2016
Wisconsin Healthy Aging Summit

Bringing healthy aging from research, to practice, to people

June 14-15, 2016
Chula Vista Resort
Wisconsin Dells

Learn, network, collaborate — all in support of healthier aging

Who should attend? Academic researchers, program leaders and volunteers, community partners from aging offices, public health departments, and health care systems — and anyone with an interest in promoting evidence-based healthy aging programs and practices.

Hosted by:
Wisconsin Institute for Healthy Aging and the Community Academic Aging Research Network

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Opening Address:

Healthy Aging in Healthy Communities: Working Together Upstream

Presented by: Dr. Patrick Remington

When most people think about health care, they think primarily about clinical care—the interventions that happen in settings such as hospitals, doctor’s offices and emergency rooms. But that only accounts for 20% of our health. The other 80% of what determines good health happens outside the traditional health care system including health behaviors that improve through evidence-based health promotion programs.

In this session, Dr. Remington will describe his work as a public health doctor helping communities measure their health and then work “upstream” to find and implement proven programs and policies that can improve the health of where we live, work, play, and retire.

Dr. Remington is the Associate Dean for Public Health and Professor of Population Health Sciences at the School of Medicine and Public Health, UW-Madison. He also directs the school’s Preventive Medicine Residency Program and the PRIME Program — a federally-funded educational program to enhance public health education of medical and physician assistant students.

Keynote Address:

Intergenerational Solutions for Building Stronger Communities

Presented by: Donna M. Butts

America’s communities are in the midst of a demographic transformation. There is a growing racial generation gap. Some communities are ahead of the trend and already capitalizing on these changes by bridging generations and engaging all ages in community life. These are vibrant, healthy, intergenerational communities that are good places to grow up and grow old. They employ evidence-based intergenerational solutions including programs, policies, and practices that — when thoughtfully executed — improve health outcomes for children, youth, and older adults. This engaging session will examine the research and history behind intergenerational programs and illustrate the four categories of programs through innovative, inspirational examples that transform communities.

Donna Butts is Executive Director of Generations United, a position she has held since 1997. For three decades, Generations United has been the catalyst for policies and practices stimulating cooperation and collaboration among generations, evoking the vibrancy, energy and sheer productivity that result when people of all ages come together.
Closing Address:

Psychological Well-Being: A Key Ingredient in Healthy Aging

Presented by: Elliot Friedman, PhD

There is mounting evidence that psychological well-being contributes to health in later life beyond the benefits that come from the absence of negative experiences like stress and depression.

Psychological well-being also shapes biological functioning in ways that predict better health. Dr. Friedman will review connections between well-being and diverse age-related health outcomes, specific biological processes that may be involved, and the potential to promote well-being in older adults.

Dr. Elliot Friedman is the William and Sally Berner Hanley Associate Professor of Gerontology in the Department of Human Development and Family Studies at Purdue University. He is chiefly interested in biological processes related to health and how they are shaped by psychological and social experiences. His research draws from diverse fields including biology, psychology, sociology, and epidemiology.

About WIHA:

The Wisconsin Institute for Healthy Aging (WIHA) is a not-for-profit organization that helps people take steps to improve their health and quality of life through home-grown, evidence-based programs and practices. From the seed of an idea, WIHA develops and nurtures relationships between community organizations and researchers to test wellness interventions and — once proven effective — facilitates the spread of those programs and practices to people in Wisconsin and other parts of the country. In short, we take good ideas from research, to practice, to people.

The Healthy Aging Summit is, in part, a showcase of our successes. We owe those successes to all the people — program leaders, coordinators, coaches, and staff — and partners — aging & disability resource centers, aging offices, senior centers, and other aging service providers; health care providers, systems, and insurers; university researchers; non-profit and state government agencies — who have played a vital role in the research and spread of evidence-based health promotion programs throughout the state.

We hope this Summit reveals new possibilities and inspires you to new heights of commitment to healthy aging.
Why Do Some Groups Have a Greater Risk for Alzheimer’s Disease?  
**The Link Between Diabetes & Dementia**

**Presenter:** Carey Gleason, PhD, Faculty – UW-Madison, School of Medicine & Public Health

Ever wondered why African Americans have nearly double the risk for Alzheimer's disease compared to whites? Diabetes may be the link. Diabetes is associated with a variety of health concerns including vision problems, high blood pressure, and increased risk of stroke and heart disease. Dr. Gleason will discuss research that suggests a connection between diabetes and Alzheimer's disease risk.

Emerging Interventions in Healthy Aging: “MedWise” & “Yoga for Seniors”

**Panel Presentation:** Beth Martin, PhD, Associate Professor – UW-Madison, School of Pharmacy; Nancy Krueger, Health Promotion Coordinator – ADRC of Calumet, Outagamie, and Waupaca Counties; Paul Mross, Research Project Leader & Yoga Consultant; Mary Mezera, Regional Manager – ADRC of Southwest Wisconsin; Nate Christopher, PT – Upland Hills Health

Researchers and community partners for two interventions — MedWise (prescription drug intervention) and Yoga for Seniors (physical activity intervention) — will describe the programs and the relationships that developed during the research phase.

Mindfulness Meditation for Caregivers

**Presenter:** Elizabeth Jacobs, MD, Assoc. Professor – UW-Madison, School of Medicine & Public Health

Caregivers of all kinds, but particularly of older adults, often pay a physical and emotional price for providing this important support to their loved ones. It is important to think about ways to help caregivers as they help others. In this presentation, Dr. Jacobs will talk about the promise of mindfulness meditation to help caregivers of older adults thrive emotionally and physically.

Emerging Interventions in Healthy Aging: “Lighten Up!” & “Mind Over Matter: Healthy Bowels, Healthy Bladder”

**Panel presentation:** Elliot Friedman, PhD, Associate Professor of Gerontology – Department of Human Development and Family Studies, Purdue University; Heidi Brown, MD, Assistant Professor – UW-Madison, School of Medicine & Public Health; Amanda Kutcher, Health Promotion Coordinator – ADRC of Adams, Green Lake, Marquette and Waushara Counties

Hear from researchers and community partners for Lighten Up! (depression intervention) and Mind Over Matter: Healthy Bowels, Healthy Bladder (incontinence intervention) as they discuss the interventions and research relationships.
<table>
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<th>Time</th>
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| 8:00 a.m. | **Registration & Breakfast | Visit Exhibit Booths**
| Generously sponsored by TMG |
| 9:00 a.m. | **Welcome & Opening Session:** Betsy Abramson – WIHA Executive Director
| **Opening Address:** Healthy Aging in Healthy Communities: Working Together Upstream
| Presenter: Dr. Patrick Remington (see page 1) |
| 10:15 a.m. | **Break & Refreshments | Visit Exhibit Booths** |
| 10:45 a.m. | **Workshops** (see descriptions on page 6)
| A1. Developing Successful Referral Partnerships |
| A2. Physical Activity: Two Models That Promote Healthy Aging |
| A4. A Recipe for Health: Mixing Wellness with What's on the Menu |
| A5. Public Health & Aging: Lessons in Collaboration |
| A6. Introduction to Human Neuroplasticity: How the Brain Learns in Development, Aging, Trauma, and Disease |
| 11:45 a.m. | **Lunch & Volunteer Appreciation**
| Generously sponsored by Security Health Plan |
| 12:45 p.m. | **Keynote Address:** Intergenerational Solutions for Building Stronger Communities
| Presenter: Donna Butts (see page 1) |
| 1:30 p.m. | **Break | Visit Exhibit Booths** |
| 2:00 p.m. | **Workshops** (see descriptions on page 7)
| B1. Family Caregiver Support: Three Successful Models |
| B2. The Aging Mastery® Program |
| B3. Can You Hear – and See – Me Now? Easy Accommodations for Participants Who Are Hard of Hearing or Have Low-Vision |
| B4. Motivational Interviewing: Engaging Conversations to Encourage Participation |
| B5. Outreach That Works: Practical Advice for Promoting Your Program |
| B6. Effective Techniques for Enhancing Brain Fitness |
| 3:00 p.m. | **Ice Cream Break | Visit Exhibit Booths** |
| 3:30 p.m. | **General Session:** The Link Between Diabetes & Dementia (see page 3)
| Presenter: Carey Gleason, PhD |
| 4:15 p.m. | **General Session:** Emerging Interventions in Healthy Aging: “MedWise” & “Yoga for Seniors”
| Panel presentation (see page 3) |
| 5:00 p.m. | **Door Prize Drawing** |
7:45 a.m.  Networking Breakfast | Registration Open  
Generously sponsored by TMG  
Breakfast Table Interest Groups: Topics to be announced

9:00 a.m.  General Session: Mindfulness Meditation for Caregivers (see page 3)  
Presenter: Elizabeth Jacobs, Associate Vice Chair for Health Services Research, Department of Medicine & Health Innovation Program – UWMadison, School of Medicine & Public Health

9:45 a.m.  General Session: Emerging Interventions in Healthy Aging:  
“Lighten Up!” & “Mind Over Matter: Healthy Bowels, Healthy Bladder”  
Panel presentation (see page 3)

10:30 a.m.  Break

10:45 a.m.  Workshops (see descriptions on page 8)  
C1. Partnership Conversation Strategies That Work  
C2. T’ai Chi: Evidence-Based Mind-Body Wellness  
C3. Mobility: Implications and Ideas for Program Access & Age-Friendly Communities  
C4. Increasing Wisconsin’s Engagement in Fall Risk Screening  
C5. Inclusive Programming: Developing Cultural Confidence and Competence in Healthy Aging Programs  
C6. The State of Chronic Disease

11:45 p.m.  Lunch  
Generously sponsored by Network Health

12:30 p.m.  Healthy Aging STAR Awards

1:15 p.m.  Closing Address: Psychological Well-Being: A Key Ingredient in Healthy Aging  
Presenter: Elliot Friedman, PhD (see page 2)

2:15 p.m.  Door Prize Drawing and Conclusion
Developing Successful Referral Partnerships
Presenters: Michelle Comeau, Director of Leader Development; Kristin Jeffries, Business Development Coordinator – both WIHA; Harvey Padek, Health Systems Coordinator – GWAAR & WIHA Treasurer; Barb Michaels, Prevention Program Coordinator – ADRC of Brown County; Cathy Ley, Director – ADRC of the Lakeshore

Referrals from health systems can be a great way to fill workshops with participants who need our community-based resources. In this panel presentation you will learn about different referral models and best practices, lessons learned, and ways you can work with WIHA to engage health care partners.

Physical Activity: Two Models That Promote Healthy Aging
Presenters: Jennifer Loging, Nutrition Manager – La Crosse County Health Department; Mollie Bartelt, Executive Director – Wisconsin Senior Olympics

Maintaining physical activity is a vital component of healthy aging and there are many varied ways that older adults can participate. Learn about two successful programs — Strong Seniors Strength Training Program and Wisconsin Senior Olympics — that are designed to encourage exercise, increase strength, and even promote social interaction.

Timelines. Storylines. Lifelines. The Healing Power of Storytelling
Presenter: Mary Patricia Voell, President & Founder – Legacies: Family & Organizational Historians

We live in a remarkable age where information is available in overwhelming abundance, yet we are less in touch with the histories and legends of our own families. This presentation provides a review of the literature on the need for storytelling, traditions, and healing benefits to self and the value to others in sharing and capturing life stories.

A Recipe for Health: Mixing Wellness with What’s on the Menu
Presenter: Sara Koenig, Elder Nutrition Program Manager – Wisconsin Bureau of Aging and Disability Resources; Darby Simpson, Health Promotion Specialist – ADRC of Barron, Rusk, and Washburn Counties; Bobbette Tunnyhill, Nutrition Program Coordinator – ADRC of Dunn County

In this workshop, panelists representing two nutrition program revitalization pilot projects will describe how their projects promote healthy aging in the communities they serve and the impact on older adults participating. Attendees will learn new program administration ideas that tie nutrition and healthy aging together and can inspire enhancements to wellness services in their county or tribe.

Public Health & Aging: Lessons in Collaboration
Presenters: Sridehvi Mohan, Epidemiologist – Public Health Madison & Dane County; Sherry Rhoda, Director – Trempealeau County Public Health Department; Jennifer A. Fischer, ADRC Manager – Dane County Human Services; Deb Bruning, Prevention Program Coordinator – ADRC of Eau Claire County

Aging programs and public health departments have a great deal in common but have not teamed up in many communities to achieve common goals. In this session you will gain a better understanding of the common priorities and learn about successful partnerships between aging programs and public health agencies in Wisconsin communities.

Introduction to Human Neuroplasticity — How the Brain Learns in Development, Aging, Trauma and Disease
Presenters: David Donarski, MD, Fall Prevention Specialist – ADRC of Brown County; Rolf Lulloff, MD – Prevea Health

What is neuroplasticity and what are the implications for the brain as we age? This presentation will define neuroplasticity. Attendees will learn how neuroplasticity works throughout all stages of life and understand how the brain can adapt to aging, chronic disease, and injury.
Family Caregiver Support: Three Successful Models

Presenters: Patsy Beck, Outreach Coordinator – Affinity Visiting Nurses; Karen Aspensen, Caregiver Coordinator – MOSAIC Family Health; Deb Brunner, Community Outreach – Caregiver & Patient Advocate

While caregiving can be rewarding for the caregiver, it can also present physical and emotional challenges. Learn about three successful programs that provide support and self-management tools for family caregivers: REACH, Caregiver Cafes, and Powerful Tools for Caregivers.

The Aging Mastery® Program

Presenters: Pam VanKampen, RD, OAA Consultant – Greater Wisconsin Agency on Aging Resources

Aging Mastery® is changing the way Americans live. Millions of people will embrace their gift of longer lives and spend more time each day doing things that are good for themselves and for others. Come find out more about this 10-week program that is the perfect gateway to evidence-based programs.

Can You Hear – and See – Me Now? Easy Accommodations for Participants Who Are Hard of Hearing or Have Low-Vision

Presenters: Amber Mullett, Communications Access & Development Unit Supervisor – Wisconsin DHS Office for the Deaf and Hard of Hearing; Jean Kalscheur, Education and Vision Services Director / Vision Rehabilitation Teacher – Wisconsin Council for the Blind; Chris Hagen, Outreach Coordinator – ADRC of Barron County; Anne Hvizdak, Statewide Coordinator, Evidence-Based Health Promotion Programs – Wisconsin Bureau of Aging & Disability Resources; Shannon Myers, Community Research Specialist – WIHA

Between 30-50% of older adults have hearing loss and at least 15% have vision loss. How will that impact participation in health promotion programs? State agency staff, Independent Living Center representatives and county program coordinators and Leaders have worked hard this year to develop best practices and toolkits to develop accommodations for participants in our health promotion programs with sensory disabilities. Learn the simple subtle changes you can make in both your outreach and your programs so that they are universally available to everyone.

Motivational Interviewing: Engaging Conversations to Encourage Participation

Presenter: Debra A. Murray, Psy.D, Director of Masters of Science in Mental Health Counseling – Viterbo University

Working with people who may not be motivated to change can be a challenge — especially when traditional methods of outreach do not attract those most appropriate for a specific program. In this workshop you will learn motivational interviewing concepts and how to apply techniques that help you engage people and encourage participation.

Outreach That Works: Practical Advice for Promoting Your Program

Presenter: Kris Krasnowski, Director of Communications & Community Relations – WIHA

Getting people interested in and into programs is one of the biggest challenges for program coordinators and leaders. Get some real-world advice, tips, and learn about resources that can help you engage and encourage participants.

Effective Techniques for Enhancing Brain Fitness

Presenter: Robert Best, Executive Director – Oak Hill Terrace

In this workshop, participants learn how to include mental stimulation in their daily routine. Brain based exercises will stimulate both sides of the brain and boost memory. Learning experiences will focus on a variety of cognitive abilities and demonstrate that learning can be fun. Participants will practice various exercises that will enhance multiple areas of the brain.
Workshop Descriptions

Wednesday, June 15: 10:45 a.m. – 11:45 a.m.

C1  Partnership Conversation Strategies That Work
Presenter: Patti Becker, Community Partnerships & Outreach Specialist – TMG

Through an interactive activity using role play and worksheets, attendees will learn and practice skills needed to create productive, empowered conversations toward healthier aging. Attendees will leave the session with practical strategies and tools for successful conversations that empower the person.

C2  T’ai Chi: Evidence-Based Mind-Body Wellness
Presenter: Jill Renken, OAA Consultant – Greater Wisconsin Agency on Aging Resources & Community Research Associate – Community Academic Aging Research Network

T’ai Chi is exercise that integrates slow, gentle movements, breathing and a variety of cognitive components including focused attention, imagery, and multi-tasking. It also has strength and balance benefits, which makes it an effective fall prevention program. Learn how to incorporate an evidence based T’ai Chi practice into your healthy aging programming.

C3  Mobility: Implications & Ideas for Program Access & Age-Friendly Communities
Presenter: Holly Keenan, Mobility Manager – Lutheran Social Services; Pam Busch, Mobility Manager – DoorTran

Mobility plays a key role both in access to programs and in the livable communities/aging-in-place movement. Learn about the impact that mobility has on health and wellness as we age, how leaders can make programs more accessible, and the role we can play in encouraging mobility/transportation accommodations in our own communities.

C4  Increasing Wisconsin’s Engagement in Fall Risk Screening
Speakers: Becky Turpin, University of Wisconsin Hospital and Clinics; Jane Mahoney, MD, Chief Medical Officer – WIHA

Our vision for Wisconsin is that all older adults are screened for fall risk annually and referred to appropriate evidence-based interventions. To this end we see the CDC STEADI toolkit as a unifying mechanism for risk screening and engagement of health care systems. Continuous expansion of Stepping On and development of additional evidence-based programming will offer our communities and health systems the resources needed to prevent those at risk of a fall from future injury, disability or death.

C5  Inclusive Programming: Developing Cultural Confidence and Competence in Healthy Aging Programs
Presenters: Sherri Ohly, Special Projects Coordinator – WIHA; Bria Grant – WIHA Consultant; Keetah Smith, Lead Support Coordinator for Evidence-Based Programs – Core El Centro

We all know that Wisconsin is growing older. It is also growing more diverse. To address health disparities, we need to ensure that outreach for and delivery of our workshops reach underserved populations and those most in need. Learn from experts on the ground how working with community health workers and leaders in communities of color has been successful in truly expanding our workshop delivery to all communities.

C6  The State of Chronic Disease
Presenters: Panel Discussion

This panel discussion will outline work by the Wisconsin Division of Public Health’s Chronic Disease Prevention Unit and other agencies to address chronic disease in Wisconsin, as well as local coalition work that impacts chronic disease at a grassroots level.
Photo Booth Fun

Back by popular demand — F-U-N! Step into WIHA’s photo booth and join your colleagues in a little silliness. The photo booth will be open throughout the day on Tuesday. We’ll have some new props this year — and you can bring a few of your own too!

Copies of pictures will be available on Wednesday for you to take home; we’ll also make them available after the Summit.

New this year!

Healthy Aging STAR Awards

WIHA’s new Healthy Aging Star awards recognize the hard work, ingenuity, and collaborative spirit of the professionals and volunteers who are the face of the healthy aging movement. We’ll recognize “stars” in four categories:

- **Above & Beyond Award** | Dedication
- **Making it Happen Award** | Resourcefulness
- **Bright Idea Award** | Innovation
- **In Cahoots Award** | Collaboration

The awards will be presented on Wednesday, June 15 at 12:30 pm. Get ready to be inspired!

Resort Amenities

Summertime is a great time to visit the Chula Vista Resort & Waterpark in the Dells! Find the best of both worlds — waterparks for your wild side and relaxing river views for your mild side. All within steps of your hotel door.

With over 200,000 square feet of waterparks, a world-class spa, one of America’s top 10 chophouses, an 18-hole golf course, impressive meeting facilities and more, Chula Vista offers plenty to do for Summit-goers and their families.

Chula Vista is only minutes away from all the exciting attractions that have made the Dells area famous.
 Registrations fees:

- Full Summit ................................ $135
- One-day only ................................ $90

See registration options and register online at:

http://tinyurl.com/zhk7olz

For questions about Summit registration, please contact UWSP Continuing Education Customer Service at:

(715) 346-3838

CEHs: Continuing Education Hours (CEHs) will be available following the event.

Volunteer scholarships: Scholarships are available for program volunteers. To inquire about this or other questions about the Summit, please contact Karen Beck at:

(608) 243-5690 or karen.beck@wihealthyaging.org

Visit the Wisconsin Institute for Healthy Aging — wihealthyaging.org