

31st Annual Arkansas Aging Conference

October 26-28, 2011
Hot Springs Convention Center



Older Americans: connecting the community

Sponsored by
Arkansas Association of Area Agencies on Aging

DIVISION OF AGING
& ADULT SERVICES
ARKANSAS DEPARTMENT OF HUMAN SERVICES

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31st Annual Arkansas Aging Conference

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We would like to express our sincere thanks to our sponsors for their generous support. Without them, this conference would not be possible.

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SPARK/Adult Day Service Association

Contributing Sponsors

Arkansas Gerontological Society
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We hope you will make plans to join us for the 32nd Annual Arkansas Aging Conference on
October 24-28, 2012.



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31st Annual Arkansas Aging Conference

Conference Planning Committee

Tim Herr, Co-Chair, West Central Area Agency on Aging

Connie Parker, Co-Chair, Division of Aging and Adult Services

Nancy Bailey, Southwest Arkansas Area Agency on Aging

Betty Bradshaw, Governor's Advisory Council on Aging

Kim Brown, Absolute Care Management

Angie Dunlap, Area Agency on Aging of Northwest Arkansas

Gwen Ervin-McLarty, Division of Aging and Adult Services

Debbie Gillespie, CareLink

Nadine Grice, Division of Aging and Adult Services

Barrie Hardin, Southeast Arkansas Area Agency on Aging

Diane K. Harry, St. Joseph's Mercy Health Center and SPARK

Lesa Lewallen, Division of Aging and Adult Services

Shanna Maguffee, White River Area Agency on Aging

Melissa Prater, East Arkansas Area Agency on Aging

Bernie Quell, Division of Aging and Adult Services

Stacey Schratz, Division of Aging and Adult Services

Kaye Taylor, Arkansas Adult Day Service Association



Conference Monitors & Helpers

Area Agency on Aging Representatives Coordinating Various Aspects of the Conference

Nancy Bailey, Region VII, Southwest Arkansas Area Agency on Aging
Debi Hotel, Region III, East Arkansas Area Agency on Aging
Shanna Maguffee, Region II, White River Area Agency on Aging
Heather Szefflinski, Region VI, West Central Arkansas Area Agency on Aging
Randi Metcalf, Region VIII, CareLink (Central Arkansas Area Agency on Aging)

Registration

| | | |
|-----------------|-------------------|---------------------|
| Susan Atchley | Billie Holsomback | Karen Naramore |
| Judy Cunningham | Carri Long | Dody Roberts |
| June Dickson | Brenda Lovell | Karen Sawyer |
| Andrea Douglas | Miranda McClinton | Debbi Schneider |
| Denise Hicks | Kathy McSchooler | Heather Szefflinski |

AV Assistants

| | | |
|----------------|---------------|-------------------|
| Tracy Baxter | Tammy Guelich | Machelle Mitchell |
| Cheryl Bradley | Blaine Kalb | Bernie Quell |

Monitors

| | | |
|------------------|------------------|----------------------|
| Karen Armer | Diane Harry | Mary Patrick |
| Nancy Bailey | JoeAnne Hendrix | Wanda Pitts |
| Valerie Baker | Joanne Hollowell | Melissa Prater |
| Tracy Baxter | Lacy Howard | Helen Prince |
| Sheila Bodnar | Lynn Hubbard | Linda Rakes |
| Becky Box | Carol Jackson | Nadine Raney |
| Betty Bradshaw | Vickie Johnson | Ramona Sangalli |
| Kim Brown | Sonja Jones | Stacey Schratz |
| Veniece Burton | Blaine Kalb | Courtney Shackelford |
| Kim Cagle | Susie Keesling | Lynda Smith |
| Becky Casanova | Lesla Lewallen | Connie Spickelmier |
| Tammy Conyers | Shanna Maguffee | Kaye Taylor |
| Denise Delcour | Jane Martin | Evelyn Thrower |
| Angie Dunlap | Kelli Melton | Jack Tiner |
| Lori Gentry | Misty Moore | Kristen Whillock |
| Ann Gevock | Linda Morgan | Susan Williams |
| Debbie Gillespie | Melissa Morris | Jacque Young |
| Candice Gregsons | Stacy Mullins | Cheryl Yow |
| Nadine Grice | Donna Nevin | |
| Barrie Hardin | Alison Parks | |

Schedule of Events

31st Annual Arkansas Aging Conference

October 26-28, 2011

Wednesday, October 26

| | |
|-------------------------|------------------------------------------|
| 8:00 a.m. – 4:00 p.m. | Registration Open |
| 8:00 a.m. – 4:00 p.m. | Exhibits Open |
| 9:00 a.m. – 10:30 a.m. | Welcoming Remarks |
| | Plenary Session by Marjorie McColl Petty |
| 10:30 a.m. – 11:00 a.m. | Break |
| 11:00 a.m. – 12:00 p.m. | Key Note by Fred Schafer |
| 12:00 p.m. – 1:30 p.m. | Lunch on Your Own |
| 1:30 p.m. – 2:30 p.m. | General Session by Fred Schafer |
| 2:30 p.m. – 3:00 p.m. | Break |
| 3:00 p.m. – 4:30 p.m. | Breakout Workshops |

Thursday, October 27

| | |
|-------------------------|--------------------------------------------------------|
| 8:00 a.m. – 4:00 p.m. | Registration Open |
| 8:00 a.m. – 4:00 p.m. | Exhibits Open |
| 8:00 a.m. – 8:30 a.m. | Continental Breakfast |
| 8:30 a.m. – 10:00 a.m. | Breakout Workshops |
| 10:00 a.m. – 10:30 a.m. | Break |
| 10:30 a.m. – 11:30 a.m. | Breakout Workshops |
| 11:30 a.m. – 1:15 p.m. | Awards Luncheon |
| 1:30 p.m. – 2:30 p.m. | Breakout Workshops |
| 1:30 p.m. – | Governor's Advisory Council on Aging Quarterly Meeting |
| 2:30 p.m. – 3:00 p.m. | Break |
| 3:00 p.m. – 4:30 p.m. | Breakout Workshops |

Friday, October 28

| | |
|-------------------------|-------------------------------|
| 8:00 a.m. – 10:00 a.m. | Registration Open |
| 8:00 a.m. – 8:30 a.m. | Continental Breakfast |
| 8:30 a.m. – 9:30 a.m. | Breakout Workshops |
| 9:30 a.m. – 10:00 a.m. | Break |
| 10:00 a.m. – 11:00 a.m. | Closing Session by Jan Nelson |
| 11:00 a.m. – 11:30 a.m. | Door Prize Drawings |



Workshop Tracks

Nurse Track

Look for these presentations and workshops for nurses:

- Elder Abuse and Neglect
- Celiac Disease in Older Adults: Definition, Diagnosis, and Diet
- Diabetes Management in the Older Population
- Care Transitions in the Aging Population
- The Consequences of Oral Disease in the Elderly
- Ethics and Dementia: Understanding the Challenges
- Communicating Effectively with Health Care Providers
- Why Oh Why Won't You Fix My Eye?
- Safe & Dependent or Unsafe & Independent: The Ethical Challenge of Providing Services to the Mentally Competent Consumer Experiencing Physical Decline
- Personality Disorders in Geriatric Population
- Hearing and Hearing Loss in Aging Adults
- Pharmacological Aspects of Cardiovascular Disease in the Elderly

Case Manager Track

Look for these presentations and workshops for case managers:

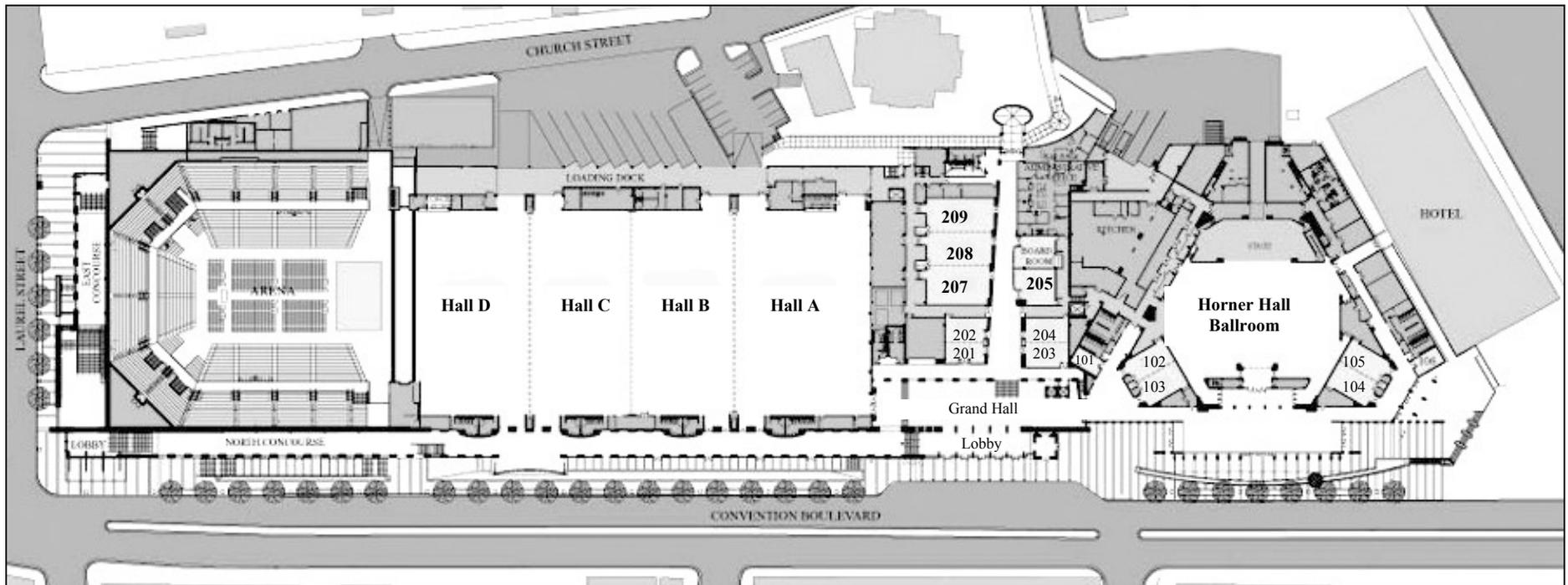
- Home Caregiving Strategies for Health Professionals and Family Caregivers
- Options Counseling in Arkansas – Supporting Individuals in Making Long-Term Care Decisions
- Incontinence & Diabetic Products for the Aging – Choosing Proper Products and Getting Them Paid for by Medicaid and Other Insurances
- Telemedicine and Aging in Place – The Future Looks CloseBy
- The Future of Social Security and Medicare – Will They Be There for Me?
- The Face of Grief: How Death Losses Affect Older Adults
- Maximizing Brain Performance
- Quality of Care is Essential; Quality of Life is Critical
- Legal Perils in Long Term Care
- 2011 Medicare Initiatives, Updates, and Web-Based Tools

Senior Center Track

Look for these presentations and workshops, sponsored by SPARK, for Senior Center staff and volunteers:

- Stories from the Field – Implementation of Evidence Based Health Promotion Programs
- How to Create a Senior Center Website
- I Didn't Know We Could Do That
- Elder Law for the Client and Their Family
- Brain Games
- Food Desert

Hot Springs Convention Center





Conference at a Glance

Wednesday, October 26

8:00 a.m. – 4:00 p.m. Exhibits Open

9:00 a.m. – 9:30 a.m.

Room 207-209

Welcoming Remarks, John Selig, Director, Arkansas Department of Human Services; **Steven Jones**, Deputy Director, Arkansas Department of Human Services; **Krista Hughes**, Director, Division of Aging and Adult Services

9:30 a.m. – 10:30 a.m. Plenary Session

Room 207-209

The Affordable Care Act and Medicare: What's the Latest?

Marjorie McColl Petty, J.D., M.S.; Regional Director, U.S. Department of Health and Human Services; DHHS Secretary's representative for Region VI serving to implement HHS policies and initiatives in Arkansas, Oklahoma, Texas, New Mexico and among 68 tribes

Approved for nursing home administrator CEUs

10:30 a.m. – 11:00 a.m. Break (Exhibit Hall A)

11:00 a.m. – 12:00 p.m. Keynote Session

Room 207-209

Striking Back at Mediocrity: What Would You Do If You Knew You Couldn't Fail?

Fred Schafer, M.S., Wellness Promotion/Health Services, Certified Fitness Therapist

Approved for nursing home administrator CEUs

12:00 p.m. – 1:30 p.m. Lunch on Your Own



Conference at a Glance

Wednesday, October 26

1:30 p.m. – 2:30 p.m. **General Session**

| |
|---------------------------------------------------------------------------------------------------------------|
| Room 207-209 |
| How Anyone Can Become a Lean, Fat-Incinerating, Anti-Aging, Disease and Injury Proof Wellness Machine! |
| Fred Schafer, M.S., Wellness Promotion/Health Services, Certified Fitness Therapist |
| Approved for nursing home administrator CEUs |

2:30 p.m. – 3:00 p.m. **Break (Exhibit Hall A)**

3:00 p.m. **Screening of “Grow Old Along with Me: The Poetry of Aging” (Room 205)**

3:00 p.m. – 4:30 p.m. **Breakout Workshops**

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|-------------------------------------------------------|----------------------------------------------|----------------------------------------------|--------------------------------------------------------------------------------|-------------------------------------------------------------|
| Food Deserts in Arkansas Sponsored by SPARK | Am I a Leader or What? | Legal Perils in Long-Term Care | Hearing and Hearing Loss in Aging Adults <i>Sponsored by AR-GEMS</i> | Communicating Effectively with Health Care Providers |
| Rosemary Rodibaugh, Ph.D., R.D., L.D. | Eddie Williams | Patricia Mullins-Freeman, J.D. | Samuel R. Atcherson, Ph.D. | Jennifer Dillaha, M.D. and Beverly Parker, R.N. |
| Not approved for CEUs | Approved for nursing home administrator CEUs | Approved for nursing home administrator CEUs | Approved for nursing home administrator and nurse CEUs | Approved for nursing home administrator and nurse CEUs |



Conference at a Glance

Thursday, October 27

- 8:00 a.m. – 4:00 p.m. Exhibits Open
- 8:00 a.m. – 8:30 a.m. Continental Breakfast (Exhibit Hall A)
- 8:30 a.m. Screening of “Do Not Go Gently” (Room 205)
- 8:30 a.m. – 10:00 a.m. Breakout Workshops

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Brain Games Sponsored by SPARK Angie Dunlap, Melissa Prater, Sharon Anderson, Todd Price Approved for nursing home administrator CEUs | Fleet Maintenance or Repair; You Decide Eddie Williams Not approved for CEUs | Safe & Dependent or Unsafe & Independent: The Ethical Challenge of Providing Services to the Mentally Competent Consumer Experiencing Physical Decline Jennifer Strayer, L.M.S.W. and Laura Remmel, R.N. Approved for nursing home administrator and nurse CEUs | Why Oh Why Won't You Fix My Eye? Thomas H. Moseley, M.D. Approved for nursing home administrator and nurse CEUs | Quality of Care is Essential; Quality of Life is Critical Kathie J. Gately, B.S.W Approved for nursing home administrator and nurse CEUs |

- 10:00 a.m. – 10:30 a.m. Break (Exhibit Hall A)
- 10:30 a.m. Screening of “Hope in Sight: Living with Macular Degeneration” (Room 205)



Conference at a Glance

Thursday, October 27

10:30 a.m. – 11:30 a.m. Breakout Workshops

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Stories from the Field – Implementation of Evidence Based Health Promotion Programs Sponsored by SPARK Beverly Dunlap, R.E. Hodges, Todd Price, Angie Dunlap, Debbie Campbell and Marion Scott Approved for nursing home administrator and nurse CEUs | The Future of Social Security and Medicare – Will They Be There for Me? Michael Rowett Approved for nursing home administrator and nurse CEUs | Ethics and Dementia: Understanding the Challenges Priscilla Pittman, B.S., M.S.W., M.A. Approved for nursing home administrator and nurse CEUs | Elder Abuse and Neglect Michelle Byler, B.S., M.Div. Approved for nursing home administrator and nurse CEUs | The Face of Grief: How Death Losses Affect Older Adults Rose M. Trosper, B.S. Approved for nursing home administrator and nurse CEUs |

11:30 a.m. – 1:15 p.m. Awards Luncheon (Hall B)

1:30 p.m. GACA Quarterly Meeting

1:30 p.m. Screening of “Do Not Go Gently” (Room 205)



Conference at a Glance

Thursday, October 27

1:30 p.m. – 2:30 p.m. Breakout Workshops

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|--------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| I Didn't Know We Could Do That Sponsored by SPARK Diane Harry, M.A. and Sherry Tidwell Not approved for CEUs | Home Caregiving Strategies for Health Professionals and Family Caregivers Valerie Alsbrook, B.S.N., R.N. | The Consequences of Oral Disease in the Elderly Sponsored by AR-GEMS Cherin Pace, R.D.H., M.S., CCC-SLP Approved for nursing home administrator and nurse CEUs | Celiac Disease in Older Adults: Definition, Diagnosis, and Diet Mary S. Hartwig, Ph.D., A.P.N., B.C. Approved for nursing home administrator and nurse CEUs | Incontinence & Diabetic Products for the Aging – Choosing Proper Products and Getting Them Paid for By Medicaid & Other Insurances Paula D. Estridge, R.T. Approved for nursing home administrator CEUs |

2:30 p.m. – 3:00 p.m. Break (Exhibit Hall A)

3:00 p.m. Screening of “Grow Old Along with Me: The Poetry of Aging” (Room 205)

3:00 p.m. – 4:30 p.m. Breakout Workshops

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Elder Law for the Client and Their Family Sponsored by SPARK Todd Whately, B.S., M.H.S, P.T., J.D., LL.M Approved for nursing home administrator CEUs | 2011 Medicare Initiatives, Updates, and Web-Based Tools Melissa Simpson, M.P.A. and John Pollett Approved for nursing home administrator CEUs | Personality Disorders in Geriatric Population Larry D. Lawrence, R.N. Approved for nursing home administrator and nurse CEUs | Pharmacological Aspects of Cardiovascular Disease in the Elderly Sponsored by AR-GEMS Erin Beth Hays, Pharm.D. Approved for nursing home administrator and nurse CEUs | Maximizing Brain Performance Shelia R. Cassidy, Psy.D. and Denise Compton, Ph.D. Approved for nursing home administrator and nurse CEUs |

5:30 p.m. – 7:30 p.m. “Happy Hour” Networking Opportunity (Embassy Suites Lobby Bar/Lounge)



Conference at a Glance

Friday, October 28

8:00 a.m. – 8:30 a.m. Continental Breakfast (Second floor concourse)

8:30 a.m. Screening of “Hope in Sight: Living with Macular Degeneration” (Room 205)

8:30 a.m. – 9:30 a.m. Breakout Workshops

| Rooms 201-202 | Rooms 203-204 | Room 207 | Room 208 | Room 209 |
|---------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|
| How to Build a Senior Center Website Sponsored by SPARK Robin Freeman, M.P.A., C.V.M. Not approved for CEUs | Options Counseling in Arkansas – Supporting Individuals in Making Long-Term Care Decisions Kris Baldwin Approved for nursing home administrator CEUs | Diabetes Management in the Older Population Melanie Meachum, M.S., R.D., L.D. Approved for nursing home administrator and nurse CEUs | Care Transitions in the Aging Population Joni Sellers, M.S.N., M.H.A., R.N., C.D.E Approved for nursing home administrator and nurse CEUs | Telemedicine and Aging in Place – The Future Looks CloseBy Mike McGibbony, B.S.B.A. Approved for nursing home administrator and nurse CEUs |

9:30 a.m. – 10:00 a.m. Break (Second floor concourse)

10:00 a.m. – 11:00 a.m. Closing Session

| Room 207-209 |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| The Biggest Loser of Old Ideas: I Wonder What That Will Look Like Sponsored by Absolute Care Management. Jan Nelson, M.Ed., President of Center for Courageous Aging Approved for nursing home administrator CEUs |

11:00 a.m. – 11:30 a.m. Door Prize Drawings



Workshops Overview

2011 Medicare Incentives, Updates, and Web-Based Tools – Melissa Simpson, M.P.A., and John Pollett
Thursday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator CEUs

This session discusses how to detect and report suspected Medicare fraud; the new Durable Medical Equipment, Prosthetics, Orthotics, and Supplies (DMEPOS) program; lower costs for Medicare Preventive Screenings; discounts in the Part D Coverage Gap; and, how to use Medicare's website to compare nursing homes, hospitals, home health agencies and more.

The Affordable Care Act and Medicare: What's the Latest? – Marjorie McColl Petty, J.D., M.S.
Wednesday, 9:30 a.m. – 10:30 a.m.; Approved for nursing home administrator CEUs

This session addresses the latest information about the implementation of the Affordable Care Act provisions and important updates about Medicare benefits.

Am I a Leader or What? – Eddie Williams

Wednesday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator CEUs

This session reviews the traditional concepts of leadership, identifies differences between a leader and a manager, illustrates attitudes and concepts which prevent leadership development, and provides practical applications for helping staff and others to develop leadership skills.

The Biggest Loser of Old Ideas: I Wonder What That Will Look Like – Jan Nelson, M.Ed.

Friday, 10:00 a.m. – 11:00 a.m.; Approved for nursing home administrator CEUs

This session explores all the old ideas that are weighing us down and discovers some simple low-cost ways to gain energy in our elders and a daily commitment to bring out the best in others and create a place where potential is reached. Sponsored by Absolute Care Management

Brain Games – Angie Dunlap, Melissa Prater, Sharon Anderson and Todd Price

Thursday, 8:30 a.m. – 10:00 a.m.; Approved for nursing home administrator CEUs

This session discusses programs and activities that stimulate brain function. Sponsored by SPARK

Care Transitions in the Aging Population – Joni Sellers, R.N., and Dina Harlan, R.N.

Friday, 8:30 a.m. – 9:30 a.m.; Approved for nursing home administrator and nurse CEUs

As the population ages, acute and long-term institutional stays will increase due to chronic illness, injuries related to falls and decrease independence in the home setting.

Celiac Disease in Older Adults: Definition, Diagnosis, and Diet – Mary S. Hartwig, Ph.D., A.P.N., B.C.

Thursday, 1:30 p.m. – 2:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session focuses on disease classification, current approaches to the diagnosis and the basics of a strict gluten-free diet, which is still the only treatment for celiac disease.

Communicating Effectively with Health Care Providers – Jennifer Dillaha, M.D., and Beverly Parker, R.N.

Wednesday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session helps participants learn to ask effective questions and get the most out of their appointments with health-care providers.

The Consequences of Oral Disease in the Elderly – Cherin Pace, R.D.H., M.S., CCC-SLP

Thursday, 1:30 p.m. – 2:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session provides images and descriptions of normal oral findings specific to the aging individual, as well as common oral pathologies. Sponsored by AR-GEMS

Diabetes Management in the Older Population – Melanie Meachum, M.S., R.D., L.D.

Friday, 8:30 a.m. – 9:30 a.m.; Approved for nursing home administrator and nurse CEUs

This presentation provides an overview of diabetes, including common barriers and recommendations for controlling diabetes in the older adult population and dietary strategies for diabetes management.

Elder Abuse and Neglect – Michelle Byler, B.S., M.Div.

Thursday, 10:30 a.m. – 11:30 a.m.; Approved for nursing home administrator and nurse CEUs

This session teaches participants how to recognize signs of abuse and neglect in the elderly population, how to notice when someone may be at risk for abuse or neglect, and how to help this population.

Elder Law for the Client and Their Family – Todd Whately, B.S. M.H.S., P.T., J.D. LL.M.

Thursday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator CEUs

This session reviews the documents and processes that affect the elderly and discusses how to advise them on the importance of these documents and processes. Sponsored by SPARK

Ethics and Dementia: Understanding the Challenges – Priscilla Pittman, B.S., M.S.W., M.A.

Thursday, 10:30 a.m. – 11:30 a.m.; Approved for nursing home administrator and nurse CEUs

This session identifies ethics based on consequences, duty and medical principles, while analyzing the tenets of personal responsibility when faced with decisions related to the advanced stages of dementia.

The Face of Grief: How Death Losses Affect Older Adults – Rose M. Trospner, B.S.

Thursday, 10:30 a.m. – 11:30 a.m.; Approved for nursing home administrator and nurse CEUs

This session discusses how to adequately address and work through losses and the emotions associated with loss, such as ongoing sadness, loneliness and isolation, which may lead to depression and other mental health issues.

Fleet Maintenance or Repair; You Decide – Eddie Williams

Thursday, 8:30 a.m. – 10:00 a.m.; Not approved for CEUs

This session reviews the costs associated with operating aging services fleets and methods associated with identifying minor maintenance before it becomes a major repair. The session also provides basic automotive care instructions and methods to cut operational costs associated with fleet services.

Food Deserts in Arkansas – Rosemary Rodibaugh, Ph.D., R.D., L.D.

Wednesday, 3:00 p.m. – 4:30 p.m.; Not approved for CEUs

This session discusses how limited access to grocery stores and lack of transportation contribute to poor nutrition among Arkansans and what can be done to address this issue. Sponsored by SPARK

The Future of Social Security and Medicare – Will They Be There for Me? – Michael Rowett

Thursday, 10:30 a.m. – 11:30 a.m.; Approved for nursing home administrator CEUs

This session discusses current and future financing of Social Security and Medicare, legislative proposals to alter the programs and the implications of the proposals for current and future retirees.

Hearing and Hearing Loss in Aging Adults – Samuel R. Atcherson, Ph.D.

Wednesday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session discusses normal and abnormal hearing impairment, the impact of hearing loss on the aging adult and low-tech solutions for improving communication access. Sponsored by AR-GEMS

Home Caregiving Strategies for Health Professionals and Family Caregivers – Valerie Alsbrook, B.S.N., R.N.

Thursday, 1:30 p.m. – 2:30 p.m.; Approved for nurse CEUs

This session focuses on the role and value of a family caregiver, including the caregiver's responsibilities and specific actions that health-care professionals can take to facilitate the caregiver's journey. Incentives for health-care professionals to become caregiver advocates and examples of programs illustrating advocacy also are discussed.

How Anyone Can Become a Lean, Fat-Incinerating, Anti-Aging, Disease and Injury Proof Wellness Machine! – Fred Schafer, M.S.

Wednesday, 1:30 p.m. – 2:30 p.m.; Approved for nursing home administrator CEUs

This session outlines fundamental tips that anyone can take on a daily basis to progressively “fortify” their physical bodies to enhance health and wellness while becoming leaner, stronger, safer, and more mentally and emotionally resilient, focused and hopeful.

How to Build a Senior Center Website – Robin Freeman, M.P.A., C.V.M.

Friday, 8:30 a.m. – 9:30 a.m.; Not approved for CEUs

This session introduces participants to the basics of what to expect and plan for when developing a senior center website, including an overview of planning processes and an introduction to the technical side of navigation, content and design basics. The session also discusses the benefits of social networking, including how to set up a Facebook page and start and maintain a Twitter account. Sponsored by SPARK

I Didn’t Know We Could Do That – Diane Harry, M.A., and Sherry Tidwell

Thursday, 1:30 p.m. – 2:30 p.m.; Not approved for CEUs

This session discusses innovations and new ways of thinking for the operations of not-for-profit organizations, which keep people healthy in their own homes and productive members of their communities. Sponsored by SPARK

Incontinence & Diabetic Products for the Aging – Choosing the Proper Products and Getting Them Paid for by Medicaid & Other Insurances – Paula D. Estridge, R.T.

Thursday, 1:30 p.m. – 2:30 p.m.; Approved for nursing home administrator CEUs

This session compares the various incontinence and diabetic products available that are covered by insurance and Medicaid and discusses how to choose the proper product for the patient’s needs.

Legal Perils in Long-Term Care – Patricia Mullins-Freeman, J.D.

Wednesday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator CEUs

This session discusses the legal issues in long-term care, focusing on lawsuits for providing substandard care and/or employment liability and provides information regarding common types of cases against long-term care facilities. The session also provides long-term care professionals with information on how to keep from being sued, and, if sued, how to win.

Maximizing Brain Performance – Shelia Cassidy, Psy.D., and Denise Compton, Ph.D.

Thursday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session discusses strategies that improve memory and other thinking skills in everyday situations; the relationship between memory and concentration and mood, emotions and stress; and, strategies for maintaining a positive mood and minimizing stress.

Options Counseling in Arkansas – Supporting Individuals in Making Long-Term Care Decisions – Kris Baldwin

Friday, 8:30 a.m. – 9:30 a.m.; Approved for nursing home administrator CEUs

This session provides information on the Options Counseling program and how it is supporting Arkansans as they make decisions about their long-term care.

Personality Disorders in Geriatric Population – Larry D. Lawrence, R.N.

Thursday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session provides an understanding of personality dynamics so that care providers can develop effective strategies for care and treatment intervention.

Pharmacological Aspects of Cardiovascular Disease in the Elderly – Erin Beth Hays, Pharm.D.

Thursday, 3:00 p.m. – 4:30 p.m.; Approved for nursing home administrator and nurse CEUs

This session discusses the risks and benefits of treating cardiovascular disease with medications in the elderly, as well as barriers the elderly population faces when it comes to medications and appropriate treatment plans. Sponsored by AR-GEMS

Quality of Care is Essential; Quality of Life is Critical – Kathie J. Gately, B.S.W.

Thursday, 8:30 a.m. – 10:00 a.m.; Approved for nursing home administrator and nurse CEUs

This session provides participants with a better understanding of geriatric depression and geriatric loss of will to thrive, including tools to enhance sensitivity and awareness to better serve this population.

Safe & Dependent or Unsafe & Independent: The Ethical Challenge of Providing Services to the Mentally Competent Consumer Experiencing Physical Decline – Jennifer Strayer, L.M.S.W., and Laura Remmel, R.N.

Thursday, 8:30 a.m. – 10:00 a.m.; Approved for nursing home administrator and nurse CEUs

This session offers individual perspectives, as well as ethical and legal positions, when working with consumers who are mentally competent, yet unsafe within the home. The session also discusses consumers' rights to self-determination and ideas for potential future systemic change and improvement.

Stories from the Field – Implementation of Evidence Based Health Promotion Programs – Beverly Dunlap, R.E. Hodges, Todd Price, Angie Dunlap, Debbie Campbell and Marion Scott

Thursday, 10:30 a.m. – 11:30 a.m.; Approved for nursing home administrator and nurse CEUs

This session gives participants a sense of what is expected and what can be achieved by implementing evidence-based health promotion programs in their facilities for the improved health of their clients. Sponsored by SPARK

Striking Back at Mediocrity: What Would You Do If You Knew You Couldn't Fail? – Fred Schafer, M.S.

Wednesday, 11:00 a.m. – 12:00 p.m.; Approved for nursing home administrator CEUs

In this session, participants are encouraged, equipped and strengthened to take their professional and personal lives to a higher level for themselves, as well as for those they serve, lead and care for.

Telemedicine and Aging in Place – The Future Looks CloseBy – Mike McGibbony, B.S.B.A.

Friday, 8:30 a.m. – 9:30 a.m.; Approved for nursing home administrator and nurse CEUs

This session discusses The CloseBy Network, which records daily events at home for those being cared for and notifies anyone immediately of an event that is out of the normal daily pattern.

Why Oh Why Won't You Fix My Eye? – Thomas H. Moseley, M.D.

Thursday, 8:30 a.m. – 10:00 a.m.; Approved for nursing home administrator and nurse CEUs

This session provides a general overview of the eye, the pathology of vision loss in the elderly population, and the details of common ocular surgeries to educate attendees on the communication and decision-making process in surgical eye disease.



Presenter Biographies

Valerie Alsbrook, B.S.N., R.N., is Coordinator of Home Caregiver Training at the University of Arkansas for Medical Sciences–NW. She received her B.S.N. at UAMS. She has approximately 30 years of nursing experience including education, administration and patient care. She is the Coordinator of Home Caregiver Training for the Schmieding Center for Senior Health and Education of Northwest Arkansas. Her primary focus is training individuals to care for elders in the home. When not working, she is a caregiver. She practices self-care by enjoying the company of family and friends, riding horses, gardening, reading, quilting and participating in a support group.

Sharon Anderson is Executive Director for the Lonoke County Council on Aging.

Samuel R. Atcherson, Ph.D., is Assistant Professor at UALR/UAMS. He is a clinic and research-trained audiologist, and a person with post-lingual hearing loss, a lifelong hearing aid user and a 10-year cochlear implant user. He has worked in academia as well as hospitals (Washington, D.C. VA and Kennedy-Krieger Children’s Hospital), clinics, and the South Dakota School for the Deaf. He is former President of the Association of Medical Professionals with Hearing Losses. He is also a former participant and regular guest speaker for the Arkansas Geriatric Education Mentors and Scholars (AR-GEMS) program.

Kris Baldwin is Division Manager at the Division of Aging and Adult Services, Department of Human Services. She has over 35 years of experience in the field of Human Services. She authors and administers federal grants and develops new programs for seniors and adults with disabilities. She manages the Options Counseling program located in the Choices in Living Resource Center, a virtual Aging and Disability Resource Center (ADRC) that informs Arkansans about long-term care options. Consumers can make one toll-free call to discuss the available services and supports needed to make the best decisions about their options.

Michelle Byler, B.S. Psychology, M. Div. with emphasis in chaplaincy, is Family Caregiver Specialist at the Area Agency on Aging of Northwest Arkansas. She has five years of experience working with the elderly population, including four as a hospice chaplain. She also has three years of experience in the school system as a mandated reporter. In her current position, she works with caregivers to help them recognize the warning signs of stress and need for respite to prevent abuse or neglect from occurring. She also leads a caregiver support group.

Debbie Campbell is Section Chief, Older Adults in Communities at the Arkansas Department of Health and administrator of Administration on Aging Chronic Disease Self-Management Program (CDSMP) Grant.

Shelia Cassidy, Psy.D., Clinical Psychologist, is Assistant Professor at the University of Arkansas for Medical Sciences Reynold’s Institute on Aging. She is an experienced Clinical Geriatric Neuropsychologist, and formally assesses memory and various aspects of cognition as a part of an interdisciplinary team to develop an individualized treatment care plan. Her emphasis has been on helping patients and their families or caregivers understand cognitive strengths and weaknesses. She provides recommendations to maximize brain functioning and positive mood in adults.

Denise Compton, Ph.D., Clinical Psychologist, is Assistant Professor, University of Arkansas for Medical Sciences. She has been practicing psychology in geriatric settings since 1993. Much of this experience has included working with individuals who have cognitive disorders and their caregivers. She also has experience providing psychotherapy to seniors experiencing depression and anxiety.

Jennifer Dillaha, M.D. is Special Advisor for Strategic Initiatives for the Arkansas Department of Health. She has a B.A. in Interpersonal Communication and an M.D. degree with training in geriatric medicine. She has lectured extensively on health literacy over the past four years.

Angie Dunlap is Community Program Support Specialist, Area Agency on Aging of Northwest Arkansas. She is trained as a leader to teach the Super Noggin program. She is also a Master Trainer of Active Living Every Day (ALED) and Chronic Disease Self-Management Program (CDSMP) and trainer of Matter of Balance (MOB).

Beverly Dunlap is Program Coordinator for Senior Center Activities and Senior Health and Wellness programs for the Division of Aging and Adult Services.

Paula D. Estridge, R.T., is Director of Corporate Supply Program, Bird and Bear Medical, Inc. She has created, implemented and directed a large supply program for these items for over three years. She spent 25 years in the Home Medical Equipment field.

Robin Freeman, M.P.A, C.V.M., serves as Planning Director and Communications Manager at the Central Arkansas Development Council in Benton, a private non-profit community action agency serving 12 counties in central and south Arkansas. She oversees publicity and outreach, planning and development, grants, fundraising and the free tax preparation program. In her role as Planning Director, she oversaw the development of the multimillion-dollar agency's website.

Kathie J. Gately is Program Administrator of the Office of the State Long-Term Care Ombudsman at the Division of Aging and Adult Services, Department of Human Services. She has 30 years of experience in providing teaching, services, administration and advocacy for geriatrics and individuals with disabilities.

Dina Harlan, R.N., is Community Outreach Manager for Care Improvement Plus. She has been a registered nurse for over 20 years. For over 10 years, she has worked in case management in a hospital setting including managing the department. She assisted in developing the model in which the hospital managed patients through a continuum of care continuing with post discharge follow-up. In her present position as Community Outreach Manager with Care Improvement Plus, she provides health related education for Houston-area seniors targeting the chronically ill and underserved populations.

Diane Harry, M.A. is Senior Service Director at St. Joseph's Mercy Hospital. She has 20+ years of experience as a community-based services provider for a regional health center. She was a 2005 White House Conference on Aging Delegate and is Vice President of Senior Programs of Arkansas (SPARK).

Mary S. Hartwig, Ph.D., A.P.N., B.C. in Advanced Diabetes Management, is Director of Nursing Education, University of Arkansas for Medical Sciences/Area Health Education Centers – Northwest. She has been Board Certified in Advanced Diabetes Management since 2000. She is a diabetes educator and consultant regarding patient care. For 10 years (1997-2006), she taught pathophysiology to UAMS College of Nursing graduate students as a required part of their curriculum. She sees patients for diabetes and nutritional education two full clinic days per week and by appointment; serves as a consultant to physicians on the diagnosis of celiac disease; and, teaches about gluten-free diets. She has conducted seminars on celiac disease and management of a gluten-free diet, and has conducted and presented nationally two research projects on various aspects of diabetes care.

Erin Beth Hays, Pharm.D, works as a clinical pharmacist at a community hospital. As part of her job responsibilities, she does weekly drug reviews in the recuperative care unit, the large majority of which are elderly patients. She makes recommendations to physicians for appropriate medication changes when needed. She also has provided geriatric lectures and topic discussions to pharmacy and medical students on rotation.

R.E. Hodges is Grants Administrator at West Central Area Agency on Aging and Master Trainer of Active Living Every Day (ALED) and the Chronic Disease Self-Management Program (CDSMP).

Krista Hughes has been the Director of the Division of Aging and Adult Services since 2009. She has a master's in Gerontology and has more than 25 years of experience in the long-term care arena, including geriatric rehabilitation at the Veteran's Administration hospital in North Little Rock and executive management in the private for-profit senior retirement and assisted living industries.

Steven Jones is currently Deputy Director of the Arkansas Department of Human Services, an agency with more than 7,000 employees and a budget exceeding \$4 million. He oversees the divisions of Aging and Adult Services, Child Care and Early Childhood Education, Youth Services, Services for the Blind and Community Service & Non-profit Support and works directly with division directors in both federal and state programs. In July 2010, Gov. Mike Beebe appointed Jones to serve as his alternate/designee to the Delta Regional Authority Board. Jones previously served for six years in the Arkansas House of Representatives.

Larry D. Lawrence, R.N., is Program Director, Senior Care, Five Rivers Medical Center. He has 38 years of experience in mental health treatment, with the last 11 years specializing in geriatric psychiatric treatment.

Melanie Meachum, M.S., R.D., L.D., is a Nutrition Consultant, Diabetes and Control Program at the Arkansas Department of Health. She obtained Bachelor of Science in nutrition/dietetics from University of Central Arkansas in 2005 and a Master of Science in nutrition/dietetics and completed dietetic internship through UCA in 2007. She has almost four years of experience as a Registered Dietitian. Previous work experience includes almost two years as a WIC Nutritionist in Bethel, Alaska, and one year as a clinical dietitian in Little Rock.

Mike McGibbony, B.S.B.A. from UALR, is Founder and CEO of SmartwareToday.com. He created this company with the vision of providing residences in Arkansas with the most impactful, relevant and affordable technologies available. He has been in technology for 25 years serving in large and small companies and in government.

Thomas H. Moseley, M.D., is an Ophthalmologist with Wallace Eye Center. He is a practicing board-certified ophthalmologist treating medical and surgical diseases of the eye.

Patricia Mullins-Freeman, J.D., is an attorney at Foland, Wickens, Eisfelder, Roper & Hofer, PC in Kansas City. She has worked with long-term care facilities for approximately nine years in both a consulting role for compliance issues, as well as defense of litigation. She is also an adjunct professor at Rockhurse University in Kansas City, where she teaches Health Care Law.

Jan Nelson, M.Ed., is President of the Center for Courageous Aging. She has spent the past 20 years working with elders in eldercare communities and training staff and caregivers. She founded Courageous Aging, Inc. in 1997 as an activities consulting and training company for eldercare communities. In 1999, she began working with Second Wind Dreams as Program Coordinator in making dreams come true for eldercare residents. In 2007, she re-established Courageous Aging with the mission to “believe in, dream with and discover the potential in our elders and those who care for them.”

Cherin Pace, R.D.H., M.S., CCC-SLP, is an Associate Professor, Department of Dental Hygiene, UAMS. She has been a clinical dental hygienist for 18 years and a faculty member at UAMS dental hygiene program for 12 years. She is a course instructor for the Management of Patients with Special Needs, which incorporates instruction on disease processes that affect the elderly. She has graduate education in speech-language pathology with emphasis in the assessment and treatment of geriatric communication disorders.

Beverly Parker, R.N., is Director of Education at the Center on Aging – Northeast and Director St. Bernards Senior Health Clinic. Parker has over 30 years of experience in nursing. She has a master’s degree in Community Health Nursing. She has had 20 years in hospital leadership positions and is active in educational programs and resources to advance the care of older adults. She has been a Director of Education for the Arkansas Aging Initiative since 2002.

Marjorie McColl Petty, J.D., M.S., is the Regional Director for the U.S. Department of Health and Human Services. She is the Department of Health and Human Services Secretary’s representative for Region VI serving to implement Health and Human Services policies and initiatives in Arkansas, Oklahoma, Texas, New Mexico and Oklahoma and to 68 Tribes.

Priscilla Pittman, B.S., M.S.W., M.A., is Program Director, Alzheimer’s Arkansas Programs & Services. Her expertise has been gained by virtue of master’s degrees in Social Work and Gerontology, her mother’s lengthy battle with dementia, numerous journals read, lectures, and countless conversations with persons with dementia, their caregivers, the medical and legal community, and experience with hospice.

John Pollett is the Project Administrator of the Arkansas SMP, a health-care fraud prevention program administered by the Division of Aging & Adult Services through a grant funded by the U.S. Administration on Aging. He has over 20 years of experience in administration of non-profit programs/agencies dependent on volunteer support.

Melissa Prater is Director of Purchased Services for the East Arkansas Area Agency on Aging, which has held several Wii tournaments and encouraged Wii play in senior centers.

Todd Price holds a B.S. in Exercise Science and is the Health and Wellness Coordinator at CareLink. He is a Certified Super Noggin Leader and Health Educator. He is a Master Trainer of Matter of Balance (MOB) and Active Living Every Day (ALED) and a Lay Trainer Chronic Disease Self-Management Program (CDSMP).

Laura Rimmel, R.N., is a Case Manager for Baptist Home Health Network in Little Rock. In a 26-year nursing career, 20 of those have been spent in home health care case management with frequent interaction with patients who are mentally competent, yet face the challenge of increasing physical decline. As a home health care case manager, she has utilized professional skills, professional expertise and judgment, an awareness of ethical challenges, and, above all, compassion for the decisions that these individuals must make.

Rosemary Rodibaugh, Ph.D., R.D., L.D., is Professor of Nutrition with University of Arkansas, Division of Agriculture Cooperative Extension. She has 22 years of experience as a registered dietitian and nutrition educator working with Extension programs for limited-resource Arkansans.

Michael Rowett is Associate State Director-Communications, AARP Arkansas. He has 16 years of experience and familiarity with Social Security and Medicare, including reporting on and studying of issues as a professional journalist for nine years and the last six years securing detailed knowledge through research/communications/public policy advocacy.

Fred Schafer has worked in leadership positions in senior/adult home health, nutrition services and fitness therapy and has worked in the public and private sector and in his own businesses. He has studied senior health, organizational leadership and personal development for the past 30 years. He has a bachelor's degree in Nutrition and a master's degree in Health Services/Wellness Promotion. He has written one book and is working on completing a second. Over the past 10 years, he has presented at hundreds of leadership, health-care and senior health/aging conferences.

Marion Scott is a volunteer at the Maumelle Senior Wellness Center and a Lay Trainer for the Chronic Disease Self-Management Program (CDSMP).

John Selig has served as Director of the Arkansas Department of Human Services since July 2005. In this capacity, he serves as a member of the Governor's Cabinet and is responsible for providing leadership and oversight of the agency's efforts to promote the health and well-being of all Arkansans, especially those most in need. He manages the state's largest agency with over 7,000 employees and a budget exceeding \$4 billion. He was previously the Department's Deputy Director, and has served as the Director of the DHS Division of Behavioral Health Services and the Director of In-Home Services at the Department of Health. He is a graduate of Stanford University and received a Master's in Public Administration from Princeton University. Prior to joining state government, he was on the staff of U.S. Senator David Pryor and served two years in the Peace Corps as a teacher in West Africa.

Joni Sellers, M.S.N., M.H.A., R.N., C.D.E., is a Registered Nurse with extensive experience with planning and execution of community-based programs, particularly in the geriatric population.

Melissa Simpson, M.P.A., has served as the Arkansas Senior Health Insurance Information Program (SHIIP) Director for four years. SHIIP is a Centers for Medicare and Medicaid Services funded Medicare education program.

Jennifer Strayer is a Licensed Master Social Worker with the Baptist Home Health Network in Little Rock. In her role as a medical social worker at a non-profit home health agency, she has daily in-home interaction with consumers in need of short-term skilled care, a great majority of which are elders. Strayer has prior experience working in the ArTRIAGE Project, a former grant program at the Division of Aging and Adult Services aimed at assisting elders who were at high risk of hospitalization due to physical impairment by expediting the eligibility process for the ElderChoices Medicaid waiver program.

Sherry Tidwell is Senior Program Director of Friendship Community Care. She has 34 years of experience in the field of aging. She has been site coordinator of three different senior activity centers. She currently has a dual role as Site coordinator at the Pope County Senior Activity Center and as Senior Program Director for three other centers in two counties. She currently serves as President of Senior Programs of Arkansas (SPARK).

Rose M. Trosper, B.S., is a Family Care Specialist with the East Arkansas Area Agency on Aging. She is a certified grief facilitator in comprehensive bereavement skills through the Center for Loss and Life Transition and has over 20 years of experience in case management and counseling.

Todd Whately, B.S., M.H.S., P.T., J.D., LL.M in Elder Law, is a Certified Elder Law Attorney with 12 years of practice in Elder Law dealing with the elderly and their families regarding estate planning, guardianships, special needs trusts, Medicaid and VA planning.

Eddie Williams is Nutrition Services Coordinator at the East Arkansas Area Agency on Aging. He has been publicly speaking and teaching since age 17. He was a Baptist pastor for 15 years, and conducted, and continues to conduct, leadership seminars and motivational workshops on various areas of human development. He has been employed in the aging field for nearly 25 years and conducts weekly educational seminars in Memphis, and has made guest appearances on WGNU radio in St. Louis, addressing educational issues. He has been repairing automobiles since he was a teenager and has a working knowledge of automobile repair. He has monitored aging services transportation services in a 12-county service area for nearly 25 years and conducts various in-services for contractors and staff related to pre-trip vehicle inspections and workshops related to controlling vehicle operations costs.



Exhibitors

AARP Arkansas
Absolute care Management
ADT Home Health Security Services
Arkansas Foundation for Medical Care
Age Right Solutions
Airways Medical
Alzheimer's Arkansas Programs & Services
AMA Lifeline
Amedisys Home Health
Arkansas Department of Health
Arkansas Disability & Health Program – UAMS
Arkansas Relay Service
Arkansas Service Commission
Arkansas SMP
Ben E. Keith Co.
Bird and Bear Medical, Inc.
Care Improvement Plus
Care Network
Christian Companion Senior Care
Clearview Geriatrics
Conway Regional Lifeline
Crown Trace Villa
DAAS - Choices in Living
DAAS - MIPPA
Division of Aging and Adult Services & Aging Arkansas
Elder Outreach
EmployAbility

Experience Works
GA Food Service
Harmony Information Systems
Harris Hospital Senior Care
Helping Hands of Hot Springs
Home Care Professionals of Arkansas
Horizon Health
Hospice Home Care
INAlert
Library for the Blind
O'Brian Healthcare
Office of Attorney General Dustin McDaniel
Memory Lane
OPS - The Elder Moving Co.
Personal Care Products
Philips Lifeline
Presbyterian Village
Reliance Health Care, Inc.
Schmieding Home Caregiving
Searcy Healthcare Center
SHIIP
Silver Haired Legislators Alumni Association
SPARK and AADSA
Whatley & Elrod Elder Law
White County Medical Center Behavioral Health



Awards

Meals for Seniors Award

1st Place – Region 1, Northwest; \$687,228.41

2nd Place – Region 6, West Central; \$226,909.00

3rd Place – Region 5, CareLink; \$194,547.41

Arkansas Long-Term Care Ombudsman “Superior Citizen Empowerment” Award

Pioneer Award

ElderChoices 20th Anniversary

Arkansas Gerontological Society Volunteer Awards

Awards Selection Committee

AGS Outstanding Volunteer Group Award

AGS Oldest Volunteer Award

AGS Freshman Volunteer Award

AGS Innovative Volunteer or Group Award

AGS Intergenerational Volunteer or Group Award

AGS Sister Pierre Vorster Award for Years of Outstanding Service to Senior Arkansans

2011 Senior Arkansans Hall of Fame Nominees

Sylvia Bentley – Prairie Grove, Region I

Freeman Bentley – Prairie Grove, Region I

Randy Caldwell – West Memphis, Region III

Eugene Davis – Jasper, Region I

Billie Jean Dougherty – Ward, Region V

Ida M. Harrison – North Little Rock, Region V

Gene Raible – Clarksville, Region VI

Gregory Stensland – Little Rock, Region V

SPARK Best Practice Awards

This award was established in 1995 by the Arkansas Senior Center Task Force, formed of representatives from Area Agencies on Aging and Providers of Service. The Task Force dissolved in September 2000 and SPARK assumed the duties of this awards program. Programs and projects considered for this award are special activities, not the routine daily operations of the center. Examples include fundraising or marketing ideas, unique service delivery programs, community development projects or intergenerational activities.

Special thanks to the following judges for the State Senior Center Best Practice Awards 2011 for Fundraising and Programming:

Pat Dunegan, Independence County Senior Citizen’s Program, Batesville; AAA Region 2

Kim Junkersfeld, Black River Area Development, Inc., Pocahontas; AAA Region 3

Barbara Warrick, Community Living Arrangements, Inc., El Dorado; AAA Region 7

Innovative Programming Nominees

ENTRY 1 CARELINK

Submitted By: Todd Price, Health & Wellness Coordinator

Provider: CARELINK

Region V: CARELINK

“CARE LINK Fitness Program”

One of CareLink’s Fitness Program Goals was to reach the younger senior and get them involved in their programs early. They went from 266 participants the previous year to 677 participants this past year, a 255% growth! Included with this 677 total were 161 seniors between the ages of 50 and 60. Three new programs were implemented in Pulaski County, two of which were evidenced-based programs, Chronic Disease Self Management and Matter of Balance. Zumba classes (Gold & Aqua) were the up-beat physical fitness program. What makes their programs innovative was working with non-traditional partners, such as the UAMS-Institute on Aging, Presbyterian Village, and the Patrick Henry Hays Senior Center in North Little Rock. CareLink currently does not have enough space to provide their seniors with all the fitness classes they want to offer. Partnering has been a “win win” situation for all concerned!

ENTRY 2 Star City Senior Center

Submitted By: Deborah E. Vereen, Site Director

Provider: Area Agency on Aging of Southeast Arkansas

Region IV: Area Agency on Aging of Southeast Arkansas

What We Serve - “Care”

The seniors at our Lincoln County Senior Center are the reason for our community’s involvement in exercising our minds and our bodies. Through their volunteering their time and ideas for the activities and applying presentations of interest, our seniors can learn from the programs offered. Care, health and generosity, through their donated time of love, gifts and money, have mental influence on all of us. We grow through each other’s actions as we watch our Lincoln County Seniors increase in knowledge and knowing they are accepted. With their interest in mind in our daily duties, we care. Care is what we serve here...not just meals.

ENTRY 3 McAuley Senior Center

Submitted By: Amanda Maness, Site Manager

Provider: St. Joseph’s Mercy Health Center

Region VI: Area Agency on Aging of West Central Arkansas

“Catch & Release”

We asked the children of the North Garland County Head Start Program to catch any type of bug, lizard, frog, moth, cricket, butterfly, and caterpillar. The caterpillars were housed by the school until morphing was complete and the beautiful butterflies were released into the habitat, where they took their first feeding among the habitat’s garden of pansies. As the children very proudly released their critters, they had comfort in knowing the bug had a safe home to live in. This program gives children the perfect opportunity to explore, study and understand the importance of the habitat as a learning experience, which provides exposure to native bugs and amphibians. The children are offered knowledge, skills, values and motivation to make a difference and care for nature itself. This activity created an intergenerational atmosphere and civic engagement.

Innovative Fundraising Nominees

ENTRY 1 Carroll County Senior Activity Center

Submitted By: Jerri Marlowe, SAC Director

Provider: Office of Human Concern, Inc. (OHC)

Region I: Area Agency on Aging of Northwest Arkansas

“Victorian Silver Tea Party & Fashion Show”

A Victorian Tea Party and Fashion Show was held at the Carroll County Senior Activity Center in July attracting over a 100 guests. Costumes were donated by a local costume shop in Eureka Springs. The owner of the shop volunteered her expertise in coordinating the Tea and Fashion Show, as well as dressing as a flapper and entertaining. Staff and volunteers wore period costumes and served tea and desserts and then modeled their costumes for the Fashion Show. Donations of food, extravagant glass and silver trays, tea sets, centerpieces and linen were received from people in the community. A local bank donated four \$25 gift certificates, volunteers made beautiful homemade jewelry and paintings to be given away as door prizes. Entertainment was provided by local musicians on the piano and accordion. A good time was had by all that attended, with the center raising \$1,141 to support the center’s Meals on Wheels Program.

ENTRY 2 Searcy County Senior Center

Submitted By: Kelly Reves, Center Director

Provider: Northwest Arkansas Economic Development District, Inc. (NWAEDD)

Region I: Area Agency on Aging of Northwest Arkansas

“Flashlight Easter Egg Hunt”

As a part of the of the 2011 April fundraising efforts, this center held a “Flashlight Easter Egg Hunt” at dark on the Friday before Easter with 95 kids hunting eggs. The hunt was limited to ages 12 and younger with the kids providing their own flashlight. A trophy was given to the kid with the most donations/pledges collected; or, a kid could pay \$10 for the hunt or pay \$20 for the hunt and commemorative T-shirt designed for the event. T-shirts were partially sponsored by a local bank and displayed the bank’s logo. Tellers wore the T-shirts every Friday at the bank to advertise the hunt. Seniors and their families contributed 700-800 plastic eggs, and the eggs were filled with candy/coins and hidden in the baseball field behind the center by seniors. One senior dressed up as an Easter Bunny to the delight of the kids. A photographer took pictures of kids/families for a fee, with a portion going to the senior center. The kids had a great time and the hunt brought in \$2,300 for our Meals on Wheels Program.

ENTRY 3 Star City Senior Center

Submitted By: Deborah E. Vereen, Site Director

Provider: Area Agency on Aging of Southeast Arkansas

Region IV: Area Agency on Aging of Southeast Arkansas

“Dinner/Night Auction”

The Star City Senior Center had a fundraising Dinner/Night Auction on May 12 with lots of laughs, good food and the best dinner music and comedy provided by a local man and his wife. A local Judge from Desha County entertained the crowd while taking bids. Many great auction items were donated by local vendors such as a mobile strutting gobbler decoy, RNT hunter series duck call, a Dillard’s makeover Lancôme/Estee Lauder skin care basket, Big Buddy 18,000 BTU heater and art work, just to name a few. Besides having a great time by all, our center raised over \$3,100 from this fundraiser.



CEU Critical Information

The following sessions were **not** approved for RN CEUs:

- 2011 Medicare Initiatives, Updates, and Web-Based Tools
- Am I a Leader or What?
- Brain Games
- Closing Session - The Biggest Loser of Old Ideas: I Wonder What That Will Look Like
- Elder Law for the Client and Their Family
- Fleet Maintenance or Repair; You Decide
- Food Deserts in Arkansas
- General Session - How Anyone Can Become a Lean, Fat-Incinerating, Anti-Aging, Disease and Injury Proof Wellness Machine!
- How to Build a Senior Center Website
- I Didn't Know We Could Do That
- Incontinence & Diabetic Products for the Aging – Choosing Proper Products and Getting Them Paid for by Medicaid & Other Insurances
- Keynote - Striking Back at Mediocrity: What Would You Do If You Knew You Couldn't Fail?
- Legal Perils in Long-Term Care
- Opening Plenary - The Affordable Care Act and Medicare: What's the Latest?
- Options Counseling in Arkansas - Supporting Individuals in Making Long-Term Care Decisions
- The Future of Social Security and Medicare – Will They Be There for Me?

The following sessions were **not** approved for Nursing Home Administrator CEUs:

- Fleet Maintenance or Repair; You Decide
- Food Deserts in Arkansas
- Home Caregiving Strategies for Health Professionals and Family Caregivers
- How to Build a Senior Center Website
- I Didn't Know We Could Do that



Film Screenings

Sponsored by Terra Nova

Each film is scheduled to screen at least twice during the conference.

Grow Old Along with Me: The Poetry of Aging – This film takes the viewer on a poignant, engaging journey that shows aging, itself, as an ongoing creative process that fully unravels only when we embrace the richness that the "later half" of our lives can bring. With grounded honesty, these older adults address their creativity, intimacy, being alone, accepting the reality of death, and the blessings of peace and nature as they grow older – with hope. Their insights on the process and effects of aging show us how to adapt gracefully to the changes taking place in our bodies, in our relationships, and in the very circumstances of our lives.

Screening Times:

Wednesday, Oct. 26, 3:00 p.m., Room 205

Thursday, Oct. 27, 3:00 p.m., Room 205

Do Not Go Gently, narrated by Walter Cronkite – This film shows the life-enhancing impact that continued creative imagination and artistic expression can have – well into the years. Through a celebratory exploration of the lives, wisdom, and creativity of elder artists, the film includes inspiring profiles of 82-year-old quilter Arlonzia Pettway, 90-year-old ballet dancer Frederic Franklin, and 109-year-old composer Leo Ornstein. The film also emphasizes the importance of creative outlets for persons with Alzheimer's, and includes interviews with gerontologist, Dr. Gene Cohen, whose groundbreaking work offers a deeper understanding of the limitless potential of the aging brain.

Screening Times:

Thursday, Oct. 27, 8:30 a.m., Room 205

Thursday, Oct. 27, 1:30 p.m., Room 205

Hope in Sight: Living with Macular Degeneration – This film shows that life can and does go on with macular degeneration. The video gives way to help persons with macular degeneration to use the remaining peripheral vision they have, and shows specific low vision aids and assistive devices that can make daily tasks easier.

Screening Times:

Thursday, Oct. 27, 10:30 a.m., Room 205

Friday, Oct. 29, 8:30 a.m., Room 205