Xue, Taylor Tabb & David Pichulik,
AU/UGA Medical Partnership Students
(Co-Authors: Megan Chesne, James Frix, Austin Lynch & Lauren Slarks)

For ten years, the Athens Community Council on Aging and the Augusta University/UGA Medical Partnership have collaborated to provide community-based, service-learning experiences for medical students. AU/UGA medical students will present their findings from a 2-year project identifying unmet needs of homebound older adults.

Participant Directed Programs & Why They Matter to Seniors

Gabrielle Steckman & Katrina Simisnean,
Acumen Fiscal Agent

This poster presentation will provide an overview of participant directed programs from an industry expert, who has supported these programs in the US and abroad. Learn about the

history of participant direction, where things stand today, and why these programs are critical to ensure Americans and Georgians have the option to age in place. In addition, learn what options are available in Georgia and how to access them.

Responses to Personhood: Influence on Engagement of Residents Living with Dementia in Assisted Living

Andrea Hill, *Georgia State University*

This poster presentation will provide insight into how direct care workers' and engagement staff's responses to personhood impact engagement opportunities and experiences for residents with dementia; intersecting factors that influence staff responses to personhood and lead to variation in meaningful engagement; and implications for research and practice.

**PRESIDENT'S RECEPTION
WHITE OAK I & II
MONDAY, AUGUST 17, 2020
7:00 PM - 8:30 PM**



Join us for an evening of fun, food, entertainment, and networking as we celebrate our 65th Anniversary!

**CONTINENTAL BREAKFAST
TUESDAY, AUGUST 18, 2020
7:30 AM - 8:00 AM**

Get your plate and join us in the White Oak Ballroom for our General Session.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

GENERAL SESSION
WHITE OAK III BALLROOM
TUESDAY, AUGUST 18, 2020
8:00 AM - 9:30 AM

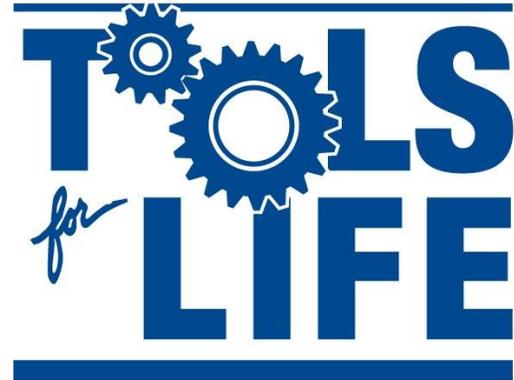
**Taking Care, Taking Charge,
Taking Control: Assistive
Technologies for Older Adults**

Martha Rust, MS, CRC, ATP & Rachel Wilson,
COTA/L, *Tools for Life*

As our world around us continues to become more technology-based, our opportunities for using those technologies to create independence and purpose-filled lives is expanding. As Georgia's assistive technology program, Tools for Life has over 20,000 pieces of assistive technology for Georgians to see and test. Older adults are a fast-growing group of users of assistive technology as it can help with all aspects of daily life - sensory, activities of daily living, memory, recreation. Attendees will receive updates and applications on the latest assistive technology devices from the consumer electronics show, exciting new research findings produced by our Georgia Tech partners, TechSage and Rehabilitation Engineering Research Center (RERC). Join us for an insightful session that will shed some light on assistive technology strategies, solutions, and devices that are used to help individuals age successfully in communities of their choice. Presenters will share real-life examples of AT that assist with fall detection and prevention, environmental control, memory, healthy-living, hearing, seeing, communication, and computer access. If you are currently working with or have family and friends that would like to age in place successfully, then this session is for you!

Learning Objectives:

1. Attendees will be able to describe what assistive technology is and how it can solve common problems faced by older adults.
2. Attendees will be able to list at least five pieces of assistive technology that can assist with aging well.
3. Attendees will be able to identify at least two new AT trends.



Georgia's Assistive
Technology Act Program

CONCURRENT SESSION C
TUESDAY, AUGUST 18, 2020
9:45 AM - 10:45 AM

**Wisdom Project 2030 Promoting
Meaningful Engagement & Well-Being -
WHITE OAK III Ballrooms**

Dr. Pamela Elfenbein, MSW, HS-BCP, *UNG
Academic Gerontology Programs & UNG Center for
Healthy Aging*

Carol Hanlon, *Wisdom Project 2030, Inc.*

Susan Cook Lahey, *BULLI at Brenau University,
Wisdom Project 2030*

Jerry L. Butler, *Retired*



Wisdom Project 2030, Inc. prepares older adults to use their wisdom and talents in creative ways through action and advocacy. Program

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

participants engage with community leaders in a dynamic, multi-faceted educational program exploring local issues and opportunities. Program graduates identify, encourage, and oversee projects and the annual Wisdom Project program delivery.

Learning Objectives:

1. Attendees will be able to discuss the development of a grass-roots initiative to create an independent organization preparing individuals age 55 and wiser to creatively use their wisdom and talents to benefit the community through action and advocacy. 2. Attendees will be able to determine the feasibility for replication of the initiative in their own communities. 3. Attendees will be able to engage older adults in educational, action, and advocacy programs and initiatives.

**Say YES to Digital Networking
Marketing: Eyeopener in the 21st Century
- WHITE OAK I**

Melanie McNeil, Esq. & Jeff Taylor, *Office of the State Long-Term Care Ombudsman*
Kimberly Rodgers, *Southern Georgia Regional Commission Area Agency on Aging*



Digital networking has gradually integrated into people's daily lives. Sharing details about dinner to ranting about bad services, people discuss virtually everything about their lives. Many people visit digital networking sites each day. Businesses should consider maximizing their online presence to better communicate with customers and promote services.

Learning Objectives:

1. Attendees will be able to discuss benefits and adapt to the new world of digital marketing and improve business performance analytics using

technology such as the Google Analytics platform to monitor and evaluate perform. 2. Attendees will be able to identify marketing strategies that will improve awareness and demand for new services. 3. Attendees will be able to organize a website blog and publish blog posts monthly for the next 12 months to increase traffic and online presence.

A Tale of Two Neighborhoods - Creating a Regional Plan to Collectively Impact Longevity Inequities - WHITE OAK II

Mary Blumberg, Becky Kurtz, JD & Katie Perumbeti, *Atlanta Regional Commission*



Spurred by startling research that showed residents in two neighborhoods separated by less than 10 miles have a 24-year difference in life expectancy, the Atlanta Regional Commission created a Strategic Plan on Aging - Live Beyond Expectations to focus on reducing disparities in life expectancy for persons in the region.

Learning Objectives:

1. Attendees will be able to discuss how- and why- where you live can make a huge difference in how long (and how well) you live. 2. Attendees will explore life expectancy where they live by using a new Robert Wood Johnson Foundation tool. 3. Attendees will be able to identify effective strategies to engage key stakeholders, impact life expectancy, and measure impact.

How to be a Super Ager - WHITE OAK IV

Sharon A. Matthew, *Caron Treatment Centers Older Adult Program*



2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

This presentation will describe and explain what it means to be a super ager, both cognitively and physically. It will include information from the Harvard Study on Super Aging. There will be information on the barriers to becoming a super ager, such as addiction, mental health, trauma, stress, sadness, grief, negativity and chronic pain.

Learning Objectives:

1. Attendees will be able to describe what is Super Aging. 2. Attendees will be able to cite what gets in the way of being a Super Ager. 3. Attendees will be able to discuss and apply what it takes to be a Super Ager and what will enhance an Older Adults wellbeing and give purpose and quality of life.

Nebraska: How to have "The Good Life" with Dementia - WHITE OAK V

Kelley Napier, JD, Brannon Napier Elder Law, LLC



Using the Motion Picture "Nebraska," Elder Law attorney Kelley Napier will guide participants through Woody's story and offer thoughtful guidance on guardianship and conservatorship, eligibility guidelines for VA benefits, and elder abuse prevention resources and tools.

Learning Objectives:

1. Attendees will be able to list the different levels of the VA Improved Pension. 2. Attendees will be able to describe the legal standard for Guardianship and Conservatorship. 3. Attendees will be able to identify two scams that prey on vulnerable seniors.

To Ensure or Not to Ensure: A Crash Course in Therapeutic Diets for Optimum Nutrition - WHITE OAK VI

Renae Brown, MS, RD, LD, GA DHS Division of Aging Services



Many older adults find their appetite declining and may reach for liquid nutrition supplements to meet their nutrition needs. This session will provide an overview on the use of therapeutic diets to meet nutrition needs, as well as resources to help guide you and your consumers when it comes to determining which therapeutic diet, if any, is the best option.

Learning Objectives:

1. Attendees will be able to name at least three therapeutic diets and understand their uses. 2. Attendees will be able to identify who can prescribe a therapeutic diet and how they can best be used in consumer care. 3. Attendees will be able to discuss when nutritional supplements (such as Ensure) may be a reasonable option.

**VISIT WITH EXHIBITORS/
MORNING REFRESHMENTS
TUESDAY, AUGUST 18, 2020
10:45 AM - 11:15 AM**

We are pleased to have a diverse group of exhibitors joining us for the 2020 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.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

**SILENT AUCTION -
FALLEN TIMBERS
TUESDAY, AUGUST 18, 2020
10:45 AM**

GGS 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!

*Bid High!
Bid Often!*

**CONCURRENT SESSION D
TUESDAY, AUGUST 18, 2020
11: 15 AM - 12:15 PM**

**Lifelong Neuroplasticity: As Simple as
Child's Play - WHITE OAK I**

Jaami L.M. Rutledge, DNP, MSN, APRN &
Sandy Bramlett, M.Ed., *Ageless Grace*®



Neuroplasticity is the key to lifelong brain and body fitness. Enhancing the brain and bodies' innate ability to change is expedited and maintained more fully when done through play. Experience & understand the cognitive and physical benefits of neuroplasticity with simple child's play.

Learning Objectives:

1. Attendees will be able to describe neuroplasticity and its relationship to physical & cognitive function.
2. Attendees will be able to list the 5 basic functions of the brain that affect aging.
3. Attendees will be able to articulate how movement affects brain health.

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

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

Kim McRae, *Have a Good Life*

Walter Coffey, *WD International Consulting*

Rose Marie Fagan, *Culture Change Network of Georgia*

(Co-Author: Joan Carson)



This workshop: a) overviews findings from the statewide survey, b) reviews resources available to support person-centered care and culture change and c) shares the stories of organizations who have used these resources to improve their own organizations. Participants will be tasked to identify priority projects and plans for change implementation.

Learning Objectives:

1. Attendees will be able to identify ways to give residents more choice within their daily lives.
2. Attendees will be capable of using educational resources such as short videos and learning modules to support skills development among their staff.
3. Attendees will leave with a project plan that identifies change priorities for their own organization.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

**Unequal, Unprepared and Unprotected:
Women and Aging – WHITE OAK IV**

Danielle Humphrey, JD, CELA, *Hurley Elder
Care Law*

Ⓐ

The downside of living a long healthy life can be a retirement fraught with economic insecurity. Women face unique challenges as they age which are amplified by a lifetime of gender inequity. More than 50% of women over age 65 face outliving their resources. We'll analyze why women are susceptible to aging in poverty, identify the most at-risk populations and explore available resources to support them including Supplemental Security Income (SSI) and the Qualified Medicare Beneficiary Program (QMB).

Learning Objectives:

1. Attendees will be able to name two reasons why women are financially vulnerable at retirement. 2. Attendees will be able to describe how single women, African American women, and Hispanic women face the highest risk of economic insecurity at retirement. 3. Attendees will be able to recognize that women have a greater need for long-term care services due to their longer life span.

**TimeSlips: Storytelling for Those in
Memory Care – WHITE OAK V**

Margaret Edinburgh, *The Yellow Rose-Strong-
Oak Society*

Ⓓ

Patients in memory care may not be able to remember but they can imagine. TimeSlips is a facilitation of storytelling using art to stimulate and involve the audience. An actual TimeSlips storytelling session will be conducted during

this presentation. TimeSlips was Founded by MacArthur Fellow Anne Basting of the University of Wisconsin at Milwaukee.

Learning Objectives:

1. Attendees will be able to describe TimeSlips. 2. Attendees will be able to identify the steps involved in a TimeSlips session. 3. Attendees will be able to discuss how TimeSlips may be a useful tool for those living with dementia.

**Supporting Struggling Caregivers of Toxic
Family Circumstances – WHITE OAK VI**

Dr. Wendy Haus Hanevold, *Private Practice*

Ⓜ

Research indicates that providing care to someone who created a toxic family environment in the past due to mental illness, addition and/or abuse increases the risk of physical and mental health of the caregiver. Learn how to identify these caregivers and provide resources and support to help them make wise decisions moving forward.

Learning Objectives:

1. Attendees will be able to describe research and theory of the impact on physical and mental health when developmental trauma and ongoing complex trauma and old wounds are re-triggered by care taking an adult who did not care for the caregiver. 2. Attendees will be able to discuss how to identify caregivers in these situations. 3. Attendees will learn how to become a support to these caregivers and be given resources to share with their clients/patients.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

**ANNUAL MEETING & AWARDS
LUNCHEON
WHITE OAK III BALLROOM
TUESDAY, AUGUST 18, 2020
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
TUESDAY, AUGUST 18, 2020
2:30 PM - 3:00 PM**

We are pleased to have a diverse group of exhibitors joining us for the 2020 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
TUESDAY, AUGUST 18, 2020
3:00 PM - 4:00 PM**

Your Piece of the Puzzle - Person Centered Planning with Persons Living with Dementia - WHITE OAK I

Aline Stone & Thom Snyder, *GA DHS Division of Aging Services*
Rebekah Davis, *Alzheimer's Association, GA Chapter*



There are more than 150,000 persons living with dementia in Georgia and 533,000 care partners supporting them. This presentation will explore best practices for person-centered care with these care partners and explore person-centered care within the context of the aging network.

Learning Objectives:

1. Attendees will be able to list the ten signs of dementia.
2. Attendees will be able to develop a working knowledge of the dementia statistics in Georgia and implications for practice.
3. Attendees will be able to describe how to implement at least three of the dementia care recommendations in their everyday practice.

Technology & Aging Combined Session - WHITE OAK II



How Remote Monitoring Technology Will Benefit Seniors and Care Teams

Jeffrey Hill, *Remote Home Check & OnePoint Senior Care*

Did you know that hospital readmissions within 30 days after discharge are commonplace among elderly patients? According to the National Center for Biotechnology Information (NCBI), not only is this the case, but literally billions of dollars can be saved if hospital readmissions were simply reduced. How can we accomplish this care cost savings? What if technology helped reduce preventable readmissions by 5 or even 10%? Are there other benefits in addition to decreased care costs?

Learning Objectives:

1. Attendees will be able to state what percentage of hospital readmissions will directly

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

result in \$1 billion of Medicare savings? 2. Attendees will be able to list the two Medicare reimbursements for resident ADL monitoring technology. 3. Attendees will be able to describe who is affected by the caregiver cliff effect.

Innovative Solutions: Harnessing Technology to Keep Seniors Safe at Home

Brad Culp, CSA & John Butler, CSA *Griswold Home Care of Atlanta*

Technology to facilitate care, reduce errors, and improve decision-making in the home is becoming more prevalent. This presentation will provide a thoughtful discussion on how integrating technology into practice can improve senior comfort, safety, and well-being; an overview of the cutting-edge technology being used in improving the care environment; and a proposal on how technology can facilitate aging in place through Circle of Care collaboration.

Learning Objectives:

1. Attendees will be able to summarize the factors influencing a senior's ability to age in place. 2. Attendees will be able to name two risks that can impact the safety of seniors in their homes. 3. Attendees will be able to identify three ways that technology can increase the well-being of seniors aging in place.

Solving Senior Hunger Beyond a Meal - WHITE OAK IV

Dr. Temitope Aiyekorun Walker & Yolanda Mendoza-Miller, MA, *GA DHS Division of Aging Services*

Ⓐ

Ageism has played a critical role in limiting the provision of critical services for vulnerable older adults in Georgia. This session will cover some of the current solutions, barriers to addressing

senior hunger, and how the Georgia DHS Division of Aging Services is attempting to move beyond basic meal provision.

Learning Objectives:

1. Attendees will be able to list the current methods proposed in the literature to address senior hunger. 2. Attendees will be able to describe the current ways addressing senior hunger is limited by ageism. 3. Attendees will be able to discuss how the Georgia DHS Division of Aging Services is identifying ways beyond a meal to address senior hunger.

What Does Person-Centered Care Actually Feel Like? - WHITE OAK V

Sarah Ekart, *Second Wind Dreams*

Ⓓ⓪

While we all know what person-centered care is, what does empathic person-centered care actually feel like? Second Wind Dreams, through research and direct input from those who participated in the VDT, developed the Inclusive Virtual Dementia Tour® (IVDT®) in order to provide a simulation of what it is like to receive empathic person-centered care as a person with dementia.

Learning Objectives:

1. Attendees will be able to define how the dementia simulation is constructed and how the dementia simulation is constructed to demonstrate empathic person-centered care. 2. Attendees will be able to explain this experience in the day to day care of the person with dementia: tenets of empathic person-centered care as related to persons with dementia. 3. Attendees will be able to describe how the IVDT helps care partners to develop a better understanding of dementia care needs and

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

understand brain changes in dementia & impact on functioning.

Why Evaluate? The Importance of Evaluation and Using Data to Tell your Story - WHITE OAK VI

Alice Prendergast, MPH & Kristi Fuller, MSW,
Georgia Health Policy Center, Georgia State University



The capacity to collect, analyze, utilize, and share data about programs and services is critical to ensuring quality and access, and is increasingly necessary for securing partnerships and funding opportunities. This session will focus on practical data and evaluation strategies that can benefit members of the aging network.

Learning Objectives:

1. Attendees will gain knowledge of the types of data and data collection methods used to evaluate social service programs. 2. Attendees will be able to identify potential objectives for data collection and practical applications for results. 3. Attendees will be able to identify strategies they can use to incorporate data collection within their own organizations.

**CONCURRENT SESSION F
TUESDAY, AUGUST 18, 2020
4:15 PM - 5:15 PM**

Supported Decision Making: Autonomy for All - WHITE OAK III BALLROOM

Dana Lloyd & Devon Orland, JD, *Georgia Advocacy Office*
Becky Kurtz, JD, *Atlanta Regional Commission*



Supported decision making is a pro-active tool that enables people experiencing a variety of

disabilities to direct their lives. This concept can be used to support older adults with memory and cognitive impairments to maintain autonomy and dignity. Professionals and informal supporters alike can use these principles to support people throughout their lifespan.

Learning Objectives:

1. Attendees will be able to recognize 3 benefits seniors experience when supported to retain decision making control. 2. Attendees will be able to describe 2 principles of Supported Decision Making and their impact on self-determination, autonomy, and choice. 3. Attendees will be able to identify a variety of strategies available to help older adults maintain decisional autonomy.

Bringing Age-Friendly Practices to Different Settings Combined Session - WHITE OAK I



Developing Age-Friendly Healthcare Providers to Optimize Health Outcomes for Older Adults

Dr. Susan W. Miller & Dr. Leslie Taylor, *Mercer University*
(Co-Authors: David Taylor, PT, DPT, and Jennifer de la Cruz, PA.)

Strategies for training age-friendly healthcare providers will be presented, including integration of foundational aspects of the four pillars of the age-friendly framework - Mobility, Medication, Mentation, and What Matters - into each healthcare visit. In order for clinicians to practice and participate in the delivery of age-friendly care, they must be trained in an age-friendly manner.

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

Learning Objectives:

1. Attendees will be able to define age-friendly healthcare.
2. Attendees will be able to describe the components of the "4 M's" approach.
3. Attendees will be able to identify how value-based care enhances health outcomes.

Adult Learners: Examining Their Educational Perspectives in Higher Education

Jyotsna (Josi) M. Kalavar & Kirsten Magda,
Georgia Gwinnett College

Adult learners are an increasing group of students in higher education whose educational experiences are assessed through an online survey. Results will be examined in terms of expressed preferences for pedagogical approaches, and barriers to academic learning as experienced by this group. By better understanding the academic experiences of this group, we can develop an "age-friendly" academic community.

Learning Objectives:

1. Attendees will be able to describe the issues of adult learners in higher education.
2. Attendees will be able to discuss preferred pedagogical perspectives among adult learners in higher education.
3. Attendees will be able to identify some of the barriers to a meaningful higher education experience for adult learners.

Becoming a Person-Centered Organization: The Key to Developing & Retaining your Staff - WHITE OAK II

Walter O. Coffey & G. David Sprowl, *WD International Consulting*



Retaining staff is one of the biggest conversations in the field of aging services. After a short review of current trends, changes, and

challenges, most of the time will be spent on the most significant elements of becoming a person-centered organization, the three areas of transformation in our field, and why we must change to be successful in the future.

Learning Objectives:

1. Attendees will be able to identify three of the main challenges for staff retention in our field.
2. Attendees will be able to list three elements of a person-centered organization.
3. Attendees will be able to describe the various areas of transformation needed to be successful.

Hosting a Fall Prevention Event in the Community: A Great Way to Serve the Community and Promote Collaboration and Evidence-Based Practice - WHITE OAK IV

Dr. Kay Graham, *Brenau University Gainesville Day Occupational Therapy Program*
Lisa Howard, MS, CTRS, *Legacy Link Area Agency on Aging*



This presentation will provide an overview of how to implement a community fall prevention event and present data from recent fall prevention expos. This information will help those working with older adults gain skills to facilitate and host fall prevention events in the community.

Learning Objectives:

1. Attendees will be able to describe planning and implementation aspects of a typical community fall prevention event.
2. Attendees will be able to identify helpful resources for community fall prevention events (STEADI Toolkit, state coalition documents and NE Georgia Fall Prevention Coalition Planning Document).
3. Attendees will be able to discuss

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

benefits (from research done by the NE Georgia Fall Prevention Coalition) of engaging in community for a fall prevention event.

Brain Health Boot Camp: Live well, maintain your brain, strengthen your body and have some FUN! - WHITE OAK V

Georgia Gunter & Ling Olaes, *Jewish Family & Career Services*

Josephine "Fini" Shell, *Keep in Mind*



This interactive workshop demonstrates the positive effects of a brain health program for individuals living with early stage dementia or MCI. Attendees will participate in a sample program of cognitive and physical exercises and will hear from current participants on how the program has helped them in their daily lives.

Learning Objectives:

1. Attendees will be able to identify the importance of why a brain health program can benefit an individual recently diagnosed with Alzheimer's Disease or other related dementia.
2. Attendees will be able to describe how the Brain Health Boot Camp was piloted and will interactively experience the content of the cognitive and physical fitness programs.
3. Attendees will be able to discuss how the program analyzed the participant/care partner survey results/feedback and will see how the program maintained or improved the general wellbeing of the participants.

Dementia in 3-D: How to Delay the Development of Alzheimer's and Other Dementias in African Descended Persons - WHITE OAK VI

Patrick A. Griffith, MD, FAAN, *University of Texas Southwestern Medical Center*



For 30 years, the Indianapolis - Ibadan Study has collaborated with cognitively intact community-dwelling African American Elders in Indianapolis, IND, USA and cognitively intact Yorubas in Ibadan, Nigeria. The same researchers used the same test materials to follow the incidence and prevalence of Alzheimer's Disease and Other Dementias. The aims and methods of this study will provide those lessons learned to educate both study groups to delay the development of Alzheimer's Disease and Other Dementias.

Learning Objectives:

1. Attendees will be able to identify vascular risk factors for dementia in African American elders.
2. Attendees will be able to support the preferred dietary management of Type II diabetes in African American elders.
3. Attendees will be able to support the adoption of a Brain-Healthy Lifestyle in African American elders.

**NETWORKING CONTINENTAL
BREAKFAST
WHITE OAK III BALLROOM
WEDNESDAY, AUGUST 19, 2020
8:00 AM - 9:00 AM**

Enjoy a light breakfast (brunch is coming soon!) with a last chance to network with your colleagues.

**CONCURRENT SESSION G
WEDNESDAY, AUGUST 19, 2020
9:15 AM - 10:15 AM**

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

BACK BY POPULAR DEMAND: Intimate Connection & Sexuality in the Context of Dementia Disorders: Benefits, Risks, and the Role our Own Values Play - WHITE OAK I

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



After receiving many positive reviews on the 2019 GGS Annual Conference Evaluation, we have invited this session back to give attendees another chance to participate!

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.

BACK BY POPULAR DEMAND: Grantwriting for the Aging Network - WHITE OAK II

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



After receiving many positive reviews on the 2019 GGS Annual Conference Evaluation, we have invited this session back to give attendees another chance to participate!

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.

BACK BY POPULAR DEMAND: Dementia Friends Information Session - WHITE OAK IV

Aline Stone, *DHS Division of Aging Services*



After receiving many positive reviews on the 2019 GGS Annual Conference Evaluation, we have invited this session back to give attendees another chance to participate!

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

Dementia Friends is a global movement developed by the Alzheimer's Society in the United Kingdom and now underway in the United States. The goal is to help everyone in a community understand five key messages about dementia, how it affects people, and how we each can make a difference in the lives of people living with the disease. People with dementia need to be understood and supported in their communities. You can help by becoming a Dementia Friend today.

Learning Objectives:

1. Attendees will be able to identify 5 key messages about dementia.
2. Attendees will be able to discuss how dementia affects people.
3. Attendees will be able to identify ways to make a positive difference in the lives of people living with dementia.

CarFit: Assessing and Promoting Safety. A Program Overview and Demonstration - WHITE OAK V

Elizabeth N. Head, MPH, *Georgia Department of Public Health*

CarFit is a fast, fun, and free assessment of how drivers fit in their vehicle. Trained volunteers spend time with the driver making safety recommendations based on a 12-point check list. Are you far enough away from your steering wheel for the airbag to do its job without hurting you? Would you like to minimize those pesky blind spots? How do you set up a CarFit event in your community? What is the benefit and time commitment of the program? We will discuss these issues during this highly interactive session which includes a demonstration of the program.

Learning Objectives:

1. Attendees will understand the scope of CarFit safety assessments.
2. Attendees will be able to discuss the benefits CarFit with partners.
3. Attendees will be able to schedule CarFit training courses and events with the presenter.

Your Voice Matters - WHITE OAK VI

MaryLea Boatwright Quinn, LCSW, *Alzheimer's Association, Georgia Chapter*



Do you feel like your voice and your vote don't matter, especially when all the news talks about are "swing states"? Did you know there are many ways that you can use your voice to influence matters on a local and national level? Do you understand the importance of advocacy beyond voting every 4 years for the President? This session will provide tips to help you learn how to utilize your voice to help improve the lives of older adults in Georgia and Nationwide.

Learning Objectives:

1. Attendees will be able to discuss multiple opportunities for advocacy at a local and national level.
2. Attendees will be able to identify ways they can use their voice through different advocacy strategies.
3. Attendees will be able to list resources to help them in their advocacy efforts.

**BREAK - SILENT AUCTION ENDS
WEDNESDAY, AUGUST 19, 2020
10:15 AM- 10:30 AM**

The Silent Auction will end promptly at 10:30 AM. Please use this break to enter your final bids.

CLOSING SESSION

2020 GGS Annual Conference
August 17-19, 2020
Daily Schedule and Session Descriptions

WHITE OAK III BALLROOM
WEDNESDAY, AUGUST 19, 2020
10:30 AM - 12:30 PM

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

Brian LeBlanc, *International Dementia Advocate*



Brian LeBlanc is originally from New Orleans, LA and now makes his home in Largo, FL. It was in Pensacola, FL where he found his niche in the professional world as a Marketing and Public Relations Executive. All that changed in October

of 2014 when he was diagnosed with Younger-Onset Alzheimer's Disease, thus becoming the 4th generation in his family to receive this diagnosis. In June 2019, he was also diagnosed with Vascular Dementia. Being he made a career by using his voice, he knew he HAD to use it now to Advocate and Educate for Persons Living with Dementia and their Care Partners. He does this also to honor his Mother who died with Alzheimer's disease.

LeBlanc is now an International Alzheimer's Advocate, Keynote Speaker, Session Presenter / Panelist and Congressional Alzheimer's Ambassador for the Alzheimer's Association. He speaks at International, National, Regional and Local Conferences, Seminars and Workshops. He is also a Crisis Intervention Team Trainer for Law Enforcement.

LeBlanc's presentation provides a window into the journey of a "regular guy" from a "regular

life" who is living with a progressive, disabling, degenerative brain disease. He speaks from the heart leaving his audience with the truest perspective he can give.

Keynote - Alzheimer's Up Close and Personal: Alzheimer's and Other Dementias from the Care Partner Perspective

Many people, even aging professionals, think that a diagnosis of Alzheimer's or other dementias is the end of the road or the end of opportunities to have a socially engaged and fulfilling life. Dr. Maya Angelou said, "When we know better, we do better!" Brian and Maureen start the conversation that they hope will begin the audience member's journey knowing better from a lived experience perspective. Brian was diagnosed with Alzheimer's in 2014. Maureen joined him as his Care Partner as well as Life Partner in 2019. Together, they hope to use their personal experiences to educate and advocate for person-centered approach to living well with dementia for both people living with dementia and their care partners in a guilt-free, life-enhancing, and sometimes humorous and musical manner.

Learning Objectives:

1. Attendees will develop empathy and understanding for people living with dementia and their care partners.
2. Attendees will understand stigma and its consequences for people living with dementia.
3. Attendees will be able to identify strategies to reduce stigma and empower people in their communities to live more fully with dementia.