



Whole-Person & Patient-First Care That Works.

Care Transitions Intervention® is a 30-day evidence-based, whole-person approach designed to support patients transitioning from hospital to home.

During the program, patients with complex needs (and/or a caregiver) work with a Transitions Coach to gain a better understanding of their health and how to manage it with skill development and empowerment methodologies.

Demonstrated results in:

- Reducing readmission rates by 20% to 70%
- Improving clients' health self-management and engagement
- Increasing annual net savings for risk-taking organizations
- Promoting achievement of clients' personal care goals

Agencies looking to increase scalability and efficiency, generate revenue from new payer contracts, and improve community health outcomes can do so by pairing the intervention with our precision software, CTI+.



We want to hear about your transitions-of-care goals! Visit the CCS Pit-stop, just outside the General Sessions area



Learn more at Wednesdays breakout session: 2:10 – 3:00 PM CTI: A Proven Patient-First Approach to Decrease Readmissions



Visit: caretransitions.health

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On behalf of the Texas Association of Area Agencies on Aging, Texas Health and Human Services Commission & the Texas Association of Regional Councils

WELCOME TO THE



POSTING TO SOCIAL MEDIA? BE SURE TO TAG US! #AITC23

A MESSAGE FROM THE CHAIR



On behalf of the 2023 Aging in Texas Conference Planning Committee, Welcome to the Alamo City!

With great pleasure, the Alamo Area Council of Governments, Area Agencies on Aging welcome each of you to our wonderful city as we explore the profound journey of aging and its multifaceted impact across the State of Texas.

Aging is a universal phenomenon that affects every individual. every family, and every community around the world. It is a journey we all embark upon, presenting unique challenges and opportunities at every turn. This conference recognizes the importance of addressing these challenges and seizing these opportunities to enhance the quality of life for older adults and the communities across the state.

As we gather, we stand at the crossroads of a rapidly changing world, witnessing unprecedented advancements in science, technology, and medicine. These advancements hold immense promise in revolutionizing and reshaping our perceptions of aging. By leveraging the collective wisdom, expertise, and innovation present during this conference, we can empower ourselves to navigate this transformative landscape with compassion, understanding, and purpose.

Over the course of this conference, we will have the privilege of engaging with diverse perspectives, encompassing renowned researchers, healthcare professionals, policymakers, industry leaders, caregivers, and, most importantly, older adults. Through thought-provoking keynote addresses, interactive panel discussions, enlightening workshops, and collaborative networking sessions, we aim to foster an environment of learning, inspiration, and collaboration.

Let us use this conference as a catalyst for change. Together, we can challenge existing paradigms, confront ageism, and promote inclusive communities that value the wisdom and experiences of older adults across our great state.

Our hope is that this conference serves as a source of inspiration, discovery, and meaningful connections that endure long after the conclusion of our time together. Thank you all for attending AiTC 2023!

WILLIAM MCKNIGHT

Director of Aging and Military Affairs Alamo Area Council of Governments 2023 AiTC Planning Committee Chair

2023 AITC PLANNING COMMITTEE

Thank you to the staff of the Alamo Area Council of Governments' Alamo and Bexar Area Agencies on Aging for serving as the local hosts of this year's conference.

TEXAS ASSOCIATION OF AREA AGENCIES ON AGING (AAA) REPRESENTATIVES

William McKnight, Director of Aging and Military Affairs, Alamo Area Council of Governments, Chair

Yvette Lugo, AAA Director, Rio Grande Council of Governments, Education Committee Chair

Liz Castro, South Plains AAA, Awards Committee Co-Chair
Toni Roberts, Concho Valley AAA, Awards Committee Co-Chair
Colleen Halliburton, T4A President, East Texas AAA
Paula Johnson, T4A Vice President, Harris County AAA
Viola Monrreal, T4A Secretary, Coastal Bend AAA
Patty Bordie, Capital AAA
Sundee Rossi, Panhandle AAA
Mallory Freitag, Houston-Galveston AAA
Paula Riggs, Alamo & Bexar AAA
Miguel Juarez, Alamo & Bexar AAA

TEXAS ASSOCIATION OF REGIONAL COUNCILS (TARC) REPRESENTATIVES

Ginny Lewis Ford, Executive Director Kimberly Lile Dowty, Associate Director

TEXAS HEALTH AND HUMAN SERVICES COMMISSION (HHSC) REPRESENTATIVE

Keely Lee, Director, Office of Aging and Disability Resource Centers, Local Access and Support

GENERAL CONFERENCE INFO

REGISTRATION DESK HOURS Wednesday, June 28, 2023	8:00 am to 5:00 nm
Thursday, June 29, 2023	•
-	·
Friday, June 30, 2023	8:00 am to 11:00 am
CONFERENCE SCHEDULE	
Wednesday, June 28, 2023	
Exhibitor Hall Set-Up	8:00 am to 11:00 am
Welcome Luncheon & Keynote	
Sponsored by WellMed	11:00 am to 12:30 pm
Exhibit Hall Hours	12:30 pm to 6:30 pm
Exhibit Hall Grand Opening & Dessert	12:30pm to 1:00 pm
Breakout Sessions	1:10 pm to 5:00 pm
Welcome Reception Sponsored by WellMed	5:00 pm to 6:30 pm
Thursday, June 29, 2023	
Exhibit Hall Hours	8:30 am to 2:00 pm
Meals on Wheels San Antonio Tour (Pre-Registration Required, Capacity Limited)	8:30 am to 10:50 am
Breakout Sessions	9:00 am to 11:50 am
Network & Visit Exhibitors	12:00 pm – 12:30 pm
Lunch & Learn with Dr. Sudha Seshadri	12:30 pm to 1:30 pm
Exhibit Hall Closing & Dessert Sponsored by CCS Healt	h1:30 pm to 2:00 pm
Breakout Sessions	2:10 pm to 5:00 pm
City of San Antonio – Walker Ranch Comprehensive Senior Center Tour (<i>Pre-Registration Required</i> ,	
Capacity Limited)	4:00 pm to 6:00 pm
Exhibit Hall Tear-Down	2:00 pm to 5:00 pm
Friday, June 28, 2023	0.00
Registration Desk Hours	8:00 am to 11:00 am
Closing Breakfast Keynote & Special Awards Presentation Sponsored by CCS Health	8:30 am to 11:00 am
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CONFERENCE LOGISTICS

GENERAL INFORMATION

Badges should be worn throughout the conference.

Conference room temperatures vary; we suggest dressing in layers and adjusting as needed.

All conference meeting rooms are located on the 3rd floor of the hotel.

CONFERENCE REGISTRATION

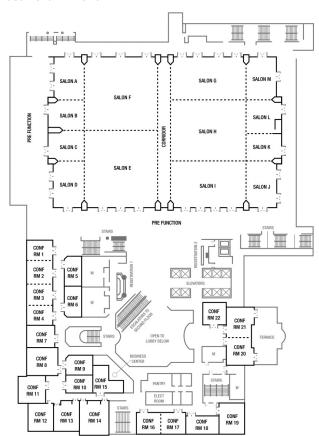
Conference registration will occur in the 3rd Floor Lobby. Stop by to pick up your conference packet and name badge.

STAY CONNECTED!

Access the Aging in Texas Conference Wi-Fi throughout the conference area.

Network: AITC23 Password: AITC23

THIRD FLOOR MEETING SPACE



AITC 2023 SPECIAL EVENTS

EXHIBIT HALL GRAND OPENING & DESSERT

Kick off your 2023 Aging in Texas Conference experience at the Exhibit Hall Grand Opening and Dessert in the Exhibit Hall following the Welcome Lunch and Keynote. Enjoy a sweet treat while you network with peers, as well as the sponsors and exhibitors you've been waiting to meet.

WELCOME RECEPTION SPONSORED BY WELLMED

To continue the first day of festivities and relax, meet us in the Exhibit Hall for the AiTC Welcome Reception! Enjoy refreshments and fiesta-style snacks will you network and mingle with friends and our fantastic conference sponsors and exhibitors. We will have live entertainment provided by the Normoyle Choir, Griffin Ukulele Group and the Northeast Jam Group.



LUNCH & LEARN WITH DR. SUDHA SESHADRI

Join us Thursday for lunch and a fascinating presentation from Dr. Sudha Seshadri, Director of the Glenn Biggs Institute for Alzheimer's and Neurodegenerative Diseases.

EXHIBIT HALL CLOSING & DESSERT SPONSORED BY CCS HEALTH

After lunch, be sure to head over to the Exhibit Hall for dessert and a last chance to complete those Bingo cards!



CONFERENCE GAMES

EXHIBIT HALL BINGO

HOW TO PLAY

- 1. It's EASY! Just visit all participating booths and have it marked on your BINGO card found in your conference bag.
- 2. BINGO starts at the Exhibit Hall Grand Opening, 12:30 pm on Wednesday, June 28 and continues until Thursday, June 29 at 2:00 pm.

MEET THE TOP 2



HOW TO PLAY

1. Visit our top 2 conference exhibits and drop your business card in the bowl on their table by 2:00 pm on Thursday, June 29.

HOW TO WIN

- 1. During the closing breakfast, each sponsor will draw a card from their bowl for a special gift from the sponsors.
- 2. Participants must be present to win.

WIN THE TITLE OF AITC 2023'S SOCIAL MEDIA BUTTERFLY

HOW TO PLAY

- Share photos, posts and tweets while during the conference to Facebook, Twitter and Instagram.
- 2. Tag posts with #AITC23.
- 3. Post the most tags by 8:00 pm on Thursday, June 29.
- 4. Winner announced during the closing breakfast on Friday, June 30. Participants must be present to win.

AVAILABLE CONTINUING EDUCATION UNITS (CEUS)

The National Association of Social Work – Texas Chapter is sponsoring social work continuing education units (CEUs) for attendees at the Aging in Texas Conference.

Sage Care Management is sponsoring nursing continuing education units (CEUs) for AiTC attendees.

All conference sessions are eligible for credit, resulting in up to 13 hours of available CEUs! For more information, including your CEU forms, please see page 35.

THANK YOU TO OUR EDUCATION SPONSORS!





CONFERENCE AGENDA

WEDNESDAY, JUNE 28, 2023

8:00 AM - 5:00 PM **Registration Desk Hours**

11:00 PM - 12:30 PM Welcome Lunch & Keynote sponsored by WellMed (Salon E)



Welcome to San Antonio The Honorable Jose Menendez Texas Senate District 26

KEYNOTE ADDRESS - You Matter! **Keynote Speaker:** Jessica Smarro



Jessica Smarro is a certified life coach and host of The Unblocked Podcast. She is also a licensed clinical social worker and has over 15 years of experience facilitating transformation within individuals and systems. Her early work focused on creating treatment alternatives to incarceration, which included cross-system stakeholder work at the county, state, and national levels. More recently her alternatives-to-incarceration efforts are directed at the individual level, doing mindset coaching to help people free themselves from the prison of an unmanaged mind.

12:30 PM - 1:00 PM

Exhibit Hall Grand Opening & Dessert (Salon B) Join us for the grand opening of the Exhibit Hall and visit the conference supporters showcasing their products and services. Be sure to play all of the AiTC games found on page 8 of your program!

1.10 PM - 2.00 PM

BREAKOUT SESSIONS

Reality Check: The Barriers to Aging in Place

(Conference 1-2)

Speaker: Tammy Mermelstein, JD, MSW, Executive Director, Collaboratory for Aging Resources and Education (CARE)

Description: Description: Almost everyone wants to age in place but few have plans to address known barriers. In this interactive presentation, you will examine what the data tells us about some of those potential barriers and engage with your fellow learners as we take a deeper dive into the transportation barrier quagmire.

Better Together: Leveraging Cross-Sector Partnerships to Address Local Needs and National Priorities (Conference 3-4)

Speaker(s): Shakita Johnson, Executive Director, Area Agency on Aging of Tarrant County; Susanna Luk-Jones, Research Budget Director, Dept. of Internal Medicine and Geriatrics, The University of North Texas Health Science Center at Fort Worth; Jennifer Severance, Associate Professor, Vice Chair of Research and Education, Department of Internal Medicine and Geriatrics, The University of North Texas Health Science Center

Description: Community and clinical partnerships can help leverage limited resources, promote age- and dementia-friendly practices, and advance collaborative impact. Learn about cross-sector collaboration among local community organizations, primary care clinic, and academic health science center that can be replicated by AAAs and other community organizations.

1.10 PM - 2.00 PM

BREAKOUT SESSIONS

Brain Health: Creating Pathways from the Clinic to the Caregiver (Salon C)

Speaker(s): Dr. Paul Bendheim, Clinical Professor of Neurology, University of Arizona College of Medicine & Founder, BrainSavers; Carol Zernial, Senior Vice President of Social Responsibility & Foundation Executive Director, WellMed; Tina Smith, Senior Director of Caregiver Program Operations, WellMed Charitable Foundation.

Description: In Spring 2022, the National Council on Aging created a place-based cohort in partnership with three distinct community organizations on the importance of our Equity Promise, BenefitsCheckUp®, and best practices for outreach. Learn more about our partnership work and tools to creating similar cohorts across the state of Texas.

Expanding Internet Access and Digital Skills Through Train-the-Trainer (Salon D)

Speaker(s): Kami Griffiths, Executive Director/Co-Founder, Community Tech Network

Description: Community Tech Network (CTN) has 15 years of experience helping organizations plan and implement programs that help adults of all ages access the internet safely and independently. CTN provided training and curriculum to four AAAs in Texas in order to build their staff capacity to address the digital divide experience by their clients. The training focused on how to conduct digital literacy trainings and provide Affordable Connectivity Program (ACP) enrollment workshops. In this session, CTN will provide stats related to the digital divide and its implications for older adults and AAA representatives will share their experience integrating digital inclusion into their programming and some lessons learned.

2·10 PM - 3·00 PM

BREAKOUT SESSIONS

HR, Medicare and Those Working Past 65

(Conference 1-2)

Speaker(s): Alejandra Rischan, Benefits Coordinator; Karina Villela, Benefits Coordinator, Houston-Galveston Area Council

Description: Many people are choosing to work well past age 65. It is important that organizations understand Medicare, the differences between Medicare and most Employer Group Health Plans, and the coordination between the two when an employee is enrolled in Medicare. Participants in this session will examine how their Group Health Plans work with Medicare and will be able to demonstrate how to best support and guide employees who are Medicare eligible. There will be a focus on coordination of benefits and the different options for Medicare-eligible employees along with a foundational explanation of what Medicare is

Care Transitions Intervention: A Proven Patient-First Approach to Decrease Readmissions and Increase

Revenue (Conference 3-4)

Speaker(s): Michelle Comeau, CCS Health, VP/National

Director, Care Transitions Intervention

Description: Concentration on how a patientcentered empowerment approach is proven to reduce rehospitalization, decrease economic impacts, and increase patient activation during post-acute transitions. Topics covered include intervention overview, emphasizing the value-add a Transitions Coach is to clients, within care teams and organizations. We'll practice unique communication strategies used within this model.



SAN ANTONIO, TX | JUNE 28-30, 2023

Caregiver Stress & Elder Abuse (Salon C)

Speaker(s): Yvette Lugo, Director, Rio Area Agency on Aging, Rio Grande Council of Governments **Description:** Caregiver stress and burnout is a real phenomenon that left unattended to can result in negative consequences for both the caregiver and care receiver. This session will provide an overview of the caregiving journey and will highlight the correlation between caregiver stress and the risk for abuse of their

loved one. Ways to support the family caregiver in their

caregiving journey will also be identified.

Creating a Customer-Driven Congregate Program (Salon D)

Speaker(s): Linda Netterville, RDN, LD **Description:** The Congregate Program is the cornerstone of the OAA Nutrition Program. Research has proven that it supports successful aging within the community. Congregate participation was in decline prior to 2019 and the Covid-19 pandemic. For many congregate programs, even those 2019 levels of participation have not returned. It is time for a Congregate Program reset, focusing on customer centered service delivery. This session will explore the successful Texas Congregate Meal Initiative (TCMI) and national dining option models for the Congregate program. Programmatic actions that can be taken for implementation and sustainability will be discussed. The session will be presented in a presentation/ discussion format.

3:10 PM - 4:00 PM

BREAKOUT SESSIONS

A New Approach to An Old Problem (Conference 1-2) **Speaker(s):** Debra Anderson, Chair, Harris County AAA APAC & Chair, Houston-Galveston Area ADAC; Tammy Mermelstein, JD, MSW, Executive Director, Collaboratory for Aging Resources and Education (CARE); Paula Johnson, Bureau Chief, Harris County Area Agency on Aging

Description: There are people struggling in our communities who don't know how to access our services. We don't have unlimited outreach resources, so how do we help them find us? Learn about Harris County's partnership with its APAC and a local initiative for a new approach and its area plan impact.

Veteran Community Support (Conference 3-4) Speaker(s): Andrew Santos, Outreach Coordinator. **Endeavors**

Description: In this session, you will hear an overview of the impact of using a community-based model for veteran services, which services can be provided at the community level and how the Cohen Clinic and Veteran Wellness Center eliminates barriers to care

Using Smart Home Devices as Assistive Technology (Salon C)

Speaker(s): Anita L. Swanson, PhD, Project Manager, Texas Technology Access Program

Description: Technology for environmental control (smart home technology) and telehealth tools promotes aging in place. One's ability to safely live in their home with different technological options for care increases independence and leads to a higher quality of life. Various technologies for environmental control and telehealth tools will be presented, along with research regarding its implementation.

Supporting Families Impacted by Alzheimer's Disease or Demential (Salon D)

Speaker(s): Christina Avena, Director of Alzheimer's Services, Meals on Wheels San Antonio; Maria Hernandez, Senior Activity Director, Meals on Wheels San Antonio **Description:** This interactive session will encourage attendees to evaluate how they support families impacted by Alzheimer's disease or dementia. Attendees will learn about Meals on Wheels San Antonio's Alzheimer's Services and success stories. The challenge will be to plan and execute actionable steps as a commitment to influence dementia care standards. 4:10 PM - 5:00 PM

BREAKOUT SESSIONS

Serving Older Adults with Vision Loss (Conference 1-2) Speaker(s): Juanita Barker, Director, Office of Blind Services, Texas Workforce Commission; Olivia Burns, Aging Texas Well Coordinator, Texas Health & Human Services Commission

Description: Join the Texas Workforce Commission, and the Texas Health and Human Services Commission to learn how they're collaborating to serve older adults with vision loss.

Improving Patient Outcomes Through

Caregiver Resilience (Conference 3-4)

Speaker(s): Ryan McGuire, Founder & CEO,

Upward Care

Description: Ryan McGuire, Founder of Upward Care and Chairperson of Bexar Senior Advisory Committee, will conduct a presentation on practical techniques for enhancing caregiver resilience and explore the impact of this attribute on patient outcomes. The session will comprehensively outline the "Resiliency Factors" that have been sourced from various materials. Moreover, the presentation will "close the loop" and explain how Aging Professionals can utilize the Area Agency on Aging Caregiver Services to build resiliency in family caregivers. The event will culminate in a panel discussion featuring Caregivers, who will share their experiences and insights on which factors were most influential in enhancing their own resilience throughout their caregiving journey.

4:10 PM - 5:00 PM

BREAKOUT SESSIONS

No Wrong Door for Older Adults & People with Disabilities Seeking LTSS Services (Salon C) Speaker(s): Greg Shelley, Managing Local Ombudsman, Harris County Long-Term Care Ombudsman Program, Cizik School of Nursing, UTHealth; Tanesha Roberts, Counselor/Housing Navigator, Harris County Aging and



SAN ANTONIO, TX | JUNE 28-30, 2023

Disability Resource Center (ADRC); Paula Silva, Call Center Supervisor, Harris County Area Agency on Aging

Description: This presentation will provide understanding of how Harris County Aging and Disability Resource Center provides services to people with disabilities and older adults, with No Wrong Door. HCADRC partners with agencies such as Harris County Area Agency on Aging and Ombudsman to assist in providing caregivers, providers and people with disabilities and older adults. Together we provide people with options to improve the quality of life.

Building Bridges Through Technology: Empowering Seniors to Function in a Virtual World (Salon D)

Speaker(s): Angela Glass, Benefits Counselor: Vonne Wilson, Benefits Counselor & AAA Program Specialist, Ark-Tex Council of Governments

Description: Due to increased demand to use technology-based communications older adults face barriers gaining access to services in the community. This session will focus on ways agencies assisting individuals with accessing services in the community can help empower seniors to use technology and increase virtual connections.

5:00 PM - 6:30 PM Welcome Reception sponsored by WellMed (Salon B) Join your fellow attendees in the Exhibit Hall for refreshments, networking and exciting local

THURSDAY, JUNE 29, 2023

8:00 AM - 5:00 PM Registration Desk Hours

entertainment.

8:00 AM - 2:00 PM Exhibit Hall Hours

8:30 AM - 10:50 AM Meals on Wheels San Antonio Tour

Meals on Wheels San Antonio just recently opened their new Campus of Grace, a 44,000 sq. ft. facility that houses its state-of-the-art production kitchen, an Alzheimer's activity day center, a volunteer training room, and headquarters. For years, the agency operated out of a space that restricted Meals on Wheels San Antonio's abilities and lacked the necessary space to address the growing need of older adults, disabled individuals, and caregivers and their loved ones suffering from Alzheimer's and dementia. With a service area spanning Bexar County and South-Central Texas, the agency is now equipped to expand both its delivery footprint and assist its senior population in new ways by more than doubling the number of meals served, expanding its delivery territory, and increase the number of volunteers within the next five years. Limited to 20 attendees; pre-registration is required. Participants will meet in the hotel lobby at 8:30 am to board the bus which will return in time for the 11:00 am breakout sessions

9:00 AM - 9:50 AM

BREAKOUT SESSIONS

Reviving Congregate Meal Programs

Through Marketing (Conference 1-2)

Speaker(s): Nandita Chaudhuri, PhD, Research Scientist, Public Policy Research Institute, Texas A&M University; Linda Netterville, RDN, LD; Yolanda Perez, Human Services Administrator, Senior Services Divisions, Department of Human Services, City of San Antonio Description: The COVID 19 Pandemic has presented many challenges for the Congregate Meal Program. As programs return to the "New Normal" the Texas Congregate Meal Initiative (TCMI) has laid the groundwork for congregate meal sites across the state to rethink and improve their senior engagement. Key is using different personal and non-personal marketing tools to meet the needs of seniors in each community to revive the Congregate Meal Program, attracting both

former and new community participants. This session will provide successful marketing lessons for senior nutrition programs that can be implemented.

Veteran Directed Care (Conference 3-4)

Speaker(s): Chantil Minton, Program Coordinator; Yvette Martinez, Program Coordinator, Veteran Directed Care. Veteran Affairs

Description: Learner will become familiar with the Veteran Directed Care Program. Learner will understand the healthcare cost savings of Veteran Directed Care program as an alternative to institutional facility placement.

Unveiling Caregiving Challenges for Older Adults with Dementia: Insights from Phase I of the CARES Study (Salon C)

Speaker(s): TJ Falohun, Principal Investigator, Olera **Description:** Explore major challenges faced by dementia caregivers, hear how web-based programming impacted caregivers and discuss research to improve support for older adults with dementia.

Alzheimer's Disease: The New Science of the Aging Brain (Salon D)

Speaker(s): Dr. Paul Bendheim, Clinical Professor of Neurology, University of Arizona College of Medicine & Founder, Brainsavers; Jeff Carnivale, Fitness Specialist, City of Dallas Parks & Rec, Associate Program Manager, BrainSavers

Description: Participants will learn (1) about the revolutionary new science of the aging brain (new brain cells and synapses), (2) how an evidence-based, multi-component lifestyle protects the aging brain and, (3) how this lifestyle can be presented in various ways to promote happy, healthy, independent aging while protecting against Alzheimer's disease.

10:00 AM-10:50 AM

BREAKOUT SESSIONS

Telehealth Depression Treatment and Fall Prevention (Conference 1-2)

Speaker(s): Julieta Caamano-Pelayo, Mental Health

Service Provider and Fall Prevention Coach; Namkee G. Choi, PhD. Professor & Louis and Ann Wolens Centennial Chair in Gerontology; Kelly Vences, Mental Health Service Provider and Fall Prevention Coach. University of Texas Steve Hicks School of Social Work **Description:** In this session, presenters will describe an NIH-funded randomized clinical trial of integrated teledelivered behavioral activation treatment (Tele-BA) and fall prevention program for low-income homebound/ disabled older adults. Based on positive participant outcomes and successful collaboration with Meals on Wheels Central Texas, we will be seeking collaborations with other Texas aging service agencies. Since all our services are tele-delivered by trained lay counselors/ coaches, geographic distance is not a barrier. We also found that increasing numbers of homebound older adults are internet-connected and equipped with digital devices, enabling them to receive tele-delivered mental health and fall prevention services.

Best Practices for Creating Inclusive Celebrations (Conference 3-4)

Speaker(s): Kathryn English, Operations Manager; Lisa Hancock, Public Education, Outreach, and Volunteer Program Specialist; Sundee Rossi, Director, Area Agency on Aging of the Panhandle

Description: Gain insights into the Panhandle AAA's experience with hosting successful Older Americans Month celebration events. Discover best practices and valuable lessons that can be applied to engaging and empowering older adults within your own community. Join us for an opportunity to collaborate on meaningful initiatives that promote inclusive celebrations.

Collaborations for Better Community

Care Coordination (Salon C)

Speaker(s): Derek Anderson, Director, Grow Healthy Together Pathways Community HUB, Bexar County Community Health Collaborative; Kate Hinken, VP of Customer Success, CCS Health

Description: Learn how The Grow Healthy Pathways Community HUB leveraged data and technology to build a sustainable community-based care coordination program that identifies and connects underserved and under-resourced populations to social, medical, and behavioral resources to improve their health outcomes.

Inclusive and Competent Conversations with

Older Adults (Salon D)

Speaker(s): Cheryl Young, Clinical Director/Program Manager, In Home Counseling Services & Program Manager, Rainbow Connections ATX; Richard Bondi, Program Development Lead, Rainbow Connections ATX, part of Family Eldercare

Description: Learn the terms behind the acronym LGBTQIA2+, additional terms relevant to understanding LGBTQIA2+ persons and the difference between sexual orientation and gender identity. Learn terms and actions to avoid when interacting with LGBTQIA2+ older adults. Understand best practices for interacting with LGBTQIA2+ older adults.

11:00 AM - 11:50 AM

BREAKOUT SESSIONS

The Impact of Technology on Older Adults

(Conference 1-2)

Speaker(s): Darryl Greer, Regional Program Manager, OATS from AARP

Description: Nearly 22 million Texans over the age of 65 lack wireline broadband access at home, which can lead to potentially serious consequences. In this session, we will discuss opportunities in the lives of older adults where technology can have a transformational impact, including financial security,

social engagement, creative expression, health \uptheta wellness, and civic participation.

Ending Continuous Medicaid Coverage

(Conference 3-4)

Speaker(s): Hilary Davis, Deputy Associate
Commissioner of Program Policy; Rachel Shumaker,
Deputy Associate Commissioner of Strategic
Engagement and Employee Support, Access and
Eligibility Services, Texas Health & Human Services
Commission

Description: In response to the COVID-19 pandemic, the federal government declared a public health emergency (PHE) and passed a law that allowed members to automatically keep their Medicaid coverage (continuous Medicaid). Based on new federal law, continuous Medicaid coverage ended on March 31, 2023. In this session, you'll hear about what you need to know to help Texans keep their Medicaid coverage if they are eligible.

Telenovelas: Effective Alzheimer's Training for Family Caregivers (Salon C)

Speaker(s): Patricia Bordie, Director of Aging Services, Capital Area Council of Governments; Yvette Lugo, Director, Rio Area Agency on Aging, Rio Grande Council of Governments

Description: Join our presenters as they provide an overview of an innovative caregiver education and training program developed by Alzheimer's Los Angeles using a telenovela format to educate family caregivers on the challenges of caring for someone with Alzheimer's Disease. Session will include tips for outreach, facilitated discussions and connections to existing services and supports.

Initiating Your Own Aging-In-Place Community Collaboration & Outreach (Salon D)

Speaker(s): Sarah Joanne Davis, Content Creator, Successfully Aging and Living in San Antonio; Amy Roberts, Owner, The Senior Strategist

Description: Aging-in-place refers to living independently, safely, and comfortably in one's home for as long as possible, and it's an important goal for many older adults and their families. Join this session to update and reframe your understanding of aging-in-place, create strategies, and join the movement to build awareness in your community.

12:00 PM - 12:30 PM Network & Visit Exhibitors (Salon B)

Take time to stretch your legs after a morning of enrichment to network with your fellow attendees and complete your BINGO cards while visiting with our fantastic sponsors & exhibitors.

12:30 PM - 1:30 PM



Lunch & Learn with Dr. Sudha Seshadri (Salon E)

Dr. Seshadri is a senior investigator of the Framingham Heart Study since 1998, leading the study's clinical neurology and neurogenesis cores since 2005. She is the principal investigator on 8 NIH funded grants and is an investigator, subcontract principal investigator and consultant to 12 additional grants.

She has served on the Editorial Board for Neurology and Stroke, chaired a standing NIH Study Section (Neurology, Aging and Musculoskeletal Epidemiology) and has over 320 peer-reviewed publications (H-index 79, i10 index 209), including 57 in 2016.

Dr. Seshadri helped to establish the neurology phenotype working group within the Cohorts for Heart and Aging Research in Genomic Epidemiology (CHARGE) consortium.

She lectures extensively, nationally and internationally, on Alzheimer's disease, dementia and the genetics of stroke and vascular brain injury.

1:30 PM - 2:00 PM

Exhibit Hall Closing & Dessert

Sponsored by CCS Health (Salon B)

It's your last chance to complete your BINGO card! Stop by those exhibitors you have yet to meet and enjoy a sweet treat before heading back into an afternoon of learning.

2:10 PM - 3:00 PM

BREAKOUT SESSIONS



Age-Friendly Health Care, What Matters Most? (Salon A) Speaker(s): Neela K. Patel, MD, MPH, CMD, FAAFP, Associate Professor, Joe R. and Teresa Lozano Long Distinguished Chair in Geriatrics and Community Senior Care, Chief, Division of Geriatrics & Supportive Care, UT Health San Antonio

Description: The session will be an interactive session catering to all audiences using didactic, slide, Q&A, Case Presentation and working in small groups. Discussing the 5 M's of age friendly health systems and age friendly care and what each means. Major focus on what matters most and advance care planning, how to make informed shared decisions to prepare advance directives and make individual preferences known and count.



Lifestyle Contributors to Dementia Risk & Research Trials (Salon E)

Speaker(s): Monica Goss, PhD, Program Manager, Population Neuroscience Core, UT Health San Antonio Description: Understanding the lifestyle factors that decrease the likelihood of developing dementia is critical to promote healthy brain aging in our community. This session will focus on ideal cardiovascular health and cognitive aging, and the research trials we currently have to aid in the development of new Dementia Prevention.

3:10 PM - 4:00 PM

BREAKOUT SESSIONS

Long Term Care Medicaid: Eligibility and Overcoming Barriers to Approval (Conference 1-2)

Speaker(s): Paul J. Zambie, Managing Attorney, Legal Hotling for Texans, Texas Legal Services Center

Hotline for Texans, Texas Legal Services Center **Description:** Provide overall view of Long Term Medicaid Eligibility for Nursing Home or In-Home Provider care. Educate on overcoming barriers to eligibility due to income and resource amounts. Educate on Medicaid Estate Recovery and ways to protect assets from MERP post death.

Navigating the Opportunities & Challenges of Caregiving. (Conference 3-4)

Speaker(s): Holly Riley, Director, Office of Aging
Services Coordination: Camdon Frost, Project M

Services Coordination; Camden Frost, Project Manager, Office of Aging Services Coordination, Texas Health & Human Services; Patricia Bordie, Director of Aging Services, Capital Area Council of Governments Description: Texas has over 3 million caregivers and, while being a caregiver is rewarding, it can also be stressful. Presenters will discuss the caregiver experience and provide an overview of available supports and services to encourage a lively discussion on how Texas can better support caregivers.

Using the Community Partner Program to Deliver Care to Senior Texans (Salon C)

Speaker(s): Anthony Flunder, District Supervisor; Amy Winkle, District Support Lead, Texas Community Partner Program, Texas Health & Human Services

Description: The Community Partner Program will deliver a presentation covering key focus areas, including highlighting partnerships, exploring the role of community or senior centers, and showcasing successful collaborations and media connections. The presentation will feature insights, success stories, and practical examples to illustrate the positive impact of collaboration and partnership in addressing community needs.

Perceptions that Influence Future Healthcare Preparation (Salon D)

Speaker(s): Aaron J. Loeb, PhD Student, University of Texas Health Science Center; Assistant Professor, Texas Woman's University, Houston

Description: Haldane et al. (2023), reported that older sexual minority adults benefit from feeling welcomed in safe spaces but feel impacted by historical events and previous discrimination in healthcare settings. Our study presents the barriers and facilitators baby boomer gay men experiences as they seek to initiate and maintain healthcare.

3:30 PM - 4:20 PM

BREAKOUT SESSIONS

Aging Is Not the Problem: AGEISM is (Conference 1-2) Speaker(s): Patricia Bordie, Director of Aging Services, Capital Area Council of Governments

Description: This session will provide a research-based overview of the pervasive issue of ageism both internal and external forms. Participants will learn ways to identify ageism and form strategies for reducing its prevalence and impact. Best practice anti-ageism tools will be shared, in addition to ideas for participating in Ageism Awareness Day- October 7, 2023; events, activities and messaging in local communities and aging networks.

Identifying, Assessing, and Strengthening Texas' No Wrong Door System (Conference 3-4)

Speaker(s): Holly Riley, Director, Office of Aging Services Coordination; Olivia Burns, Aging Texas Well Coordinator, Office of Aging Services Coordination, Texas Health & Human Services

Description: This session will provide an overview of the Texas Health and Human Service Commission's project to enhance the state's No Wrong Door System, a coordinated and streamlined system to help Texans access long-term services and supports. Presenters will share project goals, key findings to date, and future efforts

Texas Evidence-Based Program Workgroup: Spotlighting Success in Texas! (Salon C)

Speaker(s): Jessica Martone, Training & Education Program Coordinator, Travis County Health & Human Services; Shakita Johnson, Executive Director, Area Agency on Aging of Tarrant County, United Way of Tarrant County; Katharine Tuck, Special Grants Manager, United Way of Tarrant County

Description: Attendees will learn about the development and goals of the Texas Evidence-Based Program Workgroup (TXEBP Workgroup). Presenters will share successful collaborations of the TXEBP Workgroup partners. Attendees will discover how partnering with TXEBP Workgroup will grow and sustain their EBP program success followed by Q&A.

Combatting Social Isolation (Salon D)

Speaker(s): Brenda Schmachtenberger, Director, San Antonio Oasis; Kelley Gallant, Program Coordinator, San Antonio Oasis

Description: Research studies on Social Isolation; Attorney General Report; Health issues associated with Social Isolation; Comprehensive guide to San Antonio Oasis, including classes and programs regarding the alleviation of Social Isolation; Explanation of the program and how it works and the hours; Statistics regarding the Silver Connect Program; Training for the Volunteers

FRIDAY, JUNE 28, 2023

8:00 AM - 11:00 AM Registration Desk Hours

8:30 AM - 11:00 AM Closing Breakfast & Keynote Address (Salon E)



KEYNOTE SPEAKER

Deputy Executive Commissioner Haley Turner, Texas Health and Human Services

Haley Turner is the deputy executive commissioner for Community Services at the Texas Health and Human Services Commission. She oversees programs and

services for people with disabilities, special health care needs, and older adults. Turner joined HHSC in 2016, most recently serving as the associate commissioner for IDD Services, where she oversaw policy and program support for the 39 local intellectual and developmental disability authorities. Before joining HHSC, she served as the director of IDD Services for Austin Travis County Integral Care. Turner has a Master of Social Work from The University of Alabama in Tuscaloosa, Alabama and a bachelor's degree from Auburn University in Auburn, Alabama.

AGING IN TEXAS CONFERENCE AWARDS

The Aging in Texas Conference Awards recognize and honor individuals, organizations and agencies who have demonstrated outstanding contributions to the field of aging. The 2023 awards presentation will include a very special ceremony to honor two champions of aging in Texas as well as announcing the recipients of the following:

Gloria Vasquez Innovative Programs Building Partnerships Award

This award honors an organization or agency for the development and implementation of a program within the State of Texas that is innovative and beneficial to the aging community. In addition, this award seeks to promote creative and valuable new programs throughout the field of aging which prove to be the results of successful partnerships.

Melissa Carter Leadership in Aging Award

This award honors a professional in the field of aging who develops and implements creative and innovative ways to improve the delivery of Texas' aging services. It also seeks to recognize a professional who offers innovative ideas and creates conditions for success to improve service delivery.

CONFERENCE SPONSORS

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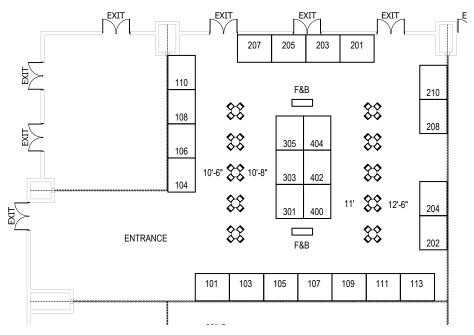


CONFERENCE EXHIBITORS

Exhibit Hall is located in Salon B

Alamo Area Council	Project MEND203
of Governments101	San Antonio Lighthouse for
Family Tree Private Care103	the Blind & Vision Impaired204
Health and Human Services	MedScope205
Commission104	Texas Technology Access Program,
Unite Us105	University of Texas at Austin207
The Gonzaba Foundation106	Texas Workforce Commission109
GetSetUp, Inc107	WellMed Charitable Foundation301
Amerigroup108	Sisters Care In-Home Care303
HHSC Foster Grandparent Program 110	Claris Healthcare305
HHSC Community Partner Program111	HHSC Office of Aging Services
Public Policy Research Institute,	Coordination400
Texas A&M University 208	VRI402
ADT Health201	U.S. Food & Drug Administration 404

Be sure to stop by the CCS Health Networking Area between Registration and Salon D.





We provide solutions for governments, health plans, Area Agencies on Aging, and other organizations to:



Bridge the Digital Divide - Interactive classes on digital enrichment topics to provide a simple and social way to learn and connect using technology.



Train Individuals on Technology - 1 on 1 device training and technical support to help older adults to activate and use their devices, which is essential to aging-in-place and long-term care success.



Reduce Social Isolation - A branded virtual learning channel featuring programming and social activities across topics such as caregiving support, aging in place, travel, health & wellness, cooking, fitness, and more. All classes are taught by older adults with peers from around the world.



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CONFERENCE EVALUATION FORM

Title of Session:

In order to meet our objective of quality training, your honest responses to the following questions listed in this evaluation below will be a valuable contribution.

Indicate your responses to the following questions by checking the option that best describes your opinion. For example: one being that you strongly agree through you strongly disagree.

Room:

Time of Session:	Date of Session	:			
1. The objectives established for this session were met.					
☐ Strongly agree☐ Somewhat agree	☐ Neither agree nor disagree☐ Somewhat disagree	☐ Strongly disagree ☐ N/A			
2. The presentation of r	material was clear and we	ell organized.			
☐ Strongly agree☐ Somewhat agree	\square Neither agree nor disagree \square Somewhat disagree	☐ Strongly disagree ☐ N/A			
3. The handout materia	l was clear and well orga	nized.			
☐ Strongly agree☐ Somewhat agree	\square Neither agree nor disagree \square Somewhat disagree	☐ Strongly disagree ☐ N/A			
4. The material was pre	sented in a stimulating a	nd interesting manner.			
☐ Strongly agree ☐ Somewhat agree	☐ Neither agree nor disagree☐ Somewhat disagree	☐ Strongly disagree ☐ N/A			
5. The presenters were	knowledgeable about th	e subject matter			
☐ Strongly agree ☐ Somewhat agree	□ Neither agree nor disagree□ Somewhat disagree	☐ Strongly disagree ☐ N/A			
6. What did you like be	st about this session?				
7. What would you rec	ommend to improve this	session?			

Marriott Rivercenter San Antonio, San Antonio, TX

Name:	Date:			
	June 28, 2023			
Please print clearly.				
Organization:	Email:			
CEU Type: Social Worker LPC LMFT	Psychologist	RN □ LNV □ C	I	
if	EDNESDAY, JUNE 28,			
Session	Room	Time	Instructor/ Moderator Initials	CEUs
Select one session per group. Complete evaluation she	et. Turn in at end of ses attendance.	ssion. Instructor/modera	ator will initial this sheet	to confirm
Opening Keynote				
You Matter!	Salon E	11:30 - 12:30		1
Session One				
Reality Check: The Barriers to Aging in Place	Conf. 1-2	1:10 - 2:00 PM		1
Better Together: Leveraging Cross-Sector Partnerships to Address Local Needs and National Priorities	Conf. 3-4	1:10 - 2:00 PM		1
Brain Health: Creating Pathways from the Clinic to the Caregiver	Salon C	1:10 - 2:00 PM		1
Expanding Internet Access and Digital Skills Through Train-the-Trainer	Salon D	1:10 - 2:00 PM		1
Session Two				
HR, Medicare and Those Working Past 65	Conf. 1-2	2:10 - 3:00 PM		1
Care Transitions Intervention: A Proven Patient-First Approach to Decrease Readmissions and Increase Revenue	Conf. 3-4	2:10 - 3:00 PM		1
Caregiver Stress & Elder Abuse	Salon C	2:10 - 3:00 PM		1
Creating a Customer-Driven Congregate Program	Salon D	2:10 - 3:00 PM		1
Session Three				
A New Approach to An Old Problem	Conf. 1-2	3:10 - 4:00 PM		1
Veteran Community Support	Conf. 3-4	3:10 - 4:00 PM		1
Using Smart Home Devices as Assistive Technology	Salon C	3:10 - 4:00 PM		1
Supporting Families Impacted by Alzheimers Disease or Dementia	Salon D	3:10 - 4:00 PM		1
Session Four				
Serving Older Adults with Vision Loss	Conf. 1-2	4:10 - 5:00 PM		1
Improving Patient Outcomes Through Caregiver Resilience	Conf. 3-4	4:10 - 5:00 PM		1
No Wrong Door for Older Adults & People with Disabilities Seeking LTSS Services	Salon C	4:10 - 5:00 PM		1
Building Bridges Through Technology: Empowering Seniors to Function in a Virtual World	Salon D	4:10 - 5:00 PM		1
		Tot	al CEUs for Day One:	5

These sessions have been approved for continuing education credit for Social Workers, LPCs and LMFTs by the Texas Chapter of the National Association of Social Workers.

Maximum eligible CEUs for Day One = 5

Attendee: Keep this document in your records as evidence of continuing education units/credits earned.



SAN ANTONIO, TX | JUNE 28-30, 2023

Marriott Rivercenter San Antonio, San Antonio, TX Name: June 29.2023 Please print clearly. Organization: Email: CEU Type: Social Worker LPC LMFT Psychologist RN LNV CNA THURSDAY, AUGUST 18, 2022 Instructor/ Session Room Time CEUs Moderator Initials Select one session per group. Complete evaluation sheet. Turn in at end of session. Instructor/moderator will initial this sheet to confirm attendance. Reviving Congregate Meal Programs Through Conf. 1-2 9:00 - 9:50 AM 1 Marketing Veteran Directed Care Conf. 3-4 9:00 - 9:50 AM 1 Unveiling Caregiving Challenges for Older Adults with 9:00 - 9:50 AM Salon C 1 Dementia: Insights from Phase I of the CARES Study Alzheimer's Disease: The New Science of the Aging Salon D 9:00 - 9:50 AM 1 Brain Session Two Conf. 1-2 10:00 - 10:50 AM Telehealth Depression Treatment and Fall Prevention Conf. 3-4 10:00 - 10:50 AM Collaborations for Better Community Care Coordination Best Practices for Creating Inclusive Celebrations Salon C Inclusive and Competent Conversations with Older Salon D 10:00 - 10:50 AM 1 Adults Session Three Conf. 1-2 11:00 - 11:50 AM The Impact of Technology on Older Adults 1 Ending Continuous Medicaid Coverage Conf. 3-4 11:00 - 11:50 AM 1 Telenovelas: Effective Alzheimer's Training for Family Salon C 11:00 - 11:50 AM 1 Caregivers Initiating Your Own Aging-In-Place Community Salon D 11:00 - 11:50 AM Collaboration & Outreach Session Four

Age-Friendly Health Care, What Matters Most?	Salon A	2:10 - 3:00 PM	1
Lifestyle Contributors to Dementia Risk & Research Trials	Salon E	2:10 - 3:00 PM	1
Session Six			
Long Term Care Medicaid: Eligibility and Overcoming Barriers to Approval	Conf. 1-2	3:10 - 4:00 PM	1
Navigating the Opportunities & Challenges of Caregiving.	Conf. 3-4	3:10 - 4:00 PM	1
Using the Community Partner Program to Deliver Care to Senior Texans	Salon C	3:10 - 4:00 PM	1
Perceptions that Influence Future Healthcare Preparation	Salon D	3:10 - 4:00 PM	1
Session Seven			
Aging Is Not the Problem: AGEISM is	Conf. 1-2	4:10 - 5:00 PM	1
Identifying, Assessing, and Strengthening Texas' No Wrong Door System	Conf. 3-4	4:10 - 5:00 PM	1
Texas Evidence-Based Program Workgroup: Spotlighting Success in Texas!	Salon C	4:10 - 5:00 PM	1
Combatting Social Isolation	Salon D	4:10 - 5:00 PM	1

Salon E

12:30 - 1:30 PM

These sessions have been approved for continuing education credit for Social Workers, LPCs and LMFTs by the Texas Chapter of the National Association of Social Workers.

Maximum eligible CEUs for Day Two = 7

Lunch & Learn

Session Five

Total CEUs for Day Two:

Marriott Rivercenter San Antonio, San Antonio, TX

Name:			Date:		
Please print clearly.			June 30, 2023		
• •			Email:		
CEU Type: Social Worker LPC LMFT Psychol	ogist	RN LNV [CNA		
FRIDAY, A	UGUST 19, 2022				
Session	Room	Time	Instructor/ Moderator Initials	CEUs	
Select one session per group. Complete evaluation sheet. Turn in at end of session. Instructor/moderator will initial this sheet to confirm attendance					
Closing Keynote					
Provider Updates	Salon E	9:00-10:00 AM		1	
Total CEUs for Day Three:					

These sessions have been approved for continuing education credit for Social Workers, LPCs and LMFTs by the Texas Chapter of the National Association of Social Workers.

Maximum eligible CEUs for Day Three = 1

Summary of Continuing Education Hours	Maximum	
Total CEUs for Day One		5
Total CEUs for Day Two		7
Total CEUs for Day Three		1
Grand Total		13.0

Attendee: Keep this document in your records as evidence of continuing education units/credits earned.

NOTES

NOTES

THANK YOU FOR ATTENDING THE 2023 AGING IN TEXAS CONFERENCE!



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