2013 Healthy Aging Summit

A statewide gathering of experts, leaders, volunteers, researchers, and professionals to learn, collaborate, and celebrate advances in healthy aging.

August 15-16, 2013
Holiday Inn Convention Center
Stevens Point, Wisconsin

Sponsored by:
Wisconsin Institute for Healthy Aging
& the Community Academic Aging Research Network

In partnership with:
Bureau of Aging & Disability Resources, State of Wisconsin
Greater Wisconsin Agency on Aging Resources, Inc.
Milwaukee County Department on Aging
Area Agency on Aging of Dane County

Proven results.
Better aging.

Featuring speakers on:
The Faces of Aging: Cultivating Inclusion
Health Literacy: Improving Communication
Successful Outreach Strategies: What Really Works to Fill Workshops
Creating Health Care Partnerships: For Sustainable Growth in Programs
And much more!
June 15, 2013

Dear Prevention Program Partners:

We are pleased to invite you to the 7th Annual 2013 Healthy Aging Summit (formerly called the Wisconsin Prevention Summit) to be held August 15-16, 2013, at the Holiday Inn Convention Center in Stevens Point, Wisconsin.

This Summit is sponsored by the Wisconsin Institute for Healthy Aging in collaboration with the Department of Health Services’ Divisions of Long Term Care and Public Health through a grant from the Administration on Aging. The purpose of the grant is to expand evidence-based health promotion programs statewide, including the Living Well with Chronic Conditions or Chronic Disease Self-Management Program (CDSMP) and Stepping On, a Falls Prevention program, Healthy Living with Diabetes (Diabetes Self-Management Program), Tomando Control de su Salud and Powerful Tool for Caregivers. We are also pleased to highlight the work of the Community Academic Aging Research Network through the various CAARN projects and additional Evidence based Health Promotion Programs throughout the state.

Featured Activities

- Seven Dimensions of Wellness Presentation
- Gina Green-Harris: The Changing Faces of Aging
- Dr. Paul Smith: Health Literacy
- New evidence-based health promotion programs in Wisconsin
- Eldertree: Active Aging Research Center
- Care Transition Coalition Building and Outcomes
- Dr. Carey Gleason: Link between Diabetes and Alzheimer’s Disease
- Speakers highlighting work of the Community Academic Aging Research Network (CAARN)
- 3rd annual Volunteer Appreciation Luncheon
- Falls Prevention updates: CDC STEADI Toolkit

Seven Dimensions of Wellness:
There are seven Dimensions of Wellness that interact to contribute to overall quality of life. The 2013 Healthy Aging Summit will celebrate a variety of the dimensions.

The cost to attend the Prevention Summit is $75.00, which includes lunch and materials. For the volunteers of the Evidence-Based Health Promotion Programs (Living Well, Healthy Living with Diabetes, Tomando Control de Su Salud and Stepping On), we are pleased to announce that we have a limited number of scholarships to cover the cost of registration to attend the Summit. To register, please go to the conference website at http://www.uwsp.edu/conted/confWkShp/Pages. The deadline to register for the 2013 Healthy Aging Summit is Friday, August 1, 2013.
For Hotel accommodations please contact:

Holiday Inn Convention Center
1001 Amber Avenue, Stevens Point, WI 54482
(715) 344-0200 or (888)-HOLIDAY

Guest Room Needs
Group rate is $70/single and $90/double (or current state rate at time of event) Complimentary breakfast buffet for hotel guests. Check out other hotel amenities via: www.holidayinn.com

When calling to make your reservations, indicate that you want the room rates for the “2013 Healthy Aging Summit”. **To take advantage of the special room rate, all reservations must be made by July 22, 2013.**

For question regarding registration, please contact UWSP Continuing Education Customer Service at 715-346-3838 (local) or 1-800-898-9472 and press “4” for a conference menu.

For questions regarding the conference program please contact Anne Hvizdak, Statewide Coordinator Evidence Based Prevention Programs at 715-677-3509 or anne.hvizdak@wisconsin.gov. We look forward to seeing you in August!

Sincerely,

The Prevention Summit Committee

Attachments:
Prevention Summit Agenda
Prevention Summit Registration Form
2013 Healthy Aging Summit
August 15 &16, 2013 | Holiday Inn Convention Center | Stevens Point, Wisconsin

Thursday, August 15, 2013 · 9:00 - 4:15

8:00 - 9:00  Registration / Exhibit Booths


Presenter: Cindy Ofstead, Director, Office on Aging, Wisconsin Department of Health Services

Change is inevitable. Change is constant. That’s especially true in Wisconsin’s aging network. Learn more about the resources and support available through the State Office on Aging and what is on the horizon for health promotion programs statewide.

9:30 - 10:30 General Session: The Changing Faces of Aging: Building a Workforce to Address the 21st Century Older Adults

Presenter: Gina Green-Harris, Wisconsin Alzheimer's Institute and Wisconsin Institute for Healthy Aging Board Member

How are the faces of aging changing in the 21st century? How will healthy aging programs need to modify current models to meet their needs? Ms. Green-Harris will provide an overview of Inclusion programming and why it is crucial to the next generation of aging programs, how to build on the strengths of a current program to meet the needs of all aging communities and practical steps to build and sustain inclusive programs to best serve the health promotion needs of more diverse older adults.

10:30 - 10:45  Break / Exhibit Booths

10:45 - 11:45 Breakout Sessions

A.1  Successful Outreach for Evidence-Based Health Promotion Programs

Presenters: Betsy Abramson, WIHA Deputy Director and Jenny Lefeber, Program Coordinator Milwaukee Department of Aging

What strategies are the most successful to market and recruit for your Health Promotion programs? Bring your questions and ideas, and learn from experts and peers.

A.2  Which Nutrition Programs Are Right for You? - Healthy Eating for Successful Living, Eat Better Move More, and Healthy Eating Every Day

Presenters: Michael Glasgow, RD CD, OAA Consultant, Greater Wisconsin Agency on Aging Resources, Inc.; Pam VanKampen, RD CD, OAA Consultant, Greater Wisconsin Agency on Aging Resources, Inc.; Sara Saye, MS RD CD, Elder Nutrition Program Manager, Bureau of Aging and Disability Resources, Wisconsin Department of Health Services

Learn about evidence-based nutrition programs. Presenters will provide details on three programs active in Wisconsin and other nationally-recognized evidence-based nutrition programs.
A.3 Care Transition Coalition Building and Outcomes Workshop

Presenters: Judy Culligan, Aurora Medical Center; Marcia Donlon, Holy Family Memorial Hospital; Cathy Ley, ADRC of the Lakeshore; Julie Place, Manitowoc Health & Rehabilitation Center; Judy Rank, ADRC of the Lakeshore

Panel will discuss the local coalition building and decision to implement Care Transitions Intervention® in the Manitowoc community, provide a brief overview of the program, outcomes data, lessons learned and other community initiatives being explored as a result of the coalition.

A.4 Link between Diabetes and Alzheimer’s Disease

Presenter: Dr. Carey Gleason, UW Health

Dr. Gleason will discuss the connection between the research behind Diabetes and Alzheimer’s disease risk.

A.5 Home Repair and Communities Facilities Program

Presenter: Carol Wetuski, Area Director, United States Department of Agriculture

Learn how the United States Department of Agriculture’s Home Repair and Communities Facilities Program can help adults advocate for themselves to age in place.

12:00 - 12:45 Lunch and Volunteer Appreciation

12:45-2:15 General Session: Health Literacy, presented by CAARN

Presenter: Dr. Paul Smith, UW School of Medicine and Public Health, Department of Family Medicine

Dr. Smith will discuss literacy and health literacy, the magnitude of the problem in the U.S. and how it impacts health and health outcomes. He will also discuss strategies to improve written and verbal communication and a research project to improve communication between caregivers and healthcare professionals.

2:15 - 2:30 Break / Exhibit Booths

2:30 Breakout Sessions

B.1 Spanish Evidence-Based Health Promotion Programs – Pisando Fuerte and Tomando Control de su Salud

Presenters: Sherri Ohly, WIHA and Valeree Lecey, Stepping On Faculty Trainer, GWAAR

Learn about activities with the Tomando Control de su Salud Program and hear about the initial pilot for Pisando Fuerte, Spanish version of Stepping On, conducted in Milwaukee.
B.2 Bringing Healthy Aging to Scale: Process Improvement Projects conducted in Evidence-Based Health Promotion Programs

Presenters: Sue Piazza, Oneida County; Amie Rein, Vilas County; Rebecca Wetter, Iowa County; Kris Krasnowski, GWAAR; Anne Hvizdak, Wisconsin DHS

Learn how using the NIATx process improvement system, Plan-Do-Study-Act Change Cycles can help advance Living Well and Stepping On programs. Representatives from Iowa, Oneida and Vilas counties will share their experiences.

B.3 Community Academic Aging Research Network (CAARN): Health Literacy

Presenter: Dr. Paul Smith

Dr. Smith will explain his research project to identify health literacy barriers and potential solutions.

B.4 Walk with Ease

Presenter: Anne Hahn, Walk with Ease Statewide Coordinator, Arthritis Foundation, Wisconsin Chapter

Participate in an active demonstration of the Walk with Ease program sponsored by the Wisconsin Arthritis Foundation. Walk outside, weather permitting. Wear comfortable walking shoes.

B.5 Working with the Black Health Coalition on Self-Management Programming

Presenter: Alice Fang Yan, M.D., Ph.D. Assistant Professor; School of Public Health University of Wisconsin-Milwaukee; Sherri Ohly, WIHA

Learn how collaboration between the Milwaukee Black Health Coalition and the School of Public Health, University of Wisconsin-Milwaukee are collaborating to study and recommend cultural adaptations to the Living Well with Chronic Conditions program.

3:30 BREAK

3:45-4:15 PLENARY: Seven Dimensions of Wellness

Presenter: Jill Ballard, Community Academic Aging Research Network and GWAAR Older Americans Act Consultant.

Jill will explain how health promotion work with older adults fits into the Seven Dimensions of Wellness. Learn how to integrate all dimensions of wellness into your programs and services.

4:15 Door Prize

6:00 PM Looking for a dinner group? We will have a sign-up available at the registration table for those interest in dining together at a local restaurant.
Networking Breakfast / Registration / Exhibit Booths
Breakfast Table Interest Groups


Presenter: Jane Mahoney, Executive Director, WIHA and CAARN; Betsy Abramson, Deputy Director, WIHA; Jill Ballard, Community Research Associate, CAARN

To meet the health needs of older adults in our communities, CAARN works to build partnerships and facilitate the development of new, evidence-based healthy aging interventions. We will discuss the role of WIHA in supporting dissemination of evidence-based programs, how CAARN fits within the WIHA mission, and provide updates on multiple levels of CAARN projects within Wisconsin’s Aging Network.

General Session: Growth Through Health Care Partnerships

Presenters: Harvey Padek, Living Well Master Trainer, WIHA and GWAAR Consultant,

Learn effective strategies for establishing partnerships between community agencies and health care organizations around evidence based program collaboration.

Break / Exhibit Booths

Breakout Sessions

C.1 Eldertree randomized clinical trial update

Presenters: Pat Batemon, Milwaukee Department on Aging, Brett Iverson, ADRC of Eagle Country, Richland County and Christa Glowacki, Waukesha County ADRC.

Session will highlight activity of the UW-Engineering and WIHA Elder Tree projects that are occurring in the three pilot counties of Richland, Milwaukee and Waukesha. Elder Tree is developing and testing software programs (working on tablets, laptops, desktop and smart phone computers) as an additional tool for the aging network to keep older adults independent and in the housing of their choice. Learn how Elder Tree can help a population at risk for isolation and loneliness, falls, medication mis-management, poor quality in-home services and caregiver burnout.

C.2 Healthy Living with Diabetes

Presenters: Lyndsay DeKeyser, OAA GWAAR, Sherri Ohly, Special Projects Coordinator, WIHA, and Betsy Abramson, Deputy Director, WIHA

Panelists will discuss the successful piloting of the Stanford University’s Diabetes Self-Management Program in Wisconsin in 2013 and future plans for further expansion.
C.3 Evidence-Based Health Promotion programs in Wisconsin Tribes

Presenters: Sarah Quale, Older American Act Tribal Specialist, GLITC; Anne Hvizdak, Statewide Coordinator, Evidence-Based Preventions Program, Wisconsin DHS

Learn about the activities, successes, and challenges Wisconsin Tribes are experiencing as they introduce the Well Balanced, Living Well with Chronic Conditions and Stepping On programs.

C.4 The 3 R’s of Volunteer Management for Older Adults: Recruit, Retain and Recognize

Presenter: Tony Omernik, Director RSVP Volunteer Center Marathon County

Learn some practical and proven ways that can help make your volunteer program even more successful. Information on “Boomer” volunteering, data from studies on volunteerism, volunteering from the perspective of older adults, the 3 R’s and more!

C.5 Qi Gong

Presenter: Jo A. Chern, MAACE-Certified Personal Trainer: Orthopedic Exercise Specialist

Participate in an active demonstration of Qi Gong activity to learn about and feel the benefits of this popular exercise and stress management activity.

12:15 - 2:00 Lunch

General Session: Falls Prevention Initiative updates and partnership strategies

Presenter: Rebecca Turpin, MS, Adult Injury Prevention Coordinator University of Wisconsin Hospital and Jodi Janczewski, DPT, Physical Therapist University of Wisconsin Hospital and Clinics

Learn about updates in the Otago Falls prevention program, the new Centers for Disease Control and Prevention STEADI Toolkit and local falls coalitions.

2:00 - 2:30 Closing Comments

Presenters: Anne Hvizdak, Statewide Coordinator Evidence-Based Prevention Programs, Wisconsin DHS, Office on Aging and Betsy Abramson, Deputy Director, WIHA

2:30 Door Prize and Conclusion