2015 Wisconsin Healthy Aging Summit

Bringing healthy aging from research, to practice, to people

Learn, network, collaborate — in support of healthier aging

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

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

With special thanks to our sponsors:

Platinum sponsor:

Silver sponsors:
- network health
- novonordisk
- Dr. Comfort
- Security Health Plan

Bronze sponsors:
- CAARN
- Wisconsin Institute for Healthy Aging
- WISCONSIN ASSOCIATION FOR RESEARCH ON AGING
- WISCONSIN ASSOCIATION OF LONG TERM CARE ADMINISTRATORS
- DANE COUNTY Department of Human Services
Welcome to the 2015 Wisconsin Healthy Aging Summit!

From research, to practice, to people.

Since its inception, the Wisconsin Institute for Healthy Aging has been at the forefront of community-based, participatory research in healthy aging. The 2015 Healthy Aging Summit is the culmination of this past year’s efforts, a celebration of all we’ve accomplished together, and a launch pad for our work into the future.

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. We owe our success to the people — program leaders, coordinators, trainers, coaches, and staff — and partners — health care providers, systems, and insurers; aging & disability resource centers and aging offices; 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.

Marsha Vollbrecht Jane Mahoney, MD
WIHA Board President WIHA Executive Director

Greetings from the WIHA Board

We’re glad you’re here!

Paula Brabec, RN, MSN, DNP
Linda Hale, RN, BSN, EMT, Section Chief - Wisconsin Dept. of Health Services, Division of Public Health, Bureau of Community Health Promotion, Family Health Section
Gina Green-Harris, MBA, Director of Milwaukee Office Outreach, Programs & Services - Wisconsin Alzheimer’s Institute
LaVerne Jaros, Director - Aging & Disability Resource Center (ADRC) of Kenosha County
Robert Kellerman, Executive Director - Greater Wisconsin Agency on Aging Resources, (GWAAR) - WIHA Secretary
Christine Klotz, MHA
Jane Mahoney, MD – Assoc. Professor, UW School of Medicine & WIHA Exec. Director
Cynthia Ofstead, Director - Wisconsin Dept. of Health Services, Office on Aging
Debbie Paavola, Director - Waushara County Department on Aging Services
Harvey Padek, Living Well Master Trainer - WIHA - WIHA Treasurer
Sinikka Santala - WIHA Vice President
Marsha Vollbrecht, Director, Senior Services - Aurora Health Care - WIHA President

Pardon our jargon . . .

ACL: Administration for Community Living
ADRC: Aging & Disability Resource Center
AoA: Administration on Aging
BADR: Bureau of Aging & Disability Resources
CAARN: Community-Academic Aging Research Network
CDC: Centers for Disease Control and Prevention
CDSMP: Chronic Disease Self-Management Program
DSMP: Diabetes Self-Management Program
DHS: Department of Health Services
EBPP: Evidence-Based Prevention Program
OAA: Older Americans Act
Lessons from The Blue Zones
Presented by: Luann Alemao

Experts say with the right lifestyle, you may live up to a decade longer. What’s the prescription for success? Luann Alemao will discuss the best strategies for longevity found in the Blue Zones — places in the world where higher percentages of people enjoy remarkably long, full lives. Learn the recipe for blending this unique lifestyle formula with the latest scientific findings to inspire easy, lasting change that may add years to your life.

Alemao is an expertly trained speaker and coach who embraces the Blue Zones lifestyle and has spread its practices in her own community of Cedar Falls, Iowa.

Aging, Health and Longevity in the 21st Century
Presented by: S. Jay Olshansky, Ph.D.
School of Public Health – University of Illinois at Chicago Division of Epidemiology and Biostatistics

We appear to be living longer and healthier than at any time in history, and there is reason to be optimistic that aging science is leading us toward a breakthrough that will yield a genuine therapeutic intervention that will slow aging.

Olshansky will discuss some of these trends, explore the various health and longevity futures that could happen, present some of the exciting new developments in aging science, and demonstrate a new technological breakthrough in our field.

WIHA Photo Booth
Who says healthy aging can’t be fun?!
Stop by the WIHA exhibit booth on Thursday and join us for a little play time.
Summit Cinema presents —

The Age of LOVE

It’s Never Too Late to Date!

Thursday, August 6
Doors open at 7:00 pm | Show starts at 7:30 pm
FREE and open to the public

FREE Popcorn & CASH Bar

Join us for the Wisconsin premiere screening of
The Age of Love — a fascinating look at the universality of love and desire, regardless of age.

The Story
An unprecedented speed dating event for 70- to 90-year-olds serves as the backdrop for THE AGE OF LOVE, a poignant and funny look at the search for love among the senior set.

Over one summer, we intimately follow as ten speed daters — recently widowed, long-divorced, or never-married — prepare for the big day, endure a rush of encounters, then anxiously receive their results. Fearlessly candid about themselves and what they’re seeking, these WWII babies are spurred to take stock of life-worn bodies and still-hopeful hearts.

Then, as they head out on dates, comic and bittersweet moments reveal how worries over physical appearance, romance and rejection, loss and new beginnings change — or don’t change — from first love to the far reaches of life.

Post-Film Discussion
Stay with us after the show for a book-club-style discussion about the significance and implications of the film. What does it tell us about the need for emotional and social connectedness as we age and what role does that play in health and wellness?

Generously sponsored by SecurityHealth Plan

From research, to practice, to people — 3
2015 Wisconsin Healthy Aging Summit

Agenda

Thursday, August 6, 2015 | 9:00 a.m. – 9:00 p.m.

8:00 a.m.  Registration & Continental Breakfast | Visit Exhibit Booths

9:00 a.m.  Welcome & Opening Session:
Jane Mahoney, MD – WIHA Executive Director

Keynote Presentation: Lessons from The Blue Zones (see page 2)
Generously sponsored by Bader Philanthropies
Presenter: Luann Alemao

10:15 a.m.  Break & Refreshments | Visit Exhibit Booths
Generously sponsored by TMG

10:45 a.m.  Workshop Sessions (see workshop descriptions on page 7)
A1. Using Community Coalitions to Achieve Changes in Fall Prevention
   Room: Frontier
A2. Medicare’s Preventive Services: An Important Part of Healthy Aging
   Room: Wisconsin
A3. Diabetes: Addressing Community-Level Need for Prevention and Control
   Room: Woodland/Trillium
A4. Make ‘Em Care: Tips for Telling Your Story
   Room: Stonefield
A5. Can Technology Help Caregivers of Older Adults Anticipate Needs?
   Room: Harvest
A6. Yoga & Falls Prevention in the Rural, Aging Population — A Study in Progress
   Room: Evergreen

11:45 a.m.  Lunch & Volunteer Appreciation

1:00 p.m.  General Session: Hearing Loss and Healthy Aging
Presenter: Juliette Sterkens, AuD – Hearing Loss Association of America

This session will explore the incidence of hearing loss, its impact on healthy aging in older adults, and the effects of hearing loss on cognitive and physical functional decline, social isolation, and overall well-being. Learn how to assess for hearing loss with validated paper-and-pencil hearing tests, when and how to encourage professional intervention, benefits and limitations of hearing aids, communication strategies, public accommodations as mandated by the Americans with Disabilities Act, and the importance of hearing loss support groups.
Thursday, August 6, continued . . .

2:00 p.m. **Workshop Sessions** (see workshop descriptions on page 8)

- **B1. Collaborations to Implement Fall Prevention Interventions in Clinical & Community Settings**
  **Room:** Frontier

- **B2. Choose the Right Data to Further Your Goals**
  **Room:** Wisconsin

- **B3. Update: Physical Activity for Life for Seniors (PALS)**
  **Room:** Stonefield

- **B4. Establishing an Effective Referral System for Evidence-Based Prevention Programs**
  **Room:** Harvest

- **B5. Implementing and Sustaining New Programs**
  **Room:** Evergreen

- **B6. Building Dementia-Friendly Communities: A Priority for Everyone**
  **Room:** Woodland/Trillium

3:00 p.m. **Break & Refreshments | Visit Exhibit Booths**
Generously sponsored by TMG

3:30 p.m. **General Session: Addressing Nutritional Risks of Older Adults**
*Presenter: Dr. Randall Gretebeck, PhD, Associate Professor (CHS) – School of Nursing, University of Wisconsin–Madison*

Aging is accompanied by a variety of economic, psychological, and social changes that can compromise nutritional status. Aging also produces physiological changes that affect the need for several nutrients. The significance of sound nutrition education becomes clear with the recognition that nutritional status influences the rate of physiological and functional declines with age. Nutritional programs for the elderly should emphasize the value of high-quality, nutrient-dense foods while being sensitive to the needs and beliefs of older people.

4:15 p.m. **General Session: “I Have High Blood Pressure, Not Hypertension”: How Health Literacy Affects What You Do Every Day**
*Presenter: Steven W. Sparks, MS, Health Literacy Director – Wisconsin Health Literacy*

Seniors as a group are at greatest risk for low health literacy, especially given changing health status, increased use of medications, and more frequent interaction with the complex health care system. Low health literacy may interfere with recovery from illness or injury, managing chronic diseases, and staying active. Learn how to recognize this silent problem and get easy-to-use techniques to help seniors improve their personal health and health care experience. Hear how an ongoing medication education program for seniors helps them stay well.

5:00 p.m. **Door Prize Drawing**

6:00 p.m. **Looking for a dinner group?** Check the sign-up sheet at the registration table if you’re interested in dining together at a local restaurant.

7:30 p.m. **Wisconsin Premiere Screening: The Age of Love** (see page 3)
Generously sponsored by Security Health Plan
Friday, August 7 | 7:45 a.m. – 2:30 p.m.

7:45 a.m.  **Networking Breakfast | Registration**  
Breakfast Table Interest Groups: Diabetes Self-Management | Falls Prevention | Dementia Support | Caregiver Support | Self-Direction & Healthy Aging | Nutrition Programs

9:00 a.m.  **General Session: Key Issues in Geriatric Mental Health**  
Presenter: Suzanna Waters Castillo, PhD, MSSW, Distinguished Faculty Associate – University of Wisconsin–Madison, Division of Continuing Studies

This session will introduce facts that dispel myths about mental illness in late life. Psychiatric disorders are not a normal part of aging, but untreated or undertreated, older adults experience multiple negative outcomes. Participants will learn about the prevalence of geriatric mood disorders, evidence-based screening tools, and effective treatment methods. Short lectures, case studies, and videos will be used to provide a positive learning experience.

9:45 a.m.  **General Session: Health Equity: Creating a Healthy, Safe and Just Community for All by Focusing on the Root Causes of Inequitable Outcomes**  
Presenter: Jordan Bingham, MS, Health Equity Coordinator – Public Health Madison & Dane County

In a truly healthy community, factors like age, race, income, gender, sexual orientation and disability won't predict the health and lifespan of individuals and groups. To move toward this vision, we must look more deeply at social and institutional factors that hinder many from achieving or maintaining good health. This interactive presentation will provide ideas for understanding "upstream" causes of health inequities along with strategies and tools to work toward collaborative solutions.

10:30 a.m.  **Break & Refreshments**

11:00 a.m.  **Workshop Sessions** (see workshop descriptions on page 9)

   C1. Livable Communities: How Our Neighborhoods Contribute to Personal Independence and Empowerment  
   Room: Frontier

   C2. Simple Assistive Technology for Big Independence  
   Room: Wisconsin

   C3. Collaborating with Public Health for Success  
   Room: Stonefield

   C4. Compassionate Presence: The Power of Mindfulness Based Care For You, For Them  
   Room: Woodland/Trillium

   C5. Healthy Aging Below the Belt: Mind Over Matter — Healthy Bowels, Healthy Bladder  
   Room: Harvest

   C6. Modifiable Risk Factors for Dementia: Living Well & Maintaining Health in Older Age  
   Room: Evergreen

12:00 p.m.  **Lunch**

1:00 p.m.  **Closing Session: Aging, Health & Longevity in the 21st Century (see page 2)**  
Generously sponsored by Network Health

Presenter: S. Jay Olshansky, Ph.D. – School of Public Health, University of Illinois at Chicago, Division of Epidemiology and Biostatistics

2:00 p.m.  **Door Prize Drawing and Conclusion**
A1. Using Community Coalitions to Achieve Changes in Fall Prevention  
**Presenters:** Becky Turpin, MA, Adult Injury Prevention Coordinator – University of Wisconsin Hospital & Clinics; Christine Klotz, MHA – WIHA Board Member; Heather Comstock, MS, OTR/L, Occupational Therapist – Black River Memorial Hospital  
**Room:** Frontier

Changing the impact of falls in a community is more successful with health and aging services working together in a coalition. Local coalitions bring partners together around a common purpose and share data and learnings to guide their efforts to reduce falls risk, incidence of falls, and professional practices. Learn about successful strategies to convene and collaborate in coalitions and successful initiatives sample coalitions have achieved together. Our panel will profile Wisconsin and New York community coalitions.

A2. Medicare’s Preventive Services – An Important Part of Healthy Aging  
**Presenters:** Jane Mahoney, Older Americans Act Consultant – GWAAR; Debbie Bisswurm, SHIP Outreach Specialist for Waukesha County – GWAAR  
**Room:** Wisconsin

Preventive screenings and tests are an important part of healthy aging. In 2011, Medicare added preventive services to their list of covered services. Learn more about these services and how you can help educate beneficiaries about the importance of utilizing them.

A3. Diabetes: Addressing Community-Level Need for Prevention and Control  
**Presenters:** Pam Geis, Health Promotion Specialist – Chronic Disease Prevention Unit, Wisconsin Division of Public Health; Sherri Ohy, Special Projects Coordinator – Wisconsin Institute for Healthy Aging  
**Room:** Woodland/Trillium

Panelists will discuss the impact of diabetes in Wisconsin and share information about a community-based prevention program (National Diabetes Prevention Program) and two community-based self-management programs (Healthy Living with Diabetes and Vivir Saludable con Diabetes) that are being delivered successfully in communities across the state. Learn how public health can partner with health systems and community-based organizations to successfully create community-clinical linkages to deliver these programs.

A4. Make ‘Em Care: Tips for Telling Your Story  
**Presenters:** Kris Krasnowski, Communications Specialist – WIHA; Harvey Padek  
**Room:** Stonefield

The best stories surprise you. They can make you feel something — sad, empathetic, proud, angry. They can motivate you to do something – make a donation, tell a friend . . . take a workshop! Explore how crafting a compelling story — yours or someone else’s — can be one of your best methods for motivating people to act.

A5. Can Technology Help Caregivers of Older Adults Anticipate Needs?  
**Presenters:** Diane Farsetta, PhD – UW-Madison School of Nursing, Center for Aging Research and Education; Barbara Bowers, MS, PhD, Associate Dean of Research – UW-Madison School of Nursing, Executive Director, Center for Aging Research and Education; Katie McGlenn, Director of Innovation Research – Wellbe  
**Room:** Harvest

Informal, unpaid caregivers — spouses, adult children, friends, and neighbors — provide the majority of care for older adults, but are often unprepared to do so. Guidance and information can reduce caregiver stress and lead to better outcomes for older adults, but such supports can be difficult to access, especially for caregivers in rural areas. For the past year, the UW-Madison School of Nursing has been exploring how technology can help guide caregivers through older adults’ complex, late-life transitions. In this workshop, we will share our findings and ask for feedback on concepts for an online tool for caregivers of older adults.

A6. Yoga & Falls Prevention in the Rural, Aging Population — A Study in Progress  
**Presenter:** Paul Mross RYT, LMT Research Project Leader and Yoga Consultant  
**Room:** Evergreen

Explore and experience yoga and its possible connection with fall prevention. This workshop will examine past and current research conducted with Upland Hills Health Hospital and local ADRCs in southwest Wisconsin. Participants will be invited to practice simple yoga poses that are accessible and easily modified to individual needs.
**B1. Collaborations to Implement Fall Prevention Interventions in Clinical and Community Settings**

Presenters: Katie Calmes, Quality Manager – Lakeland Care District; Mary Repking, PT, CSCS, Physical Therapist/Asst. Manager of Rehab Services – Marshfield Clinic; Jennifer Clark, Health Educator – ADRC of Central Wisconsin

**Room: Frontier**

Learn how falls coalitions can work with community members, medical professionals, providers, and MCOs to bring falls prevention interventions to your community. Presenter Katie Calmes will describe Winnebago County and Lakeland Care District’s collaboration to research and implement a Vitamin D intervention. Mary Repking and Jennifer Clark will share a new program entitled Independent and Upright — a senior-to-senior program aimed at reducing in-home fall risks. Independent and Upright is a collaborative program between the Lincoln County Fall Coalition and Marshfield Clinic.

**B2. Choose the Right Data to Further Your Goals**

Presenters: Mary Funseth, CSW, BS-HCM, CIRS-A, Medicare Diabetes Task Lead and Quality Consultant – MetaStar; Pam Geis, BA, Health Promotion Specialist – Chronic Disease Prevention Unit, Wisconsin Division of Public Health

**Room: Wisconsin**

An important step in achieving goals is to review data that can give you a picture of observed patterns or trends that matter to your initiative. This presentation will demonstrate practical uses of data, how to use the data while developing SMART goals, ways to simplify sharing and reporting data, and where to look for county, state, and national data. This will be an interactive session to network and learn from other attendees.

**B3. Update: Physical Activity for Life for Seniors (PALS)**

Presenter: Kimberlee Gretebeck, Ph.D., RN, Assist. Prof. – University of Wisconsin–Madison, School of Nursing

**Room: Stonefield**

This session will provide an update of the PALS program. A demonstration of PALS exercises will be conducted by the ADRC-CW followed by a PALS update including progress since initiating PALS in 2014 and future directions including dissemination across the state of Wisconsin.

**B4. Establishing an Effective Referral System for Evidence-Based Prevention Programs**

Presenters: Sherri Ohly, BSW, Special Projects Coordinator – WIHA; Michelle Comeau, AAS, Special Projects Assistant – WIHA

**Room: Harvest**

Every day, health systems interact with people who need our community-based resources. Learn about different referral models – piloted in Wisconsin — that increase participation in evidence-based prevention programs and get best practices, lessons learned, and ways you can work with your health system to reach and serve more people.

**B5. Implementing & Sustaining New Programs**

Presenter: Christine Klotz, MHA – WIHA Board Member

**Room: Evergreen**

New programs are often started through the energy of a small group of inspired individuals and with the support of leadership — though not always with their full understanding. If a program seems to fit the agency mission and goals, staff is assigned to lead the effort. Program details can be planned and implemented with success without an agency commitment for sustainability. Leadership, faced with changing challenges, moves on to other demands.

Focusing on five critical aspects of program sustainability, staff can develop a sustainability plan to present the strongest case to sustain the successes of the program. The presentation will share information about these sustainability factors with practical recommendations for strategies that work.

**B6. Building Dementia-Friendly Communities: A Priority for Everyone**

Presenters: Lisa Wells, MA, Dementia Care Specialist – ADRC of Eau Claire County; Trisha Bailkey, Dementia Care Specialist – ADRC of Barron, Rusk and Washburn Counties

**Room: Woodland/Trillium**

We all have a responsibility to spread the message that communities can and should support people with dementia and their care partners. This workshop will discuss the importance of dementia-friendly communities and what communities around Wisconsin are doing to become more dementia-friendly, and will provide tools to implement in your own community.
C.1. Livable Communities: How Our Neighborhoods Contribute to Personal Independence and Empowerment  
Presenter: Sam Wilson, State Director – AARP Wisconsin  
Room: Frontier

What does a community need to have in place to support older adults living independently? An initiative by AARP promotes the development of safe, accessible, and vibrant environments also known as livable communities. Livable communities take into account land use, housing, transportation, and broadband — all of which facilitate aging in place. Find out how your community scores on the livability index and what you can do to facilitate improvement.

C.2. Simple Assistive Technology for Big Independence  
Presenter: Jennifer Fasula, Executive Director – Midstate Independent Living Consultants, Inc.  
Room: Wisconsin

This hands-on session will focus on demonstrating low-cost assistive technology that can be used to help people with disabilities live more independently. Participants will have opportunities to create assistive technology with simple household items.

C.3. Collaborating with Public Health for Success  
Presenters: Anne Barberena, RN, BSN, Deputy Health Officer – Oak Creek Health Department; Allison Gosbin, RN, BSN, Public Health Nurse – Eau Claire City-County Health Department; Annette Seibold, RN, MS, Health Officer – Florence County Health Department; Zona Wick, MS, RN, BSN, Health Officer – Iron County Health Department  
Room: Stonefield

This panel discussion will showcase a range of evidence-based programs successfully delivered in Wisconsin communities through collaboration with local public health departments. Programs will include: Stepping On (Oak Creek), Living Well (Eau Claire), Community Gardening (Florence), and Strong Women/Tai Chi (Iron).

C.4. Compassionate Presence: The Power of Mindfulness-Based Care For You, For Them  
Presenter: Thomas Roberts, LCSW – Innerchange Counseling  
Room: Woodland/Trillium

Although new in its application to individuals suffering from dementia, there are promising indications that teaching mindfulness practices to those with dementia/Alzheimer’s positively affects anxiety, subjective experience of pain, and regulation of emotions. Improvement is also seen in cognitive functioning and interpersonal relationships. This workshop will present the latest research and practical applications of the practice of mindfulness in the clinical setting.

C.5. Healthy Aging Below the Belt: Mind Over Matter – Healthy Bowels, Healthy Bladder  
Presenter: Heidi W. Brown, MD, MAS, Wisconsin Multidisciplinary K12 Urologic Research Career Development Program Scholar, Assistant Professor – University of Wisconsin–Madison School of Medicine & Public Health, Departments of Obstetrics & Gynecology and Urology  
Room: Harvest

Over 60% of independent older U.S. women have urinary and/or bowel incontinence, the combined annual cost of which exceeds $30 billion. Many older adults don’t know that urinary and bowel control can improve through exercise and lifestyle modification without the use of medications or surgery. Learn about a new community-based workshop series that brings self-management techniques to older adults in their communities and provides information about other available treatments if these strategies are not successful.

C.6. Modifiable Risk Factors for Dementia: Living Well & Maintaining Health in Older Age  
Presenters: Barbara Bendlin, PhD, Assistant Professor – University of Wisconsin Alzheimer’s Disease Research Center; Susan Flowers Benton, MS, Research Assistant – University of Wisconsin Alzheimer’s Disease Research Center  
Room: Evergreen

This workshop will discuss how cardiovascular risk factors — especially type 2 diabetes — may be linked with Alzheimer’s disease. The second half of the workshop will discuss how implementing the chronic disease self-management program may help reduce dementia and improve health as we age.
Thank you!

Summit Planning Committee

Anne Hvizdak
Valeree Lecey
Jill Renken
Jennifer Lefeber
Keetah Smith
Angela Velasquez
Pam VanKampen
Randy Kohl
Gina Green-Harris
Sridevi Mohan
Carrie EASTERLY
Angela Nimsgern
Jessica Link
Ciara Schultz
Peggy Kurth
Sara Koenig
Ashley Holly
Saul Juarez Aguilar
Laura Armstrong
Renee Corral
Lisa Wells
Trisha Bailkey
Janet Evans
Jill Kranz
Karen Denu
Kris Krasnowski
Betsy Abramson
Sherri Ohly
Michelle Comeau

Conference Planner:
Peggy Rynearson
LIKE us on Facebook | FOLLOW us on Twitter:

The Wisconsin Institute for Healthy Aging is on Facebook and Twitter. If you’re on Facebook, please Like us and encourage others to Like us too. To find us on Facebook, search for Wisconsin Institute for Healthy Aging. If you’re a Twitter user, find and follow us at @WIHA3.