

2018 Aging Well Conference

Diversity & Resilience: Building a Community for All Ages

PROGRAM INFORMATION & SCHEDULE



OCTOBER 20, 2018, 9AM-4PM

Reynolds High School
1698 SW Cherry Park Rd. Troutdale, OR 97060

CONFERENCE SCHEDULE

8am-2:30pm	Resource Fair with 30+ Vendors	Commons
9:00-10:30am	Welcome & Keynote Presented by AARP Dr. Sharon Meieran, MD, JD , Commissioner, Multnomah County Nick Fish , Commissioner, City of Portland Dr. Danna Diaz, PhD , Superintendent, Reynolds School District Dr. Fernando M. Torres-Gil, MSW, PhD Dr. Torres-Gil, M.S.W., Ph.D. was the first Assistant Secretary for Aging for the Administration on Aging within DHHS. He was a three time presidential appointee under Carter, Clinton, and Obama. Currently, Torres-Gil sits on the National Council on Disability. He is the Director of the UCLA Center for Policy Research on Aging and is a member of the AARP Board of Directors.	Multipurpose Room
10:30-10:45am	Break and Resource Fair	
10:45-11:45am	Session A Workshops <hr/> Building Community for Aging in Place Elder Advocacy: Best Methods of Raising an Issue at the City, County and State Level Emotional Well-Being in Later Life: Practical Tools for Coping with Change Healthy Home for Healthy Aging with Feng Shui *Help is Here: Caring for a Family Member with Dementia -- and Yourself, too! Movement Meditation: Unplug and Calm your Mind with an Integrative Movement Practice Providing Safety and Protection for Older Adults: Understanding Abuse, Neglect, and Self-Neglect	Room 109 Multipurpose Room Room 110 Room 111 Room 112 Room 113 Room 114
11:45am-1:00pm	Lunch provided by Multnomah County Aging, Disability, & Veterans Services Division	

*** = Español**

CONFERENCE SCHEDULE

12:15-1:00pm	Luncheon activity - Dance for Parkinsons, Instructor Lindsay Reich Dance for Parkinsons will be offering a sample of a seated dance class, highlighting the benefits of dance as an integrated mind-body activity accessible to all people. There will be an opportunity for questions and discussion at the end of the class.	Multipurpose Room
1:15-2:15pm	Session B Workshops	
	A Touch of Grey: Music Therapy and Aging Well	Multipurpose Room
	Accessibility in Policy about Equitable Communities	Room 110
	Civic Engagement: Strategies for Volunteerism and Advocacy in Portland	Room 111
	Hospice Care, Resilience and Quality of Life	Room 112
	*Latino Parents 60+ with Teenage Children and the Clash of Culture, Language, & Technology	Room 113
	*Technology & You	Room 109
	Understanding Unique Challenges Facing GLBT Elders	Room 114
2:15-2:30pm	Break and Resource Fair	
2:30-3:30pm	Session C Workshops	
	*La Importancia y Beneficios De Pertenecer A Un Grupo	Room 109
	Connecting Across Generations for Social Impact	Room 110
	LGBTQ+ Aging: How a Welcoming Safe Social Environment Creates Sense of Belonging and Supports Health	Room 111
	Too Much Stuff! Hoarding Myths, Stigma, and Tools	Room 112
	Transportation Access to Healthcare: A Community Collaboration	Room 113
	What Makes a Community Feel Like Home? Findings from Community Based outreach	Room 114
	*Zumba Dance Class for All Abilities and Levels (Spanish & English)	Multipurpose Room
3:40-4pm	Town Hall Discussion and Closing Remarks	Multipurpose Room

PROGRAM DETAILS

10:45-11:45am: Session A Workshops

Building Community for Aging in Place, Room 109

Jin Darney, Eastside Village
Margaret Baldwin, Northeast Village PDX
Marianne LaBarre, Northstar Village
Anjala Ehelebe, Villages NW

Participants will learn how to build on existing sources of support to enable you to age in your own home. Through interactive learning, this workshop will begin with resources that already exist, and explore additional resources and ways in which a community can support older adults' desire to age in place.

Elder Advocacy: Best Methods of Raising an Issue at the City, County and State Level, Multipurpose Room

JoAnn Herrigel, Elders in Action

Our panel will focus on methods and tools for advocating for services, programs and assistance at the city, county and state level. The panel will include Oregon Senator Laurie Monnes Anderson, District 25; Multnomah County Commissioner Lori Stegman, District 4; and City of Troutdale Councilor Larry Morgan, Position 3. They will each address the basic functions and focus of their level of government, tips on how to advocate for policies or services, and concrete ideas for making your voice heard.

Emotional Well-Being in Later Life: Practical Tools for Coping with Change, Room 110

Meghan Marty, PhD, Rose City
Geropsychology, LLC

Later life is often accompanied by challenging and changing circumstances, many of which may be unwelcome or unexpected. Older adults have had a lifetime to develop strategies for coping, many of which can be applied to their current or future difficulties. This workshop will help participants to identify coping strategies that remain effective for them, as well as introduce practical coping strategies that can be applied to many different circumstances, with an emphasis on building meaning and purpose that can benefit communities.

Healthy Home for Healthy Aging with Feng Shui, Room 111

Miyoko Fuse, Home Esteem

This workshop discusses how traditional Chinese art and science also known as feng shui is effectively applied to modern American homes and that affects your life. This workshop introduces the principle of feng shui that is a Yin-Yang duality, a natural method of rejuvenating any area of your home to produce harmony and positive communication. Attendees will learn how to create a safe, healthy, and harmonious home by space planning, colors, shapes, and materials that are affordable.

PROGRAM DETAILS

10:45-11:45am: Session A Workshops

***Help is Here: Caring for a Family Member with Dementia -- and Yourself, too!, Room 112**

Anne P. Hill, JD, Co-Author Help is Here
Project books
Itzel Morales, Providence Oregon
Senior Health

Attendees will learn what dementia is and what is not dementia. They will learn skills that will help them care for a family member who has dementia. They will learn why it is so important to take care of themselves and a method to do that by creating two teams: one team for the family member who has dementia and another separate team, for themselves, the family caregiver. It's easy for family caregivers to become isolated and so involved with caring for their family member that they forget that it is vital for them to care for themselves.

Movement Meditation: Unplug and Calm your Mind with an Integrative Movement Practice, Room 113

Caz Thomson; Sherwood Regional
Family YMCA

Moving Meditation offers an integrative practice to unplug and move in ways to helps us holistically. This practice allows the body to reclaim mobility, flexibility, strength, agility and stability it needs. Participants start with a gentle walk, and check in with how they are feeling. Participants then starts from a seated position and are then guided through a meditation and various gently movements. The class finishes with gently tai chi and closing meditation.

Providing Safety and Protection for Older Adults: Understanding Abuse, Neglect, and Self-Neglect, Room 114

Cindy Schmidt, Adult Protective Services,
Multnomah County Aging, Disability, &
Veterans Services Division

Participants will get an overview of Adult Protective Services purpose and process related to screening, investigation and intervention. An investigator will talk about signs, symptoms, and red flags for abuse of older adults and persons with disabilities. The workshop will include discussions and case examples of financial exploitation, abuse, neglect, and self neglect.

PROGRAM DETAILS

1:15-2:15pm: Session B Workshops

A Touch of Grey: Music Therapy and Aging Well, Multipurpose Room

Emilie Wright, MT-BC, Wildwood Creative

Join us for an hour of active music making and learning! Attendees will explore what music therapy is, how it benefits older adults, and how it can carry over into everyday life. We will engage in improvised music making, and end with a collaborative songwriting experience with a focus on mindfulness. You'll walk away with a custom written song, a sense of community, and a toolbox full of ideas for using music in day-to-day living.

Accessibility in Policy about Equitable Communities: Reassessing, Taking Action, Room 110

Allen Hines, Real Choice Initiative

Andrew Riley, Amalgamated Transit Union Local 757

This workshop presents proposed policies to support older adults and people with disabilities in the Age Friendly Portland Action Plan, the Multnomah County Age Friendly Action Plan, and Portland's Comprehensive Plan, alongside challenges informed by research and the lived experience of people with mobility needs who are often on fixed income and live below the poverty line. We then invite participants to consider policies that could fortify the proposed policies and address challenges. Several housing and transit focused scenarios will be discussed and debated in small groups.

Civic Engagement: Strategies for Volunteerism and Advocacy in Portland: SAGE - Senior Advocates for Generational, Room 111

David Michael Smith & Lisa Rome, Senior

Advocates for Generational Equity (S.A.G.E.) Participants will learn about the personal rewards and health benefits of civic engagement and create an action plan to make a difference in the community. Together, we will explore a range of service and advocacy roles for older adults, and participants will clarify which roles fit best based on your skills and interests. We will also brainstorm solutions to barriers to civic engagement, and share resources to help participants engage in meaningful opportunities.

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1:15-2:15pm: Session B Workshops

Hospice Care, Resilience and Quality of Life, Room 112

Wendy Haile, MA, CVA, Hospice Volunteer Coordinator, Kaiser Permanente Hospice

This workshop will touch on the basics of hospice care, how patients and their loved ones can benefit from hospice services and how hospice and palliative care focus on quality of life rather than quantity of life. Participants will be given a chance to reflect on what quality of life/resilience means to them and develop an understanding of how quality of life can differ from person to person. Participants will be encouraged to articulate their own values to their loved ones and healthcare providers with the goal of receiving the support and care that is most beneficial to them.

***Latino Parents 60+ with Teenage Children and the Clash of Culture, Language, & Technology, Room 113**

Ana Muñoz, Latino Network

This workshop will be a safe and healthy conversation about the challenges parents 60+ are facing with their teen children. What is happening in this intergenerational gap between parent vs. teens that is affecting their core family values? Parents and grandparents will take away information about resources and tools that can assist them in finding support.

***Technology & You, Room 109**

Carlos Galeana, Multnomah County Library

As we age, technology can become increasingly inaccessible. The buttons are too small and menus are not clear. The participants will learn more about accessibility settings that make technology more accessible to persons of all abilities. For example, we'll explore increasing font sizes on smartphones, and using speech to text features for texting. We will make the presentation interactive and participants will learn about the free technology classes offered at Multnomah County Library.

Understanding Unique Challenges Facing GLBT Elders, Room 114

Max Micozzi and Ruth Szilagyi, Friendly House

Participants will learn about the barriers that GLBT elders are experiencing when accessing health and housing services today. Attendees will have a broader understanding of how historical trauma can play a role in accessing services and engaging with service providers. Attendees will also gain knowledge of how resilient and vibrant this aging cohort is and how "family", plays a role in providing support when there is no where else to turn to or trust.

PROGRAM DETAILS

2:30-3:30pm: Session C Workshops

***La Importancia y Beneficios De Pertenecer A Un Grupo, Room 109**

Erika Carranza & Xenia Penate, El Programa Hispano Católico

Participants will discuss new ways to identify and use their own strengths so they can have the knowledge that they are valuable to their group and their community. Presenters will lead participants to find a way to be resilient in their day to day, by doing common activities with support. Talking about inspiration, acknowledging how hard it is for everyone to achieve some tasks, and how it gets easier when someone else inspires you. Workshop will be divided into small groups to complete an activity that will illustrate the importance of a caring community.

Connecting Across Generations for Social Impact, Room 110

Judy Applegate Strand, LCSW and Maruška Lynch, Metropolitan Family Service

Participants will discuss compelling evidence of the power of inter-generational connection in addressing social challenges, share what works in motivating community engagement for older adults, and examine the barriers they see to growing this work. Participants will explore emerging trends in the field, and discuss the challenge of building an inter-generational movement that is culturally responsive and meets the needs of an increasingly diverse population.

LGBTQ+ Aging: How a Welcoming Safe Social Environment Creates Sense of Belonging and Supports Health, Room 111

Kathleen M. Sullivan, PhD, Optimal Aging
Scott Taylor Moore, JD, Quest Center for Integrative Health

Age-friendly is a concept that includes both the built and social environment. Unfortunately, LGBTQ+ older adults are often invisible in agency planning; without a seat at the table their needs are overlooked or worse, unknown. Participants will learn about efforts in Oregon to create a coalition that is working collaboratively to provide the research needed to assess the programs and services currently available to LGBTQ+ older adults in Oregon, provide training to providers to care and services and to document the resiliency of these older adults.

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2:30-3:30pm: Session C Workshops

Too Much Stuff! Hoarding Myths, Stigma, and Tools, Room 112

Jill Williams, MA and Melissa Greeney,

Multnomah County Hoarding Task Force
Our presentation is interactive and educates people on the myths and facts about hoarding disorder. We talk about why people save things and strategies for clearing space. We talk about hoarding vs clutter vs squalor and appropriate interventions for each. We also go over “do’s and don’ts” when trying to help a loved one work on the challenges of “too much stuff”. This presentation promotes best practices and helps reduce stigma.

Transportation Access to Healthcare: A Community Collaboration, Room 113

Amparo Agosto, Ride Connection
Zainab Kamara, Providence
Eileen Collins, Trimet LIFT

Kamar Haji Mohammed and Abe Moland, Gridworks IC/Ride to Care
This workshop will provide a presentation of current and developing models of transportation to access healthcare. A panel discussion of on-going efforts to coordinate the scheduling of healthcare services with available accessible transportation services in the Mid-Multnomah County area. In addition, the panel will discuss the future of accessible transportation in the region and its effects on access to healthcare with a focus on access, flexibility, and dependability.

What Makes a Community Feel Like Home? Findings from Community Based outreach, Room 114

Gayle Palmer, S.A.G.E. Fellow, Centennial Community Association
Jean Trygstad, Riverwest Villages

Presenters will share community members’ input provided in response to a survey of East Portland residents, “What Makes a Community Feel Like Home” and from community conversations with older adults about the contributions of elders to society and the barriers to fulfillment. Participants will be encouraged to share their experiences and ideas for elders, adults, and youth to create a better place for all ages.

***Zumba Dance Class for All Abilities and Levels (Spanish & English), Multipurpose Room**

Lydia Hernandez and Cristina Lujan

Low impact dance fitness class perfect for beginners of all fitness levels. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. We play Latin and other International upbeat music. Prepare to leave empowered and feeling strong. You can also follow the moves sitting on a chair if you prefer.

Resource Fair for Vendors

The Resource Fair is taking place in the Commons from 8am to 2:30 pm. Stop by these vendor tables and check out what they have to offer:

AARP

Alzheimer's Association, Oregon and SW Washington Chapter

City of Portland Regulatory Services - Accessible Service Program

ClearCaptions, LLC

Community Energy Project

Department of Consumer and Business Services

Easter Seals Latino Connection Program

Elders In Action

Friendly House

Goodwill Industries of the Columbia Willamette

Guardian Partners

Hollywood Senior Center

Home Instead Senior Care

Kaiser Hospice Volunteer Program

Latino Network

Long-Term Care Ombudsman Office

Lutheran Community Services Crime Victim Advocacy Program

Metropolitan Family Service

Multnomah County Aging, Disability, and Veterans Services Division

Multnomah County Library

Office of Community Involvement

Oregon Health Equity Alliance (OHEA)

Portland Water Bureau

Providence ElderPlace

Ride Connection

Ride to Care

SAGE Metro Portland

Sickle Cell Anemia Foundation, Inc.

Store to Door

Unna, LLC

Urban League of Portland

Villages NW

SPONSORS



Conference Planning Committee

Jay Bloom, Bloom Anew

Erika Carranza, Tatiana Centurion, Maria Monroy - El Programa Hispano Catolico

Alan DeLaTorre, PSU Institute on Aging

Mike Faber, PCC

Suzanne Hansche, We Can Do Better

Rebecca Miller, Multnomah County Aging, Disability, & Veterans Services Division

Ivonne Rivero

Jean Trygstad

Vici Wolff, S.A.G.E. (Senior Advocates for Generational Equity)

EVENT MAP

- Childcare: Latino Network
- Closed Captioning: LNS Captioning
- Interpretation: Passport to Languages
- Lunch: Pollos a la Brasa El Inka
- Marketing: Matt Kinshella, Multnomah County
- Music: Brenna McDonald
- Transportation: City of Portland, Ride Connection, Ride to Care, & TriMet
- Volunteers: Elders in Action & AARP

