



WORKSHOPS (subject to change)

* Indicates workshop with 1.5 NHA Administrative CEU Credits; ** Indicates workshop with 1.5 NHA PC CEU Credits

Monday Workshops

Medicare Resources for the Caregiver - Centers for Medicare & Medicaid Services Transforming and Modernizing America's Healthcare System:

This presentation targets caregivers who help Medicare beneficiaries or who might soon need this critical information for themselves. Caregivers will learn about numerous resources and initiatives that help consumers choose quality health care at the best price, before they need it. *Mark Gilbert, CMS; Julie Brookhart, CMS*

Expecting Dementia Friendly Hospital Care – Best Practice Initiatives:

Funded by the Retirement Research Foundation, this project was inspired by testimonials from family caregivers describing their experiences when their loved ones with dementia were hospitalized. Participants will gain information about several national initiatives to improve hospital care and receive sample training materials and resources to use in preparing families and acute care professionals to work together to improve the outcomes of hospitalization. *Janis McGillick, Alzheimer's Association-St. Louis Chapter*

Aging Resource Centers - The Best is Yet to Come:

The who, what, and why of an aging resource center. Northwest Missouri Senior Center Administrators have taken a step into the future with this innovative pilot project. The Aging Resource Centers will describe the services provided and present information on how to develop the program in a senior center. Funding, staffing and location will be addressed, along with training and community networking. Low cost innovative ideas can keep costs at a minimum and enhance information and assistance services. *Mary Clapham, PC Cafe & Resource Center; Deanna Lewis, Active Aging Resource Center; Martha King, Grand River Multi-Purpose Center*

*Expecting the Best by Preparing for the Worst:

Are you prepared for an emergency or disaster? Is your community prepared? In an emergency, preparation is the key to an effective response and prevention of loss of life and property. Presenters will cover information from the

“Ready In Three” program. Discussion will center around emergency plans for seniors or individuals with special needs living in a facility or home based setting and how they can volunteer to participate in community response efforts. *Cindy Jobe, DHSS; Paula Woodsmall, CERT, DHSS*

***Board Governance and the IRS:** New requirements in the IRS Form 990 filings for non-profits will become effective for the 2008 tax year. There will be greater emphasis on transparency and accountability. Non-profits need to get ready! This workshop is recommended for Board members, and will explore the good governance and ethical practices that your non-profit may need to institute. *Bruce R. Hopkins, Polsinelli*

Tuesday Morning Workshops

**Aging and Infections – How to Decrease Your Risk:

Aging affects the risk of infection and creates many physiological changes that increase a person's risk of developing specific types of infectious diseases. Hear about the common sense, practical public health strategies that can lessen the risk of these infections in the home as well as in assisted living or long term care environments. *Eddie Hedrick, BS, MT (ASCP), CIC, DHSS*

**Mental Health Transformation and Older Missourians:

Seniors suffering from late-onset mental health and substance abuse problems currently rely on a fragmented array of resources found in the faith community, primary care, information supports and the aging service system. The type and nature of late-onset issues will be characterized. Barriers to the mental health resources and current available mental health resources will be reviewed. *James R. Cook, Ph.D., University of Missouri, DMH Office of Transformation*

*Non-Profit Marketing Made Simple – Sharing the Best Kept Secret in Town:

Basic branding will be discussed and why it is important. You will learn how to deal with the media and how to write a press release. In this workshop you will learn how to get your message out on the best kept secret in town. *Lili Vianello, President, Visionworks Marketing & Communications*

***Are YOU Smarter than a Scam Artist?:** Information on consumer fraud, health care fraud and identity theft will be provided in a game show format. Participants have the opportunity to recognize potential scams, learn how to guard their identity and personal information, as well as teach others to do the same. *Travis Ford, Office of Attorney General; Rona McNally, Mo SMP*

***Senior Report & Baby Boomers - State and National Landscape:** How do we define the information and analysis needed to support public policy and decision-making in regard to seniors, specifically the baby boom cohort? An overview of the efforts in other states and at the federal level to meet these data requirements will be provided. Efforts in Missouri to provide current reliable information on the status of seniors will be reviewed, focusing on what has been learned about the usability of the Missouri Senior Report. A preview of the Missouri Senior Report 2008 will be presented. *Bill Elder, University of Missouri; Tracy Greever-Rice, MW-OSEDA; Laurie Hines, DHSS*

***Volunteers - Recruit, Retain and Reward:** Working with volunteers can be inspiring and frustrating. In this session, you will learn processes and practices that will guide your organization's volunteer program. Essential procedures and concepts will be presented to help structure your volunteer program to limit your organization's liability and improve recruitment and retention. *Sharlet Howren, Volunteer Program Coordinator, DHSS*

***The MOSAFE Project - Missourians Stopping Adult Financial Exploitation:** The goal of MOSAFE is to educate consumers, the general public, and other professionals on recognizing the warning signs of exploitation, understanding appropriate interventions and learning how to report suspected situations. The session will present phase two of the project, which consists of an educational video narrated by Emmy award winning actress Doris Roberts. *Marta Fontaine, DHSS*

Senior Levies - The Best Thing Since Sliced Bread: Many Missouri counties have passed the senior levy since 1989 when House Bill 351 was enacted into law. The funds are earmarked to support the health, nutrition and quality of life of those age 60 and older. The panel will discuss the levy statute, provide examples of the services they support and will share key ways to get the levy passed in your county. Information regarding the governance structure, by-laws, policy and procedure of the Senior Boards will also be discussed. *Tina Uridge, Clay County Senior Services, Mary Clapham, Putnam County Senior Citizens Organization*

◀◀ **Tuesday Afternoon
Session 1 Workshops**

****Early Detection and Intervention of Chronic Kidney Disease:** The findings of an Early Intervention and Detection Program will be presented. Approximately 12,000 patients have been screened and an alarmingly high percentage show one or more high risk factors for developing chronic kidney disease. The presenters will identify those precursors that may allow people the opportunity to delay or possibly prevent kidney failure later in life. *Missouri Kidney Program*

***Are We Expecting the Best in Long Term Care?:** How we can move from a traditional medical model of providing care to being more centered on the individual. Explore ways of making the nursing home a new community that fosters relationships and creates an environment that feels like home. Find out how you can be involved in promoting this change right here in Missouri! *Julie Ballard, MC5 and Mo State LTC Ombudsman Program*

◀◀ **Tuesday Afternoon
Session 2 Workshops**

***BOOMER'S BOUNCE – and so can YOU!:** Today's older adults want to stay active and healthy. "Boomer's Bounce" is about positive social opportunities, taking advantage of educational events and traveling. When bad things happen to good people, you bounce back. This fun and interactive seminar revolves around the concept of the progressive healthcare program Freeman Advantage. *Dee Timi, Developer/Coordinator, Freeman Advantage, Freeman Health System*



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****Getting to Know You – The ABC’s of Person**

Centered Practices: One of the key principles within the culture change movement in long term care, health care, and mental health is person centered planning. For people being supported by services, it is not person centered planning that matters as much as the pervasive presence of person centered thinking. The basic philosophy and essential components of person centered practices will be provided. This will be an interactive session where attendees will be offered the opportunity to identify the essentials of their own person centered plans. *Tish Thomas, MS, UMKC Institute for Human Development*

Senior Center Innovative Ideas: Come hear a panel presentation of innovative ideas that have worked in Senior Centers across the state. The three 2008 award winners will be highlighted during this workshop.

***We’ve Got to Talk if We’re Going to Expect the Best:**

It’s not a topic that most people want to think about, much less talk about. This interactive session on end-of-life issues will acquaint participants with the new “Out of the Hospital Do Not Resuscitate” law, provide practice time for having “the conversation” with family and loved ones and give guidance on having paperwork in order in the event a person cannot make healthcare decisions for themselves. *Carol Scott, Mo Long Term Care Ombudsman; Jason White, MAST*

***Enlist, Prepare & Engage - Make Your Board All It Can Be!:**

How do you recruit, retain and engage the very best volunteer leadership for non-profit boards? This workshop will give you some tried-and-true ways as well as lessons learned about board development. *Heart of Missouri United Way*

◀◀ Wednesday Workshops

***Bridge the Gap - Disparities of Care for Missouri Seniors:**

The gaps in care for seniors in Missouri will be reviewed and the necessity for education, preventive care, and culture and behavior change among seniors and minorities, especially those with chronic diseases such as diabetes will be discussed. Methods of addressing these needs will be presented along with examples of successful implementation and instruction

regarding how to translate and apply the approaches in various settings. *Deborah Finley, MPA, Primaris; Yihua Xu, PhD, Primaris; Jaime Barber, MS, Primaris*

***Boomers Ain’t Your Grandma’s Generation:**

Boomers didn’t grow up listening to Glen Miller or Lawrence Welk. They loved the Grateful Dead, Elvis, the Beatles and Motown! Many dabbled in drugs and free love (and some still do!). Some were changed by Vietnam, they lived through the Civil Rights Movement, riots and Watergate. Boomers are diverse and challenging. Businesses, agencies, religious groups and long term care providers may have to change the way they provide products and services to meet the demands of boomers. This will be a fun, consciousness raising, interactive presentation that will leave you thinking thoughts you haven’t thought before. *Ric Cavanagh, President, Long Term Care Ombudsman Program, St. Louis/Webster University*

****Expect the Best When the Best Collaborate – A Clay County Approach to Health and Mental Health Wellness:**

An introduction to best practice strategies of how public health, levy funded senior services and community mental health centers can successfully work together to improve older adult health, mental health and wellness services. A review of coalition building strategies, evidence-based programming, outcome measurement and successful leveraging of resources to raise public awareness will be included. *Sally King, MSW, LCSW, Older Adult Care Coordinator, Tri-County Mental Health; Carolyn DeLaMare, RN, BSN, Program Coordinator, Tri-County Mental Health; Tina Uridge, MS, Ex Dir, Clay County Senior Services*

Senior Teacher Educator Partnership Program at the University of Missouri:

Hear about the successful voluntary senior-mentor program for the medical students called the Heysel-Senior Teacher Educator Partnership (STEP). The primary goals of engendering positive views in students regarding elders and preparing the students to improve the quality of people’s lives as they age guide the program. The development, history and management of the program along with ways it can be replicated locally will be reviewed. *Peggy Gray, BS, University of Missouri; David Oliver, PhD, UM Interdisciplinary Center on Aging*