Age Positive
Ideas for an Age-Friendly Future
Tuesday, April 18, 2017 • Kauffman Foundation Conference Center

Agenda (as of 1/13/17 — subject to change)

8–9 a.m.  Registration, Continental Breakfast, Tabletop Discussions

9 a.m.  Welcome
James D. Stowe, Ph.D., Director, Aging and Adult Services, Mid-America Regional Council

9:15 a.m.  Workshops

• Best of the Best — North, South, East, West (PWHA)
  Michelle Alexander, B.S., 50 Plus and Northeast Recreation Manager, Johnson County Park and Recreation District

• Capturing the Energy and Expertise of Boomers (ML)
  Sandra Mellinger, B.S., CEO, Coming of Age Kansas City

• Creative Aging Movement: Model Programs, Community Partnerships and Brain Health Research (PWHA)
  Debra Campbell, M.S., Founder and Executive Director of Arts & AGEing KC

• Lifelong Learning Panel — Exemplary Programs in the Kansas City region (PWHA)
  Moderator: Kay Barnes, former mayor, Kansas City, Missouri
  • Road Scholar — Lynda Dowling, Road Scholar Ambassador
  • Senior Peers Actively Renewing Knowledge (SPARK), University of Missouri – Kansas City — Jan Parks, SPARK Marketing Chair
  • Aging Mastery Program (AMP) — Paula Zigmond, Clay County Senior Services
  • Adventures in Learning — Pamela Seymour, Shepherd’s Center Central
  • Libraries — Teresa Bolton, Kansas City Public Library

• Restoring Balance, Flexibility, Muscle Mass and Physical Vitality through “Stay Strong, Stay Healthy” and “A Matter of Balance” Programs (EBP)
  Amy Vance, M.S., D.T.R., Regional Nutrition and Health Education Specialist, University of Missouri Extension — Clay County, and Lydia Kaume, Ph.D., R.D.N., L.D., Assistant Extension Professor, University of Missouri Extension — Jackson County

• Surviving Change (ML)
  Novella Perrin, Ph.D., Consultant and Speaker, and Retired Professor from the University of Central Missouri

10:30 a.m.  Workshops

• Bridging the Gap: Managing Multiple Generations in the Workplace (ML)
  Kirsten Barnes, B.S., President, Five Star Recreation

• Bringing Arthritis Relief to our Community: “Enhance Fitness” at the YMCA — an Evidence-Based Therapeutic Arthritis Program (EBP)
  Dr. Daphne Bascom, M.D., Ph.D., and Kathy Armitage, YMCA of Greater Kansas City

Continued
• Community Health Worker: A Trusted Person and Advocate that Makes the Difference in Extending Support to Individuals, Families, and Communities (EBP)
  Barbara Wiman, B.S.N., President, B.E. Education Group, LLC

• Connecting to the Land of Dementia: Surprising Ways to Incorporate Meaningful Activities (PWHA)
  Deborah Shouse and Ron Zoglin

• Elder Abuse: Creating a Community Response (ML)
  Judy Gibbs, Asst. Kansas City, Missouri, City Prosecutor; Megan Phillips, Supervisor, Missouri Department of Health and Senior Services, Adult Protective Services; and Michelle Brown, MARC Department of Aging and Adult Services

• Lifelong Kindergarten — The Joy and Wonder of Digital Literacy for Seniors (PWHA)
  Tom Esselman, CEO, Connecting for Good

• Working with Difficult People (ML)
  Novella Perrin, Ph.D., Consultant and Speaker, and Retired Professor from the University of Central Missouri

12 p.m.  Luncheon Keynote speech — “Dignity”
  Kathy Greenlee, J.D., Vice-President of Aging and Health Policy at the Center for Practical Bioethics, and former United States Assistant Secretary for Aging and Administration for Community Living Administrator

12:30 p.m.  Chair Yoga (in Town Square immediately following lunch)

1:15 p.m.  Workshops

• Alzheimer’s Treatment and Prevention Program: What We Know and Where We Are Headed (EBP)
  Eric Vidoni, P.T., Ph.D., University of Kansas Medical Center

• Beyond Entertainment: Making Music A Meaningful Part of Healthy Aging (PWHA)
  Rachelle Norman, M.A.-B.C., Founder, Soundscaping Source

• The Cost of Caring for Others: An Evidence-based Look at the Science of Self-care for Caregivers and Professionals (ML)
  Sally King, M.S.W., L.S.C.S.W., L.C.S.W., RYT 200 – Sally King Consulting

• Death is Not Optional: Peace of Mind is — How “Having The Conversation” Can Make All The Difference (PWHA)
  Linda D. Ward, Executive Vice-President and Chief Operating Officer, Center for Practical Bioethics

• Improving Diabetes-Related Outcomes Where Adults Live, Work and Play (EBP)
  Sarah Lovegreen, M.P.H., M.C.H.E.S., National Health Director, OASIS Institute

• Leading The Way for Your Team: Creating a Winning Culture for Your Department (ML)
  Presenter: Kirsten Barnes, B.S., President, Five Star Recreation

• Together Everyone Achieves More (ML)
  Kari Baesel, M.S., and Libby Scarborough, B.S., Recreation Specialists, Johnson County Park and Recreation District

2:30  Closing
  Novella Perrin, Retired Professor, University of Central Missouri

PWHA = Programs Worth Hearing About track  |  EBP = Evidence-Based Program  |  ML = Management and Leadership track
Michelle Alexander has been a member of the Johnson County Park & Recreation District’s 50 Plus program for 18 years. Many of those years were spent on the front lines, coordinating and leading a variety of programs for older adults. As the current manager for the department, Alexander relies on her vast experience to lead staff through these ever-changing times of growth to properly meet the needs and wants of this diverse population. She is a frequent speaker in the Kansas City metropolitan area, and started the KC Metro Senior Programmer’s networking group that consists of professionals across the region that offer programs and services to older adults. michelle.alexander@jocogov.org

Kathy Armitage is the Active Lifestyle Program Director at the Platte County Community Center South YMCA and Faculty Trainer of Enhance Fitness for YUSA. She has been with the YMCA of Greater Kansas City for nearly 17 years, and is involved in the Coalition for Fall Prevention and Northland Professionals In Aging. Armitage received her Bachelor’s Degree in Therapeutic Recreation/Recreation Therapy at Central University of Missouri. KathyArmitage@KansasCityYMCA.org

Kari Baesel is the 50 Plus/Fine Arts Specialist with Johnson County Park & Recreation District. Baesel oversees 50 Plus Programming in Olathe, Overland Park, Gardner and Shawnee, and oversees the district’s travel program. She has a Bachelor’s Degree in Recreation from Emporia State University. Kari.baesel@jocogov.org

Kay Barnes served as the first female mayor of Kansas City, Missouri from 1999 to 2007. During her terms as Mayor, over 6 billion dollars of new development and redevelopment occurred in the greater downtown and around the city. Previously, she served as a member of the Jackson County legislature and the city council of Kansas City, Missouri. Professionally, Barnes has been a public speaker, consultant and trainer in both the public and private sectors, focusing on leadership development, communication skills and time and stress management. Currently, she serves as Senior Academic Ambassador and Liaison for Park University. kaywbarnes@yahoo.com

Kirsten Barnes is President of Five Star Recreation, a consulting company working with recreation agencies to provide customized professional development and frontline trainings. Barnes has a career that included programs serving a variety of populations, including youth sports leagues, summer camps, senior programming, ice arenas, golf courses and special events. She is a frequent speaker at local and national conferences. She is the past president of the Missouri Parks & Recreation Association and is an at-large member of the Program Committee for the National Recreation and Park Association Annual Conference. kmbarnes@fivestarrecreation.com

Dr. Daphne Bascom, M.D., Ph.D., is Senior Vice-President of Community Integrated Health, YMCA of Greater Kansas City. Dr. Bascom is a senior physician executive with more than 10 years of experience in clinical integration, performance improvement, system design, and deployment of system-wide multi-million dollar health information technology systems. Prior to joining the YMCA, Dr. Bascom was employed with Cerner Corporation as Vice-President and Chief Medical Officer, Physician Alignment, and also served as Chief Clinical Systems Officer for the Cleveland Clinic Health System in Cleveland, Ohio. She is a member of the Association of Medical Directors of Information Systems, the American Medical Informatics Association and the American Academy of Otolaryngology – Head and Neck Surgery. Dr. Bascom completed her fellowship in microvascular and reconstructive surgery of the head and neck at Oregon Health Sciences University; her medical degree, internships and residency in otolaryngology-head and neck surgery at the University of Pittsburg Medical Center; and her Ph.D. in physiological sciences at the University of Oxford, Laboratory of Physiology, in the United Kingdom. DaphneBacom@KansasCityYMCA.org

Teresa Bolton is the Manager of Central Library Operations with the Kansas City Public Library. She recently finished the Gerontology Master’s Program at UMKC and is a strong advocate of community engagement, public programming and life-long learning. Bolton has a Master’s Degree in Education from the University of Houston and a Master’s in Public Administration from the University of Missouri –Kansas City. teresabolton@kclibrary.org

Michelle Brown has been with the MARC Department of Aging and Adult Services for nearly 25 years. She is completing her Master’s in Health Psychology at Northcentral University. mbrown@marc.org

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Debra Campbell, Founder and Executive Director of Arts & AGEing KC, is a frequent speaker on a variety of topics related to creative aging. Debra has more than 35 years combined experience in social gerontology, aging services and theatre education. She began specializing in creative aging in 2008 when she began designing and piloting intergenerational, arts-infused programs with diverse groups of older adults in a variety of settings. A playwright and theatre artist, her productions include two plays, Seven Stages, Seven Stories, and Dancing with Crow’s Feet©. She is an adjunct instructor in the Sociology Department at Benedictine College in Atchison, Kansas. dcampbell@ArtsandAGEingKC.org

Tom Esselman is the CEO of Connecting for Good, an upstart non-profit serving low-income, urban families with the tools and training needed to thrive in a digital world. Esselman worked for 29 years in manufacturing and retail, most recently as senior innovation manager at Hallmark Cards. He created Hallmark’s Song Cards and Recordables, inspiring emotional connections through technology, particularly for older adults. He served as the CEO of the Institute For the Ages, in Sarasota, Fla. Esselman is a graduate of Georgetown University and the Kellogg School of Management at Northwestern University. tom@connectingforgood.org

Judy Gibbs has been a prosecutor for 40 years and has chaired the Kansas City Elder Abuse Task Force since 2010. She attended Elder Abuse training through the Federal Law Enforcement Training Center in 2010. She currently prosecutes domestic violence cases for the city of Kansas City, Missouri, and is a tenured professor at Avila University. judy.gibbs@avila.edu

Kathy Greenlee, J.D., is the Vice President of Aging and Health Policy at the Center for Practical Bioethics. Greenlee joined the Center for Practical Bioethics in November 2016. Her work focuses on issues that impact older adults and people with disabilities, with an emphasis on advanced illness and end-of-life care. Greenlee is responsible for promoting increased use of Transportable Physician Orders for Patient Preferences (TPOPP) in Missouri and Kansas. She is interested in improving transitions of care by creating systems that build relationships between health care providers and community-based organizations. She is a passionate advocate on issues relating to elder abuse.

As Assistant Secretary for Aging in the U.S. Department of Health and Human Services from 2009 to 2016, Greenlee was responsible for leading the Administration on Aging and program implementation of the Older Americans Act. Greenlee led an effort to create the Administration for Community Living (ACL), an agency that administers a broad range of aging and disability programs. When she left her dual positions, ACL had a staff of more than 200 and an annual budget of $1.9 billion.

While in Washington, Greenlee provided national leadership on elder abuse by tackling issues on multiple fronts, domestically and internationally. She chaired the Elder Justice Coordinating Committee and created the first-ever federal home and national database for state adult protective services programs.

Greenlee spent 18 years in Kansas state government. She served as Secretary for Aging for Governor Kathleen Sebelius and as the Kansas State Long-Term Care Ombudsman. Greenlee was General Counsel of the Kansas Insurance Department and an Assistant Attorney General.

Greenlee has an undergraduate degree in business administration and a law degree from the University of Kansas. She is a native Kansan and a proud Kansas Jayhawk. kgreenlee@practicalbioethics.org

Lydia Kaume, Ph.D., R.D.N., L.D., is an Assistant Extension Professor, Regional Nutrition and Health Education Specialist with the University of Missouri Extension – Jackson County. Dr. Kaume’s expertise and current program focus is on health and wellness; chronic disease management and prevention; and childhood obesity. She has over 17 years’ experience in the field of Nutrition and Health. She is a Reegistered and Licensed Dietitian under the Academy of Nutrition and Dietetics. Kaume holds a Ph.D. and a Master’s degree from the University of Arkansas, a Bachelor’s degree in Education from Kenyatta University, Nairobi, Kenya. She has received several awards and has authored and co-authored several technical and non-technical papers in her field. kaumel@missouri.edu

Sally King, M.S.W., K.S.C.S.W., K.C.S.W., R.Y.T. 200, is the owner of Sally King Consulting, a firm that provides aging and mental health consulting, counseling and training to agencies, seniors and their families. King has worked since 2001 in the field of community and emergency mental health as a group and individual therapist. She is a Registered Yoga Trainer, integrating yoga breathing and movement into her mental health Continued
practice with groups and individuals — with special training and experience in trauma-sensitive yoga. She has provided outreach, education and project management on behalf of the KU Alzheimer’s Disease Center and Landon Center on Aging. King holds a Bachelors of Arts in Psychology from William Jewell College, and a Masters of Social Work from the University of Kansas. sallykingconsulting@gmail.com

Sarah Lovegreen, MPH, MCHES, is a National Health Director for OASIS Institute. She leads the implementation and evaluation of health related programs and grants across the OASIS network of 50 cities in 25 states, including evidence-based programs for chronic disease management and fall prevention. Lovegreen is an active Master Trainer in the Stanford Chronic Disease and Diabetes Self-Management program, and a Lead Trainer for A Matter of Balance. She also leads the Gateway Wellness Network, a network of community providers improving quality of life, health outcomes and hospitalization rates for older adults. Prior to her time at OASIS, she worked at the CDC-funded Prevention Research Center on research programs examining environments and behaviors related to physical activity in the community. She is a founding member of the Executive Leadership Team of Show Me Falls Free Missouri State Coalition and has co-authored numerous presentations and articles. Lovegreen obtained her Master’s in Public Health from Saint Louis University and is a Master Certified Health Education Specialist. slovegreen@Oasisnet.org

Sandra Mellinger is the CEO of Coming of Age Kansas City, a nationally acclaimed civic engagement initiative developed at Temple University. Mellinger is a graduate of the University of Missouri Sinclair School of Nursing, and has worked in acute hospital care, the home health industry with the chronically ill, and as owner of her own agencies. She also worked at the Stowers Institute for Medical Research and owned a consulting practice in health care and life sciences communications. Mellinger’s professional work in aging includes MARC’s KC Communities for All Ages and the Truman Heartland Community Foundation’s Community for All Ages Coalition, including their Civic Engagement Committees. She has been a frequent presenter at the Aging in American national conference, the National Coming of Age Symposia and the national Symposium on the Future of Senior Centers. She is a frequent speaker to local organizations about successful aging and opportunities for inspiring civic engagement. In addition to her professional work, Mellinger has served on numerous boards and commissions in the Kansas City region. comingofage@gmail.com

Rachelle Norman, MA, MT-BC, is the founder of Soundscaping Source, where her mission is to bring meaningful music experiences to older adults and their caregivers. She has been in clinical practice as a music therapist since 2004, and maintains a private practice in Kansas City, where her team serves older adults in senior living and hospice. Norman is on the faculty at Saint Mary-of-the-Woods College, and is a frequent presenter at regional and national music therapy conferences. RNorman@soundscapingsource.com

Novella Perrin, Ph.D., retired as the Assistant Provost for Research and Dean of The Graduate School at the University of Central Missouri in Warrensburg, Missouri. She also was a professor of sociology and the Director of the UCM Gerontology Institute. She earned her doctorate in sociology with an emphasis in gerontology from the University of Kansas. She is a consultant and an author of numerous books and articles, as well as a frequent presenter at local, state and national meetings on aging-related issues. Her most current research focuses on nurse aide retention, caregiving, rural aging, elder abuse and aging in place. Dr. Perrin is also active in numerous professional and service organizations. She is a past president of the Missouri Board of Nursing Home Administrators. She is the past Executive Director of Sigma Phi Omega, the national gerontology honorary and past Executive Officer of the Sociological Practice Association. She was also selected as an issue expert on elder abuse for the White House Conference on Aging. nop@charter.net

Jan Parks, SPARK Marketing Chair, is a retired registered nurse. She became interested in SPARK (Senior Peers Actively Renewing Knowledge) after retiring and has served as president of the organization and as a committee chair. She is a passionate lifelong learner and thinks SPARK is one of Kansas City’s hidden gems. parksj3271@gmail.com

Megan Phillips has worked in state government for 21 years, approximately 14 working with the Senior and Disabled population. She been a member of the Elder Abuse Task Force for eight years. Currently, Phillips supervises six Adult Protective Services Investigators in the Eastern Jackson County area. Megan.Phillips@health.mo.gov

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Libby Scarborough is a Recreation Specialist with the Johnson County Park and Recreation District and manages day-to-day operations at the Roeland Park Community Center. She also oversees 50 Plus and All Ages programming. Scarborough holds a Bachelor’s Degree in Human Services with an emphasis in Gerontology from Washburn University. Libby.scarborough@joco.gov.org

Pamela Seymour is the Executive Director of Shepherd’s Center Central. She has 15 years of nonprofit management experience, including as a Westport Cooperative Services board member, volunteer and executive director. Seymour attended Pittsburgh State University, studying nursing, but eventually moved on to study business and finance. Seymour has a background in account management and finance. For 12 years, Seymour was a caregiver for her mother and is passionate and concerned about older adults. She is also a Certified Senior Advisor. pseymour@sccentral.org

Deborah Shouse and Ron Zoglin are dementia advocates and former family caregivers. Through sharing their message of finding creativity and hope in the dementia journey, Shouse and Zoglin have connected with care partners from around the world. They have performed internationally and across the U.S. for caregivers’ groups, healthcare professionals, activity professionals, long-term care centers, social workers and book clubs. Shouse is the author of a self-published book, Love in the Land of Dementia: Finding Hope in the Caregiver’s Journey, and Connecting in the Land of Dementia: Creative Activities to Explore Together. myinfo@pobox.com

Amy Vance, M.S., D.T.R., is the Regional Nutrition & Health Education Specialist and County Program Director with the University of Missouri Extension in Clay County. Vance has spent the last seven years giving back to her community, educating others in nutrition and fitness. While finishing her Bachelors in Dietetics, she began as a volunteer fitness instructor, which eventually led to a Master’s in Kinesiology. Vance recently finished a research project in collaboration with the University of Missouri – Kansas City School of Nursing on the Stay Strong, Stay Healthy program. vanceam@missouri.edu

Eric Vidoni, P.T., Ph.D., is the Director of the Outreach, Recruitment and Education Core for the University of Kansas Alzheimer’s Disease Center and a Research Assistant Professor in the Department of Neurology at the University of Kansas Medical Center. Dr. Vidoni received his Bachelors of Science in Kinesiology from the University of Illinois, Urbana-Champaign in 2001, and in 2008 he completed his M.S.P.T. and Ph.D. as part of a joint curriculum at the University of Kansas. He teaches an Introduction to Clinical Research course for medical residents and fellows, and regularly lectures to student physical therapists on the brain, motor control, aging and dementia. As core director, he organizes dementia-focused educational outreach opportunities for healthcare providers and the lay public throughout the region. evidoni@kumc.edu

Linda D. Ward is Executive Vice President and Chief Operating Officer, Center for Practical Bioethics and is a frequent speaker on the topic of helping families understand the value of having advance care planning conversations. She is a graduate of the University of Missouri and has worked in both for-profit and non-profit organizations. She has also been an active volunteer and has served on many boards and commissions, including chairing the boards of Westminster College, Boys and Girls Clubs of Greater Kansas City, Women’s Foundation, Missouri Children’s Trust Fund, HBS, MetroCARE and the Port Authority of KC. lward@PracticalBioethics.org

Barbara Wiman, BSN, is President of B.E. Education Group, LLC, a consulting firm offering specialty curriculum development, design and delivery, professional development, wellness education and continuing education for Community Health Workers, Nurses, Social Workers, Behavioral Health Professionals, and Allied Health Professionals. Wiman worked with Metropolitan Community College and Mid-America Regional Council’s Regional Healthcare Initiative to develop a Community Health Worker program that is now being recognized by the state of Missouri’s Department of Health and Senior Services Division. She works with several nationally recognized organizations, state organizations and community organizations on projects related to health and wellness, mentoring and community education. Wiman holds a Bachelors of Nursing from St. Louis University. Barbara@beeducationgroup.com

Paula Zigmond has been working in the field of Aging Services for the past 15 years. For the past 11 of those years, she has been Program and Resources Manager for Clay County Senior Services. Previously, she worked as Volunteer Coordinator for Northland Shepherd’s Center and has also been an adjunct instructor for Johnson County Community College. Zigmond is a staunch advocate of active aging and lifelong learning. paula@claycoseniors.org

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Ron Zoglin and Deborah Shouse are dementia advocates and former family caregivers. Through sharing their message of finding creativity and hope in the dementia journey, Shouse and Zoglin have connected with care partners from around the world. They have performed internationally and across the U.S. for caregivers’ groups, healthcare professionals, activity professionals, long-term care centers, social workers and book clubs.

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