

**CENTRALINA AREA AGENCY ON AGING**

# **AGING FOR THE FUTURE**



**Friendship Missionary Baptist Church  
3400 Beatties Ford Road  
Charlotte, NC  
September 23, 2016  
8am to 4pm**



# POWER OF AGING!



The Centralina Area Agency on Aging (AAA) strives to support and enhance the capacity of service and advocacy systems to promote independence, preserve dignity and advocate for the rights of older and disabled adults and their families.

Centralina AAA serves nine counties:

Anson	Cabarrus	Gaston
Iredell	Lincoln	Mecklenburg
Rowan	Stanly	Union

This year, our theme of **"Aging for the Future"** will focus on how to prepare older adults to live independent and powerful as they age. Our guest speaker, the workshops and our exhibitors bring valuable information for you to share with your clients. Our goal is to embrace and find the value older adults bring to our local communities.

## BAG SPONSOR



## PLATINUM SPONSOR



Carolinas HealthCare System  
**Healthy@Home**

## GOLD SPONSORS



**KELLI Y. ALLEN**  
ELDER LAW



## SILVER SPONSORS



# Keynote Speaker

Friday, September 23, 2016

Beginning with childhood, we learn messages that getting old is despairing and sad. We see old people as wrinkles and rocking chairs. These ideas feed into the stereotyping and discrimination reflected in society based on age. Author and activist, **Ashton Applewhite**, has been working since 2007 to debunk these myths of our aging population. She has inspired change by becoming a lead spokesman for a movement to mobilize against ageism.

Ashton has been recognized by the *New York Times*, American Society on Aging and *National Public Radio* as an expert in the aging field. Her book, *This Chair Rocks: My Manifesto Against Ageism*, challenges our views on aging and debunks the myths we have learned..

She blog at *This Chair Rocks*, speaks widely, and is the voice of *Yo, Is this Ageist?*. In 2015 she was included in *Salt* magazine's list of 100 inspiring women—along with Aung San Suu Kyi, Angelina Jolie, Elizabeth Warren, Germaine Greer, Naomi Klein and other remarkable activists.

Join us as Ashton explores ways to re-envision what it means to grow into the second half of our life.



**Ashton Applewhite**

## CONFERENCE FEATURES

Conference fee includes free parking, morning refreshments, hot lunch and access to the exhibit hall with over 40 vendors!

We are offering CEUs\* for Adult Care Home staff, Nursing Home Administrators and Activities.

**\*Cost is \$10.00 for all CEUs.**

**See registration form for payment.**

This activity has been submitted to the North Carolina Nurses Association for approval to award contact hours. The North Carolina Nurses Association is accredited as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

Auxiliary aids and services are available upon request to individuals with disabilities.

## A PLACE TO STAY?

Traveling? See Hotel suggestions below:

Hampton Inn Charlotte—Uptown  
530 Dr. Martin Luther King Blvd.  
1-855-605-0317

Hyatt Place Charlotte Downtown  
222 South Caldwell Street  
1-888-882-1234

Double Tree by Hilton Hotel Charlotte  
895 W. Trade Street  
704-347-0070

# Agenda

- 8:00 a.m. Registration and Coffee in the Exhibit Hall
- 8:45 a.m. **Opening & Keynote Speaker: Ashton Applewhite**
- 10:30 a.m. Break & Exhibits
- 10:45 a.m. **Workshop Session One**
- 12:00 p.m. Lunch and Exhibits
- 1:15 p.m. **Workshop Session Two**
- 2:30 p.m. Break & Exhibits
- 2:45 p.m. **Workshop Session Three**
- 4:00 p.m. Closing—Receive certificates



SESSION CODE	A1	B1	C1	D1	E1	F1	G1
SESSION 1 10:45 am  Presenter	Adult Protective Services Overview  <i>Leo Bohland &amp; Jackie Hayward</i>	Bed Bugs  <i>Glenn Hoppin</i>	Dementia Friendly as a Strategic Business Imperative  <i>Anthony Cirillo</i>	The Five Love Languages for Caregivers  <i>Martha McDowell NCBAM</i>	Creating Age Friendly Communities  <i>Katharine Hebert, Mike Oleander &amp; Jim Kimbler</i>	Caring for Those Who Care- Compassion Fatigue Strategies That Work  <i>Larry Dawalt</i>	Savvy Retirement Planning  <i>Bill Romeo</i>
SESSION CODE	A2	B2	C2	D2	E2	F2	G2
SESSION 2 1:15 pm  Presenter	Prevention of Elder Investment Fraud and Financial Exploitation  <i>John Maron</i>	It's Time for CLAS!  <i>Lucretia Hoffman</i>	Brain Injury and Aging  <i>Susan Fewell</i>	Dementia— Capable North Carolina  <i>Mark Hensley</i>	Is My Home Ready for Aging in Place?  <i>Katherine Hebert &amp; Carolyn Cook</i>	Overcoming Learned Helplessness  <i>Debi Lee</i>	Generation-Y 101: Keys to Retaining and Keeping Your Millennial Employees Engaged  <i>Sharifa Felix</i>
SESSION CODE	A3	B3	C3	D3	E3	F3	G3
SESSION 3 2:45 pm  Presenter	The Future of Medicare  <i>Jeannie Schepisi &amp; Stephanie Bias</i>	Beyond the Activity Department: Activities for Everyone!  <i>Becky Dinello</i>	Zero Suicide: the Sign on the Bridge Reads "Don't Jump"!  <i>Dawn Lillard</i>	Getting the Call  <i>Patricia Mahew &amp; Lavern Weathers</i>	It's More than Just a Move!  <i>Cindy Greer</i>	A Future Without Ageism?  <i>Dr. Lyndall Hare</i>	A Tranquil Experience  <i>Kathleen Blackwell-Plank, Wanda Casey &amp; Melissa Coursey</i>

# Session One

10:45 am — 12:00 pm

## **A1 Adult Protective Services Overview**

*Leo Bohland, Manager Mecklenburg County Adult Social Work Services; Jackie Hayward, Supervisor Just1Call*

This session will provide information from the start (intake) to the end of the Adult Protective Service (APS) evaluation. Attendees learn what criteria are used for screening process of the intake referral. Attendees will learn what information is needed for an intake and how the screening process occurs. Attendees will learn initiation time frames for an APS response, how an APS evaluation is conducted, and what criteria are used for case decision. Capacity will be discussed and how that differs from incompetency.

## **B1 Bed Bugs**

*Glenn Hoppin, Architectural/Engineering Technician, DHSR Construction Section*

This presentation will educate participants in bed bug prevention, eradication, and long term effects of bedbugs. This session will also include how to identify, and prevent the spread of bedbugs.

## **C1 Dementia Friendly as a Strategic Business Imperative for Hospitals & Health Care Providers**

*Anthony Cirillo, FACHE, ABC, President, The Aging Experience*

The Eliza Foundation has identified three major life stressors that if looked at closely impact overall health. The top life stressor is caregiving. Future success of health providers hinges on an understanding that societal health is more than population health and that Accountable Care Organizations (ACO) are more than hospitals, physicians and long-term care entities. The community must play a role to assist ACO's, especially understanding dementia, including Alzheimer's. Caring for family caregivers in the workplace and creating dementia friendly communities are key issues that society has to address together.

## **D1 The Five Love Languages for Caregivers**

*Martha McDowell, Central Regional Director, North Carolina Baptist Aging Ministry*

Discerning the primary love language of another and communicating that language allows love and concern to be shown most fluently. In this workshop based on principles from the book "The Five Love Languages," participants will learn their own love languages, and will learn ways the principles from this book can be used to improve the care of older adults in any setting.

## **E1 Creating Age-Friendly Communities:**

### **Different Approaches from Charlotte and Matthews**

*Katherine Hebert, Healthy Community Design Specialist, Centralina Council of Governments; Michael Oleander, Associate State Director, AARP North Carolina, Charlotte; Jim Kimbler, President, Charlotte Village Network*

This session will present two different initiatives that are taking place in Mecklenburg County to prepare communities for the Silver Tsunami of retiring baby-boomers. The Town of Matthews has committed to becoming an AARP Age-Friendly Community and is currently developing an action plan to become more senior-friendly. The Charlotte Village Network, a new non-profit organization, is bringing the national village movement to the Charlotte area and recruiting members and volunteers to help meet the needs of those who would like to age-in-place.

### **F1 Caring for Those Who Care- Compassion Fatigue Strategies That Work**

*Larry Dawalt, Hospice & Palliative Care Charlotte Region*

"Yes, I know. I need to take better care of myself. But I've got so much to do and if I take a few days off, it will only be worse when I get back. Besides, I am a professional caregiver. I work here. I'm okay. I'll be fine."

Conversations like these lead to compassion fatigue, burnout, and turnover in the health care and senior care industry and cost organizations the loss of good staff members who just can't do it anymore.

### **G1 Savvy Retirement Planning**

*Bill Romeo, CFP*

Tax saving strategies to help you get more out of your IRA to include six rollover options for your retirement fund plan, three common required minimum distribution mistakes, the differences between indirect and direct rollovers, how to coordinate your IRA Planning with your overall retirement, Estate, tax, education, social security and financial plans, and three different options for spousal IRA beneficiaries.



# Session Two

1:15 pm — 2:30 pm

## **A2 Prevention of Elder Investment Fraud and Financial Exploitation**

*John Maron, Director With The Securities Division of the NC Dept. of the Secretary of State*

The purpose is to train healthcare providers to look for the signs of financial abuse or exploitation among their elderly patients and make appropriate referrals, either to community resources or to Adult Protective Services when abuse is discovered or suspected. The program is designed to raise awareness of the issue in the minds of providers, encourage them to build questions into their routine patient intake screening to determine whether their patients may be experiencing some form of financial abuse, and know what resources are available for further assistance.

## **B2 It's Time for CLAS! Examining the Need for Culturally and Linguistically Appropriate Services in North Carolina and the Implications for those Serving the Aging Population.**

*Lucretia Hoffman, MPH, MBA, Cultural Competence Initiatives Consultant, NC Office of Minority Health and Health Disparities*

In recent years, North Carolina has seen its population grow in number and diversity. This interactive presentation examines the need for both individual level and organizational level cultural competence to address the changing demographics and health care needs of North Carolinians. Participants will learn about the role of cultural competence in reducing health disparities and increasing the quality of care provided to aging and disabled adults and their families.

## **C2 Brain Injury and Aging**

*Susan Fewell, MS, CBIST, Outreach and Training, Brain Injury Association of NC*

This presentation will show statistics, causes and symptoms of brain injury and some of the behaviors and changes that may occur. Brain injury and mental health co-occurring symptoms will be reviewed along with tips for screening and assessment, compensatory strategies, and behavioral analysis. Participants will learn the value of collaborating with the Brain Injury Association and other community resources.

## **D2 Dementia-Capable North Carolina: A Strategic Plan Addressing Alzheimer's Disease & Related Dementias**

*Mark Hensley, MA, Alzheimer's Support Specialist, Project C.A.R.E. State Director*

Alzheimer's disease and related dementias significantly impacts families, caregivers, those with the disease, employers and the entire community. Without a cure or preventative treatment, Alzheimer's disease will become a world health crisis within the next 10 years. In response, the NC Division of Aging and Adult Services in partnership with NC Institute of Medicine worked with the NC Alzheimer's Task Force to create the state's first Alzheimer's Plan. This presentation will highlight the aspects of the plan toward creating a 'dementia-capable state - one that is informed, safe and respectful of individuals with dementia and

their families, provides supportive options, and fosters quality of life.

## **E2 Is My Home Ready for Aging-in-Place?**

*Katherine Hebert, MCRP Healthy Community Design Specialist Centralina COG; Carolyn Cook, Certified Aging-in-Place Specialist, owner Live Smart Design; Angel Stoy, Aging Specialist, Centralina AAA; Annette Demeny, Aging Specialist, Centralina AAA*

Ever wonder if your home is equipped to allow you to stay "in-place" as you get older? Or if you were to become injured and have a temporary or permanent disability would you be able to return to your home? In this session, participants will learn what to look for and how to make changes to their home now as they purchase a new home or renovate their current home to allow them to "age-in-place." Everything from simple, inexpensive fixes to prevent falling to a comprehensive design approach to accommodate someone with limited balance, impaired vision, or special mobility needs will be covered through interactive activities and visuals

## **F2 Overcoming Learned Helplessness**

*Debi Lee, Assistant Administrator, Centralina Area Agency on Aging*

The presentation explores the topic of learned helplessness and the influence in which our own preconceived notions of age can contribute to the conditioning of people in the health care system to be conditioned to think their situation in unchangeable. This conformity, submission and passivity is contrary to the resident empowered outcomes that healthcare desires for successful treatment of chronic illness. "Non-compliance" is often the label used by providers to describe individuals who do not "do what they are being told" when transitions take place.

## **G2 Generation Y-101: Keys to Retaining and Keeping Your Millennial Employees Engaged**

*Sharifa Felix, Millennial Consultant and Efficiency Formulator Reddo Magna*

Perplexed about how to engage your millennial employees? Do you feel like they just don't get it? Solve the enigma that is Generation Y. Realize the potential of your millennial employees with a candid dialogue about millennials, giving context for the differences between Generation Y and their predecessors and learning how to leverage these differences to grow your organization with excellence.

**BREAKTIME!**

*Thank you to Cabot for providing cheese snacks!*



# Session Three

2:45 pm — 4:00 pm

## **A3 The Future of Medicare**

*Jeanie Schepisi, Piedmont Area Regional Manager, SHIP; Stephanie Bias, Statewide Coordinator, NCSMP; and Vernal Cooper, Charlotte office Manager, Social Security Admin.*

With so many changes underway, Find out the future of Medicare and Social Security, including upcoming Medicare fraud and abuse efforts and what the future holds for SHIP as a program. Plan for your future now!

## **B3 Beyond the Activities Department: Activities for Everyone!**

*Becky Dinello, ADC, Plantation Estates*

You don't have to be on the activity staff to engage a resident in something meaningful. This session will provide participants with hands-on learning and FUN! Not all activity involves bingo and parties. Come learn how you can enhance your community's activity department by engaging residents during unscheduled time. Or, if you are caring for someone in their home, learn how to assess and provide meaningful activity engagement to help improve quality of life and make your time together much more enjoyable. This session will give you lots of ideas that you will be able to implement the moment you return. Come have some fun!

## **C3 Zero Suicide: The Sign on the Bridge Reads "Don't Jump"**

*Dawn Lillard, RN, BSN Geriatric/Adult Mental Health Specialty Team, Team Leader*

Suicide is a public health problem that causes much pain, suffering, and loss to many people. As a public health concern, it is up to us ALL (individuals, families, communities, society, etc.) to seek and prevent suicide. Awareness and acknowledgement of the problem is the first step. This presentation will address awareness and recognition of the problems of suicide by looking at statistics that may startle and awake some. But awareness alone is not enough. The presentation will challenge each participant to identify at least one action that she/he can take to assist in meeting a goal of zero suicide. Resources for help in learning more about suicide prevention will also be provided.

## **D3 Getting the Call—An Experiential Experience from the Point of View of a Grandparent Raising a Grandchild**

*Patricia Mayhew, Caregiver Support Specialist; Lavern Weathers, Community Social Worker*

We will demonstrate the challenges faced by kinship caregivers by creating an experiential skit that will show the crisis that happens when a grandmother gets the call to take care of her grandchild. The feelings, challenges and barriers faced will be demonstrated. We will share what resources are available and areas where advocacy for resources is needed. A short DVD interviewing kinship caregivers from our support group will be shown. Finally, a call to action will be made with

ideas for how everyone can make a difference in the lives of these families.

## **E3 It's More Than Just a Move!**

*Cindy Greer, CRTS, Transitions with Care*

Through demonstration and discussion session attendees will learn why downsizing is so important, how to avoid "Possession Paralysis" and reduce the symptoms associated with "Relocation Stress Syndrome" (RSS) often experienced in later life relocations and transitions.

## **F3 A Future Without Ageism?**

*Dr. Lyndall Hare, Concierge Gerontologist*

The presentation will use video clips, interactive discussion, and education about innovative thinkers and programs that address ageism in order to change the general public's thinking about this form of discrimination.

## **G3 A Tranquil Experience**

*Kathleen Blackwell-Plank, LCSW, ACCM; Wanda Casey, MSW; Melissa Coursey, MSW, LCSW Hospice of Cabarrus County*

Integrative medicine is an approach to healthcare that puts the patient at the center of care and addresses a full range of physical, emotional, mental, social, spiritual, and environmental influences that affect a person's overall health. In today's healthcare system, integrative strategies that were once considered "fringe," are now being used alongside conventional medicine practices. Hospice and Palliative Care of Cabarrus County has recently expanded the integrative care program to offer additional interventions to enhance the care provided to our patients, caregivers and bereaved clients. Our integrative team will share the knowledge that has been gained through the development of this aromatherapy pilot program, as well as the outcome measures that have been collected utilizing the Plan/Study/Do/Act (PDSA) methodology that was used to design and implement the program.

**\*CEU Certificates\***

**Register for your CEUs Today!**

**Cost is \$10.00 for all CEUs.**

# Registration Form

How to Register? Register online at [www.centralinaaging.org](http://www.centralinaaging.org)



Or complete the form and select the sessions for the day you plan to attend. *(One form per person)*

Name \_\_\_\_\_

Agency/Facility \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

## Choose Your Sessions for the Conference

*(workshops on pages 5-7)*

<b>SESSION ONE</b>	<b>A1</b>	<b>B1</b>	<b>C1</b>	<b>D1</b>	<b>E1</b>	<b>F1</b>	<b>G1</b>
Check (✓) a box to choose a session							
<b>SESSION TWO</b>	<b>A2</b>	<b>B2</b>	<b>C2</b>	<b>D2</b>	<b>E2</b>	<b>F2</b>	<b>G2</b>
Check (✓) a box to choose a session							
<b>SESSION THREE</b>	<b>A3</b>	<b>B3</b>	<b>C3</b>	<b>D3</b>	<b>E3</b>	<b>F3</b>	<b>G3</b>
Check (✓) a box to choose a session							

REGISTRATION	REGISTRATION FEE	TOTAL
EVENT FEE—Early Bird <i>before September 01, 2016, 12pm</i>	\$60.00	
EVENT FEE <i>after September 01, 2016, 12pm</i>	\$80.00	
Need Continued Education Units?	\$10.00	
<b>TOTAL FEES =</b>		

Make checks payable to:

**Centralina Area Agency on Aging**

**REMEMBER:**

- **NO REFUNDS OR CANCELLATIONS!**
- No on-site registrations.
- Personnel substitutions accepted.
- “No shows” are still responsible for payment.
- Participants will **not** be registered without payment.
- **Confirmations will be sent by e-mail.**
- **Credit card** payments accepted for ONLINE registration
- Event is for PAID participants only and not open to the public.



**RETURN FORM WITH PAYMENT BY**

**September 20, 2016 TO:**

**2016 Aging Conference/Centralina AAA  
525 North Tryon Street, 12th Floor  
Charlotte, NC 28202**

**OR**

**REGISTER ONLINE AT**

**[www.centralinaaging.org](http://www.centralinaaging.org)**

**FOR INFORMATION CALL 1-800-508-5777**