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Aging Concerns Unite Us  
**ACUU**

**2017 Conference**  
**June 6 & 7**

**Desmond Hotel**  
**Albany, NY**



## Seriously good sessions

Innovative ideas from leaders in the aging network!

Advocacy & Aging • Best Practices & Innovations • Partnerships in Aging & Disability Services • Healthy Aging & Diversity • The New World of Aging Services

## Tuesday Workshops - June 6, 2017 \*

\*Workshops subject to change

### Tuesday 10:45 AM - 12:00 PM

#### **A1 | AAA SADS Monitoring: Do we REALLY have to do all that?**

15-PI-12 was issued in July 2015 requiring AAAs to conduct Social Adult Day Services monitoring on specific areas pursuant to the administrative and service requirements in 9 NYCRR §6654.20 Services - Social Adult Day Care Programs. A Monitoring Guide and several tools were recommended as well. The PI requires AAAs to submit reports to NYSOFA within 45 days of a SADS monitoring visit. The session will include training on the guide including how to fill out the tools with emphasis on areas identified by NYSOFA's review of submitted reports that require additional technical assistance to AAAs. NYSOFA will also collect feedback from the AAAs on the opportunities and challenges of the detailed monitoring.

*Presenter(s): Erin A. Purcell, Aging Services Program Analyst, NYSOFA  
Eileen Griffin, Aging Services Program Analyst, NYSOFA*

#### **A3 | Replicating Innovative Caregiver Programs**

Under the Livable Communities umbrella, the caregiver coaching program was developed. Often, families are thrust into becoming caregivers without warning, perhaps if a spouse has a stroke or suffers an accident. As a result, they often become stressed and overwhelmed. That's where the Caregiver Coaches come in. They are stabilizing forces and sounding boards. Their training gives them practical information to become more knowledgeable about caregiving issues and concerns. Then, in turn, they can discuss various options with the caregivers. These conversations can empower the caregivers to set priorities and make more informed decisions. The Caregiver Coaching Program L3C curriculum was developed by the Westchester County Department of Senior Programs and Services and Fordham University's Ravazzin Center on Aging, with input from an advisory committee of representatives from agencies and organizations that deal with older adults. The Caregiver Coaching Program has been replicated in a number of states, including Arizona, Pennsylvania, and Florida. Each replication has been molded to fit the needs of the region.

*Presenter(s): Colette Phipps, LMSW, Program Coordinator Research & Development, Westchester County Department of Senior Programs and Services  
Jennifer Schwartz-Crawford, Program Specialist Aging*

#### **A4 | Healthy Living for your Brain and Body: Tips from the Latest Research**

At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline. To help people age well, the Alzheimer's Association® is offering the Healthy Living for Your Brain and Body: Tips from the Latest Research program. Healthy Living for Your Brain and Body: Tips from the Latest Research is designed for individuals of any age who are looking for information on ways to age as well as possible.

*Presenter: Erica K. Salamida, Associate Director of Programs and Services: Community Outreach, Education, and Early Stage Initiatives, Alzheimer's Association*

#### **A5 | Senior SNAP Enrollment Initiative: A Regional Outreach Partnership**

The Supplemental Nutrition Assistance Program (SNAP) can make a great difference upon the life of low-income older adults. However, seniors often face barriers to participating in the SNAP program such as a lack of awareness

concerning program support, misconceptions about eligibility requirements, a lack of access to centralized services, or stigma concerning public benefits. This presentation will describe strategies utilized to increase participation of older adults in the SNAP program and share strategies cultivated through the partnership, specifically related to grant writing, program development, and staff training and education.

*Presenter: Molly Ranahan, Research Analyst, Erie County Department of Senior Services*

#### **A6 | Home Healthcare Crisis - Problem, Progress, and Possibility**

Receive an update on the NYS Home Health Care Crisis Campaign that was launched at last year's ACUU Conference. We will provide an up-to-date report on advocacy and policy results, as well as the next steps to be taken to ensure home and community based care is adequate, available, and accessible throughout NYS

*Presenter(s): Rebecca Preve, Director, Franklin County Office of Aging  
Maria Alvarez, Executive Director, New York Statewide Senior Action Council  
Donna Beal, Executive Director, Mercy Care for the Adirondacks*

### **Tuesday 1:00 - 2:15 PM**

#### **B1 | Intergeneration Adult Day Programming Targeting Dementia**

My Second Home is an award winning intergenerational social adult day program for seniors with Alzheimer's Disease and related dementias in Westchester County. Originally located in Mount Kisco NY and now in White Plains, My Second Home, a program of Family Services of Westchester is successfully serving a full service social adult day program to the entire Westchester County community. MSH is unique because of the intergenerational component of bringing children together with older adults through the JEWEL program (Joining Elders With Early Learners) through both planned and spontaneous activity. Children range from just 3 months to 11

years old and the relationship between the two is deeply impactful for both age groups. With almost 20 years of successful service delivery, My Second Home aims to share with the attendees of the 2017 ACUU Conference how My Second Home delivers this social adult day program, a day in the life of MSH and the significant impact intergenerational activities has on the generations.

*Presenter(s): Rebecca Lippel, My Second Home, White Plains, NY - Program of Family Services of Westchester*  
*Karen Bisignano, Director, My Second Home, Mount Kisco, NY - Program of Family Services of Westchester*

### **B3 | The Case for a Small Grant in Aging Services**

This session, conducted by the authors of the new book *Grant Writing for Aging Services and Programs*, focuses on the why and how of getting a small grant to start your grant program in aging services. While many will argue that a small grant is just as much work as a big grant and you should not focus on small grants, we suggest that a small grant is the perfect "starter" or supplemental grant for aging services providers. Given the uncertainty of the funding climate at the Federal level, we focus on how to find small community funders, how to work with volunteers to assist in the application process and how to build and support a volunteer cadre to aid in grants management. We will also provide an example of a small-grant focused on adult learning for health and enrichment.

*Presenter(s): Carol R. Hegeman, MS, President, Hegeman Consulting*  
*William C. Lane, Ph.D., CEO, William Lane Associates, LLC*

### **B4 | Maximizing SNAP for Seniors**

The Supplemental Nutrition Assistance Program (SNAP) is a nutritional lifeline for hundreds of thousands of seniors in New York. Yet, many eligible senior citizens do not participate in SNAP. This presentation will describe who is eligible and how SNAP works, address myths about participation in SNAP, explain what seniors can do to maximize benefits, illustrate how SNAP works along with other nutrition assistance programs, and explore SNAP policy threats and opportunities on the state and federal horizon. The presenters will also introduce the Nutrition Education and Outreach Program (NOEP), a statewide SNAP outreach and application assistance program managed by Hunger Solutions New York.

*Presenter: Dawn Secor, SNAP Policy Specialist, Hunger Solutions New York*  
*Sherry Tomasky, Director, Public Affairs, Hunger Solutions New York*

### **B5 | Telehealth Intervention Programs for Seniors (TIPS)**

TIPS is an award-winning, intergenerational, community telehealth monitoring program with wrap-around aging services and workforce development, targeting low-income, high health-risk seniors to improve health care access and outcomes, and to reduce costs. Primary outcomes compare the pre-TIPS 12-month hospitalization rate to the post-TIPS 12-month hospitalization rate. Initial results for 765 TIPS participants showed that TIPS successfully reduced ER visits by 31%.

*Presenter: Colette Phipps, LMSW, Program Coordinator*  
*Research & Development, Westchester County*  
*Department of Senior Programs and Services*

*Colette Phipps, LMSW,*

*Jennifer Schwartz-Crawford, Program Specialist Aging Jennifer*

## **B6| Older Adults and Sexual Health: A guide for Aging Service providers**

The Older Adults and Sexual Health: A Guide for Aging Services Providers was developed by ACRIA with support from the New York State Department of Health (NYSDOH) AIDS Institute, in collaboration with the New York State Office for the Aging (NYSOFA). Many health care providers assume older adult patients are no longer having sex, or are not at risk for contracting HIV or other sexually transmitted infections (STIs). In addition, older adults may not perceive themselves to be at risk. This creates environments that are not conducive to open and honest discussion about sexual health. In particular, LGBT and minority older adults have specific challenges in maintaining a healthy sex life. This workshop will introduce this sexual health guide as both content and training resource for aging providers. Topics include: the role of AAA's and aging providers in addressing health and wellness issues of older adults; HIV and the statewide "Ending the Epidemic initiative" framework for addressing sexual health in older adults; an over view of the Guide; sexual activity and healthy aging; special considerations for LGBT and minority older adults; as well as how to plan and conduct a sexual health discussion with older adults.

*Presenter(s): Lisa Frederick, Director The Training Center, ACRIA*

*Erin Purcell, Aging Services Program Analyst 3, New York State Office for the Aging*

*Robert Curry, Contract Manager HIV Education and Training Programs, NYSDOH AIDS Institute*

## **B7 | Senior Scams**

It's no secret that scam artists often target the senior population. But just how big of a problem is it? In 2015, it's estimated that errors, abuse, and fraud cost Medicare approximately \$66 billion-nearly 10% of the program's budget. The numbers are staggering, but we can combat scammers by knowing how they work. Our goal is to put the power back into the people's hands by providing the knowledge and tools necessary to protect yourself, your loved ones, and the people with whom you work from fraud. In this comprehensive presentation, we'll dispel common misunderstandings, educate you on trending scams, and explain what to do next if you or the seniors you serve are a victim.

*Presenters: Jenna Gladfelter, Program Director, LiveOn NY*

*Esther Hughes, Community Relations Specialist and Outreach Educator, Division of Consumer Protection at NY Department of State*

## **Tuesday, 2:45 - 4:00 PM**

### **C1 | Sustainability: Meeting the Evolving Needs of Changing Client Demographics**

Since 1983, New York Memory Center has continued to meet the ever-changing needs of the community developing dementia-specific programming, our Memory Arts Cafe, wraparound caregiver services, extended hours for adult day services and outreach efforts to underserved caregivers throughout Brooklyn. Techniques to adjusting to community needs include culturally competent and linguistically appropriate outreach and caregiver services. These practices have been especially instrumental recently for the work done through our BIP grant and currently our Family Resource Program which

through our 2017 grant and community care Family Resource Program which receives funding from NYS Department of Health's Alzheimer's Disease Caregiver Support Initiative for Underserved Communities. A central focus for the development of this new program has been to address different strategies of how we can reach different communities, not just as geographic neighborhoods, but through language and culture.

*Presenter: Megan Christ, LMSW, Caregiver Social Worker, New York Memory Center, Family Resource Program*  
*Josephine Brown, QDCP, TTAP-C, Executive Director, New York Memory Center,*  
*Marianne Nicolosi, LMSW, Executive Director, Bay Ridge Center and Consulting Social Work Supervisor for New York Memory Center*

## **C2 | AAAs and ILCs: Building Partnerships in the expanded NY Connects System**

In January 2017 NYSOFA awarded contracts to six Independent Living Centers (ILCs), with each grantee responsible for a specific region of the state to further expand and enhance the delivery of long term services and supports to all populations. The six ILCs are to perform NY Connects core functions in partnership with the Area Agency on Aging (AAA) in each county in the region that they are serving. The collaborative relationships being developed as a result of this initiative will continue to substantiate NY Connects as a true No Wrong Door (NWD)/Aging and Disability Resource System. In this workshop you will hear from a panel of AAA and ILC staff who are successfully collaborating to provide NY Connects core functions. The discussion will reveal the variety of ways that partnerships can be manifested to achieve the same end goal - serving consumers in need.

*Presenter: TBD*

## **C3 | Senior Corps Volunteers: Helping Older Adults Age Well**

Lifespan has sponsored the Retired and Senior Volunteer Program, RSVP, for more than 30 years. It is made possible by a Senior Corps grant, funded by the Corporation for National and Community Service. We engage volunteers, age 55 or older, in service to support not for profit agencies. Through volunteerism, RSVP members offer a unique value to support community solutions that facilitate independent living and improve access to health care.

*Presenter(s): Deborah Palumbos, Director, Retired and Senior Volunteer Program (RSVP), Lifespan of Greater Rochester Inc.*

## **C4 | UPDATE: MLTC Changes and the Benefits of a Pooled Supplemental Needs Trust**

In this interactive workshop Elizabeth Siegel, staff attorney for the Empire Justice Center, and supplemental needs trust expert, Heidi Flatt, of NYSARC Trust Services, join to discuss changes within the landscape of managed long-term care; and how the use of a supplemental needs trust can support MLTC plans and help participants remain in their communities as long as possible. The workshop will begin with an introduction to Managed Long Term Care (MLTC) including enrollment, services, member rights, and Medicaid budgeting in MLTC and provide updates on the MLTC expansion to cover nursing home residents and some waiver programs. This presentation will offer tips, strategies, and problem-solving solutions to help make MLTC work for

members and their advocates. The case studies presented will provide real-world examples to assist care professionals with identifying participants who could benefit from enrolling in a pooled SNT.

*Presenter(s): Elizabeth Siegel, Esq., Staff Attorney, Empire Justice Center  
Heidi Flatt, CPA, CGMA, Chief Operating Officer, NYSARC  
Trust Services*

### **C5 | Community Care Connections: Improving Health Outcomes Older Adults by Addressing the Social Determinants of Health**

Lifespan was awarded a 3 year NYS Department of Health demonstration project contract funded through December 2017 called Community Care Connections. We are using care access points to break-down the traditional barriers and siloes between community-based aging services and medical systems of care to help an increasing population of older adults access ADL/IADL supportive services, reduce hospital admissions/readmissions and ED visits and reduce caregiver burden.

*Presenter(s): Christine Peck, Director of Care Management, Lifespan of Greater Rochester*

*Pamela Taylor, Healthcare Coordination, Project Leader, Lifespan of Greater Rochester*

*Sandy Schencke, Community Care Connections, Project Leader, Lifespan of Greater Rochester*

### **C7 | Live from DC: A Federal Aging Policy Update**

Nearly halfway through a whirlwind year in DC, n4a's chief lobbyist will bring you up to speed on the latest federal aging, budget and health care policy activity, and what it means for your work and the older adults and caregivers you serve. You will leave with a better understanding of how Washington works now, what's happened so far and what's ahead that advocates must be prepared for!

*Presenter: Amy Gotwals, Chief, Public Policy and External Affairs, National Association of Area Agencies on Aging*

## **Wednesday Workshops - June 7, 2017 \***

\*Workshops subject to change

### **Wednesday, 10:15 - 11:30 AM**

#### **D1 | Transforming Alzheimer disease services**

In 2015, the New York State Department of Health's (NYSDOH) Alzheimer's Disease Program (ADP) implemented a new \$25 million strategy to support people with Alzheimer's disease and other dementias (AD/D) and their caregivers. Presenters will discuss the evolution of NYSDOH's AD/D efforts; the initiative's two-pronged approach of investing in community-based caregiver support and diagnostic and medical services for individuals with AD/D with a special emphasis on underserved populations. This presentation will review the five ADP program models; successful strategies and lessons learned; evaluation framework; and the significant program impact experienced across New York State.

*Presenter(s): Elizabeth Berberian, Director, Alzheimer's Disease Program, New York State Department of Health, Division of Long Term Care, Bureau of Community Integration and Alzheimer's Disease*

*Meghan Fadel, Programs Evaluation Coordinator, New York State Department of Health, Division of Long Term Care, Bureau of Community Integration and Alzheimer's Disease*  
*Jane Ginsberg, Executive Director, Coalition of NYS*

*Alzheimer's Association Chapters*

### **D3 | NYS Caregiving and Respite Coalition: Creating an army of volunteer respite workers throughout the state**

The New York State Caregiving and Respite Coalition (NYSCRC) is a partnership of dedicated organizations and individuals committed to supporting the millions of informal caregivers throughout the state. With the help of the Lifespan Respite Grant, NYSCRC is working to develop a comprehensive, sustainable program with the goal of training an army of volunteer respite workers throughout the state. Greater availability to respite services will give caregivers more frequent breaks while helping them better manage the physical and emotional stresses that come with caring for an aging and/or disabled loved one. The presentation will discuss the evidence informed REST model. (Respite Education and Support Tools) Representatives from senior services and healthcare organizations, Area Agencies on Aging, faith-based organizations, adult daycare, or other social service organizations are eligible to receive this training and then share this information in their own communities.

*Presenter: Doris Green, Director, NYS Caregiving and Respite Coalition*

### **D4 | Aging in NY with HIV**

HIV is no longer a disease of the young. In New York City alone, 30% of the 100,000 people living with HIV are over 50, with this number expected to rise to over 50% by 2030. As this group ages, there are a series of challenges which require concerted clinical focus and programmatic tailoring.

*Presenter: Dr. Barbara Zeller, Chief Medical Officer, Brightpoint Health*

*Jessica Diamond, Chief Population Health Officer, Brightpoint Health*

### **D6 | Aging in Times of Transition**

Transitioning from one administration to another often leaves people wondering "what will change?" Hear from federal staff of the US Administration for Community Living for an update on the latest topics affecting: Older Americans Act programs; the Aging & Disability Networks; and both Older Adults & Persons with Disabilities

*Presenter(s): Jennifer Throwe, Aging Services Program Specialist, US Administration for Community Living*

*Kathleen Otte, Regional Administrator, US Administration for Community Living*

### **D7 | Identifying and working with clients in abusive relationships**

This presentation is aimed at helping professionals and caregivers identify individuals who may be in abusive situations. Presenters will provide a brief

overview on the warning signs of elder abuse and its prevalence. We will discuss the best practices for approaching individuals believed to be or are in

an abusive situation, including the basics for a trauma informed approach. Participants will also gain an understanding of legal tools and concepts frequently seen in elder abuse cases including an overview of Power of Attorney and Health Care Proxy. Participants are encouraged to build networks at the conference across disciplines to build coalitions for fighting elder abuse in your own community.

*Presenter(s): Sarah Duval, Staff Attorney, Center for Elder Law & Justice  
Malya Kurzweil Levin, Staff Attorney, the Harry and Jeanette Weinberg Center for Elder Abuse Prevention at the Hebrew Home at Riverdale  
Katie Earl, Social Worker, Center for Elder Law & Justice*

## **Wednesday, 11:45 AM - 1:00 PM**

### **E1 | Innovative and Inclusive Activities**

Interactive workshop presentation will share activities that work in Social Day Programs as well as facilitate groups of participants to share their own activities that are working in their settings. Presenters will provide ideas of ways to make activities more inclusive for people with declining abilities.

*Presenter(s): Amy Davis, Director, Eldercare Social Day Program  
Ann Marie Selfridge, CEO, The Act Care Group  
Victoria Palasieski, Administrator, NYSADSA*

### **E2 | Considering Consumer Directed In-Home Services within Expanded In Homes Services for the Elderly Program (EISEP)?**

Consumer Directed In-home service is a service delivery option that increases the participant's control and participation in his/her in-home care. The number of AAAs developing and implementing consumer directed programs across New York State continues to grow. You'll learn how to receive on-going training and guidance to support your success with development and implementation. New York State Office for the Aging (NYSOFA), along with a select 3-4 panelists currently offering Consumer Directed In-home services, will provide an overview of their experiences with development and implementation. You will have an opportunity to hear from a variety of established programs with time allowed for Q&A.

*Presenter(s): AAA Staff: TBD  
AAA Staff: TBD  
AAA Staff: TBD*

### **E3 | MLTC: The Good, The Bad, and The Where to Go For Help!**

Many New Yorkers who need long term care get these services through Medicaid, and most people with Medicaid must get their long term care through an MLTC program. In this workshop we will discuss the five (5) MLTC programs offered in New York State and provide a step-by-step guide for new enrollments. This workshop will also offer tips and strategies on navigating the system and problem solving solutions for MLTC participants and advocates alike. It will also provide information on ICAN, an independent ombudsman program created to assist clients and advocates with any issues that may arise prior to or following enrollment.

*Presenter: Muriel J. Miller, ICAN Paralegal, Legal Aid Society of*

#### **E4 | Ombudsman Partnership with Legal Services: Advocating for Long Term Care Resident Rights**

As long term care resident advocates, ombudsmen are an essential resource for providing residents with advocacy and information. The Region 15 Long Term Care Ombudsman Program (Region 15), is unique in NYS in its partnership with the Center for Elder Law & Justice (CELJ). Through the partnership, CELJ provides residents in long term care settings with direct linkages to free civil legal services, and provides research, resources, and systemic advocacy support to the residents, Region 15, and its ombudsmen volunteers. CELJ does this through its legal liaison. The presentation will focus on how the partnership has improved the lives of nursing home and adult care facility residents and how the partnership is effectuating systemic change in Region 15 (Western NY).

*Presenter(s): Lindsay Heckler, Staff Attorney/Region 15 LTCOP Legal Liaison, Center for Elder Law & Justice (formerly known as Legal Services for the Elderly, Disabled, or Disadvantaged of W.N.Y)*  
*Lisa Newman, Program Director, Region 15 NYS Long Term Care Ombudsman Program, People Inc.*

#### **E5 | Dementia Care Coach Program**

The Dementia Care Coach Program is a service of ReServe, Inc., a non-profit organization that leverages the skills and talents of professionals 55+ for social good. Dementia Care Coaches are an experienced, trust worthy and well-trained team of retired professionals who go into homes to provide strategic support for individuals with dementia, their caregivers and their families near and far.

*Presenter(s): Laura Traynor, Director, Reserve Inc.*  
*Mary Ordal, Dementia Care Coach Program Coordinator, Reserve Inc.*

#### **E7 | Late Life Addictions: An ACEs informed Treatment Approach**

Senior Hope Counseling, Inc. offers outpatient addictions treatment services to older adults in an ACE (Adverse Childhood Experiences) informed treatment setting. Participants will receive information regarding the value of offering age-specific addictions treatment services in a trauma informed setting.

*Presenter: Nicole S. MacFarland, PhD, LCSW-R, CASAC, Executive Director, Senior Hope Counseling, Inc.*

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**Learn** practical ideas to improve your program  
**Connect** with colleagues & make new friends

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## Reserve Your Room Now!

Our conference is held at the [Desmond Hotel and Conference Center](#), The ACUU group rate is \$129 per night and is available through May 23, 2017 or until the the group block is full, whichever occurs first. ACUU group code is 1216QI.

**We anticipate a full house - book your room early!**

[Direct link to ACUU Hotel Reservations](#)

## Agenda and Registration

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Early-bird discounts apply!

Contact:

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