CREATE COMMUNITIES TO AGE IN PLACE

June 17-18, 2008

F I N A L A G E N D A

WITH SPECIAL THANKS TO OUR PLANNING COMMITTEE

- AARP
- Aging Services Advisory Committee
- Albany Guardian Society
- Center for Excellence in Aging Services
- Corporation for National & Community Service
- Council of Senior Centers and Services of New York City, Inc.
- Empire State Association of Assisted Living
- Geriatric Mental Health Alliance of New York
- Governor’s Advisory Committee
- New York Association on Independent Living
- New York State Adult Day Services Association
- New York State Alliance of Information & Referral Systems
- New York State Association of Area Agencies on Aging
- New York State Coalition for the Aging, Inc
- New York State Office for the Aging
- New York State Senior Services Corp
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- New York State United Teachers
- State Society on Aging of New York
- Statewide Senior Action Council
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The CDPHP® Medicare Choice plan provides a low-cost alternative to Medicare supplemental insurance. It offers all the benefits of Medicare and more, from a leading health plan founded by physicians and dedicated to keeping our members healthy for more than 20 years.

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To learn more about CDPHP Medicare Choice,
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For the hearing impaired, dial TTY/TDD (518) 641-4000
or toll free at 1-877-261-1164.

A Medicare Choice representative may be reached
Monday through Friday, from 8:30 a.m. to 5 p.m.

www.cdphp.com

Capital District Physicians’ Health Plan, Inc. contracts with the federal government to offer Medicare Choice, which is a Medicare Advantage Plan. Medicare Choice members must have both Medicare Part A and B. All routine health care must be received from plan providers.
Welcome to ACUU 2008
The “Aging Concerns Unite Us” (ACUU) is an award-winning collaborative conference that provides quality educational programming to leaders in the field of aging and those serving people with differing abilities. This event attracts professionals from all regions of New York State who are devoted to coordinating and providing quality services for senior citizens, people with differing abilities, and their caregivers. Again this year, you’ll find enticing educational programs led by thought-provoking presenters who will cover the cutting edge topics important to you and your agency.

DINNER & ENTERTAINMENT - JUNE 17 – ERNIE WILLIAMS
Rave reviews from last year sparked us to invite Ernie for an encore performance! Legendary blues musician, Ernie Williams, will entertain you following a spectacular dinner in the company of your past and future partners in the aging network. Dinner is on Tuesday evening, June 17th. Advance registration required.

BREAKFAST ROUNDTABLES - JUNE 18
Back by popular demand! Breakfast roundtables on Wednesday morning June 18th will provide an opportunity for conferees to discuss a wide range of issues in an interactive format. A Moderator will guide the discussion at each roundtable. A hot and cold buffet breakfast will be served, enabling you to easily eat and move from table to table and gather a wide array of best practices and program information in a short period of time. Advance registration and payment required.

DESMOND HOTEL & CONFERENCE CENTER
Conveniently located near the Albany International Airport and major highways providing easy access to any destination in New York’s Capital Region. Yet, at The Desmond, you enter a totally unique experience with indoor landscaped courtyards and architecture resembling a small 18th century colonial village. The grounds offer a place to walk and linger amidst colorful blooms year-round.

- **Address/Phone**: 660 Albany-Shaker Road, Albany, New York 12211
  Phone (518) 869-8100 Fax (518) 869-7659  www.desmondhotelsalbany.com
- **Free Shuttle Service**: The hotel features complimentary Airport shuttle service.

Questions and Conference Information
New York State Association of Area Agencies on Aging
272 Broadway, Albany, NY  12204-2717
Phone: (518) 449-7080 Fax: (518) 449-7055
Email: gabe@nysaaaa.org

Visit [www.nysaaaa.org/acuu](http://www.nysaaaa.org/acuu) for program updates, registration forms and hotel information
ACUU 2008 Planning Committee

We extend our warmest thanks and appreciation to members of the ACUU Planning Committee

AARP
Aging Services Advisory Committee
Albany Guardian Society
Center for Excellence in Aging Services
Corporation for National Service
Council of Senior Centers & Services of NYC, Inc.
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New York State Office for the Aging
New York State Senior Service Corp Association
New York State United Teachers
NYSRA/RRTI
State Society on Aging of New York
Statewide Senior Action Council
United Hospital Fund
Beth Finkel, Erin Mitchell
Linda M. Leest, DSW
Rick Iannello
Philip McCailllon, PhD, Lisa Ferretti, MSW
Donna Smith
Igal Jellinek
Lisa Newcomb
Kimberly Steinhagen, Michael Friedman
Lani Sanjek
Melanie Shaw
Marianne Niccolosi
John Pionski
Joseph Cybulski, Andrea Fetinger, Cathryn Bern-Smith,
Laura Cameron, Gabe Murphy, JoAnne Martel
Joanne Macklin
Michael Burgess, Gregory Gardner, Marcus Harazin,
Cynthia Marshall, Gail Myers, Greg Olsen
Katy Allen
Floyd Cameron
Patricia Dowse
Darlene Heian, Debbie Heiser, PhD, Judith Howe, PhD
Lani Sanjek
Fredda Vladeck

Monday, June 16 · 12:00 noon – 5:00 pm · Pre-Conference Session
Understanding, Implementing and Sustaining Evidence-Based Health Programs in Your Community

This interactive four hour pre-conference intensive is designed to help you assess your readiness to implement Evidence-Based Health Promotion Programs in your community. Time will be allotted for your questions and information about training and program funding strategies. This was limited to 40 participants and pre-registration was required. Detailed description provided in the invitational agenda posted to: www.nysaaaaa.org/acuu

Brought to you by:
TUESDAY JUNE 17, 2008

9:00 am – 5:00 pm
Conference Registration Desk Open
Billiard Room

9:30 am – 4:45 pm
Brain Games
Meeting Suite 156

9:30 am – 11:00 am
CONCURRENT WORKSHOPS
Town Hall
A-1 Creating a Supportive Environment for LGBT Seniors
Fort Orange Ballroom 5
A-2 CSCS Money Management Program
Fort Orange Ballroom 7
A-3 Kinship Care: Today and Tomorrow
The Lodge
A-4 Shining a Light on Older Drivers
Shaker
A-5 Marketing on a Shoestring
Fort Orange Ballroom 9
A-6 Member Meeting: NYS Association of Area Agencies on Aging (Meeting time is 9 am - 11 am)

10:00 am – 5:00 pm
Exhibit Hall Open

11:00 am – 12:00 pm
Opening Keynote Address
CELEBRATING AN AGING SOCIETY:
Enhancing Community Options
Robert Friedland, Ph.D. and Sandy Markwood
King Street Ballroom

12:00 – 1:00 pm
NY Connects Award (12:00-12:10) & Networking Luncheon
King Street Ballroom

1:15 – 2:45 pm
CONCURRENT WORKSHOPS
Town Hall
B-1 Preventive Health Screening for Older Adults (Part 1)
Fort Orange Ballroom 5
B-2 Creating a Sustainable Senior Empowerment Zone: Gowanus Green
Fort Orange Ballroom 7
B-3 Alzheimer’s Coordinated Care Demonstration Project
Fort Orange Ballroom 9
B-4 Bridging the Silos of Care
Shaker
B-5 Working with Older Adults: Charting the Future of Workforce Training & Education
The Lodge
B-6 Project 2020: Fulfilling the Promise of the Older Americans Act
TUESDAY JUNE 17, 2008
(CONTINUED)

2:45 – 3:15 pm  Break with Exhibitors

3:15 – 4:45 pm  CONCURRENT WORKSHOPS
Town Hall  C-1 Preventive Health Screening for Older Adults (Part 2)
Fort Orange Ballroom 5  C-2 Designing an “Age Friendly City”
Fort Orange Ballroom 7  C-3 The Zipper in Seamless Services
Fort Orange Ballroom 9  C-4 Cultural Connections –
Shaker  Creating a Senior Center without Walls
The Lodge  C-5 Telehealth to Combat Depression & Promote Wellness

5:00 – 6:00 pm  New York State Coalition for the Aging (NYSCA)
Shaker  Membership Meeting

6:00 pm  Dinner & Entertainment featuring Ernie Williams
King Street Ballroom

WEDNESDAY JUNE 18, 2008

6:30 am – 7:30 am  Morning Fitness Walk (Optional Wellness Activity)

7:45 am – 8:45 am  Tai Chi (Optional Wellness Activity)

7:00 am – 3:00 pm  Conference Registration Desk Open
Billiard Room

7:45 am – 8:45 am  Breakfast Roundtables
King Street Ballroom

8:00 am – 3:00 pm  Exhibit Hall Open

8:45 am – 10:15 am  Morning General Session:
King Street Ballroom  Real People, Real Solutions – Innovation in Operation in Our
Communities
### Schedule at a Glance

**WEDNESDAY JUNE 18, 2008**

9:00 am – 12:00 noon  
Brain Games  
Meeting Suite 156

10:15 am – 10:45 am  
Coffee Break with Exhibitors

10:45 am – 12:00 pm  
**CONCURRENT WORKSHOPS**
- D-1 Evidence-Based Health Programs: Building Capacity for Sustainable Programs  
- D-2 Blueprint for Livable Communities (Part 1): The Westchester Initiative  
- D-3 Advance Care Planning: Sharing Your Wishes  
- D-4 The New Faces of Aging  
- D-5 Integrating Mental Health and Aging Services  
- D-6 Aging Forum: Re-inventing Senior Centers

Fort Orange Ballroom 5  
Fort Orange Ballroom 7  
Fort Orange Ballroom 9  
Shaker  
The Lodge

12:00 – 1:00 pm   
Networking Luncheon  
King Street Ballroom

1:00 – 2:15 pm  
**CONCURRENT WORKSHOPS**
- E-1 What's New With Medicare  
- E-2 Blueprint for Livable Communities (Part 2): The Upstate Experience  
- E-3 NY Connects Information & Assistance Programs  
- E-4 Technology Boost for Assessments & Billing  
- E-5 Alzheimer’s Disease: Help & Hope

Fort Orange Ballroom 5  
Fort Orange Ballroom 7  
Fort Orange Ballroom 9  
Shaker

2:15 – 2:45 pm  
Break with Exhibitors

2:45 – 4:00 pm  
**CONCURRENT WORKSHOPS**
- F-1 Promoting Cognitive Vitality at Any Age  
- F-2 Aging and Changing Vision  
- F-3 NY Connects and Long Term Care Councils  
- F-4 Senior-Sizing: Lifestyle Adaptations that Promote Independence  
- F-5 Emergency Planning & Evacuation

Fort Orange Ballroom 5  
Fort Orange Ballroom 7  
Fort Orange Ballroom 9  
Shaker
Helping you, help your clients.

With over 10 years of experience providing reverse mortgages, M&T is uniquely qualified to help senior homeowners in need of financing for:

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Sun Meadow: Your Total Nutrition Solution.

Sun Meadow, the company that brings you nutrition, has a proud heritage of serving elder nutrition programs for 35 years. Dedicated to quality and customer service across the country, Sun Meadow has a wide variety of products ranging from frozen, pre-portioned meals, to shelf stable emergency meals. Our meals meet or exceed all of the dietary guidelines and the targeted nutrition recommendations. Our strength is not only in our product, but also in our excellent customer service. Sun Meadow: Your Total Nutrition Solution!

The Sun Meadow Family of Products offers a wide array of options to meet your needs:
- Our Total Meal System (TMS) Product Line
- Our Frozen Pre-Portioned Entrees
- Our Shelf Stable Meals
- Our Thaw and Serve Meals
- Our Hot Meal: An Emergency Self Heating Meal

We look forward to helping build your nutrition program with “THE SUN MEADOW DIFFERENCE”!

If you would like more information concerning our products, please contact Terry White, Regional Sales Manager at 1-267-372-6389.

A Food Service, Inc
www.sunmeadow.net
Tuesday, June 17 & Wednesday, June 18

**Brain Games**

Would you like to test your Brain Age?

Or maybe try your hand at a game of video tennis or bowling?

How about computer generated puzzles and games to increase your memory?

**Tuesday (9:30am - 4:45pm) · Wednesday (9:00am - 12:00 noon) · Meeting Suite 156**

This interactive exhibit will provide a hands-on experience in improving cognitive vitality and learning more about how technology is being used to improve memory and cognitive function. Sign-up for a 15 minute demonstration that will include an opportunity to test your skills as you compete against yourself and others for prizes! Information on sign-ups can be found at the registration desk.

Results and prizes from the Brain Games Demonstration will be presented at the Cognitive Vitality workshop on:

**Wednesday at 2:45pm · Town Hall Meeting Room**
ACUU 2008 Sponsors & Exhibitors
We thank all sponsors, exhibitors and advertisers for their generous support of ACUU 2008

EXHIBITORS
- AARP
- Bernard Food Industries, Inc.
- Capital District Physicians Health Plan (GOLD)
- Center for Excellence in Aging Services
- Everbank Reverse Mortgage
- GA Food Service
- Harmony Information Systems, Inc. (SILVER)
- M&T Bank (SILVER)
- Mount Saint Mary College Center on Aging & Policy
- National Council on Aging (NCOA)
- New York State Office for the Aging
- NYS EPIC
- NYS Partnership for Long Term Care
- PeerPlace
- Prestige Services, Inc. (SILVER)
- SEFCU
- Senior Whole Health (SILVER)
- Tri-State Healthcom
- Wellcare (GOLD)

Exhibit Hall Events & Hours

**Tuesday June 17th**
10:00 AM – 5:00 PM
Exhibit Hall

2:45 PM – 3:15 PM
Afternoon Break with Exhibitors

**Wednesday June 18th**
8:00 AM – 3:00 PM
Exhibit Hall

10:15 AM – 10:45 AM
Coffee Break with Exhibitors

2:15 PM - 2:45 PM
Afternoon Break with Exhibitors
New name, same commitment.

Have you heard? Synergy is now Harmony and together we will continue to bring you SAMS, the best solution for Aging Services.

Harmony Information Systems, Inc. is pleased to bring you the Synergy Suite, now Harmony for Aging Services, featuring SAMS 1.10. This exciting new release of the most relied upon case management software in the National Aging Network now offers more functionality than ever before. And, with web-based hosting through AgingNetwork.com, your organization will have instant access to the latest software upgrades from any computer, anywhere, in a secure, HIPAA-compliant environment.

Like to know more? Visit our booth to see what Harmony and Harmony for Aging Services featuring SAMS 1.10 can do for your organization.

Synergy is now... Harmony Information Systems, Inc.

software that simplifies human services.
Tuesday, June 17

9:30 – 11:00 AM (A) WORKSHOP DESCRIPTIONS

**Town Hall - Health & Wellness Track**

**(A-1) Creating a Supportive Environment for LGBT Seniors**
When lesbian, gay, bisexual, and transgender seniors face the challenges of aging, often they do not have the traditional support systems that seniors in the mainstream rely on. Learn how to reach this sometimes “invisible population.” Topics covered will include demographic information, health issues (including HIV/AIDS), legal issues, and how to create a supportive environment.

*Presenter:* Kim Dill, Executive Director, SAGE Upstate
Karen Taylor, Director of Advocacy & Training, SAGE Upstate

*Moderator:* Catherine Bern-Smith, Manager, Schenectady County Dept. of Senior & LTC Services

**Fort Orange Ballroom 5 - Community Empowerment Track**

**(A-2) CSCS Money Management Program**
The Money Management Program is a unique partnership with AARP, ReServe and the Council of Senior Centers and Services, Inc. to help low and moderate-income seniors and individuals with disabilities to keep current with bill-paying, develop a budget and organize their paperwork. Hear how it all started and how it is working. Find out if it is a good fit for your organization, even if you have an existing bill payer program.

*Presenters:* Amanda Leis, Money Management Program Coordinator, Council of Senior Centers & Services of NYC, Inc
Beth Finkel, Manager, State Programs & Services, AARP New York
Jess Geevarghese, Program Officer, ReServe

*Moderator:* John Beale, Director, Dutchess County Office for the Aging

**Fort Orange Ballroom 7 - Emerging Aging Issues & Innovative Models Track**

**(A-3) Kinship Care: Today and Tomorrow**
The Kinship Caregiver Program has developed 14 regional programs designed to provide a range of unique services to support the caregiver as well as those they care for. An update of local and state actions taken to address the challenges of the “kinship” caregiver will be provided.

*Presenters:* Renee Benson, Project Director, Caregivers Respite Program of Catholic Charities
Bob Resnick, Project Coordinator, NYS Office of Children & Family Services
Gerard Wallace, Esq., Director, NYS Kinship Navigator Program

*Moderator:* Nanci Hawver, Caregiver Coordinator, NYS Office for the Aging
Tuesday, June 17

9:30 – 11:00 AM (A) WORKSHOP DESCRIPTIONS

The Lodge - Community Empowerment Track

(A-4) Shining a Light on Older Drivers
The New York State Office for the Aging, under a grant from the Governor’s Traffic Safety Committee, has brought together a group of professionals to address “at risk” older drivers to enable a greater awareness about interventions that are available to help older drivers drive safely longer. Get information to help the older driver, their families, professionals and other members of the community to successfully address potentially unsafe and at-risk driving situations.

Presenter: Rory Fluman, Occupational Therapist, Capital Region Older Driver Assistance Network
Moderator: Michael Paris, Director of the New York State Office for the Aging's Older Driver Safety Program

Shaker - Leadership & Resource Development

(A-5) Marketing on a Shoestring
Key strategies for public relations and marketing on a budget, including no-cost and low-cost methods to increase public awareness of your organization’s message, mission and events. A brief overview of crisis communications will be included.

Presenter: Stacy Jones, Senior Consultant, Shoestring Creative Group
Moderator: Peg Hopper, Aging Services Area Supervisor, NYS Office for the Aging

Fort Orange Ballroom 9 - Membership Meeting – 9:00 am – 11:00 am

(A-6) Membership Meeting: New York State Association of Area Agencies on Aging (NYSAAAA)
Membership meeting for the Area Agencies on Aging

Thank you to Silver Sponsor M&T Bank for sponsoring the “Community Empowerment Track”
Tuesday, June 17

Opening Keynote Address
11:00 AM – 12:00 PM

Welcome & Opening Remarks from
Michael J. Burgess
Director, New York State Office for the Aging

ACUU Planning Committee
NYSOFA Director Michael Burgess will recognize the individuals serving on the ACUU Planning Committee, and thank them for their contributions and commitment to producing a stellar conference.

Keynote Address
CELEBRATING AN AGING SOCIETY: ENHANCING COMMUNITY OPTIONS

The aging of society will be a challenge rife with opportunities. Communities that can embrace the opportunities are likely to have the best chance of confronting those challenges. Dr. Robert Friedland will draw on his extensive public policy experience to underscore the challenges, opportunities, and identify how communities can prosper from the changing demographics. He will examine the issues that affect families and, in particular, the impact of changing demographics on employment, income, health and long-term care and explore ways of thinking about how best to use public policies to improve standards of living. The future is affected by the choices we make now – we must focus our attention on that future and make the right kind of private and public investments in order to meet tomorrow’s challenges of an aging society.

Robert B. Friedland, Ph.D., Associate Professor, Health Systems Administration, and Director of the Center on an Aging Society at Georgetown University. The Center fosters critical thinking about the implications of an aging society, and studies the impact of demographic changes on public and private institutions and families of all ages. www.aging-society.org

Sandy Markwood, CEO of the National Association of Area Agencies on Aging (n4a) will share n4a policy priorities, including a recently launched "Project 2020: Fulfilling the Promise of the Older Americans Act," a three-pronged program encompassing person-centered access to information, evidence-based disease prevention and health promotion activities, and enhanced nursing home diversion services. Links to the n4a report and the Center on an Aging Society are located at: www.nysaaaaa.org/acuu.
NY Connects Excellence in Leadership Award
12:00pm - 12:10pm

The New York State Office for the Aging
and
The New York State Association of Counties
will honor

CRystal J. Abers
Chair, Cattaraugus County Legislature

Crystal Abers will be recognized for the support and dedication that she has demonstrated throughout the implementation of NY Connects: Choices for Long Term Care in an effort to create a more seamless long term care system for the residents of Cattaraugus County.

This award will be presented by:

- Michael Burgess, Director
  New York State Office for the Aging
- Stephen Acquario, Executive Director
  New York State Association of Counties

1:15 – 2:45 PM (B) WORKSHOP DESCRIPTIONS

Town Hall - Health & Wellness Track

(B-1) Preventive Health Screening for Older Adults (Part 1)
A panel of experts will discuss how organizational systems, financing and health care practice influence preventive health screening and related preventive services for older adults. Learn about system incentives and barriers which will help you design and implement local or regional initiatives for maximum success.

Presenters: Foster Gesten, MD, Director of Medical Affairs, Office of Health Insurance Programs, NYS Department of Health
Eva Sciandra, Director, Cancer Detection Strategies, American Cancer Society, Eastern Division
Douglas Shensun, MD, MPH, SPARC (Sickness Prevention Achieved through Regional Collaboration)
Alan Silver, MD, MPH, Medical Officer, Island Peer Review Organization (IPRO)

Moderator: Gary F. Malys, Assistant Director, Division of Community Services, NYS Office for the Aging
(B-2) Creating a Sustainable Senior Empowerment Zone: Gowanus Green
Gowanus Green is a collaborative community development project in South Brooklyn designed to provide affordable cooperative housing with the support of a wellness-based neighborhood. Through this project, learn how to best engage in large-scale collaboration with local government, housing developers, social service agencies, and retail tenants to provide for low-income housing, green design, and an active community.

Presenters: Michelle de la Uz, Director, Fifth Avenue Committee
Christopher Nadeau, MS, Deputy Executive Director, Park Slope Geriatric Center, Inc.
Chris Richbart, Director, Niagara County Office for the Aging
Moderator: Joanne Macklin, Executive Director, NYS Coalition for the Aging
Tuesday, June 17

1:15 – 2:45 PM (B) WORKSHOP DESCRIPTIONS

Fort Orange Ballroom 7 - LTC Continuum Track

(B-3) Alzheimer’s Coordinated Care Demonstration Project
Learn the outcomes of a three-year Alzheimer’s Demonstration Project aimed at maintaining persons with Alzheimer’s Disease or other related dementias in a community setting and enhancing linkages between Alzheimer’s services and county long term care central assessment/point of entry systems. Lessons learned and practical tips on assisting individuals with Alzheimer’s disease will be discussed.

Presenters: Andrea Fettinger, BA, Med., Director, Fulton County Office for the Aging
Philip McCallion, PhD, Director, Center for Excellence in Aging Services
Michelle Murphy, MSW, Project Coordinator, Oneida County Office for the Aging & Continuing Care

Moderator: Anne Marie Burke, Town of Hempstead Senior Center

Fort Orange Ballroom 9 - Emerging Aging Issues & Innovative Models Track

(B-4) Bridging the Silos of Care
A strategy to reduce hospitalization and enhance peace of mind among well seniors, frail elders and their adult children through a point-of-entry screening tool will be discussed. Learn to use program concepts to address medical, emotional and spiritual needs and to develop a personalized stress management program.

Presenters: Tom DeLoughry, Ed.D, Director, Center for Health Management
Nancy Lee Siefka, Director, Cayuga County Office for the Aging

Moderator: Frances Wright, Director, Otsego County Office for the Aging

Shaker - Workforce

(B-5) Working with Older Adults: Charting the Future of Workforce Training & Education
Key interests, concerns, observations, experiences, and recommendations garnered at 8 listening sessions on the topic of Working with Older Adults will be discussed. Learn the implications of such critical issues as planning for a workforce to provide culturally appropriate care to older adults and identifying strategies to recruit and train a workforce to deliver high quality care services.

Presenters: Debbie Heiser, PhD, Director, Applied Research & Analysis, Isabella Geriatric Center
Jennifer Rosenbaum, Bureau Director, Policy Analysis, Research & Mgt., NYS Office for the Aging
Tuesday, June 17

1:15 – 2:45 PM (B) WORKSHOP DESCRIPTIONS

**The Lodge - Emerging Aging Issues and LTC Continuum**

(B-6) Project 2020: Fulfilling the Promise of the Older Americans Act
Sandy will expand on the morning Keynote Address and the strategies for building a stronger system of community-based services through Project 2020, additional Older Americans Act funding, and the promotion of livable communities for all ages. State-specific information on New York will be shared so that we can actively promote these initiatives immediately with the New York State Congressional Delegation.

*Presenter:* Sandy Markwood, CEO, National Association of Area Agencies on Aging, Washington, D.C.

*Moderator:* Joseph W. Cybulski, President, New York State Association of Area Agencies on Aging & Commissioner, Rensselaer Unified Family Services Department of Aging

3:15 – 4:45 PM (C) WORKSHOP DESCRIPTIONS

**Town Hall - Health & Wellness Track**

(C-1) Preventive Health Screening for Older Adults (Part 2)
This workshop will present successful examples of local systems change that can help local Offices for the Aging increase the number of diabetes screenings (case findings) and increase the amount of information and programming they offer concerning diabetes management through inter-disciplinary approaches at the local level.

*Presenters:* Ann Darcy, Coordinator, Nutrition, Health & Wellness, Westchester County Department of Senior Programs
Maureen Spence, MS, RD, CDN, Coordinator, Diabetes Prevention and Control Program, NYS Department of Health
Kristen M. VanAmburgh, Statewide Coordinator, Mini Grant Program, Office of Minority Health, New York State Department of Health

*Moderator:* Florence Reed, Director, Nutrition Unit, NYS Office for the Aging

Thank you to Silver Sponsor Senior Whole Health for sponsoring the “Emerging Aging Issues & Innovative Models Track”
3:15 – 4:45 PM (C) WORKSHOP DESCRIPTIONS

**Fort Orange Ballroom 5 - Community Empowerment Track**

**(C-2) Designing an “Age Friendly City”**
The Age-friendly New York City initiative includes structural, social, economic, and health supportive features to make a city more accessible to, and inclusive of, older residents with varying needs and capacities. The result of this initiative is a detailed blueprint with recommendations for making a city more “age-friendly”. Lessons learned and next steps that have emerged will be shared.

*Presenter:* Ruth Finkelstein, ScD, Vice President for Health Policy, New York Academy of Medicine

*Moderator:* John Beale, Director, Dutchess County Office for the Aging

**Fort Orange Ballroom 7 - LTC Continuum Track**

**(C-3) The Zipper in Seamless Services**
A Community Caregiver model that provides the long missing “zipper” in making seamless services a reality will show how and which systems and policies work best. Learn how to develop and sustain a successful volunteer based care giving model for any community.

*Presenter:* Diane Cameron, Executive Director, Community Caregivers Inc.

*Moderator:* Ann Feightner, Director, Cattaraugus County Department of the Aging

**Fort Orange Ballroom 9 - Emerging Aging Issues & Innovative Models Track**

**(C-4) Cultural Connections – Creating a Senior Center Without Walls**
Cultural Connections provides a means for seniors to participate in cultural events at discounted rates. This “senior center without walls” has reduced isolation and loneliness and has allowed seniors to interact with people they may not have otherwise met. Learn how to work with a community’s cultural institutions to create opportunities for seniors to attend events outside the senior center; how to facilitate interaction among diverse groups of seniors; how thinking of the entire community as part of the senior center enables outreach to greater numbers of people and a greater diversity of people.

*Presenters:* William Dionne, Executive Director, Carter Burden Center for the Aging, Inc.  
Marlena Maria Vaccaro, Director, Carter Burden Senior Program & and Carter Burden Center for the Aging Volunteer Services

*Moderator:* Joanne Macklin, Executive Director, NYS Coalition for the Aging
Shaker - Geriatric Mental Health Track

(C-5) Telehealth to Combat Depression & Promote Wellness
This study began with using a two-way interactive television for “face to face” consultations with the patient at home and a psychotherapist to combat depression. Options for such treatment are now extending to senior wellness. Learn the barriers encountered and options available when conducting telemedicine in the community.

Presenters: Tracey Sokoloff, Administrator, Isabella Geriatric Center
Debbie Heiser, PhD, Director, Applied Research & Analysis, Isabelle Geriatric Center

Moderator: Sandra Abrams, Aging Services Representative, NYS Office for the Aging

The Lodge - Area Agency on Aging Forum

(C-6) Aging Forum: The Modernization of EISEP
Join us for an interactive discussion on the modernization of the Expanded In-Home Services for the Elderly Program (EISEP). The New York State Association of Area Agencies on Aging (NYSAAAA) has convened an EISEP workgroup with the intention of finding workable solutions for current EISEP challenges as well as global long-term care issues. Gear up for a truly interactive session – bring your questions, your opinions, and be prepared to speak out!

This Aging Forum will explore:
- How should EISEP statues and regulations be amended to reflect the needs of today and tomorrow?
- What are creative solutions for current challenges?
- How is your agency dealing with workforce shortages?

Facilitator: Claire Higgins, Nonprofit Consultant, Albany, NY

Thank you to Silver Sponsor Prestige Services, Inc. for sponsoring the “The Modernization of EISEP and Senior Centers Forums”
Back by Popular Demand
Rave reviews from last year sparked us to invite Ernie for an encore performance!

Legendary blues musician, Ernie Williams, will entertain you following a spectacular dinner in the company of your past and future partners in the aging network.

Dinner
6:00pm - 7:30pm

Entertainment
7:30pm - 9:00pm

Advance Registration Required

Register at
www.nysaaaa.com/acuu
Phone: (518) 449-7080 ext. 11

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Optional Wellness Activities

6:30am  Morning Fitness Walk led by Marcus Harazin, Deputy Director, NYSOFA
Meet in the Desmond main Lobby for an invigorating walk led by Marcus. You will return to the hotel in time to attend the Breakfast Roundtables.

7:45 - 8:45am Tai Chi led by Gail Koser, Deputy Director, NYSOFA
Location: to be posted at Registration Table

Breakfast Roundtables
7:45 AM– 8:45 AM – King Street Ballroom

Back by popular demand! Breakfast roundtables on Wednesday morning June 18th will provide an opportunity for conferees to discuss a wide range of issues in an interactive format. A Moderator will guide the discussion at each roundtable. A hot and cold buffet breakfast will be served, enabling you to easily eat and move from table to table and gather a wide array of best practices and program information in a short period of time. Advance registration and payment required.

Roundtable #1 - Best Practices in Geriatric Mental Health
Learn about the various types of mental disorders among older adults and effective practices in the prevention and treatment of them.
Facilitators: Michael Friedman, Chair, Geriatric Mental Health Alliance of New York
Kim Steinhagen, Director, Geriatric Mental Health Alliance of New York
BREAKFAST ROUNDTABLES – CONTINUED
7:45 AM– 8:45 AM – King Street Ballroom

Roundtable #2 - Nurse Training Program: Geriatrics and Developmental Disabilities
Learn about the RRTI Nurse Training Program, including information about the topics that are
discussed in 9 courses, and the concerns raised by nurses who work with geriatric individuals
with DD. Discuss strategies for effective assessment, treatment, and support of this
vulnerable population.
Facilitator:  Anne O’Brien Carelli, PhD, Owner, Carelli & Associates

Roundtable #3 - LTC Insurance: Options and Information
Information will be available regarding the costs and options available to pay for Long Term
Care Insurance. Learn if your county offers LTC Insurance Resource Centers.
Facilitator:  Ken Chappell, Program Assistant, LTC Insurance Education & Outreach, NYS
Office for the Aging

Roundtable #4 - Media Matters
Tips and strategies for effective public relations: crafting your message so that it’s media
ready, the do’s and don’ts of connecting with the media, and writing effective press releases
that will get published.
Facilitator:  Stacy Jones, Senior Consultant, Shoestring Creative Group

Roundtable #5 - Divided We Fail
Too many Americans are concerned about their health and lifetime financial security. Many
fear that the future won’t be as prosperous for their children and grandchildren - that the
American Dream is dying. That’s why AARP launched Divided We Fail. Learn about this
national effort and elected officials involved in finding bi-partisan solutions to ensure
affordable, quality health care and long-term financial security for everyone.
Facilitator:  Erin Mitchell, Associate State Director, AARP

Roundtable #6 - Addressing the Senior Transportation Dilemma
The isolation of some of our older adults can lead to depression and other related problems.
This isolation may be related to the loss of one’s ability to drive and/or the lack of available
transportation services in the community. Transportation is often cited as a major concern for
seniors and their informal caregivers. Join us for a discussion on what steps can be taken to
address this ever increasing need.
Facilitator:  Steven Newcomb, MPA, Contract Compliance Monitor, Monroe County DHS
Office for the Aging
Breakfast Roundtables – Continued
7:45 AM – 8:45 AM – King Street Ballroom

Roundtable #7 - Health Promotion and Disease Prevention
Participants may exchange information about evidence based approaches, innovative ways to increase the use of Medicare preventive benefits, and collaborations between AAAs or Senior Centers or Meal Programs and local Departments of Health to increase health promotion and disease prevention.
Facilitator: Gary Malys, Assistant Director, Division of Community Services, NYS Office for the Aging

Roundtable #8 - Bridging Time: A Technological Based Dialogue between AAA’s and Students
With a specific focus on New York State, the opportunity to develop technology to establish, integrate and strengthen intergenerational connections will be essential in shaping perceptions of future generations. College and university settings can be a tremendous resource for AAA organizations. The results from this innovative approach can have far reaching implications for the role of AAA’s in the 21st Century. This research project is part of a national AAA study funded by NIH
Facilitators: Lawrence T. Force, Ph.D. LCSW-R, Jeffrey S. Kahana, PhD, J.D., Desiree Razaia & Valerie Capalbo, Mount Saint Mary College, Newburgh, NY

Roundtable #9 - Community Empowerment & Livable Community Strategies
The rise in the number of aging citizens will alter the fabric of our communities, dramatically affecting local policies and human services. Join us for a discussion of how we can encourage policymakers to expand housing, transportation and community-based services that will maximize the ability of older adults to live at home and in their community.
Facilitator: Richard Iannello, Executive Director, Albany Guardian Society

Roundtable #10 – Senior Center Innovations and Best Practices
Share your latest program ideas and innovative strategies. Learn from others, share your challenges, get great info!
Facilitator: Kathleen Hazel, President, New York State Coalition for the Aging, Inc.
Morning General Session
8:45 – 10:15 AM

REAL PEOPLE, REAL SOLUTIONS:
Innovation in Operation in our Communities

Our communities are aging, sparking new and innovative solutions spearheaded by people that have rolled up their sleeves to make great things happen. These devoted individuals are featured on the national public television series "It's an Age Thing...Our Communities," a partnership between WMHT and the Albany Guardian Society, which builds on their 2003 successful national public television series. Several individuals featured on the series will join us to share how they've made a positive impact in our communities, particularly in the lives of our older citizens. A showcase of innovation, heart-warming dedication, and real-life determination.

SPEAKERS:
Amy Klein, Executive Director, Capital District Community Gardens, Troy, NY
Dawn Lamphere, Director, Margaret Reaney Memorial Library, St. Johnsville, NY
Claire Murphy, Director, Washington County CARES – Office for Aging & Disability Resources
Mary Santacroce, Director of Elderly Services, RCIL Adult Day Services, Utica, NY
Town Hall - Health & Wellness Track

(D-1) Evidence-Based Health Programs: Building Capacity for Sustainable Programs
A recent survey by the New York State Office for the Aging revealed a variety of health programming being implemented throughout the AAA network and with community partners. Respondents reported that among their offerings, nearly fifty percent were Evidence-Based Health Programs. Survey results will be presented, the difference between Evidence-Based and other health promotion programs will be discussed, and information on training, program funding strategies will be provided.

Presenters: Philip McCallion, Ph.D, Director, Center for Excellence in Aging Services, University at Albany
Lisa Ferretti, MSW, Director of Operations, Center for Excellence in Aging Services, University at Albany

Moderator: John Beale, Director, Dutchess County Office for the Aging

Fort Orange Ballroom 5 - Community Empowerment Track

(D-2) Blueprint for Livable Communities (Part 1): The Westchester Initiative
Westchester County and AARP’s collaborative effort on a multi-year initiative for developing Livable Communities will be discussed and best practices to guide other communities interested in fostering livability will be provided. Learn the major steps to develop a strategic plan for asset mapping, community impact organizing, developing a survey, and community report cards.

Presenters: William Stoner, Associate State Director, AARP New York City
Dozene Guishard, MPS, Director, Planning & Resource Development, Westchester County Dept. of Senior Programs & Services
Collette Phipps, MSW, Deputy Executive Director, Westchester County Department of Senior Programs & Services

Moderator: Thomas Briggs, Director, Delaware County Office for the Aging

Thank you to Silver Sponsor Harmony Information Systems, Inc. for sponsoring the “Health & Wellness Track”
**10:45 AM – 12:00 Noon (D) WORKSHOP DESCRIPTIONS**

**Fort Orange Ballroom 7 - LTC Continuum Track**

**(D-3) Advance Care Planning: Sharing Your Wishes**

Advance Care Planning is defined as a process of communication to prepare for future needs and medical care, before a crisis occurs. *Sharing Your Wishes* grants have assisted several counties to change the culture in their communities to insure that good Advanced Care Planning becomes the norm for older adults. Learn how a *Sharing Your Wishes* toolkit can help your aging population adopt a good Advance Care Plan.

**Presenters:** Pamela Whitmore, Director, Genesee County Office for the Aging
Christine Klotz, Program Advisor, Community Health Foundation of Western and Central NY
Betty Falcao, Director, Health Planning Council, Program of the Tompkins County Human Services Coalition

**Moderator:** Ann Feightner, Director, Cattaraugus County Department of the Aging

**Fort Orange Ballroom 9 - Emerging Aging Issues & Innovative Models Track**

**(D-4) The New Faces of Aging**

A number of new populations are emerging that have special experiences, needs and concerns – Vietnam era veterans, those with severe vision or hearing loss, and gay, lesbian, bisexual and transgendered elders. Learn common issues each faces and possible solutions and outreach opportunities available to the aging network.

**Presenters:** Cynthia Marshall, Director of Bureau of Operational Standards & System Development, NYS Office for the Aging
William Lane, PhD, Vice President, GoldenLane Associates, Inc.

**Moderator:** Cynthia Marshall, Director of Bureau of Operational Standards & System Development, NYS Office for the Aging

**Shaker - Geriatric Mental Health Track**

**(D-5) Integrating Mental Health & Aging Services**

There are various practice models and network development opportunities for incorporating mental health services into aging service programs. Learn which model(s) best meet your program needs.

**Presenters:** Michael Friedman, Chair, Geriatric Mental Health Alliance of New York
Kimberly Steinhagen, Director, Geriatric Mental Health Alliance of New York

**Moderator:** Catherine Bern-Smith, Manager, Schenectady County Dept. of Senior & LTC Services
The Lodge - Senior Center Forum

(D-6) Aging Forum: Re-inventing Senior Centers
This forum is being organized to open a discussion on the future of Senior Centers and how we can best meet the needs of all seniors in our communities now and in the future. Gear up for a truly interactive session – bring your questions, your opinions and be prepared to speak out! This Forum will explore:

- How can Seniors Centers become more appealing to a broader spectrum of seniors?
- What locations/environment will serve your community’s seniors?
- How can we attract younger seniors to the centers?

Facilitator: Claire Higgins, Nonprofit Consultant, Albany, NY
Town Hall - Health & Wellness Track

(E-1) What’s New With Medicare
Updates to Medicare in 2008 include low-income subsidy programs, changes to the Medicare savings program application process, and how retiree insurance coordinates with Medicare. Learn from those with expertise what these changes mean for your clients and staff.

Presenters: Dayle Berke, JD, Health Insurance Specialist, Centers for Medicare & Medicaid Services Region II
Elana Berman, Director of Client & Community Programs, Medicare Rights Center
Cathy Roberts, Senior Paralegal, Empire Justice Center

Moderator: Linda Petrosino, HIICAP Program Coordinator, NYS Office for the Aging
1:00 – 2:15 PM (E) WORKSHOP DESCRIPTIONS

**Fort Orange Ballroom 5 - Community Empowerment Track**

(E-2) Blueprint for Livable Communities (Part 2): The Upstate Experience
With the support of the Robert Wood Johnson Foundation, Broome County has improved its current long term care and supportive services for older adults, while planning for the future needs of this growing segment of the community. The Aging Futures Partnership in Broome will be highlighted as a prime example of a community’s ability to work together for a common goal.

*Presenter:* Kathleen Bunnell, Director, Broome County Office for the Aging

*Moderator:* Thomas Briggs, Director, Delaware County Office for the Aging

**Fort Orange Ballroom 7 - LTC Continuum Track**

(E-3) NY Connects Information & Assistance Programs
Learn ways to provide the most effective and efficient Information and Assistance on Long Term Care options that best serve the community while using existing county resources. Hear successful practices in establishing staffing patterns, staff training, resource allocation, program location and collaboration amongst community agencies, along with creating a winning public education campaign.

*Presenters:* Charles Battaglia, Coordinator of Neighborhood Services & Chair, Erie County NY Connects' Public Education Committee
  Claire Murphy, Director, Washington County CARES, Aging and Disabilities Resource Center
  Martha Scoppa, POE Coordinator, Sullivan County Office for the Aging

*Moderator:* Thea Griffin, Project Director, NYS Office for the Aging

**Fort Orange Ballroom 9 - Emerging Aging Issues & Innovative Models Track**

(E-4) Technology Boost for Assessment & Billing
Web-based computerized assessments, billing, and care plans can help case managers reach new levels of social service program and consumer management. Learn how the integration of one such program assisted in improving productivity in Clinton County.

*Presenters:* Crystal Carter, Director, Clinton County Office for the Aging
  Colleen Monty, Case Manager for the Elderly, Clinton County Office for the Aging

*Moderator:* Bob Miller, Director, Reporting Unit, NYS Office for the Aging
2:45 – 4:00 PM (F) WORKSHOP DESCRIPTIONS

Shaker - Geriatric Mental Health Track

(E-5) Alzheimer’s Disease: Help & Hope
An informative and interactive program that will provide a better understanding of the basics of normal aging vs. Alzheimer’s disease, identify the stages of AD, and discuss treatments and research. This program will provide information on the resources available to those seeking guidance and support due to the challenges of Alzheimer’s disease and related dementias.

Presenter: Gretchen Moore-Simmons, Professional Development Specialist, Alzheimer’s Association of Northeastern NY
Moderator: Lynn Robinson, CSA, Forget Me Not Consulting

Town Hall - Health & Wellness Track

(F-1) Promoting Cognitive Vitality at Any Age
Some people are concerned about cognitive decline as they age, others argue that the risk of decline is exaggerated. There are simple and practical things you can do that will substantially reduce any such risk. Learn the latest research on contributors to cognitive decline as one ages and evidence-based strategies for promoting cognitive vitality at any age. Results and prizes from the Brain Games Demonstration will be presented at this workshop.

Presenters: Lisa Ferretti, MSW, Director of Operations, Center for Excellence in Aging Services
Philip McCallion, Ph.D, Director, Center for Excellence in Aging Services
Moderator: Andrea Hoffman, Bureau Director, Long Term Care Services & Caregiver Supports, NYS Office for the Aging

Fort Orange Ballroom 5 - Community Empowerment Track

(F-2) Aging and Changing Vision
Finding community resources for vision rehabilitation services and implementing low cost programs are vital in an aging community. Learn about vision rehabilitation services, low cost changes to increase linkages between service providers and coalition building.

Presenters: Mebane Powell, Research Associate, NYC Department for the Aging
Alberta Orr, Coalition Coordinator, Aging in New York Fund, Inc.
Moderator: Digna Betancourt Swingle, Aging Services Representative, NYS Office for the Aging
Fort Orange Ballroom 7 - LTC Continuum Track

(F-3) NY Connects & Long Term Care Councils
Several counties across New York State are developing Long Term Care Councils to examine and analyze their local long term care system, identify gaps and duplication in the system, and come up with solutions and strategies to address the identified gaps. Learn the best practices for an effective council including who the stakeholders are, what areas to focus on, and strategies to address barriers.

Presenters: Erin Stachelwicz, Coordinator of Long Term Care, Albany County Department of Social Services
Ann Feightner, Director, Cattaraugus County Department of Aging
Helen P. Sherman, Director, Ontario County Office for the Aging

Moderator: Gail Koser, MSW, Assistant Deputy Director, NYS Office for the Aging

Fort Orange Ballroom 9 - Emerging Aging Issues & Innovative Models Track

(F-4) Senior-Sizing: Lifestyle Adaptations that Promote Independence
Simple low-cost structural and behavioral modifications can make one’s residence and lifestyle more user friendly despite illness/disability/frailty. Learn how adaptation for functional independence can help the elderly population age in place.

Presenter: Eleanor Murray, Occupational Therapist Advisor, Home Care Unit, Clinton County Health Department

Moderator: Crystal Carter, Director, Clinton County Office for the Aging

Shaker - Emergency Planning

(F-5) Emergency Planning & Evacuation
Case studies, examples, and lessons learned will be used to demonstrate the importance of having an emergency and evacuation plan in place. Learn the benefits of using an Electronic Occupant Accountability system in performing search and rescue operations.

Presenters: DiDi Dione, Chief Innovation Officer, Dione Systems, Inc.
Marianne Niccolosi, Executive Director, New York State Adult Day Services Association

Moderator: Peter Lehmann, Aging Services Area Supervisor, NYS Office for the Aging

4:00 PM ACUU 2008 Concludes
Tuesday, June 17, 2008

9:30 – 11:00 am “A” sessions

1:15 – 2:45 pm “B” sessions

3:15 – 4:45 pm “C” sessions

Notes:

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Wednesday, June 18, 2008

Breakfast Roundtables – 7:45 – 8:45 am

10:45 am – 12:00 noon “D” sessions

1:00 – 2:15 pm “E” sessions

2:45 – 4:00 pm “F” sessions

Notes:
ACUU 2009
Save the Date
Tuesday, June 2 - Wednesday, June 3

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