Annual Conference | June 1-3, 2016 | Mirage Hotel

L"A"S VEGAS

Annual Conference | June 1-3, 2016 | Mirage Hotel

OFFICIAL PROGRAM
Valley Services proudly supports the National Association of Nutrition and Aging Services Programs in nourishing our nation’s seniors.

Valley continues to be a leader in providing flavorful, nutritious meals to Congregate and Home-delivered Meal Clients. We are committed to delivering exemplary service and culinary innovations.

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Welcome First Time Attendees!

We know you will find this conference to be a terrific experience and encourage you to take full advantage of the various networking opportunities available throughout the conference. Please pick up a “First-time Attendee” ribbon at the Registration Desk to help identify you. Also, please be sure to join us for breakfast on Thursday morning to meet our board of directors!

Evaluation Forms

Please place completed evaluations in the appropriately marked boxes. Your comments and suggestions regarding topics and speakers will be especially helpful for future planning committees.

2016 Conference Committee

Special thanks to all the members who helped with the planning efforts of this event:

Tony Sarmiento, Chair | Silver Spring, MD
Pat Bohse | Bohse & Associates, Inc. | Middletown, NJ
Lisa LaBonte | Waterbury, CT
Mary Beals Luedtka | Flagstaff, AZ
Maria Mahar, MA, RD, CDN | Syracuse, NY
Linda H. Miller | Charlotte, NC
Denise Niese | Bowling Green, OH
Katrina Fowler | Las Vegas, NV
Martha Peppones, MS, RD, CD | Mukilteo, WA
George Popovich | Brookville, FL

NANASP Mission Statement

NANASP’s mission is to strengthen through advocacy and education those who help older Americans.

NANASP’s vision is to reshape the future of nutrition and healthy aging.

NANASP is opening the door to new opportunities and to our advancing role in strengthening senior health and well-being. We are #nourishingseniors!

Follow Us on Twitter
Tweeting from the conference? Use #nourishingseniors and you could win! Follow @nourishseniors on Twitter, tweet away, and stay tuned for announcements throughout the conference.

Like us on Facebook
Don’t have an account and/or aren’t sure how to? The NANASP Staff will have a help desk to answer your questions and show you just how easy it is to sign up!

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Angela Vázquez
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Ellen Whitlock
Senior Resources of Guilford | Greensboro, NC

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In appreciation of their support, be sure to stop by and visit all of our exhibitors in the Montego Room during the Opening Reception on Wednesday night or Thursday, June 2nd from 8:00 am – 2:00 p.m. Be sure to have your passport stamped by all to be entered into a drawing for some great prizes which will take place at 1:15 p.m. You must be present to win!

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WEDNESDAY
JUNE 1 / 2016

2:30 p.m. – 2:45 p.m.
Welcome/Opening Remarks
ANTIGUA

2:45 p.m. – 3:30 p.m.
ANTIGUA
Robert Blancato, Executive Director, National Association of Nutrition and Aging Services Programs, Washington, DC
James Firman, EdD, President & CEO, National Council on Aging, Washington, DC

3:30 p.m. – 3:45 p.m.
Coffee Break
CARIBBEAN COURT

3:45 p.m. – 4:15 p.m.
Hot Topics in Nutrition and Aging Services
ANTIGUA
Mary Beth Arensberg, PhD, RND, Director, Health Policy and Programs, Abbott Nutrition
Meredith Ponder, Federal Policy and Advocacy Manager, NANASP

4:15 p.m. – 4:30 p.m.
Break
CARIBBEAN COURT

4:30 p.m. – 5:30 p.m.
General Session: The Shape of Things to Come: Advocacy and Reframing Senior Services
ANTIGUA
The session will present a vision of the transformation and integration of health care delivery systems and community-based services for aging services into person centered service networks. How will aging services, programs and resources evolve? What is the role of the aging services community in advocacy to shape the future? This Session will present a road map for action and a glimpse into the future of “Aging Services”.
Jeff Klein, Director & CEO, Nevada Senior Services, Las Vegas, NV

5:30 p.m. – 7:00 p.m.
Opening Welcome Reception
MONTEGO ROOM

THURSDAY
JUNE 2 / 2016

8:30 a.m. -9:30 a.m.
Networking/Roundtable Breakfast in Exhibit Hall
MONTEGO ROOM
SPONSORED BY

9:45 a.m. - 10:30 a.m.
General Session: The Changing Landscape of the Aging Network and Aging Services: Where We’ve Been and What Lies Ahead
ANTIGUA
Connie Benton Wolfe, President and CEO, Aging and In-Home Services of NE Indiana

10:30 a.m. – 11:00 a.m.
Coffee Break in Exhibit Hall
MONTEGO ROOM
(continued on page 8)
11:00 a.m. – 12:00 p.m.
Concurrent Breakout Sessions

In-kind Contributions Program: A Must for all Nonprofits!
JAMAICA

Did you know that 90% of the nonprofits that benefit from in-kind support do not document these contributions? And, that in-kind contributions can be used to match government and private funds, and to leverage additional funding? This workshop will demonstrate how to secure, document and leverage in-kind donations. An in-kind donation is any non-cash contribution that can be given cash value: labor, products, or services for which the organization would normally have to pay. The workshop will cover determining what your organization should ask for regarding donated products and services, as well as establishing the policies and procedures you need to make this program effective. We will also review resources that can help you find the labor, products and services to offset your operating or program budget. Anyone involved in fundraising for a non-profit will benefit from this workshop.

Pat Bohse, President, Bohse & Associates, Inc. Middletown, NJ

12:00 p.m. – 1:30 p.m.
Lunch in the Exhibit Hall
MONTEGO ROOM

Passport & Other Drawings at 1:15
You must be present to win!

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50,000 New Donors. How do you like them apples?

Last year, we acquired more than 50,000 new donors and raised $12.8 million for senior nutrition programs in our direct mail fundraising Co-op. That’s the power of sharing knowledge and resources to get the most out of your fundraising budget. You benefit from proven strategies that enable you to capitalize on what’s working and avoid what’s not.

Now that’s food for thought.

Learn how Lautman Maska Neill & Company’s fundraising Co-op can help you raise more money. It’s as easy as pie. Contact us today!

1:45 p.m. – 2:45 p.m.
Concurrent Breakout Sessions

Closing the Senior SNAP Gap: Best Practices from the Field
JAMAICA

The Supplemental Nutrition Assistance Program (SNAP) is a valuable tool to provide food that can stave hunger, strengthen financial security, and help older adults manage chronic health

(continued on page 10)
conditions. Yet only 41% of eligible senior households are actually enrolled in SNAP, compared to 83% of eligible households of all ages. National Council on Aging (NCOA) works to boost senior SNAP enrollment, including through grants to dozens of community organizations. In this session, NCOA will share best practices and tools from the Senior SNAP Enrollment Initiative, including: easily replicable outreach strategies and messages that resonate with seniors, policy changes that you can advocate for in your state to facilitate easier enrollment into SNAP, and resources that you can download and adapt for use in your community.

Lura J. Barber, MPP, Director, Hunger Initiatives, National Council on Aging | Arlington, VA

Addressing Service Gaps-A Meals on Wheels plus Model

This session will highlight the experiences of two senior nutrition programs developing contracts with healthcare systems to offer Meals on Wheels Plus service packages:

Uche Akobundu, Director of Project Management and Impact Meals on Wheels America, Arlington VA
Lisa LaBonte, Director of Senior Nutrition Services, New Opportunities, Inc., Waterbury CT
Elaine Clark, Meals on Wheels and Senior Outreach Services Walnut Creek, CA

2:45 p.m. – 3:00 p.m.
Coffee Break
CARIBBEAN COURT

3:00 p.m. – 4:00 p.m.
Concurrent Breakout Sessions

HHS and USDA 2015-2020 Dietary Guidelines and Their effect on the Older Americans Act Nutrition Programs

This session will highlight major updates in this new edition of the DGAs and how these updates can be accommodated within the Older Americans Act Nutrition Programs. There will be ample time at the end of the session for Q&A with ACL’s national nutritionist.

Holly Kellner Greuling, RDN, Administration on Aging, Administration for Community Living, Washington, DC

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Helping More Seniors Use the Internet through Community Partnerships: Part 1 of 2

Healthy aging today requires the ability to navigate the Internet. Yet 18 million seniors (65+) remain offline. Organizations big and small are finding ways to tackle this digital divide. This two-part workshop will present training approaches as well as identify possible partners (such as colleges/universities and SCSEP) to support new or expanded local training programs for seniors.

Cecilia Garcia, Former Executive Director of the Benton Foundation
Bob Harootyan, Research Manager, Senior Service America, Inc.
Kate Magsamen-Conrad, Assistant Professor at Bowling Green State University, Bowling Green, OH
Denise Niese, Executive Director of the Wood County Committee on Aging, Bowling Green, OH
Angela Siefer, Founder and Director of the National Digital Inclusion Alliance

A Closer Look at the Aging Mastery Program

JAMAICA

The Aging Mastery Program® (AMP) is a comprehensive and fun approach to aging well that encourages people to take actions to enhance their health, financial well-being, social connectedness, and overall quality of life. Come learn more about the AMP philosophy from our own participants about the belief that modest lifestyle changes can produce big results and that people can be empowered and supported to cultivate health and longevity. Equally important, the program encourages mastery—developing sustainable behaviors over time.

James Firman, EdD, President & CEO, National Council on Aging, Washington, DC
Pat Bohse, President, Bohse & Associates, Inc., Middletown, NJ
Laura Cisneros, Director of Senior Community Services, WellMed Medical Management, Inc., San Antonio, TX

4:00 p.m. – 4:15 p.m. Break
CORRIDOR

4:15 p.m. – 5:15 p.m. Concurrent Breakout Sessions

Innovative Congregate Meals Go On the Road!

ANTIGUA

The concept of a “Roaming” Congregate Meal was developed as a way to engage hard to reach seniors who did not feel they wanted to attend meals in a senior center setting. Roaming Congregates take the social meal on the road by being held in different locations, offering traditional and trendy food and providing education not only on topics of aging healthily but also aging actively in the community. This workshop outlines our success with this congregate model and offers insight as to how

(continued on page 13)
participants may want to develop Roaming Congregates in their communities, too.

Curtis Hammond, Nutrition Program Manager, Missoula Aging Services, Missoula, MT

Helping More Seniors Use the Internet through Community Partnerships – Part 2 of 2

Healthy aging today requires the ability to navigate the Internet. Yet 18 million seniors (65+) remain offline. Organizations big and small are finding ways to tackle this digital divide. This two-part workshop will present training approaches as well as identify possible partners (such as colleges/universities and SCSEP) to support new or expanded local training programs for seniors.

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(continued on page 14)

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All Dairy Pure® products are Grade A milk procured from local dairies. Dairy Pure® shelf stable dairy products are UHT pasteurized under sterile, aseptic conditions. The UHT aseptic process enables our milk to remain fresh with or without refrigeration for 12 months from production date and can be stored in multiple temperature environments with no loss of freshness or taste.

Dairy Pure® dairy products are made with milk from cows not treated with rbST. rbST (Recombinant Bovine Somatotropin), also known as rbGH (Recombinant Bovine Growth Hormone), is a genetically engineered version of a naturally occurring growth hormone found in cattle that increases milk output from cows.*

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SIZES AVAILABLE:
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FOR BEST RESULTS:
Refrigerate after opening
Serve Chilled

NEW OPENING!
Twist to break inner Seal
FRIDAY  
JUNE 3 / 2016

8:30 a.m. – 9:30 a.m.  
NANASP Annual Meeting  
ANTIGUA

9:45 p.m. – 10:45 a.m.  
Concurrent Breakout Sessions  

Eat Smart Live Strong: Nutrition Education for Older Adults  
ANTIGUA

How to incorporate multiple evidence based activities and innovative strategies (such as a placemat with affordable seasonal recipes) to improve health and wellness and combat food insecurity. Eat Smart, Live Strong is designed to improve fruit and vegetable consumption and physical activity among the growing number of low-income older adults.

Teresa Nigro and Marleen Canniff, Ventura County Area Agency on Aging | Ventura, CA

A Community Guide to Oral Health for Older Adults  
JAMAICA

Learn more about the research The Lewin Group has done with support from the Administration for Community Living and the Office of Women’s Health regarding the fragmentation across Federal programs that result in a lack of oral health prevention and treatment services for older adults. Information reviewed and identified in research conducted will be shared in addition to tools that have been developed including a Community Guide to Adult Oral Health Program Implementation for communities and aging services providers interested in replicating, adapting, or starting an oral health program.

Holly Kellner Greuling, RD, LDN, National Nutritionist, Administration for Community Living, Office of Nutrition and Health Promotion Programs, Washington, DC

10:45 a.m. – 11:00 a.m.  
Coffee Break  
CARIBBEAN COURT

11:00 a.m. – 12:00 p.m.  
Concurrent Breakout Sessions  

Organizing Volunteers for Maximum Impact  
ANTIGUA

This workshop will cover the key aspects of development of volunteer positions, recruitment, engagement and retention in senior food pantry programs to increase program capacity without increasing cost.

Dana Serrata, M.S., Executive Director, Helping Hands of Vegas Valley, Las Vegas, NV
Marcia Blake, Executive Director, James Seastrand Helping Hands, Las Vegas, NV

The Food Pantry Preventative Medical Home without Walls  
JAMAICA

The Food Pantry Preventative Medical Home without Walls is a collaborative project between a university and a Latino church to create a chronic disease friendly environment with a culturally sensitive referral system to the formal medical system when needed. The project includes biomarker screenings and health education done at the food pantry by promoters from the church community, changes to the food provided at the pantry to create healthier choices and conducting healthy cooking demonstrations.

Anna C. Faul, PhD, Executive Director
Joseph G. D’Ambrosio, PhD, Director of Innovation and Sustainable Health
Institute for Sustainable Health and Optimal Aging | Louisville, KY
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JAMAICA
Delivery System Reform and Nutrition Providers: Finding Your Niche and Adding Value
ANTIGUA
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MONTEGO ROOM
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