

WORKSHOP DESCRIPTIONS (subject to change)

Senior Center Studies, Design & Renovations: The Basics with Case Studies

Programs and participants are changing— can your facility keep up? For senior center professionals who are contemplating making changes to their facility (or building a new one), this workshop will instruct on the terminology and process of architectural feasibility studies, renovation/addition projects, and designing a new facility. Case studies from several completed senior center projects will prepare attendees to make informed decisions and serve effectively as a consumer of design services. —*Douglas J. Gallow, Jr., AIA, Lifespan Design Studio & Ellen R. Gallow, Gerontologist*

Legal Services for Missouri Seniors: A New Approach

The Administration on Aging awarded a grant to Missouri for the coordination and enhancement of senior legal services systems. Missouri's concept offers a unique and sustainable collaborative effort involving aging and legal communities. The Area Agencies on Aging Information and Assistance staff will man the statewide phone help line to guide seniors in obtaining legal information and appropriate legal assistance. An online helpline will also be available to allow seniors, family members, caregivers and professionals in the aging network to access legal information at their convenience. In this workshop, attendees will learn how to utilize these new systems and how they can help seniors and adults with disabilities get information and assistance with legal issues. —*Marta Fontaine, DHSS*

TB: No Longer a Disease of the Past

In this workshop, attendees will learn the differences between latent tuberculosis infection (LTBI) and tuberculosis disease. They will be able to recognize the signs of TB disease. Also, they will be able to give examples of which individuals are at higher risk for developing TB disease, and learn their own individual risk for LTBI and TB disease. Most importantly, they will be able to give examples of prevention and treatment measures for LTBI and TB disease. —*Traci Hadley, RN, BSN, DHSS*

Consumer Jeopardy!

During this fun, lively and highly interactive workshop, attendees will play the game of Jeopardy! to test their wits on consumer fraud, health care fraud, identity theft credit and other financial topics. Expert presenters will provide and explain answers to each question, as well as field questions from the audience. *Rona McNally, The Missouri SMP & Travis Ford, MO Department of Insurance Financial Institutions & Professional Registration*

Aging Inclusively

According to *Science Daily* (March 24, 2010), "People in developed nations are living in good health as much as a decade longer than their parents did ... Over the past 170 years, in the countries with the highest life expectancies, the average life span has grown at a rate of 2.5 years per decade, or about 6 hours per day." How can we prepare to meet the needs of an aging society? Through the lens of independent living philosophy, attendees will examine the benefits of the aging population remaining active in the community, emphasize the importance advocacy and the principles of self determination and challenge the perception of disability as it relates to the natural aging process. *Leslie Anderson & Aimee Wehmeier, Services for Independent Living*

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Innovative Ideas

The three 2010 award winners, one from each category—New Services: More Than a Meal; Show Me the Money: Fundraising; and Promoting Healthy Living—will be highlighted during this workshop.

Transforming Long Term Care: The Greenhouse Model

Long-care facilities have been criticized for many years for their stark institutionalism, lack of resident focus, unwelcoming structure and unpleasant atmosphere. In response to this, The Greenhouse Model reinvents the long term care facility. Specifically, the resident's needs rather than the facility's needs are considered to be paramount. This workshop will discuss the concept of Greenhouse and how it has been translated into real working facilities. In addition, information on available grants to start a Greenhouse facility and evaluative research will be presented. —*Theresa Gordon, PhD, University of Central Missouri*

Straight Talk With Your Doc

Do you ever feel rushed while at your doctor's visit? Do you feel like you can't get real answers to your questions? Do you leave confused about what was said? If so, come to the "straight talk with your doc" workshop to learn how to get the most out of your next doctor's visit. Learn simple ways to talk with your doctor for a more open exchange. Leave the workshop with skills that will help you get the answers that you need to make the best decisions about your own healthcare. —*Stan Hudson, Center for Health Policy*

Key to Sustainability: Strengthening Your Organization From Within

Description Not Yet Available —*Deborah Cooper, President, Nonprofit Services Center*

GrandFamilies: Meeting their Un-Met Needs

Did you know Missouri has a statewide coalition for grandparents and other relatives raising related children? It is the Missouri GRANDFamily Coalition: Serving Relatives as Parents. The mission of the Missouri GRANDFamily Coalition is to raise public awareness of issues facing relatives as parents and to educate and promote fair and equitable access to resources. This workshop will provide information on the unique needs of GrandFamilies and how others can get involved to support Missouri GrandFamilies. —*Meg Roodhouse, M.Ed., ParentLink-University of Missouri*

Morning —Session I

Helping to Leave a Legacy

Winston Churchill once said "You make a living by what you get, but you make a life by what you give". In the coming 15 years or so, the United States will witness the largest generational transfer of wealth in the history of mankind. The transfer is estimated to top \$40 trillion as our most senior generation bequeaths their estates to their heirs. Although Center Administrators are often comfortable with fundraising events and asking for donations, they are often intimidated by the concept and language of planned giving. This session will provide participants basic tools for understanding planned giving, and how they might better be prepared for this opportunity to build resources to enhance current and future services for older adults in their communities. In turn, Administrators will also help older adults fulfill their desire to leave a legacy. —*Community Foundation of the Ozarks*

Older Workers: The Changing Landscape of Work

In this workshop attendees will: understand and discuss the aging workforce phenomenon; understand the value of older workers; discuss the implementations of an aging workforce on the organization, i.e. knowledge retention in the organization, skill shortage, etc.; understand how and why employers will need to compete to accommodate certain needs of older workers; and understand how to manage a multigenerational workforce. —*Craig Eichelman, AARP*

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Live Your Best With Arthritis

The Missouri Arthritis Program, the AAAs, and regional partners offer community-based programs throughout Missouri to assist participants in managing their chronic conditions. The MO Department of Health and Senior Services recently received stimulus funding to implement the Chronic Disease Self-Management Program (CDSMP), the Spanish CDSMP, and the Arthritis Self Help Program. This workshop will update attendees on the progress of these partnership efforts, demonstrate website location of courses being offered throughout the state and provide information on how to get involved. —*Beth Richards, Missouri Arthritis Program*

Designing Your Program with the End in Mind

Attendees will hear a different approach to project development and evaluation that focuses on the overall program goals first, and then builds the program starting with the end objectives. Attendees can expect to learn: the relationship between strong programming and evaluation; training on the use of tools like the logic model for integrating program planning and implementation with evaluation; and how to align program development with proposal development. —*Dr. Tullia Hamilton, PhD, Nonprofit Service Center*

Addressing the “Driving Miss Daisy” Syndrome

Members of the Missouri Coalition for Roadway Safety Sub-Committee on Elder Mobility and Safety (SEMS) will address issues of older adult mobility in Missouri. An inter-professional panel will discuss: the need for increased awareness of older adult mobility; older adult mobility on a continuum of change and adaptation; unique mobility challenges for older adults; areas targeted for intervention and advocacy; and information on current and needed resources for maintaining positive mobility. —*Marla Berg-Weger, PhD, LCSW, St. Louis University School of Social Work*

Afternoon —Session II

Healthy Choices...A Standard Center Fare

The menu matters at a Senior Center! This past year, adjustments were made to improve the nutritional value of the meals served in Senior Centers. Learn how these changes have been implemented and comply with the Standards of Older Americans Act Nutrition Program for the Elderly. Nutrition experts will lead a “healthy” discussion regarding guidelines and procedures regarding the impact these changes will have on the nutrition program.

Universal Design: Creating Space for a Lifetime

Universal Design began merely as a concept for increasing accessibility in homes for people with disabilities and Senior Citizens. It has become a movement for housing and public spaces, making our spaces accessible for a lifetime. This workshop will provide attendees with information about the features of Universal Design as well as the importance of accessible spaces for everyone. Resources for Universal Design will be provided. —*Stephanie Brady, The Independent Living Center*

Hot Topics: Key Historic Legislation and the Latest from the CMMS

In this workshop attendees will learn: an overview of the Centers for Medicare & Medicaid Services; historic legislation that added new benefits, incentives and technological advances to our programs - Medicare Advantage programs, new preventive benefits, Medicare Part D, CHIP/CHIPRA, Value-based purchasing and transparency, and Health Information Technology; the evolution of the agency from just a payer of health care services to value-driven health care; an overview of the latest health care legislation, “The Affordable Care Act”; and Affordable Care Act Provisions for CMS implementation. *TBD, Centers for Medicare & Medicaid Services*

Be All You Can Be – VOLUNTEER!

Boone County Council on Aging had the help of over 1,000 volunteers last year. In a time when we are all challenged to do more with less, volunteers can help answer that challenge. The trick is where to find them, what to do with them and how to keep them. In this workshop attendees will learn about Boone County’s creative approach to recruiting, training and placing volunteers. Last year their presentation was so filled with important information it ran out of time halfway through! This year we want to explore more tips and know how--all the while making people laugh! —*Jessica Spanglehour-Macy, Boone County Council on Aging*

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Morning —Session I

Stress!! Who Needs It?

Many studies have shown the way you deal with stress in your life DIRECTLY impacts health. People in high stress occupations are at a higher risk for stroke, high blood pressure and heart disease. Stress is a fact of life for most folks. You may not be able to get rid of it, but you can find ways to lower it and manage your reaction to it. Learn ways to identify and relieve the physical signs of stress.

KC4 Aging in Community: Creating a Community for All Ages

Aging impacts every aspect of our lives but many of us don't see it...yet. We'll feel its effect over the next 20 years as housing, health, mobility, civic engagement and care giving intertwine, changing our notions of safety, security and sustainability. The KC4 Aging in Community is designed to generate local neighborhood solutions, involving older adults and neighborhoods in defining what matters and what works. The program's focus on both neighborhood needs and assets in specific targeted communities will redefine dependence and create opportunity for participation. Attendees will learn what works (and didn't work) so you can successfully replicate this framework in your community - no matter how big or small. —*Sandra Silva, Center for Practical Bioethics*

Aging in Place: How Life Care Planning and Veterans Benefits Can Make a Difference

Attendees will increase their understanding of the Aging in Place concept. Aging happens. As individuals age, they are faced with physical and functional limitations which can present challenges as they navigate the current healthcare system. Life Care Planning offers a road map to help individuals achieve their goals to maintain independence and Aging in Place. —*M. Brigid Fernandez, Oelbaum, Brown & Alsop LLC*

SSA 101: Everything You Want to Know and Don't Know Who to Ask

Learn about the benefits and services provided by Social Security; learn what information you should consider when it's time to retire; and learn what's available on Social Security's award winning website, www.socialsecurity.gov. It's also your opportunity to ask Social Security experts your questions! —*Sharon Byrd, Social Security Administration*

Afternoon —Session II

SeniorCenter.com: A Link to Reaching New Clients?

We are living in a technological age where many people go to the Web for their first source of information. Senior Centers with no presence online are missing a huge opportunity to compel and interest potential clients to visit the Center. This session will show examples of Center websites and give ideas on how to create your own and/or tweak your existing site.

Board of Governance: Ensuring Success and Sustainability of Nonprofit Organizations

Often board members and management teams do not fully understand the expectations and responsibilities involved in their relationship. This workshop will help board members and agency management develop better working relationships while understanding the roles of board members. The workshop will emphasize the responsibilities of board members and the legal accountability of board of directors. Resources will be provided. —*Stephanie Brady, The Independent Living Center*

Brain Chi: Martial Arts For The Brain

Use it – Or lose it! Like every other muscle in our bodies we must exercise our brains to keep them strong. This workshop will provide attendees with information about the difference between normal aging and Alzheimer's disease, the benefits of early detection as well as tips to follow up on any concerns about themselves or someone they care about. —*Rob Hulstra, Alzheimer's Association, Southwest MO Chapter*

Technology Resources: When Hearing and Vision are Issues

As we age, assistive technology can be a key to independence. But, how does one learn about the latest devices out there? What assistive devices can help one stay in their home and community? Are there some assistive devices that one can try out and acquire free of charge? Attendees will have these and other questions answered in an overview of the programs of Missouri Assistive Technology (MoAT), the statewide assistive technology network. Attendees will also have the chance to interact with various types of assistive technology. —*Brenda Whitlock, Missouri Assistive Technology*