2017 Healthy Aging

BASE CAMP

Wednesday, June 21, 2017
Holiday Inn Convention Center
Stevens Point, WI

Join your friends and colleagues on this expedition toward a new pinnacle in healthy aging!

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

Bringing healthy aging from research, to practice, to people

Platinum sponsor: HELEN DANIELS BADER FUND
Gold sponsors: GW aar Greater Wisconsin Agency on Aging Resources, Inc.
Marshfield Clinic SecurityHealth Plan
M tmg
Silver sponsors: AARP Real Possibilities Wisconsin Network Health
Map out your approach, consult your compass — and gear up to take your healthy aging programs to the next level!

Hey! What happened to the Healthy Aging Summit?
For everyone who joined us for the Healthy Aging Summit in the past — don’t worry. The full 2-day Summit will be back in 2018! This year we’ve distilled the Summit into a one-day event — Healthy Aging Base Camp — focusing on topics and workshops you’ve told us make the biggest difference in building your evidence-based health promotion programming. Base Camp is your chance to sharpen fundamental tools, like referral building, volunteer development, and program modifications – and aim your sights on inspiring new ideas, like trauma-informed care and intergenerational programming.

Who’s Going to Base Camp?
Got a professional — or personal — stake in healthy aging? Base Camp is for you! The event is specifically designed for healthy aging program leaders, coordinators, and volunteers; academic researchers and community partners; professionals from aging offices, ADRCs, senior centers, independent living centers, public health departments, and health care systems — anyone and everyone with an interest in promoting healthy aging.

Come get new ideas and fresh perspectives to help you improve the health and wellness of your community. And — most importantly — connect with friends and colleagues who share your vision for healthier aging in Wisconsin.

You look so cute in the Photo Booth!
Grab a guitar, pull on a flannel shirt, add an owl mask — and make a memory with your favorite campers in our perennially popular photo booth. But . . . don’t dawdle! With shorter breaks, the day will go by at a brisk pace. So gather your besties and get there as quick as you can.
**Opening Address:**
The Health Effects of Loneliness & Isolation on Older Adults  
**Presented by:** Carla Perissinotto, MD

There are many ways for people to connect with one another today and yet loneliness is pervasive — especially in the elderly. Research now shows that loneliness and isolation may be predictors of serious health problems including physical and cognitive decline — even death.

Dr. Perissinotto will discuss her research on the negative health impacts of loneliness in older adults. Dr. Perissinotto will draw distinctions between loneliness and depression and will discuss risk assessment and integrating social services and medical interventions to assist people who are lonely.

*Dr. Carla Perissinotto is an Associate Professor in the Division of Geriatrics, Department of Medicine at the University of California-San Francisco. Dr. Perissinotto is Board Certified in Internal Medicine, Geriatrics and Palliative Medicine and is dedicated to working in both community and academic settings caring for older adults at the Over60 Health Center in Berkeley and in UCSF Care at Home which provides medical care to home bound older adults.*

**Closing Address:**
The Power of the Patient Perspective: Facilitating Health Equity Through Cultural Competency  
**Presented by:** Crystal M. Glover, PhD

Research shows that health behaviors and health-related thoughts are filtered through our experiences, grounded in our own unique personal and cultural history. Yet, there is often a disconnect between how patients view themselves and how their healthcare providers view them based on race, gender, economic status, or other factors. This gap in perception creates obstacles that impede the health outcomes both patients and providers desire. With a foundation of cultural competency, practitioners have an opportunity to ensure health equity by activating and engaging their patients as true partners in their own well-being.

In this presentation, Dr. Glover will 1) discuss health disparities and health equity through the lens of the patient perspective; 2) define cultural competency and describe the skills necessary for better understanding and communication as providers, researchers, and community members; 3) discuss how to activate and engage patients from a culturally competent perspective; and 4) address the provider’s perspective.

*Dr. Crystal M. Glover is a health disparities and health equity researcher, and mixed-methodologist with the Rush Alzheimer’s Disease Center, and an assistant professor in the Department of Behavioral Sciences at Rush University Medical Center in Chicago. She received her doctorate in social psychology (major) and neuropsychology (minor) from Howard University in 2008 and her Bachelor of Science degree in psychology from Louisiana State University in 2001.*
Registration & Breakfast – Visit Photo booth!

Welcome & Opening Session:  Betsy Abramson – WIHA Executive Director
The Health Effects of Loneliness & Isolation on Older Adults
Presenter: Carla Perissinotto, MD

Break

Workshops
A1. Ready, Set, Grow! Making the Case for Expanding Self-Management Programs
A2. Wisconsin’s Strategies to Prevent Diabetes & Its Complications
A3. Resilience and Trauma-Informed Care for Older Adults
A4. From Research, to Practice, to People: Wisconsin's Health Promotion Landscape
A5. Bridging the Gap of Non-Participation by Better Understanding the Barriers

Workshops
B1. Mental Health & Aging: Unique Challenges and Opportunities
B2. Link Up with Hospitals and Clinics to Build Up Health Promotion Program Referrals
B3. Adapt & Accommodate: Easy Program Modifications for People with Sensory Impairments
B4. Promising Practices in Dementia Care in Wisconsin Communities
B5. Finding, Managing, and Retaining Health Promotion Program Volunteers

Lunch & Healthy Aging STAR Awards

Workshops
C1. Better Together: Building Your Intergenerational Community
C2. Partnerships that Produce: Aging & Public Health Collaborations
C3. Ready, Set, Grow! Making the Case for Expanding Stepping On Falls Prevention Workshops
C4. Evidence-Based Physical Activity Methods and Interventions: Proven to Get People Movin’
C5. Supporting Family Caregivers: We Have an Intervention (and an App) for That!

Break

Closing Session:
The Power of the Patient Perspective: Facilitating Health Equity Through Cultural Competency
Presenter: Crystal M. Glover, PhD

Door Prize Drawing and Conclusion
A1 Ready, Set, Grow! Making the Case for Expanding Self-Management Programs

Presenters: Michelle Comeau, Director of Leader Development; Kristin Jeffries, Director of Business Development – both WIHA

Get information and strategies to help you convince decision-makers to support your healthy aging programs. Learn how to design an effective mix of need, data and stories — all under the umbrella of mission — to persuade community influencers and grow your self-management programs.

A2 Wisconsin’s Strategies to Prevent Diabetes and Its Complications

Presenter: Pam Geis, Health Promotion Specialist – Chronic Disease Prevention Program, Division of Public Health, WI Department of Health Services

The Wisconsin Division of Public Health and the Wisconsin Institute for Healthy Aging have teamed up to help people better manage chronic conditions and prevent complications by offering high-level, evidence-based, self-management programs in Wisconsin. Learn more about Living Well with Chronic Conditions, Healthy Living with Diabetes, and the National Diabetes Prevention Program – which will soon be eligible for insurance coverage. Find out how your organization can offer one or more of these programs, and how you can help community members find programs in your area.

A3 Resilience and Trauma-Informed Care for Older Adults

Presenters: Donna Reimer, RN-PMHN, Nurse Consultant – Bureau of Prevention Treatment and Recovery, Division of Care and Treatment Services, WI Department of Health Services; Rose Barber, Victim Services Advocate – Sawyer County, Oak Wood Haven Shelter

Presenters will share the latest information about resilience and the factors that make some older adults more resilient than others. They will also discuss the impact of Adverse Child Experiences and other losses on both resilience and older adults’ orientation towards taking care of their health. They’ll explain what interventions have been shown to be effective and what we, who support, plan and deliver healthy aging programs, need to know about Adverse Child (and Adult) Experiences, resilience and trauma-informed care.

A4 From Research, to Practice, to People: Wisconsin’s Health Promotion Landscape

Presenters: Jane Mahoney, MD; Professor - Division of Geriatrics, University of Wisconsin, Director - Community-Academic Aging Resource Network (CAARN); Director - Wisconsin Alzheimer’s Institute (WAI), Co-Director - Dissemination and Implementation Resources at the Institute for Clinical & Translational Research (ICTR); Affiliate Faculty - UW Institute on Aging; Jill Renken, MPH, CHES, OAA Consultant & Community Research Associate - GWAAAR & WIHA; Kris Krasnoswki, Director of Communications and Community Relations - WIHA

Did you know that Wisconsin is recognized nationally as a leader in health promotion program development and dissemination? Learn about the players, the process, and your role in bringing evidence-based healthy aging programs from idea to intervention in communities all over Wisconsin.

A5 Bridging the Gap of Non-Participation by Better Understanding the Barriers

Presenter: Gina Green-Harris, MBA, Director – UWSMPH Center for Community Engagement and Health Partnerships, Regional Milwaukee Office, Wisconsin Alzheimer’s Institute and Milwaukee Program Office, Lifecourse Initiative for Healthy Families, (LIHF) - School of Medicine and Public Health, University of Wisconsin

Often we wonder why individuals are “underutilizing” our services; perhaps we need to flip our perspective and acknowledge that we and our programs are underserving certain populations. Join this highly interactive workshop that will have participants walk a mile in another person’s shoes. Participants will engage in activities that are designed to get your juices flowing and experience self-reflection in a healthy and fun manner. At the end of the session, participants will see how understanding life from another vantage point can make a big difference in how we develop our strategies to reach participants from all communities and all walks of life and help us diversify our programs.
**WORKSHOPS**

B1 Mental Health & Aging: Unique Challenges and Opportunities

**Presenters:** Earlise C. Ward, Ph.D., LP Associate Professor – School of Nursing, University of Wisconsin - Madison; Suzanna Waters Castillo, Ph. D., MSSW, Distinguished Faculty Associate, Director of Professional Development – Geriatric Mental Health Division of Continuing Studies - Behavioral Health, University of Wisconsin

Learn about recent trends and issues surrounding mental health in older adults. From depression interventions to meeting the emerging needs of underserved minority populations, hear about the latest research and learn effective ways to reach older adults with mental health needs, including ways to address minority populations.

B2 How to Link Up with Hospitals and Clinics - and Build Up Health Promotion Program Referrals

**Presenters:** Kristin Jeffries, Director of Business Development – WIHA; Jill Renken, MPH, CHES, OAA Consultant & Community Research Associate – Greater WI Agency on Aging Resources/WIHA; Harvey Padek, Health Systems Coordinator – Greater WI Agency on Aging Resources & WIHA Board; Sara Lasker, MEd, MCHES, RMA, CDE, Community Clinical Linkages Coordinator – WI Division of Public Health

Get practical tips for building relationships with health care providers – and referrals and other support for your health promotion programs. Share what’s worked for you, and find out new approaches from our Referral Learning Community.

B3 Adapt & Accommodate: Easy Program Modifications for People with Sensory Impairments

**Presenters:** Chris Hagen, Outreach Coordinator - ADRC of Barron, Rusk & Washburn Counties; Shannon Myers, CWP, Stepping On Faculty Trainer, Community Research Specialist – WIHA & Community-Academic Aging Resource Network (CAARN)

This interactive workshop will teach and model strategies to make your evidence-based programs more accessible, and enhance the experience for people with sensory impairments such as low vision or hearing loss. Experience how effective adaptations resolve sensory challenges and learn how to implement these program modifications. Learn how

B4 this toolkit has enhanced the experience of those with sensory impairments. 

**Promising Practices in Dementia Care in Wisconsin Communities**

**Presenters:** Lisa Wells, MA, CDP, Dementia Care Specialist – ADRC of Eau Claire County; Kristen Felten, MSW APW, Dementia Specialist – Office on Aging, WI Department of Health Services

We all have a responsibility to ensure that people living with dementia and those who care about them feel respected, understood, welcomed, supported, and engaged in their communities. But how? Many areas of Wisconsin have already deployed programs and practices that have demonstrated success in creating dementia-capable organizations and dementia-friendly communities. Learn more about some of these best practices, plans for sharing them across the state, and how health promotion activities can play a role in developing a more hospitable environment for people with dementia and their families.

B5 Finding, Managing, and Retaining Health Promotion Program Volunteers

**Presenter:** Barb Evans, Director – Portage County Retired and Senior Volunteer Program (RSVP)

We couldn’t do it without ’em! Volunteers are an integral part of most aging programs — including health promotion. They’re a highly-valued source of services, support, and outreach. Learn new strategies for engaging volunteers and tips for honoring, supporting, and encouraging them to continue in this vital role.
C1 Better Together — Building Your Intergenerational Community

Marsha Vollbrecht, MS, CSW, NHA, Director of Senior Services – Aurora Health Care; Fred Brown, Exercise and Activity Director – Generations-Plymouth, WI

Intergenerational programs are more than one-time interactions between older people and kids. Join this workshop to learn the key elements of “intergenerational programs,” and what science has shown to be the benefits of real intergenerational programming for younger people, older adults and the community as a whole. Learn how community members in Plymouth, Wisconsin took the seed of an idea and grew it into a full-service intergenerational center and get tips for integrating evidence-based health promotion programs into this model for aging well.

C2 Partnerships that Produce – Aging & Public Health Collaborations

Presenters: Anne Hvizdak, Statewide Health Promotion Coordinator – WI Bureau of Aging & Disability Resources; Kari Dombrowski, Aging Director – Aging and Disability Resource Center of Ozaukee County; Amy Kozicki, Public Health Educator – Public Health Department of Ozaukee and Washington Counties; Allison Gosbin, RN, BSN, CIC, Public Health Nurse – Eau Claire City-County Health Dept; Emily Tachon, CHES, Wellness and Prevention Specialist – Aging & Disability Resource Center of Southwest Wisconsin–Green County

Local Public Health and Aging departments have many opportunities to collaborate on initiatives related to healthy aging. This panel will share challenges and successes in their respective counties and invite audience members to join in to share their experiences.

C3 Ready, Set, Grow! Making the Case for Expanding Stepping On Falls Prevention Workshops

Presenters: Shannon Myers, CWP, Stepping On Faculty Trainer, Community Research Specialist – WIHA & CAARN; Kristin Jeffries, Director of Business Development – WIHA

Get info and strategies to help you convince decision-makers to support your Stepping On falls prevention program. Learn how to design an effective mix of need, data and stories — all under the umbrella of mission — to influence decision makers and grow your falls prevention programs.

C4 Evidence-Based Physical Activity Methods and Interventions — Proven to Get People Movin'

Presenters: Kimberlee A. Gretebeck, Ph.D., RN, Assistant Professor – University of WI - Madison School of Nursing; Jill Renken, MPH, CHES, OAA Consultant & Community Research Associate – GWAAR/WIHA

Learn about recent trends, issues, and interventions for promoting physical activity that are recommended for older adults. Hear about recent research on interventions with improved health outcomes and popular uptake, in both rural and minority populations.

C5 Supporting Family Caregivers — We Have an Intervention (and an App) for That!

Presenters: Lynn Gall, Alzheimer’s & Family Caregiver Support Program Coordinator – Office on Aging, WI Department of Health Services; Jane Mahoney, OAA Consultant/Caregiving Specialist – Greater Wisconsin Agency on Aging Resources

Family caregivers come from all walks of life and have different needs and attitudes toward receiving help and managing their caregiving role. Learn about different caregiver support interventions from evidence-based workshops such as Powerful Tools for Caregivers to telephone support and technological solutions that can give caregivers options to meet their needs.
Registration Fee: $90
Register Online: http://tinyurl.com/mr3fdeh
Deadline to Register: June 13, 2017

For questions about registration, please contact UWSP Continuing Education Customer Service at:
(800) 898-9472 (statewide)
(715) 346-3838 (local)
Press “4” for conference menu.

Continuing Education Units
Five CEUs will be available for Base Camp. Certificates will be issued after the event.

New! For Health Educators: Application for CHES Category 1 continuing education contact hours (CECH) has been made to the National Commission for Health Education Credentialling Inc. (NCHEC).

Volunteer Scholarships
Scholarships are available for program volunteers. For more information contact Anne Hvizdak at:
Anne.Hvizdak@dhs.wisconsin.gov or call 608-266-3111

Questions About Base Camp?
Contact Brenna Hopkins at:
brenna.hopkins@wihealthyaging.org or call 608-243-5689

For More Details, Visit Us At:
wihealthyaging.org