Fall Conference 2019

40 Years of Making a Difference

October 2-4
DoubleTree by Hilton
Danvers, MA
2019 Conference at a Glance
DoubleTree by Hilton, Danvers, MA
October 2, 3 and 4, 2019

### Wednesday Activities: October 2\(^{nd}\)

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<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:00am–9:00am</td>
<td>Continental Breakfast –</td>
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<tr>
<td>8:00am–5:00pm</td>
<td>Registration Desk &amp; Resolution Desk Open</td>
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<td>8:00am–5:00pm</td>
<td>Exhibitors Hall Open –</td>
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<tr>
<td>9:00am–10:15am</td>
<td>Workshop Session I</td>
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<td>10:15am–10:45am</td>
<td>Break –</td>
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<tr>
<td>10:45am–12:00pm</td>
<td>Workshop Session II</td>
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<td>Lunch –</td>
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<td>1:00pm–2:30pm</td>
<td>Plenary Session –</td>
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<td>2:45pm–3:45pm</td>
<td>Workshop Session III</td>
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<tr>
<td>3:45pm–4:15pm</td>
<td>Break –</td>
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<tr>
<td>4:15pm–5:15pm</td>
<td>Workshop Session IV</td>
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<tr>
<td>6:30pm–9:00pm</td>
<td>Dinner –</td>
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### Thursday Activities: October 3\(^{rd}\)

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<tr>
<td>6:00am-7:00am</td>
<td>Yoga – Josie Dutil</td>
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<tr>
<td>7:00am–9:00am</td>
<td>Breakfast –</td>
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<tr>
<td>8:00am–5:00pm</td>
<td>Registration Desk &amp; Resolution Desk Open</td>
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<td>8:00am–5:00pm</td>
<td>Exhibitors Hall Open –</td>
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<td>8:00am–8:45am</td>
<td>Morning Plenary –</td>
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<td>9:00am–10:15am</td>
<td>Workshop Session I</td>
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<td>1:00pm–2:30pm</td>
<td>Plenary Session –</td>
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<td>2:45pm–3:45pm</td>
<td>Workshop Session III</td>
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<td>3:45pm–4:15pm</td>
<td>Break –</td>
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<td>4:15pm–5:15pm</td>
<td>Workshop Session IV</td>
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<td>6:00pm–8:00pm</td>
<td>Networking Reception –</td>
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### Friday Activities: October 4\(^{th}\)

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<tr>
<td>7:00am–9:00am</td>
<td>Breakfast –</td>
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<td>8:00am–12:00pm</td>
<td>Registration Desk and Resolution Desk Open</td>
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<td>9:00am–12:00pm</td>
<td>Morning Intensive Session</td>
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<td>12:00pm–12:45pm</td>
<td>Lunch –</td>
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<tr>
<td>12:45pm–2:15pm</td>
<td>Wrap Up Session –</td>
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### Wednesday Activities: October 2nd

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<tr>
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<td>Registration Desk &amp; Resolution Desk Open</td>
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<td>8:00am–5:00pm</td>
<td>Exhibitors Hall Open –</td>
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<td>9:00am–10:15am</td>
<td>Workshop Session I</td>
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<td>Break –</td>
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<td>Dinner –</td>
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### Wednesday, October 2

#### Session I 9:00am-10:15am

**W1-1 Making a Significant Impact in Reducing Risk of Type 2 Diabetes in Our Seniors!**

According to the CDC, "there are 84.1 MILLION adults living in the US with prediabetes, that's 1 out of 3 and 90% are unaware. The sad news is approximately 50% are OUR SENIORS! Prediabetes significantly increases risks of developing Type 2 Diabetes. Type 2 Diabetes is a serious, life threatening epidemic associated with multiple health conditions to include all types of dementia, eye, kidney, nerve and cardiovascular disease. The good news is Diabetes is PREVENTABLE! Attend this session, learn the scientific evidence behind Diabetes prevention and why screening, testing and acting today can help your seniors reduce their risks of developing Type 2 Diabetes by more than half. Together we can make a difference in the lives of many!

Scherrie Keating RN, BSN, CDE, CDP, Founder, Diabetes Kare Consulting, LLC

**W1-2 How to Create and Show your True Value**

This workshop will help you define and identify your value to your participants and also to your community. The group will discuss how to create value, boost your current value and how to market you to your participants and local community.

Mary Jo Riley, Senior Center Supervisor

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**Note:** Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
W1-3  Train the Brain

Researchers no longer believe that dementia is an inevitable part of the aging process and we now know that, just as physical exercise keeps our bones and muscles strong, exercise for the brain keeps our intellect and memory sharp.

This class presents a series of brain drills that test and improve your senior’s memory, processing speed, language, problem solving skills, conceptualization, and reasoning skills all while having fun!

Holly Kouvo, Functional Aging Specialist, Fitting Fitness In
David Bergeron & Judi Bergeron, owners, Beauport Hearing Care, Gloucester, MA and volunteer Brain Fitness Rally organizer for the Gloucester Council on Aging
Gail Arpin-Finck, CDATA-I, CBIS, Cognitive Rehabilitation Specialist / Artist, Brain2Gain - Cognitive Fitness for Healthy Aging

W1-4  Art Therapy and its Importance to the Mental Health and Wellness of our Elders.

Learn how art can be a catalyst of self-empowerment through choice, how art can foster self-expression and promotes improved communication and how art cultivates relationship and connection and reduces social isolation and loneliness.

Martha Shanahan, LMHC, ATR

W1-5  Malnutrition Awareness

In recognition of the serious health consequences that can arise from malnutrition, in 2018 Massachusetts established a Commission on Malnutrition Prevention Among Older Adults. This session will provide a brief update of the Commission's work to date. Practical information on malnutrition - what it is, consequences, causes, screening and resources for prevention and treatment will be reviewed. Partnerships and collaborations to help identify and address malnutrition will be discussed.

Linnea Hagberg, R.D. Director of Community Programs and Planner, SeniorCare Inc.
Amy Sheeley, PhD, RD, LDN, Nutrition Specialist, MA Executive Office of Elder Affairs
W1-6  New Directors Training

Seasoned Council on Aging Directors Carolyn Brennan and Marge McDonald will present an intensive three part workshop covering important tools to assist new Directors be a successful Manager, Supervisor and Department Head. Topics include networking and resources, working with COA and "Friends of" Boards, policies, procedures, presenting a budget to appointed committees and governing bodies with a crash course in managing staff and succession planning for staff. Session IV will close with Elizabeth Chen, Secretary of Elder Affairs to hear about opportunities and challenges facing Elder Services and the role of COAs to help meet the needs of older adults and their caregivers.

Carolyn Brennan
Marge McDonald

W1-7  Wellness and Weight Loss Secrets from Around the World for Active Agers

Enjoy a glimpse of what other cultures are doing to enhance their wellness, and manage their weight across the world. Learn about a variety of foods and meal strategies will enhance your wellness. Discover spices and teas that can impact your appetite and health. Hear about global lifestyle strategies that support optimal health and longevity.

Tricia Silverman, Registered Dietitian and Active Aging Nutrition Expert, Tricia Silverman Wellness

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**W1-8  Dual Presentation: Medicare, Health Insurance, and Medical Travel Insurance**

Planning for Medicare—Countdown to 65 is a presentation that helps people approaching Medicare eligibility understand their health insurance options outside of employer-sponsored coverage. Many people need help understanding the coverage options available to them. This is especially true for people that plan to retire and are leaving employer sponsored coverage. For these individuals retirement may be the first time they do not have a Human Resource representative coordinating, explaining, and negotiating a rate for their health plan premium. The presentation will explain: Medicare Parts A and B, Medicare enrollment timeline, Medigap Plans that supplement Medicare coverage, Medicare Advantage Plans, such as HMO and PPO's, Medicare Part D prescription drug plans, and plans and programs available to early retirees, such as COBRA.

Susan Flanagan, Senior Plan Consultant, Blue Cross Blue Shield of Massachusetts

**Travel Insurance—GEO Blue**

Blue Cross Blue Shield of Massachusetts has partnered with GeoBlue, a leader in international travel health insurance to offer medical, prescription drug, and evacuation coverage when traveling internationally. Medicare does not cover members worldwide, many insurance policies do but it may not be the hassle free and claim free process members are accustomed to in the United States. This presentation will explain how travel insurance works to help people make an educated decision on whether to purchase or not. Many of these travel insurance policies are low cost and allow people to travel with confidence, knowing that they can schedule doctor appointments, guarantee payments for cashless access to care and arrange for any necessary follow up treatment. Additional coverage includes medical evacuation coverage and Concierge-level member service 24/7, 365 days a year.

Presenter TBD

**W1-9  Understanding the Complexities of Hoarding and What Can Be Done to Help**

How to identify seniors within the community that may be struggling with the complexities of hoarding. An in-depth discussion of the various psychological triggers that cause hoarding and the challenges this behavior presents. We will review the resources available to best support a senior in this position and discuss ways to engage these services to best support the senior, both short and long term.

Erin DiCarlo, Founder Dovetail Companies
Lauren Watts, Vice President Dovetail Companies
Betsy Ross, Senior Care Consultant
Susan Weinstein, HouseWorks

This program examines the Alzheimer's Family Support Center of Cape Cod as one model of Alzheimer's/dementia support for communities throughout the Commonwealth.

Dr. Molly Perdue, MS, PhD, Co-founder, Executive Director, Alzheimer's Family Support Center of Cape Cod
Melanie Braverman, Co-founder, Cultural Director, Alzheimer's Family Support Center of CapeCod

W2-1  Aging in Place without Isolation: The Sharing Housing Option

When single seniors choose to "age-in-place" do they get lonely? Loneliness creeps up easily and can lead to social isolation and chronic loneliness. Sharing housing is a realistic option for seniors, if they are able to imagine it. This session will explore barriers to shared housing of ageism, fear, and deeply-held expectations of independence. You will learn how to overcome those barriers with models and community examples. Through an interactive exercise, you will learn the twenty-one benefits of sharing housing and leave with concrete steps to promote shared housing in your community, practice and organization.

Nieves Edwards, Nesterly, Boston Community Manager
Annamarie Pluhar, M.Div. Executive Director, Sharing Housing
Janet F. Cramer LICSW, Director, Sharing Housing

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W2-2  Creating a Multi-Cultural Senior Center - It's Worth the Effort!

Learn how multi-cultural outreach enriches the Senior Center experience for all, while providing valuable assistance to seniors of diverse backgrounds. The Worcester Senior Center embraces the rewards and challenges of meeting the varied needs and interests of thousands of participants. Our majority - Caucasian, English-speaking, life-long residents of Worcester - benefit from the mutually shared worlds of seniors new to our community from other cultures and countries such as Albania, Caribbean Islands, Central & South America, China, Iraq, Syria, and Vietnam, as well as from African American seniors well established in Worcester, and more. We will share the best of our 19+ years' experience in creating a welcoming, vibrant center, and hope to inspire further insights and action from the audience.

Yung Phan, Multicultural & Senior Services Coordinator, Worcester Senior Center
Amy Vogel Waters, Director, Worcester Senior Center

W2-3  A Conversation with an Elder Law Attorney

Michelle Beneski, Esq., CELA, LLM Taxation, Managing Partner, Surprenant & Beneski P.C.

W2-4  Innovating COA transportation: examples from an urban, suburban, and rural COA

Access to transportation is critical to reducing isolation and helping older adults age in community, and COAs provide important transportation services. Hear how three COAs are creatively working to offer enhanced transportation service. Newton is piloting an on-demand, shared-ride microtransit service to replace their taxi voucher program, Carlisle recently began partnering with Lyft, and Ware has been active in a coordinated regional transportation initiative that serves older adults along with other community members.

Rachel Fichtenbaum, EOHHS Mobility Manager, MassMobility
David Klein, Carlisle COA
John Zienowicz, Ware COA
Jayne Colino, Newton COA

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W2-5  Identity Theft and Scams Prevention and Victim Assistance

Presentation: Identity Theft and Scams Prevention and Victim Assistance

- The advocate's role in assisting elders with prevention of identity theft and scams
- How to educate elders to be proactive in protecting their identity
- Signs that your identity may have been stolen
- How to assist elders who have become victims of identity theft
- Resources on identity theft available in Massachusetts

Liudmila Mignosa, Program Coordinator, Elder Identity Theft Coalition, Massachusetts Office of the Attorney General
Janice Fahey, Legal Analyst, Elder Identity Theft Coalition, Massachusetts Office of the Attorney General

W2-6  Falls Prevention and Physical Activity suite of programs at COA's

Melissa Donegan, LSW, Assistant Director Healthy Living Center of Excellence
Mary Kay Brown, MCOA

W2-7  Taking Charge Before You Go : Your Choice / Your Control / Your Options

Learn how to take control of your own final arrangements and to help others do the same. The workshop presents 5 steps to creating a custom plan for funeral and body disposition. First, you will go through these steps for yourself. Then you will get tools to aid you in giving this workshop to help others design their own plans. Planning documents and online resources will be presented.

Sandy Ward, President, Funeral Consumers Alliance of Western Massachusetts
Patti Muldoon, President, Funeral Consumers Alliance of Eastern Massachusetts
W2-8 The Accessible Senior Center: Practical Solutions for Inclusion of People who are Blind or Low Vision

As the population ages, the number of people experiencing age-onset vision loss is growing. Low vision and blindness are leading causes of social isolation, falls, and loss of functional independence. But Senior Centers can be models for a welcoming and inclusive experience. This workshop will cover topics such as:

- Environmental barriers
- Information access
- Adaptation of center-based services and evidence-based programs
- Isolation and mental health
- Vision Rehabilitation and Assistive Technology as tools for healthy aging

We’ll offer practical solutions and examples of changes that other centers have implemented, with plenty of time for questions.

Kim Thibault, Director of Vision Rehab, Massachusetts Association for the Blind and Visually Impaired
additional presenter either Kyle Robidoux, Director of Volunteer and Support Group Services or Cynthia Canham, Deputy Director

W2-9 ENGAGE for Brain Health Study (ENGAGE-B)

SIMPLE, SAFE and VERY EFFECTIVE! ENGAGE-B is a pilot study between Tufts University and the Somerville Council on Aging that is examining the effectiveness of an exercise program when led by an existing community-based senior center employee without a formal background in exercise such as an activities or program coordinator. ENGAGE-B is also working with cutting-edge technology in regards to a pre-dementia status with the recruitment of older adults with motoric cognitive risk syndrome (MCR) and are assessed using fNIRS technology that assesses prefrontal brain activity. Our hope is that the results help show such an exercise program is simple, safe and effective that all senior centers can utilize and has shown the possibility to delay the onset of dementia.

Kieran F. Reid, Ph.D., M.P.H. Scientist III
Nutrition, Exercise Physiology, and Sarcopenia Laboratory
Jean Mayer USDA, Humna Nutrition Research Center on Aging - Tufts University
Cindy Hickey - Executive Director, Somerville Council on Aging
Chris Kowaleski

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Wednesday, October 2
Session II 10:45am-12:00pm continued
W2-10  Boundaries: Establishing and Maintaining Healthy Relationships with the Older Adults We Serve

All relationships have boundaries that provide limits to what we say and do, and to what we give, share and receive.

This workshop will underscore the value of maintaining clear boundaries between participants and staff in our COA's. We will engage in discussions about the dilemmas and pitfalls of crossing boundaries and highlight the purpose and value of striking a balance in the zone of helpfulness to create a safe environment for all. We will review common scenarios that occur, and together, come up with suggestions for how to respond that align with our helpful intentions.

Kathy Burnes, Med, Director, Services for Older Adults, Director, Aging Well at Home, Jewish Family & Children's Service

Wednesday, October 2
Session III  2:45pm-3:45pm

W3-1  Social Security for Seniors

In 1935, Social Security was created to promote economic security for the nation's people. Since then, we've integrated programs and services to support millions of people. Chances are, you either receive Social Security benefits or know someone who does. We provide financial protection for nearly 64 million individuals and families, including veterans, the chronically ill, widows and widowers, the children of deceased parents, retirees, and people with disabilities.

According to the Economic Policy Institute, Social Security is the most effective anti-poverty program in the United States. We take considerable pride in administering benefits and providing financial protection for millions. We work tirelessly to deliver on our promise to maintain the basic well-being and protection of those we serve.

The two Social Security Trust Funds — Old-Age and Survivors Insurance (OASI) and Disability Insurance (DI) — will be able to pay all benefits in full and on time until 2034. Even if legislative changes are not made before 2034, we'll still be able to pay 79 percent of each benefit due. Social Security has always changed to meet the needs of the people we serve and will continue to help support you and your family. Whether you are about to retire, become a full time grandparent, or start a new chapter, Social Security can help you secure today and tomorrow.

Kristen Alberino, Public Affairs Specialist, Social Security Administration

Wednesday, October 2
Session III  2:45pm-3:45pm continued
W3-2  Give me five! 5 Principles of a Successful IG Program

Combining nearly 4 decades of IG award-winning experience, Andrea and Patti will share the principles of success with you. You’ll learn about the 5 steps to creating a successful structure: 1) convening a leadership team; 2) planning the program; 3) running the program; 4) evaluating the program; 5) reconvening the leadership team to assess the work and decide on next steps. What creates an impactful program? Incorporating the art and science behind IG engagement, Patti and Andrea will show you how to plan an impactful 60-minute program using a theme to tie together ice breakers, lifelong learning opportunities, life-review questions, and hands-on projects with a final summary. Real-life examples will make each step come to life! Time will be allotted for you to ask questions and identify areas for you to begin or strengthen your own program.

Andrea and Patti have used these 5 principles to create multiple award-winning programs – in community settings, in PreK-12 schools, at libraries and more. The principles remain the same while the specifics change – like making a good pizza – there’s always a crust but the toppings change. Over the years, they have collected data that shows their programs positively affect the perception that young people have toward older adults. Patti and Andrea are happy to share their expertise.

Patti Russo, Certified Poetry Therapist, Between the Lines Poetry
Andrea J. Fonte Weaver, Founder & Executive Director, Bridges Together Inc.

W3-3  Finding the Joy in Retirement

Find out how to assist recent and soon to be retirees in your community to find the joy in retirement. This workshop will include a step by step guide to address the psychological impact of retiring and how to help people find their joy, skills, strengths and passions.

Kate Fennyery, MA LSW, Medway Senior Center
Marcia Lombardo, Outreach Worker, Medway Senior Center
Lenore Martin, MEd, Medway Senior Center

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W3-4 LGBTQ+ Outreach: Connecting an Underserved Community to Needed Services and Resources While Making Connections Across Generations

In 2017, BayPath Elder Services, Inc. launched its LGBTQ+ Initiative to provide outreach to LGBTQ+ older adults, families and caregivers, community agencies, allies, businesses and individuals in order to establish BayPath as an LGBTQ+ informed and inclusive place to find support, information and resources for health and well-being. LGBTQ+ seniors face the typical challenges of aging. However, because of their sexual orientation and/or gender identity, they are at higher risk for abuse, isolation, discrimination and exploitation. This presentation will cover the need for increased outreach to the LGBTQ+ community, the programs we have implemented through this initiative and the lessons learned over the course of our efforts. The presentation will focus specifically on the success of intergenerational events, the importance of collaboration with other community organizations, and the challenges of funding and sustainability, while also offering a brief introduction to LGBTQ+ terminology as a sample of the LGBTQ+ Elders Cultural Competency Training that the program developed as part of this initiative.

Douglas Flynn, Community Programs Manager, BayPath Elder Services, Inc.
Julie Nowak, LGBTQ+ Initiative Coordinator, BayPath Elder Services, Inc.

W3-5 Creating Connections Through Collaboration

Learn how the Town of Longmeadow built public-private, interfaith partnerships to create a grant-funded, direct support program for isolated seniors. Neighbor to Neighbor (N2N) capitalizes on community expertise to train and mentor volunteers to be friendly visitors. One year since the program's inception, collaborators continue to solve new problems and establish best practices. Join us to discuss the collaboration, our successes, and how we have overcome obstacles as a team to decrease isolation in our community.

Stephen Crane, Town Manager, Town of Longmeadow
Erin Koebler, Outreach Coordinator, Longmeadow Council on Aging
Anne Thomas, President and CEO, Glenmeadow

Wednesday, October 2
Session III 2:45pm-3:45pm continued
W3-6 Building Momentum - How to Successfully Engage your Community in Rebranding your Senior Center!

The Barnstable Senior Center recently completed a multi-year rebranding campaign, culminating in the renaming of our facility in June of this year. We learned a lot along the way, most of all that board support is critical and patience is essential for a successful outcome! During this presentation, we will share with you the strategies we utilized to engage our community and build excitement around our rebranding effort.

Madeline Noonan
John Jope
Cassandra Baptista
Emily Shea

W3-7 Supporting Working Caregivers: Innovative Approaches to Public, Private and Community Collaboration

There are over 844,000 family caregivers living in the Commonwealth and two-thirds of caregivers also work a full or part-time job. For most people, the reality of today's world means that professional and personal responsibilities are no longer mutually exclusive. Balancing work and caregiving responsibilities, such as managing medical appointments and arranging meals or transportation, is part of the day-to-day norm for many employees. To support this vital and growing population of working caregivers, the state has developed a cross-sector approach that engages public, private and community resources to improve self-identification and provide supports in and out of the workplace. In this workshop, participants will learn more about the needs of working caregivers, as well as strategies, programs, and tools to better support caregivers living in their local community.

Amanda Bernardo, Director of Policy, Executive Office of Elder Affairs
TBD (Caregiver Specialist)
TBD (Employer)

W3-8 Exploring the Meaning of Death and Dying through Lens of Multiple Religions including Catholicism, Judaism & Christianity

In caring for the physical needs of elderly patients coping with the process of dying and death, it's important to also create an environment which respects their spiritual needs. This session is designed to explore cultural beliefs from interviews with faith leaders and a book reading excerpt representing barriers and celebrations experiences between a family and hospital staff.

Dr. Timberly Robinson, Ethnographer

Wednesday, October 2
Session III 2:45pm-3:45pm continued
Joyful Connections! provides life-enhancing connection to those on the memory loss spectrum as well as people with no cognitive impairment. This meaningful programming is based on the Habilitation Therapy Model and is designed to promote social connections, inspire creativity and imagination, reduce negative behaviors and cultivate a sense of purpose. Each two-hour session consists of three distinct components that are based on the Alzheimer's Association's recommendations for activity planning. Each activity is designed to promote a positive emotional experience. Participants will learn the rationale behind creating the Joyful Connections program and why each of the three distinct components: exercise, refreshments and a therapeutic activity are recommended. The details of each component will be covered and participants will be provided with the information in a free downloadable program replication guide.

Caren Silverlieb, MMHS, Principal, Silverlieb Consulting and Training
Audrey Albert King, LMHC, BC-DMT

Hear the experience of the Executive Directors of the five COAs that piloted Discovery Centers for Civic Engagement in 2019. Supported by MCOA, the Discovery Center mission is: "With senior centers as conveners, reach people age 55 and older, helping them to find purpose and motivation to engage with nonprofits, governmental agencies and others in social purpose work and reaping the benefits of living purposeful, active lives.

At this interactive panel discussion, you'll learn about the impacts and outcomes of introducing Discovery Centers from the Executive Directors of Amesbury, Dartmouth, Duxbury, Framingham, and Wellesley and why Discovery Centers are a good "fit" in their senior centers.

New Discovery Centers will be opened in 2020. Come and find out how your senior center can be one of them!

David Guydan, Director, ESC Discovery
W4-2 Everything you need to start Low Vision and Hearing Assistance programs at your Senior Center

This program will provide attendees with the tools needed to start and maintain Low Vision and/or Low Hearing Assistance Programs at their senior centers. Our speakers will share copies of their Client Intake/Assessment Forms and IEPs for vision and hearing programs, so participants can re-use them at their Senior Centers. Additionally, speakers will provide multiple copies of educational-handouts from a variety of professional organizations that participants can also use. Participants will receive a listing of ideas for conducting Monthly Support Group Meetings, including suggested topics, non-profit agencies, contact names, and phone numbers. Additionally participants will receive a directory of resources, listing of agencies and/or websites where Senior Centers can obtain assistance or borrow assistive technology to start a low vision program at their Senior Center. Lastly, participants can ask questions and learn from the experiences of three professionals who have provided low vision assistive technology and hearing service programs for seniors at a Senior Center for three years.

Maggie Gundersen, Social Service Coordinator, Franklin Senior Center
Kathy Kubit, Lead Volunteer, Low Vision Program, Franklin Senior Center
Kathy Trafethen, Lead Volunteer, Deaf & Hard of Hearing Assistance Program, Franklin Senior Center

W4-3 Women Growing Older: Our Bodies Ourselves

With increased longevity women over 60 are facing new norms, needs, opportunities and challenges. This presentation will explore some of the aspects that affect women's health, sexual, social and emotional well being. Together we need to embrace aging and change the aging paradigm.

Joan Ditzion, LICSW, Educator, Co-Founder and Co-Author of all editions of Our Bodies Ourselves

W4-4 Elder Victimization Intervention Best Practices

The purpose of this presentation is to review the best practices that are being recommended to identify, treat and prevent elder victimization and self-neglect. Strategies will include the use of risk assessment screening tools, online assessment, forensic centers, financial interventions, and recommended training of law, social and health service providers who work with older adults. The effectiveness of these methods will be reviewed and future needs discussed.

Dr. Beverly Dolinsky, Professor of Psychology, Endicott College
Dr. Robert Jerin, Professor of Criminal Justice and Victimology, Endicott College
Eric Giroux, U.S. Securities and Exchange Commission
Jennifer Brady, U.S. Securities and Exchange Commission

Wednesday, October 2
Session IV 4:15pm-5:15pm continued
W4-5  Retiring from driving while still getting around: strategies and tools for supporting older adults

When older adults retire from driving, they may experience isolation or loss of community. Apprehension of impending isolation can cause older adults stress around the decision to retire from driving, and some older adults continue driving under unsafe circumstances in order to maintain their lifestyle and connections. This session will cover a variety of resources and strategies available to COAs to help older adults make safe choices around driving and if appropriate, transition away from driving into community transportation options. The RMV will highlight tools and strategies for evaluating driving and raising the difficult conversations around safety and mobility. The Brookline COA will share support groups and other innovative techniques they are using to assist Brookline residents in comfortably transitioning from driving to other modes. MassMobility will share information on tools available to help identify options and resources to support older adults in trying new modes.

Michele Ellicks, Community Outreach Coordinator, RMV
Maria Foster, Community Outreach Specialist, TRIPPS
Rachel Fichtenbaum, EOHHS Mobility Manager, MassMobility

W4-6  Senior Living or In-Home Care? New research & discussion to help your residents choose the right option.

Families have a myriad of options. Those options are constantly changing and expanding. What are the latest trends in the selection criteria for senior living communities? How has in-home care evolved in the last year? This session draws from fresh surveys of both professionals and individuals executed by the team at Waltham, MA-based Age Friendly Advisor.

Tim Driver
Daniel McCullough

Note: Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
W4-7 Impact of Nutrition Interventions

Meals On Wheels is a nutrition intervention that keeps high risk frail seniors who are homebound, isolated with chronic health conditions, safer, healthier, happier, and in their own homes out of higher cost settings.

It is uniquely effective because it's more than a meal. It combines nutritional support with regular face to face visits by trained staff and volunteers. Over time they build strong, trusting relationships that reduce social isolation and reduce risk of depression.

Meals On Wheels drivers are the trained “eyes and ears” of an extended home and community-based care team. They're in the best position to do three important things:

- observe and report changes in condition that may threaten independence
- encourage & motivate them to accept help and take steps to reduce their risks
- when necessary, act as 1st responders to call in emergency help (ex. falls, heart and breathing problems).

Minuteman has partnered with a software analytics vendor, YPoint Analytics, to design a secure app that our drivers will use to formalize an expanded, standardized safety check for Meals on Wheels consumers. The data collection will provide a consistent and real time response to consumer’s observable change of conditions in multiple areas: health, environment, mobility, etc. The goal is to improve homebound seniors’ access to medical care and support services. Supporting Meals on Wheels consumers to improve health outcomes, avoid preventable hospitalizations, and maintain independence.

Leslie May-Chibani, Assistant Director, Minuteman Senior Services
Jenn Stiff, Nutrition Program Director, Minuteman Senior Services
W4-9  Taking A Deeper Dive into Understanding Dementia: A Conversation with Two Experts in Dementia

We all have a general understanding of dementia, but this workshop will take a deeper dive into understanding the disease by hearing a brief presentation by an expert in dementia and a person living with Lewy Body Dementia.

Patty Sullivan, Discussant
Mike Bellville, Person Living with Dementia

W4-10  Panel Discussion

David Stevens, Executive Director, MCOA

Note: Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
## Thursday Activities: October 3rd

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<tr>
<th>Time</th>
<th>Activity</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>6:00am-7:00am</td>
<td>Yoga – Josie Dutil</td>
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<td>7:00am-9:00am</td>
<td>Breakfast –</td>
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<td>8:00am-5:00pm</td>
<td>Registration Desk &amp; Resolution Desk Open</td>
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<td>8:00am-5:00pm</td>
<td>Exhibitors Hall Open –</td>
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<td>8:00am-8:45am</td>
<td>Morning Plenary –</td>
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<td>9:00am-10:15am</td>
<td>Workshop Session I</td>
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<td>10:15am-10:45am</td>
<td>Break –</td>
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<td>10:45am-12:00pm</td>
<td>Workshop Session II</td>
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<td>12:00pm-12:45pm</td>
<td>Lunch –</td>
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<td>1:00pm-2:30pm</td>
<td>Plenary Session –</td>
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<td>2:45pm-3:45pm</td>
<td>Workshop Session III</td>
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<td>3:45pm-4:15pm</td>
<td>Break –</td>
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<td>4:15pm-5:15pm</td>
<td>Workshop Session IV</td>
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<td>6:00pm-8:00pm</td>
<td>Networking Reception –</td>
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### Thursday, October 3

**Session I  9:00am-10:15am**

**T1-1 Want to be on TV? Reaching Out to Seniors on local Cable TV!**

Do you want to expand awareness of senior issues, as well as, your community’s many resources and promote your senior center at the same time? Learn how a month cable TV show can help you do just that. Did you know a monthly show is rebroadcasted at least 3 times a week? Learn how this group using the same concept for a show ”Frank and Mary in...”and making it a success in their communities. Learn from the Director of a local access cable TV station how easy it is to do! This discussion panel will be led by elder law attorney Arthur Bergeron who co-hots the shows in each community. Who knows....you might be a star!!!

Shelby Marshall, Selectperson - Westborough, Co Host Frank and Mary in...
Susan Ramsey, Director Natick COA, Co Host Frank and Mary In...
Trish Pope, Director Marlborough COA, Co Host Frank and Mary In...
Sam Shauerman, Director Billerica Cable Station

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**Note:** Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
T1-2  What the Caregiver Needs to Know: Supports for People with IDD and Dementia

People with IDD experience complex age-related issues, including dementia-related disorders. A needs assessment is underway to identify areas for improvement to caregiver supports specific to IDD and dementia. Learn about the state system and the Massachusetts Department of Developmental Service’s service delivery principles on how to support the person with IDD and dementia, the family and other caregivers.

Kathryn Service, RN, MS, FNP-BC, CDDN
Christine J. Clifford, MHP

T1-3  Community Investments: Hospitals’ New Community Benefit Guidelines & DoN-Community Health Initiative Requirements

Many of us think of a hospital as simply a place to go for medical care, but with goals of improving community health and well-being, hospitals are increasingly becoming important partners for healthy aging. Recent changes to state regulations and guidelines in Massachusetts have created new expectations and requirements for how hospitals invest in communities to improve health. Come to this workshop to learn about:

1. The MA Attorney General’s revised Hospital Community Benefits Guidelines for non-profit hospitals;
2. MA Department of Public Health’s updated regulations for the Determination of Need (DoN)-Community Health Initiative, including its new statewide Healthy Aging Fund;
3. The importance of participating in community health needs assessments; and
4. How to get more involved with the hospital in your region (without being admitted!)

Andrea Freeman, MS, Field Director, MA Public Health Association (MPHA)

T1-4  Senior Tax Relief - A Deeper Dive & New Ideas

This program will:

* Begin by providing an overview of existing older adult tax relief programs and participation levels;
* Suggest what towns can do now to improve their relief programs;
* Highlight current legislation to improve the deferral program;
* Propose a new statewide deferral program; and open it to discussion and questions.

Abigail N. Walters, MPP, Research Associate, Center for Retirement Research at Boston College
David P. Klein, MS, Director, Carlisle Council on Aging, Co-Chair MCOA Sr Property Tax Relief Task Force
T1-5 Suicide Prevention in Older Populations

In this workshop, presented by Samaritans, Inc., we aim to break down stigma and misconceptions that can accompany the topic of suicide. We provide participants with the tools to be better listeners, establish more comfort speaking to someone who may be in crisis, and demonstrate steps to take if someone is having thoughts of suicide. With elders at a high risk for suicide, it is vital for professionals and laypeople to be educated on this topic. People of all levels of experience will leave this workshop feeling empowered to have difficult conversations.

Topics covered include: Samaritans’ programs and how Councils on Aging can utilize our resources, facts and myths of suicide, risk factors, warning signs, coping and resiliency, how to talk to and actively listen to someone, and how to help someone who is feeling suicidal.

Rose Cheyette, Manager of Community Education and Outreach, Samaritans, Inc.

T1-6 Current Trends in Elder Law and Aging

With every succeeding generation, families are faced with new realities and challenges. Today's seniors and their families are no different! Current trends reveal seniors approaching their golden years in blended families, and too few recognize the need for prenuptial agreement and a comprehensive estate plan to ensure that their family is protected and their wishes are carried out. Seniors today are also faced with the financial reality of their children returning home, often with their own children, and the household becoming a multi-generational unit. This presents many benefits and potential problems, and all parties must work together, with smart strategies, so that the arrangement works well for everyone. Finally, attorneys today are presented with probate cases with no liquid assets because the decedent passed with real estate and retirement funds, but nothing liquid. This results in a Personal Representative who needs to expend personal funds to probate the estate. Seniors should recognize the need for a sound financial plan post-death, so their family isn't left with a mess!

Andrea A.J. Witt, Esq. and Stephen Spano, Esq.

Note: Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
T1-7 Bridging Young and Old with Creative Robotics

Attendees of this hands-on session will learn how robotics and coding can be introduced to older adults in a fun and engaging way without requiring any screens. KIBO is a research backed robot designed to introduce coding to young children in a concrete, tangible way, without any screens, computers, or tablets. These aspects also make KIBO an ideal creative technology for older adults!

Using physical wooden blocks, users create a sequence or program, scan the blocks in, and tell their robot what to do - go forward, back, shake, blink, and speak! KIBO offers an exciting opportunity for these adults to learn what their grandchildren or great grandchildren are learning in school. Programming a robot can even be something they discover together with their younger family members.

Attendees will also have an extended hands-on opportunity to play with KIBO, a research-based screen-free coding and robotics kit. We will also share user experiences and examples of KIBO being used with older adults. Get hands-on with KIBO and see for yourself how easy it is to engage older adults with fun robotic activities.

Jason Innes, Director of Training and Curriculum Development, KinderLab Robotics, Inc.
Michael Marks, Founder and Chief Roboticist, TSC Robotics

T1-8 Care for the Caregiver: Strategies for Resilience

As the work of direct care staff becomes more complex and organizations are asked to do more with less, the ability of professional caregivers to be resilient is critical in their ability to maintain healthy careers and provide ongoing high-quality care.

In Part-One of this highly experiential workshop participants will explore the impact of Compassion Fatigue, Vicarious Trauma, Burnout and Moral Distress. Part Two will focus on an in-depth wellbeing assessment with strategies to maintain spiritual, mental, emotional, physical and workplace practices for longevity.

Alicia Davis, PCC, Owner/Partner, Transformative Leadership Strategies

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T1-9  Building High Performing Teams Through Role Clarity

In order to achieve results as an organization, staff and leaders must work with clarity and focus. Enhancing collaboration, building accountability, and improving clarity of purpose and performance results in a Team that is able to propel strategy forward.

Part of implementing any plan relies on each team member’s ability to do their job; if everyone is clear on what they must deliver, the chances of success increase dramatically. The process of assembling high performing teams begins with establishing role clarity.

The Job Post is a simple tool used to develop a comprehensive understanding of the role of a job function within an organization. It is unemotional look at the types of functions or positions needed in an organization that best align to the strategy, business model, and structure.

Join us to learn the process of creating Job Posts to empower your team to perform at an optimum level and to achieve higher levels of success starting today!

Eric Curtis, President, Curtis Strategy

T2-1  Recruiting Volunteer Drivers

Recruiting volunteer drivers has proven to be more difficult than other recruitment efforts. Discuss and learn about recruitment efforts utilized by Northern Essex Elder Transport, Inc. NEET is a collaboration of 14 Councils of Aging in Essex County providing transportation since 1981.

Ginny Salem, Administrator, Northern Essex Elder Transport
Stephen Fielding, Directo, Revere Office of Elder Affairs/Rossetti-Cowan Senior Center

T2-2  Moneyball for Senior Centers

How many of the available Seniors in your market are you reaching? What programs are most effective in drawing the most Seniors? Are you reaching the different demographic slices in your community (ethnicity, age, income, etc)? Have Boomers changed the way you operate? Is lunch still worth serving? We’ll tackle these questions, have fun doing it and provide some predictions for the future of Senior Centers.

Chris Hamilton, President, MySeniorCenter
T2-3 Helping Families Through Dementia: What Professionals Need to Know

This workshop will discuss how families are affected by dementia and ways professionals can be of support.

Mary Crowe, LICSW, ACHP-SW, Director of Professional and Community Education  Care Dimensions

T2-4 Using Five Wishes for Advance Care Planning

A study in Massachusetts found that many people currently serving as guardians or health care proxies report that they do not feel well equipped to make some of the complex medical and personal decisions required by their loved ones, especially those surrounding end-of-life issues. Among the many pressing issues to address, surrogate decision makers may put off end of life discussions to a later date when there is a greater level of comfort. Waiting to have such conversations may result in the surrogate having less opportunity to engage with the person at their highest level of capacity, and may result in the surrogate not having sufficient knowledge of the person's wishes, thus decreasing the decreasing the his or her ability to use substituted judgment. Using a tool such as Five Wishes® allows the surrogate decision maker to structure a conversation about end of life goals and helps him or her document the principal's wishes, thus providing the decision maker with a tool to guide decisions in the future.

Heather L. Connors, PhD, Director of Research, Guardian Community Trust
Wynn Gerhard, JD, Senior Attorney, Greater Boston Legal Services

T2-5 YogaDancing Tai Chi: Don't Let What You Can't Do Stop You From Doing WHAT YOU CAN DO!

Tai Chi and QiGong movements are slow, gentle and repetitive so seniors can concentrate on their body movements. Since this is easy to learn, participants can continue this practice in their own home. This is Medical not Martial Arts. These movements are made using the whole body with flowing circular movements. The internal organs are stimulated and the mind achieves a meditative state. Many health care professionals and organizations are recommending this. Some are Cleveland Clinic, Harvard Medical School The Mayo Clinic and the National Council on Aging.

Add YogaDancing and everyone is moving, laughing and singing to the music of the 40s, 50s and 60s. This program is presented seated or standing or the combination of the two. Come join us to participate and get a feel for this popular program. Jan will also give a short demonstration of Fan Dancing Tai Chi which is very relaxing to watch.

Jan Cunningham, M.A., YogaDancing Tai Chi
T2-6 The Soul and Aging

The wisdom years offer an opportunity for a person to be in closer contact with their soul, that eternal part of their being that is connected to all that has come before and is yet to come. If given the right supports people in their later years may find life can be renewed. This can happen when there are opportunities for people to experience the reconciliation of deep hurts; greater meaning is found in ordinary life and service or contributions are able to be expressed and appreciated.

Explore how often it is the challenging experiences of ill health, loss or other limitations that create a vulnerability in us. This can sometimes move us to seek help or find deeper connection in community. This vulnerability in the wisdom years can also lead a person to connect to the spirit or invisible worlds. These are often part of a preparation process for reconnecting to the deepest part of ourselves as we reconcile the life we lived and prepare for the one to come.

Diana Bella, Doors of Light

T2-7 Counseling for Caregivers of Person’s Living with Cognitive Symptoms: Implementing the New York University Caregiver Intervention.

The New York University Caregiver Intervention (NYUCI) is an evidence-based program to support family members caring for a person living with cognitive symptoms. The NYUCI, evaluated over 20-years in randomized, controlled trials has demonstrated that caregivers who participated experienced many benefits including fewer symptoms of depression and stress and better physical health—compared with those who did not participate. Participants also reported increased satisfaction with the emotional and practical support they received, as well as increased closeness to their families resulting in postponing residential care placement. The NYUCI is an important resource for a comprehensive family care program, such as the one within the Center for Memory Health at Hebrew SeniorLife. For strained caregivers who prefer to not participate in a structured program such as NYUCI, additional research is needed to determine other helpful approaches.

Lori Feldman, LICSW, Social Worker, Center for Memory Health, Hebrew SeniorLife

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T2-8 Leave a Legacy, Not a Mess

No two clients are alike, but most have one similar goal: to leave a legacy and assets to their loved ones after their death. Unfortunately, too many people do not adequately prepare for the expenses associated with probate, and leave those in charge to dig into their own pockets to pay costs. Learn some simple, and some not so simple, ways to ensure that your Personal Representative will have liquid funds to administer your estate. Learn why extending your financial plan to include time post-death is one of the best legacies you can leave.

Andrea A.J. Witt, Esq.
Stephen Spano, Esq.

T2-9 Town & Gown: Creating Intergenerational Programming Partnerships with Higher Ed

College and university service-learning and community engagement programs can be great partners in building an intergenerational program. Learn how you can get started, hear about innovative programs and share your own experiences.

Lisa Moison, Director of Extended Campus and Professional Studies, Fitchburg State University
Kerri Schmidt, Director of Intergenerational Programs, 2Life Communities
Cynthia Wilkerson, Program Director, Little Brothers-Friends of the Elderly

T2-10 The Role of "Staff-Care" in Effective Leadership

This two-part, highly experiential workshop will allow participants to examine the role of staff-care within their organizations and teams. Part One will focus on the importance of self-care, recognizing that ‘staff-care’ begins with each person understanding their own values and core needs and how this information can inform various approaches to self-care. Part Two will focus on qualities of healthy and effective teams that prioritize ‘staff-care’. Participants will brainstorm strategies for incorporating ‘self-care’ and ‘staff-care’ into the culture of their organization as well as their teams.

Alicia Davis, PCC; Partner/Owner; Transformative Leadership Strategies
Stacie Watson, CPC; Partner/Owner; Transformative Leadership Strategies

T2-11 DayBreak: A Collaborative Success for People with Dementia and their Caregivers

Janice Long, Director, Hudson COA/Senior Center
Trish Pope, Executive Director, Marlborough COA/Senior Center
Kelly Burke, Director, Northborough COA/Senior Center
3-1 Positively Rhythmic! Therapeutic Group Drumming as a Tool for Joyful Engagement

Drumming is a powerful, ancient form of mind-body healing. Evidence-based studies have shown that therapeutic group drumming reduces stress, boosts the immune system and cultivates social interaction. Easily accessible, adaptable for well and challenged populations, entertaining and therapeutic, this modality gets feet tapping! Experience the benefits in this highly interactive session.

Monique Morimoto, MS, CPCC and Stephen Whitney, Cofounders, SoulWorks Rhythm

T3-2 Using the Massachusetts Healthy Aging Data Report: healthyagingdatareports.org

This session provides a review of the Massachusetts Healthy Aging Data Report and provides coaching on how to use the data report to inform your work.

Beth Dugan, PhD, Director, Global Aging and Life Course Studies, McCormack Graduate School of Policy and Global Studies, The University of Massachusetts Boston
Jay Lee, PhD, Postdoctoral fellow, Gerontology Institute
Wendy Wang, PhD, Postdoctoral Fellow, Gerontology Institute

T3-3 Is It OK for Grandma and Grampa to Have Sex? (and other questions from a sexuality educator)

For some COAs and senior living communities, even the idea of older adults as sexual beings is inconceivable. Yet current research indicates that adults are living longer, are continuing to have sex at a later age, and sex is actually good for their overall health. It is our responsibility as professionals who work with older adults to expand our notions and be inclusive of their wide and varied sexual lives. This workshop will be highly interactive, will provide the most up-to-date research, and will offer practical suggestions for changes you can make starting today.

Jane Fleishman, PhD, Speaking About Sex

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T3-4 "Spirituality and Aging"

Spirituality is the dynamic dimension of human life which gives us connection and meaning. It is the way we express or seek meaning, purpose. Anne Marie will explain spirituality from a religious and non-religious perspective with data and real life experiences. One doesn't have to be part of a religion or organization to be spiritual. This presentation will explore spirituality as we age as we experience life's changes including losses, triumphs, moves from our primary residences, children growing up and move away or we are fighting an illness or financial difficulty. How do we accept and adjust to these changes with meaning and living your life.

Anne Marie Rowse, LNHA, MBA, CMC, Chaplain - Principal of Senior Care Advisors

T3-5 Creative leveraging for Senior Programming

Utilize vendor relationships and their desire to have interaction with your seniors/members, to design new creative and interactive programming at your Center with little to no impact to your budget. In this day and age of senior service based businesses investing in outreach budgets, utilize this structure to your center's benefit to create new programming involving the vendor and utilizing their outreach budget while providing them the opportunity to forge relationships with your seniors!

Tamath K Rossi, Director of Southbury Senior Services
Katrina A. Anderson, Southbury Senior Center Coordinator

T3-6 “Get out of my seat, you can’t sit there!” Recognizing & Responding to Bullying Among the Senior Population

This workshop explores the psycho-social aspects of bullying with an in-depth look at how and why seniors bully other seniors. Through discussion, case studies and role playing, each workshop should aim to help participants: Understand the psychology of bullying behaviors; Discuss the various stress factors that seniors experience and how bullying could be a reaction to these feelings of loss; Explain the effects of bullying on the target and bystanders;

Examine how dementia can elevate both the effects and occurrences of bullying; Learn to respond effectively to senior-to-senior bullying situations and practice constructive, thoughtful de-escalation techniques; Explore positive interventions that can be employed to create people friendly environments.

Beth Haydon, Director of Community Relations, Methuen Village
Kristen LaBrie, Director of Compass Programming, Methuen Village
T3-7 Down in the Weeds: Grass Root Development of Rural Age Friendly Communities

When small, rural Councils on Aging initiate actions that follow the models of AARP and the WHO for creating Age Friendly communities it is not uncommon to come face to face with the challenges of addressing the relationships of the COA with their select board, finance committees, churches, other municipal departments and community volunteers. This often coincides with ongoing efforts to strengthen the COA board, educate select boards about the purpose and functions of a COA and seek additional funding from the towns. Some small owns may allocate as little as 5 hours a month for paying the coordinator. The Northern Hilltowns Consortium of Councils on Aging has found that regularly meeting together creates a strong forum for sharing problems, strategies and specific techniques to build more cohesive community based networks. strengthens, if not precludes, moving toward having rural Age Friendly Communities. As it has been said “The devil is in the details”.

This presentation/workshop will focus on what those details are, the dynamics of community development when changes are sought, strategies for creating cohesive relationships within the community and its stakeholders. It will also address the specific steps in initiating the stages of development of an Age Friendly Community and how rural characteristics of moving municipalities can differ from urban or suburban settings.

Janice L. Gibeau, Chair, Northern Hilltowns Consortium of Council on Aging
Deborah Hollingworth, Regional Facilitator, Northern Hilltowns Consortium of Councils on Aging
Sue LaRock, Coordinator, Plainfield, Council on Aging

T3-8 Domestic Violence Grown Old: Unique Dynamics, Challenges and Successes

Did you know that older adults who experience abuse die at an earlier age than their non-abused peers? Despite the devastating impact, domestic abuse in later life receives very little attention. The dynamics of domestic abuse in later life requires a unique response from the various professionals who come into contact with the older adult. This workshop will enable participants to be better able to: recognize the dynamics of abuse in later life; respond to domestic abuse in later life with appropriate interventions; and highlight the need for an interdisciplinary approach and collaboration between Domestic Violence/Sexual Assault Advocates, Elder Protective Services and Elder Service Providers. Presenters will also share experiences and successes resulting from multidisciplinary approaches to elder abuse in Cambridge.

Norah Al-Wetaid, LICSW, Director of Protective Services at Somerville-Cambridge Elder Services
Susan Pacheco, Executive Director of the Cambridge Council on Aging
Elder Advocate at Transition House
T3-9 Opening Minds, Reducing Stigma

There is a deep rooted stigma in our society attached to the diagnosis of dementia. Many people face the burden of feeling they need to hide their diagnosis from friends, family and community. This session will include an overview of Dementia Friendly Massachusetts, how to build communities to be more inclusive and how to help people living with dementia to remain engaged and connected.

Maura Moxley, LSW, CDP, Pam MacLeod, MBA, PMP, Beth Soltzberg, MSW, MBA, Patty Sullivan, MS

T3-10 Training to Deliver the UCLA Evidence-Based Memory Training Program

Memory Training is an innovative, educational course that teaches individuals techniques to improve their memory in a fun, interactive classroom environment. This course is designed to benefit individuals with age-related memory challenges over its four-weeks of lessons and beyond. This workshop will enable you to learn to deliver this popular, effective and fun program in your community.

Joanne Moore, COA Director, Duxbury, MA
Angela Sinnott, Program Manager, Duxbury, MA

T4-1 Hip Hop Dance Chair Exercise for Seniors

This exercise class is 45 minutes. Elders do a complete warm-up and hip hop class that begins and ends in the chairs. We travel through time on the “Soul Train” and chair dance to clean cut hip hop and R&B songs. We use creative props such a smiley faces, the drums and the African maracas to help make our soul train journey come to life. Senior participants will leave feeling more limber.

There is some evidence that physical activity can slow down the decline of cognitive disabilities and may improve a demented patients’ quality of life. It has also been suggested that physical activity is a preventative health measure and may improve cognitive function in daily activities, and balance mental health.

About the Instructor:

Rondae Drafts is the former Executive Director of a hip hop dance company in Massachusetts. Professor Drafts has also instructed hip hop dance at MIT where one of the students was wheelchair bound. This was one of the inspirations for this class.

Rondae Drafts, Ph.D.abd, Executive Director, MUSIC Dance.edu
T4-2 Activity Idea Relay

Looking for new and exciting activity and events for your senior center? Want to brainstorm with other COA professionals in a fun and interactive way? Join us for a relay of ideas in this team challenge environment! Bonus points for anyone who brings a written description of their center's coolest, most innovative activity/event. Description should include information that would help a colleagues replicate the event at their COAs (25 copies please).

Bethany Loveless, MCOA Certified Director, Dracut COA

T4-3 Protecting the Vulnerable Senior from Scams, Family, and Themselves

In this presentation, Nurse Attorney Cathleen Summers will discuss seniors who fall victim to scammers, unethical family members, and even to themselves. The characteristics and warning signs of a “vulnerable senior” will be reviewed along with examples of how each category of perpetrator – scams, family members, and themselves - harm the senior and the negative effects it can have on their all-around well-being. This presentation also covers the many ways these vulnerable seniors can put legal safeguards in place through pre-planning and steps that can be taken in the midst of a crisis. Finally, Attorney Summers will discuss community and other resources that are available.

Cathleen Summers, RN, Esq. of Generations Law Group

T4-4 Hoarding, Housing & Mental Health: Creative Community Strategies for Seniors

Looking for ways to help seniors who are overwhelmed? Living in a hoarded home? Threatened with eviction or foreclosure? Suffering from depression, grief or loss? There are creative, collaborative ways you can help. Representatives from New Bedford's EMHOT & Fresh Start teams will share strategies to engage and assist seniors facing these challenges...especially those associated with loss and other major life changes.

Melissa Aheasy, M.Ed., LMHC, Esperanza Alejandro-Berube, Resident Services Manager, New Bedford Housing Authority
Gavin Bates, Staff Attorney, South Coastal Counties Legal Services
Mary Freire-Kellogg, Health Agent for the Town of Fairhaven
Debra Lee, Director, New Bedford Council on Aging
**T4-5  Best Practices in Recommending Senior Care Options**

Michelle Woodbrey, Chief Executive Office for 2Sisters Senior Living Advisors will present about the increasing number of options families have among independent living, assisted living, memory care, adult day health programs, home health care and companion services as well as rest homes and nursing homes. With all of the new assisted living communities being built and nursing homes on the brink of closing, families today have more difficult choices than ever before. This presentation will break down the differences between these types of options, the costs associated, subsidy programs available and what families need to know before making any decisions. Michelle will offer some best practices used to help guide families towards understanding what care options best fit their needs and budget.

Michelle Woodbrey, Chief Executive Officer, 2Sisters Senior Living Advisors

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**T4-6  The Massachusetts Elder Supportive Housing Model - Best Practices and Innovations to Meet the Diverse Needs of Our Aging Populations**

The Massachusetts Supporting Housing Program provides services to residents of 41 state or federally funded housing sites for older adults and persons with disabilities throughout our Commonwealth serving on average over 6,660 residents per quarter. Elder Supportive Housing Programs employ a Supportive Housing Coordinator who provides tenancy preservation support and manages on-site 24/7 emergency coverage. Supportive Housing Coordinators also direct a variety of programs open to all housing site residents including congregate meal programs, on and off-site social activities, workshops, health clinics, and educational programs.

This session will provide an overview of the Massachusetts Supportive Housing model and highlight innovations to enhance this program being implemented through initiatives at two ASAPs - Elder Services of the Worcester Area (ESWA) and Boston Senior Home Care (BSHC). Both ESWA and BSHC have partnered with organizations within their communities to expand their model and add components, including a wellness nurse, in order to better address the growing needs of residents. ESWA has conducted their work through an I-Wish partnership funded by the US Department of Housing and Urban Development. BSHC engaged with Preservation of Affordable Housing (POAH) and clinical staff from Mass General Hospital (MGH) to integrate clinical components into their program. This session will highlight how these services are evolving in order to better improve their impact on the health and well-being of housing residents.

Lisa Gurgone, Executive Director, Mass Home Care
Jenn Knight, Director of Planning and Marketing, Elder Services of the Worcester Area
Meg Hogan, Chief Executive Officer, Boston Senior Home Care
T4-7 Anxiety and Aging: Using healthyagingdatareports.org to identify risks to mental health among older people in your community

Massachusetts Healthy Aging Data Reports (healthyagingdatareports.org) provide information on 170+ indicators reported at the local level. Understanding how your community compares to statewide rates can identify areas of strength or challenges. Mental or behavioral health is important to healthy aging and often overlooked. Anxiety is the second most common problem, yet is underdiagnosed and understudied among older adults. This workshop will review the individual risk factors identified in past research as well as report on new findings that identify risks for community level rates of anxiety. In our study using Massachusetts Healthy Aging Data Report, we found that cities/towns with higher % of older persons living alone, with chronic health conditions; in poor social environment (a composite factor of rental housing, high population turnover, high crime rates, and voter participation rate) and high urbanicity had higher prevalence of anxiety disorders among older persons. On the other hand, mental health treatment access was associated with lower prevalence of anxiety disorders. The implications of these findings and interactive discussion among session participants will present an opportunity to brainstorm potential individual, institutional, community or state interventions to address this overlooked, but critically important issue. Professionals in the aging services network can play a crucial role in screening and acknowledging anxiety disorders among older state residents and direct them to appropriate resources.

Anyah Prasad, MS, MBBS, University of Massachusetts Boston
Elizabeth Dugan, PhD, University of Massachusetts Boston
Frank Porell, PhD, University of Massachusetts Boston
ChaeMan Lee, PhD, University of Massachusetts Boston
Nina Silverstein, PhD, University of Massachusetts Boston
Natalie Pitheckoff, MS, University of Massachusetts Boston
Bon Kim, MS, University of Massachusetts Boston
Shuangshuang Wang, PhD, University of Massachusetts Boston

T4-8 Do It Together! Age and Dementia Friendly Communities

The Age-Friendly/Dementia Friendly Integration Tool Kit: Better Together – How to blend resources, funding and best practices to create an Age and Dementia Friendly community.

Pam MacLeod, Executive Office of Elder Affairs, MBA, PMP
Patty Sullivan, Dementia Friendly MA/MCOA, MA
James Fuccione, Massachusetts Healthy Aging Council
T4-9 History of MCOA

David Stevens, Executive Director, MCOA

T4-10 Leading Isn't Just Managing: Guiding Your Staff to Greater Self-Sufficiency

When a leader is promoted from an individual contributor (or direct service staff) role to one that includes managing people, there is often a disconnect that occurs. A few of the skills that can help managers be effective leaders include the ability to build trust within the team and determining how to effectively delegate. In this session, we take an experiential approach to exploring how to effectively cultivate and put these skills into practical action with your team.

Stacie Watson, CPC; Owner/Partner, Transformative Leadership Strategies

Note: Workshops may be added, deleted or changed and/or the timeline may be altered due to circumstances beyond our control.
Friday Activities: October 4th

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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>7:00am–9:00am</td>
<td>Breakfast – Ocean View Dining Room</td>
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<tr>
<td>8:00am–12:00pm</td>
<td>Registration Desk and Resolution Desk Open</td>
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<td>9:00am–12:00pm</td>
<td>Morning Intensive Session</td>
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<td>12:00pm–12:45pm</td>
<td>Lunch – Ocean View Dining Room</td>
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<td>12:45pm-2:15pm</td>
<td>Wrap Up Session</td>
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Friday, October 4
Session I 9:00am-12:00pm

F1-1 MySeniorCenter intensive training

Master the basics of MySeniorCenter and get into the fast lane by learning about the advanced features

Chris Hamilton, President, MySeniorCenter
Eric Andersen, Chief Technology Officer, MySeniorCenter

F1-2 Let’s Do This -- Meetings That Work

We need meetings -- with colleagues, supervisors/supervisees, clients, and others inside as well as outside the organization. It’s where we check in, generate new ideas, and meet challenges. What we don’t need are meetings that are a waste of time.

This workshop offers hands-on skills to make meetings effective and satisfying -- skills in meeting management, communication, and how to deal with challenges. The more skillful we are, the better meetings work.

The skills are for everyone -- volunteers, executives, middle managers, front-line staff -- whether you run meetings or not. They also work in one-on-ones, with your boss, your colleagues, or the people you supervise. The training itself acts as a real-time meeting lab.

Pam Kristan, Principal, Pam Kristan Consulting & Training
F1-3 SNAP 101 for older adults and how to become a Community Outreach partner

The Supplemental Nutrition Assistance Program (SNAP) (formerly known as the Food Stamp Program) serves as the primary source of nutrition assistance for millions of low-income people monthly. In Massachusetts, only 20% of the SNAP caseload is made up of older adults. National research confirms that ensuring older adults have access to nutrition programs reduces health care costs and hospitalizations. Staff from the Department of Transitional Assistance (DTA) and the Mass Law Reform Institute (Legal Services) will be co-presenting this workshop. The workshop will cover the basics of the SNAP application process, required proofs, how to boost SNAP with deductions, how SNAP is issued through an EBT card, how SNAP leverages utility deductions, and tips for effective advocacy to fix incorrectly denied or terminated SNAP cases. Information on how to become a SNAP community outreach partner and the benefits to your organization of becoming a partner (such as access to DTA Connect) will also be covered.

Patricia Baker, Senior Policy Analyst, Mass Law Reform Institute
Lorraine Ward, Department of Transitional Assistance, Assistant Director SNAP Outreach

F1-4 Designing an Older Adult Community center for the coming Boomers

Explore the demographics of why you need a new center, the infrastructure of support that the center provides the city/town, and getting started picking the committee and choosing an architect. Look at special needs, whether to renovate or build new, and performing a feasibility study. Learn about site selection, funding sources, and the process of design and construction. Get into the details of what makes a successful Adult Center, new trends in program to meet the needs of the Boomers, and integrating technology. Lastly, look at what other communities have done through a survey of new older adult centers in New England.

John Catlin, AIA, NCOA, NISC - Catlin + Petrovick Architects, PC
F1-5 Building Dementia Capacity: Intensive Training for COA’s in Supporting People Living with Dementia and their Care Partners

As the numbers of people living with dementia continue to increase, Councils on Aging will need to be prepared to provide a deeper and more robust set of services to support this population. Working together, the Alzheimer's Association of MA/NH and MCOA have developed a three-hour training program for COA staff to build the capacity of their own organization. This program is designed to help staff:

- Develop a deeper understanding of the different types of Alzheimer’s and dementia
- Learn how to talk to someone if you have concerns about their memory
- Work with people in the early stages of the disease
- Help families navigate and plan for the future
- Understand the resources available through the Alzheimer's Association

While all COA's can benefit from this training experience, COA's who are participating in the Dementia Friendly Massachusetts program will especially be enriched from this program as part of their efforts to make their communities more welcoming and supportive of people living with this disease.

Patty Sullivan, MCOA