



28TH ANNUAL
AGING WELL
Conference



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Friday, June 1, 2018

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28TH ANNUAL
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Conference

7:00 am	Registration, Refreshments, and Exhibitor Visits	
8:00 am	Welcome	Ballroom
8:15 am	KEYNOTE Running with Scissors	Ballroom
9:15 am	Break and Exhibitor Visits	
9:30 am	Morning Breakout Session	
	1A. Creating a Personal Vitality Portfolio	Alumni
	1B. Evidence-Based Tai Chi Training	Oak
	1C. Dancing with Parkinson's	Den
	1D. Opioid Use, the Older Adult, and How to Help	Walnut
	1E. Local and National Legislation Impacting the Elderly: What We Need to Know	Cinema
10:45 am	Break and Exhibitor Visits	
11:00 am	KEYNOTE Re-Imagine Dementia	Ballroom
12:00 pm	Lunch and Exhibitor Visits	Ballroom
1:15 pm	Afternoon Breakout Session	
	2A. Financial Exploitation of Senior Citizens	Spruce
	2B. Eat Well, Age Well	Cinema
	2C. Bridging the Gap of Non-Participation by Better Understanding Barriers	Oak
	2D. Guardianship and Legal Decision Making	Alumni
	2E. Helping Those Nearing the End of Life Forgive	Walnut
2:30 pm	Break and Raffle	
2:45 pm	KEYNOTE Addition in the Face of Subtraction: Aging with Grace in the 21st Century	Ballroom
3:45 pm	Dancing with Parkinson's Ballroom Demonstration	Ballroom
4:00 pm	Adjournment	

KEYNOTE PRESENTATIONS

Running with Scissors | 8:15 am

This seminar discusses hidden barriers to healthy aging and describes how to overcome “lifestyle inertia” and engage healthy lifestyles both personally and professionally. It explores what’s behind the common gap between intentions for aging well and the actions, and provides practical strategies to help individuals move into action. This session also challenges participants to examine both their personal intentions versus actions around healthy aging and consider how it impacts their own aging journey and their ability to support the journey of others.

Kay Van Norman, founder and president of Brilliant Aging, is an internationally known author, speaker, and wellness consultant. She directed the Keiser Institute on Aging for 3 years, and serves on both the International Council on Active Aging and American Senior Fitness Association boards. She’s written two books, several chapters, and scores of journal articles on aging well. Her wellness resources won a Best Practices Award from the National Council on Aging, and her 2010 book *Exercise and Wellness for Older Adults* was recently translated into Chinese.

Kay is an early pioneer and thought leader in senior wellness and for over 25 years has substantially shaped the international active aging movement and Whole Person Wellness approaches in senior housing. She lives in Bozeman, MT, with her husband and five horses and is delighted that their two adult sons also live in the Bozeman area!

Re-Imagine Dementia | 11:00 am

Chances are you have specific keywords, stereotypes, or impressions that come to your mind when you think about dementia. This presentation will challenge the common stereotypes we hold about dementia and offer a new and more truthful narrative to apply to our expectations, beliefs, language, and actions when it comes to aging and dementia.

Angela Lunde, M.A., is an Associate of Neurology at Mayo Clinic and has a background in education and wellness. Angela joined the Mayo Clinic Alzheimer’s Disease Research Center in 2001. She earned a B.S. degree from the University of Wisconsin-La Crosse in 1988, and a M.A. degree from St. Mary’s University, Minneapolis, Minn., in 2011. She was awarded the recognition of Associate in the Department of Neurology in 2012.

She currently serves as a co-investigator and director of the Outreach, Recruitment, and Education Core of the Mayo Clinic Alzheimer’s Disease Research Center. She writes content on dementia, caregiving, and healthy aging for the Mayo Clinic and has contributed to articles, books, and research publications. Angela is involved in community, state, national, and international partnerships focused on reducing stigma and supporting the inclusion of persons living with dementia into everyday community life. In addition, she is a Certified Wellness Coach and yoga instructor.


KEYNOTE PRESENTATIONS

Addition in the Face of Subtraction: Aging with Grace in the 21st Century | 2:45 PM

Our country is growing older each year, and with it grows the percentage of those living with degenerative diseases. In the next 25 years, the percentage of those living with Alzheimer's and Parkinson's is expected to double. Given these challenges, how can we build a society that bolsters both those who are aging and those who support them? Journalist and filmmaker Dave Iverson offers reflections based on his own experiences living with Parkinson's and as a caregiver for an aging parent.

David Iverson is an acclaimed writer, editor, and filmmaker whose career has spanned both broadcast journalism and independent filmmaking. His most recent film *Capturing Grace* tells the story of what happens when a group of dancers with Parkinson's disease join forces with the world-renowned Mark Morris Dance Group. The film's screening sold out to festival audiences around the country and won the "Audience Favorite Award" at the 2014 Mill Valley Film Festival, the 2014 Starz Denver Film Festival, the 2015 Sedona International Film Festival, and the 2015 Wisconsin Film Festival. The film was broadcast on PBS in 2015.

Iverson was also the writer, correspondent, and co-producer/director of the 2009 PBS *Frontline* documentary *My Father, My Brother and Me*, which explored his family's saga with Parkinson's disease and the scientific, ethical, and political issues raised by the search for a cure. An earlier documentary of Iverson's for PBS, *The Thirty Second Candidate*, won a National Emmy Award in 1999. Iverson has also been a special correspondent for *PBS NewsHour* and a radio and television host at San Francisco's NPR affiliate KQED and at Wisconsin Public Television. He now serves as Contributing Editor at the Michael J. Fox Foundation for Parkinson's Research and is a founding member of the foundation's Patient Council.



**We are extremely pleased to bring
everyone together for our keynote
presentations on such important topics.**

1A. Creating a Personal Vitality Portfolio

Kay Van Norman, President, Brilliant Aging

This session outlines the Vitality Portfolio approach designed to help individuals create a vitality plan, balance vitality assets, and make regular deposits that support lifelong health. It describes the core assets of resilience and an ageless attitude, in addition to wellness and functional assets necessary for living with vitality—regardless of challenges. Finally, it asks participants to examine their personal vitality status and identify assets that they can cultivate immediately to support healthy aging.

1B. Evidence-Based Tai Chi Training

Jill Renken, MPH, CHES

This breakout session discusses the research-demonstrated health benefits of Tai Chi practice (both in the general population and special benefits within the older adult population), what kinds of Tai Chi programs are evidence-based and why, and how to become involved in evidenced-based Tai Chi programs.

1C. Dancing with Parkinson's

Susanne Carter and Elly Schaaf

According to the *Journal of Neural Transmission*, dancing is shown to help people with Parkinson's disease improve their ability to walk and enhance their quality of life. This breakout session will include warming up while using chair exercises, walking to the beat of music, checking balance, stretching, and other aspects of dancing to help those with Parkinson's thrive. This session is also ideal for caretakers, relatives, and friends of those with Parkinson's who want to stay young at heart. Prepare to participate in something new, have fun, and discover the power to be your best.

1D. Opioid Use, the Older Adult, and How to Help

David W. Nelson, Ph.D.

The current opioid epidemic has proven to be a serious issue, but has a surprisingly large impact on the senior population. Learn how the current opioid crisis affects older adults and how it can negatively change health and lifestyles. Discover what you can do to assist an elderly person who is abusing opioids.

1E. Local and National Legislation Impacting the Elderly: What We Need to Know

Helen Marks Dicks

On both the Federal and State levels, the 2017-18 session had lots of opportunities and challenges to programs that affected older Americans. The caregiving proposal advanced the needs of those caring for loved ones, but challenges abound for some bedrock programs like Medicare, Medicaid, Meals on Wheels, and other Older American Act Programs. This workshop will get you up to date on what has happened, how these updates could potentially affect you, and what is in the works for the rest of the year.

AFTERNOON BREAKOUT SESSION 1:15-2:30 PM

2A. Financial Exploitation of Senior Citizens

Karen S. Schellin, CAMS, CFE, CFSSP; Investigator, BMO Financial Group

Protect elderly loved ones and patients from financial fraud and other fiscally dangerous activities through this comprehensive breakout session that details and defines financial exploitation. Discover how the elderly can protect themselves from financial exploitation and what your financial institution and you personally can do to protect and help.

2B. Eat Well, Age Well

Pam VanKampen, RDN, CD

Virginia Woolf once stated, "One cannot think well, love well, sleep well, if one has not dined well." This fun, interactive, and informative session promotes ideas of "dining well" that are vital to aging well. Discover easy, nutritious, and tasty recipe and meal ideas that will get you or your aging loved one, or patient, excited about discovering a healthier lifestyle.

2C. Bridging the Gap of Non-Participation by Better Understanding Barriers

Gina Green-Harris

We often 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 difference in how we develop our strategies to reach participants from all communities and all walks of life and help us diversify our programs.

2D. Guardianship and Legal Decision Making

Rebecca Dutter, B.A.; Adult Protective Services Supervisor

This session will focus on what guardianship is in Wisconsin, when it is needed, and how the process works. Review Guardianship of the Person and Estate and discover how rights can be removed in a guardianship process. Discuss capacity vs. competency as well as alternatives to guardianship.

2E. Helping Those Nearing the End of Life Forgive

Timothy Markle

This presentation presents a broad overview of forgiveness: both what it is, and what it is not, in addition to laying out the benefits of forgiveness. Discover the steps of an acclaimed forgiveness program specifically for persons nearing the end of their lives, based on the process model of forgiveness developed by Clinic Operations for Unity Point Health - Meriter.

PRESENTER BIOS

Susanne Carter is a dancer, performer, instructor, dance/fitness professional, and personal trainer. She has a long history of teaching dance in Wisconsin public schools and is the artistic director of Carter Productions (carterproductions.com), which she founded with her husband in 2002.

In 2009, along with several colleagues and with support from Froedtert and the Medical College of Wisconsin, The Parkinson's Dance Class was launched, and she became hooked on sharing her love of dance with people who have Parkinson's. Susanne has been training with Dance for PD® and networking with other teachers across the country who teach dance for people with PD.

Susanne has presented at many local symposiums, support groups, and outreach events. In 2010, she received a Career Recognition Award from the Wisconsin Dance Council. This award is given to a person whose diverse dance contributions have changed the future of dance in Wisconsin.

Helen Marks Dicks currently serves as the State Issues Advocacy Director for AARP Wisconsin. She graduated from the University of Wisconsin Law School in 1985. Since that time, she has been involved in elder law and advocacy on both the legal and legislative level. For 5 years, she served as Director of the Elder Law Center of the Coalition of Wisconsin Aging groups prior to working for Wisconsin State Senator Judy Robson from 2007-2011

Rebecca Dutter is the Adult Protective Services Supervisor (APS) for Kenosha County. Her office investigates allegations of abuse, neglect, and exploitation for elders and adults at risk as well as completing guardianships and protective placements. Rebecca joined the APS unit in 1999 as an investigator and became the supervisor in 2005. Since becoming the supervisor, the unit has added a Volunteer Guardianship Services program and has added a specific financial abuse investigator to the unit. Rebecca completed her degree from the University of Wisconsin-Madison, and her background includes work in long term care and dementia care. Rebecca has provided presentations at the National Association of Adult Protective Services workers as well as to colleges and universities, Law Enforcement Academy, and to fraud investigator conferences.

Gina Green-Harris is the Director of Milwaukee Outreach and Program Services at the University of Wisconsin-Madison School of Medicine and Public Health, Wisconsin Alzheimer's Institute, where she provides leadership and governance to guide and build the capacity of the WAI Milwaukee office. She has a Bachelor of Science degree in Psychology from Central State University and a Master's degree in Business Administration from Franklin University.

In her current position, she leads the outreach and research program which is designed to provide resources and recruit minorities into research that is culturally specific to African-Americans. Since joining the Institute, the program has more than doubled the number of African Americans enrolled in the Wisconsin Registry

PRESENTER BIOS

for Alzheimer's Prevention (WRAP). Gina was instrumental in the collaboration between the university and Milwaukee Health Services, Inc. (a federally Qualified Health Center) to establish a minority specific memory clinic in the heart of Milwaukee, which was the first of its kind and has since been established as a national model for other FQHCs to replicate. The Institute's work is being followed by researchers across the state and nation to learn about their outreach and recruitment model.

Gina was appointed to serve as a member of the Milwaukee County Family Care Governing Board, serving on local, state, and federal boards and committees, including several specific to Alzheimer's. In addition, she serves as a board member with Interfaith for Older Adults, Center on Aging Communities at UWM, and Milwaukee Health Services Incorporated. She is a member of the Milwaukee County Department on Aging Advisory Council, and she co-chairs the underserved populations committee. She is a member of the Clergy for Health Upholder group. Gina was recognized as the 2012 Professional of the Year by the Wisconsin Chapter of the Alzheimer's Association.

Timothy Markle is Senior Outreach Specialist at the UW-Madison Waisman Center, which is "dedicated to advancing knowledge about human development, developmental disabilities, and neurodegenerative diseases," where he serves as the Director of the Southern Regional Center for Children and Youth with Special Health Care Needs.

Tim earned his undergraduate degree at Bowling Green University and his Master's in Counseling Psychology from John Carroll University (University Heights, OH) and his Master's in Christian Studies from Trinity Evangelical Divinity School (Deerfield, IL). He studied forgiveness with Dr. Robert Enright, UW-Madison psychology professor and founder of the International Forgiveness Institute, as part of his Master's capstone project.

An enthusiastic advocate of interpersonal forgiveness, Tim has developed and presented 6-week and 8-week forgiveness training workshops for hospitals and churches. His forgiveness presentations have been delivered to professional counselors, caregivers, teachers, and others. He is a member of the International Forgiveness Institute Speakers' Bureau

David W. Nelson, Ph.D., is the State of Wisconsin's Substance Use Treatment Coordinator and has extensive background in assisting individuals to move away from opioids for pain management. He has been a Licensed Professional Counselor and Substance Abuse Counselor for over 35 years, opting for naturopathic responses for his patients in place of opioids. Additionally, he is an author on the subject of pain management and the utilization of mindfulness and guided imagery for chronic pain management.

PRESENTER BIOS

Jill Renken has a bachelor's degree in Health Promotion, Master's of Public Health degree, and is a Certified Health Education Specialist. Jill has done work in the university, healthcare, and worksite employee wellness setting, with most experience in community wellness programs.

She currently works within Wisconsin's Aging Network to assist statewide implementation of Evidence-Based Healthy Aging Programs. As an Older Americans Act Consultant for GWAAR, she provides technical assistance and training around evidence-based health promotion programs. Jill is also the Community Research Associate for the Wisconsin Institute for Healthy Aging, where she builds partnerships among community and academic agencies to conduct healthy aging research.

Elly Schaaf grew up as a dancer and singer with her family in St. Louis, MO. She has taught ballet for over nine years and started Mellen Movement to teach Barre and Ballet fitness classes two years ago. Elly grew up with a grandmother who had Parkinson's Disease, and as soon as she found out about the Dance for PD[®] program in Brooklyn, NY, she knew she had to be a part of it. She was accepted into the teacher training program last June; shortly after, Elly was accepted into the Stanley J. Wertheimer fellowship program to aide in her training. Elly started teaching a "Parkinson's Dance Class" last September after returning from her first training in New York and has since attended another professional development workshop with Dance for PD[®] in Brooklyn. Elly teaches Parkinson's Dance Classes in Lake Forest, IL, and Kenosha, WI, and absolutely loves working with this population of dancers. She is committed to learning and growing as an instructor and is excited to continue to grow this program in Southeastern Wisconsin.

Karen Schellin has over 25 years of experience in the banking arena; experience including sales, regional management, departmental development, writing policy and procedures, and software implementation. For the past fifteen years, Karen has focused solely on fraud and security related issues.

Karen is currently an investigator for BMO Harris (Milwaukee) and works on a multitude of cases throughout the US. These cases include both simple and complex internal and external investigations relating to embezzlement, theft, loans, check and wire fraud, elder financial exploitation, and identity theft.

Karen has received accreditation as a Certified Fraud Examiner (CFE), Certified Anti-Money Laundering Specialist (CAMS), and as a Certified Financial Services Security Professional (CFSSP). Karen has been a contributing editor for the *American Bankers Association*, *Principals of Banking*, and is a member of a variety of fraud networking groups, including the Milwaukee Chapter of the ACFE, the WI Association of Fraud Investigators (WAFI), the Milwaukee Chapter of the International Association of Financial Crime Investigators (IAFCI), and is a current member and past president of the WI Bankers, Financial Crimes Committee.

PRESENTER BIOS

Pam VanKampen, RDN, CD, has thirty years of experience in clinical, community, and administrative dietetics. She holds a Bachelor's of Science in Dietetics from Illinois State University and completed her post-graduate dietetic internship at Edward Hines Jr. VA Hospital. She worked for Lakeside VA Hospital for 5 years as a Clinical, Renal, and Nutrition Support Dietitian, then moved to Sycamore, IL, where she was the chief clinical dietitian and dietary manager for Vencor Hospital, a for-profit hospital that specialized in ventilator patients of all ages.

Currently, Pam is part of the Nutrition Team for the Greater Wisconsin Agency on Aging Resources (GWAAR). GWAAR is a large statewide nonprofit Area Agency on Aging that oversees 70 county and 11 tribal aging offices throughout Wisconsin. Some of Pam's responsibilities include: working closely with the State Elder Nutrition Program Dietitian; creating nutrition education materials; providing technical assistance, program enhancement and continuous quality improvement; developing plans and advocating for Older Americans Act Title III Elderly Nutrition and Health Promotion Programs, as well as serving as the statewide Senior Centers liaison for the WI Aging Network. Pam is also a Master Trainer for Living Well with Chronic Conditions and a Healthy Eating for Successful Living Instructor. She is the statewide coordinator for the Aging Mastery Program (AMP) offered through NCOA and for Sip & Swipe, a digital tablet training program offered through Generations United out of Pennsylvania.

Kay Van Norman, founder and president of Brilliant Aging, is an internationally known author, speaker, and wellness consultant. She directed the Keiser Institute on Aging for 3 years, and serves on both the International Council on Active Aging and American Senior Fitness Association boards. She's written two books, several chapters, and scores of journal articles on aging well. Her wellness resources won a Best Practices Award from the National Council on Aging, and her 2010 book *Exercise and Wellness for Older Adults* was recently translated into Chinese.

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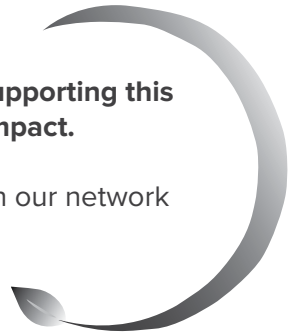
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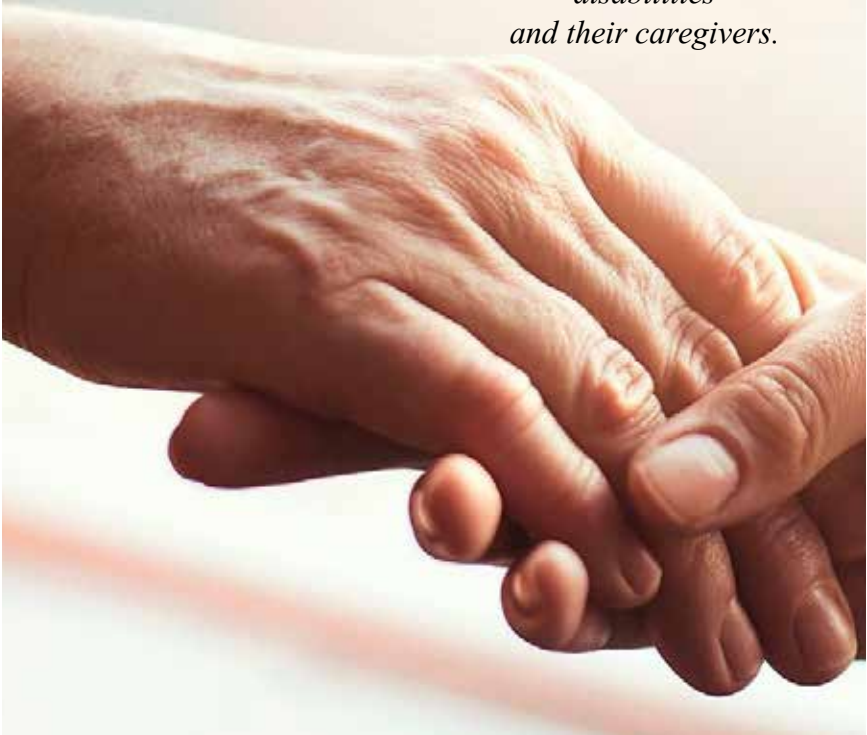
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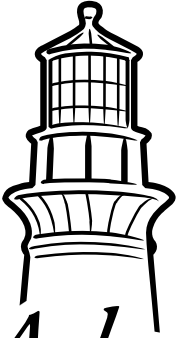
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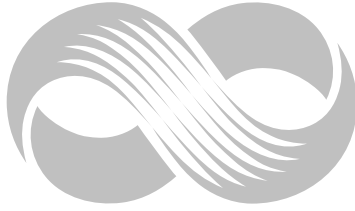


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Darcy Harris, Pd.D., R.N., R.S.W., FT

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Jeanne Wagner, MSW, LCSW, ACSW

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Growing Up Transgender

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Read more about what's ahead in 2018-2019 at uwp.edu/BHHS



Thank you for attending.

We look forward to seeing you next year!

Friday, June 7, 2019

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