



**46<sup>th</sup> Annual Governor's Conference on Aging**  
**“INSPIRED AGING – Innovations in Health and Wellness”**  
**May 6-7, 2014**  
**Red Lion Hotel - Kalispell, MT**  
**20 Main Street**

**CONFERENCE INFORMATION**  
**Tuesday, May 6, 2014**  
**8:00am – 5:00pm**

**Tuesday, May 6<sup>th</sup>**

**8:00 AM - Opening Ceremony**

- I. Welcome – Chairman of the Governor's Advisory Council on Aging
- II. Presentation of the Flag
- III. Opening Prayer
- IV. Opening remarks – Richard Opper, Director

Department of Public Health and Human Services

**8:30 AM - “Memory Techniques.” - Jane Baker**

This lively, humorous presentation on memory techniques involves audience participation using the Code of the West pledge as described in the book “Don't Squat with Yer Spurs On”, by Texas Bix Bender. An improved memory is possible for everyone. A mastery of memory can be acquired and is achieved by practice. In this presentation a memory technique called RAVE will be demonstrated.

**9:30 AM -- Mini-Grant Awards**

Each year, the Governor's Advisory Council raises funds to help meet needs of senior centers, provide a jumpstart for activities which benefit the elderly in a community or provide resources to expand or enhance an existing service.

**10:00 AM - Coffee**



**Break**

**10:30 AM -- Discover Arthritis and Take Control.**

Together the Montana Arthritis Program and the Arthritis Foundation will talk about the different types of Arthritis and how you can take control of your arthritis. They will discuss the different exercise programs that are going on around the state which have been proven to improve the effects that arthritis has on people

**Tuesday, May 6<sup>th</sup>**

11:15 AM – **Alzheimer’s Disease: Moving Montana Forward**

Please join Montana’s Alzheimer’s Disease State Plan Work Group to engage in dialogue about how to turn Montana into a dementia capable state. Over 5 million Americans of all ages have Alzheimer’s disease, including 5.2 million people age 65 and older, and 200,000 individuals under age 65 who have younger-onset Alzheimer’s. In Montana, an estimated 21,000 individuals have Alzheimer’s disease and nearly 47,000 family and friends provide unpaid care valued at \$645 million. Alzheimer’s disease is a public health crisis and this session will focus on identifying solutions that will meet the needs of the individuals and caregivers in Montana who are living with this disease.

12:00 Noon -- ***Centenarian Luncheon***

- Guest Speaker : **Governor Steve Bullock**



**Centenarian Recognition**

- Honoring our Citizens who are 100 years of age and older.

1:30 PM – **Mental Health and Aging**

Deb Matteucci , Mental Health Services Bureau Chief, Addictive & Mental Disorders Division, Montana Department of Public Health and Human Services

2:15 PM – **Don’t be a Victim! Learn how to Protect Yourself from Fraud – Al Ward**

Training will discuss the most often used ploys that con criminals use to separate people from their money. It will also discuss red flags that could alert investors to possible scams. Finally, it will cover ways to check out brokers and investments before investing in them.

3:00 PM – **Coffee**



**Break**

3:30 PM – **Approaching, Preparing for & Knowing When to Retire from Driving** - Patrick Sanders, Transitions Coordinator- DPHHS and Lyn Hellegaard, Montana Transit Association (MTA) Older Driver Crashes Emphasis Area Team, Comprehensive Highway Safety Program

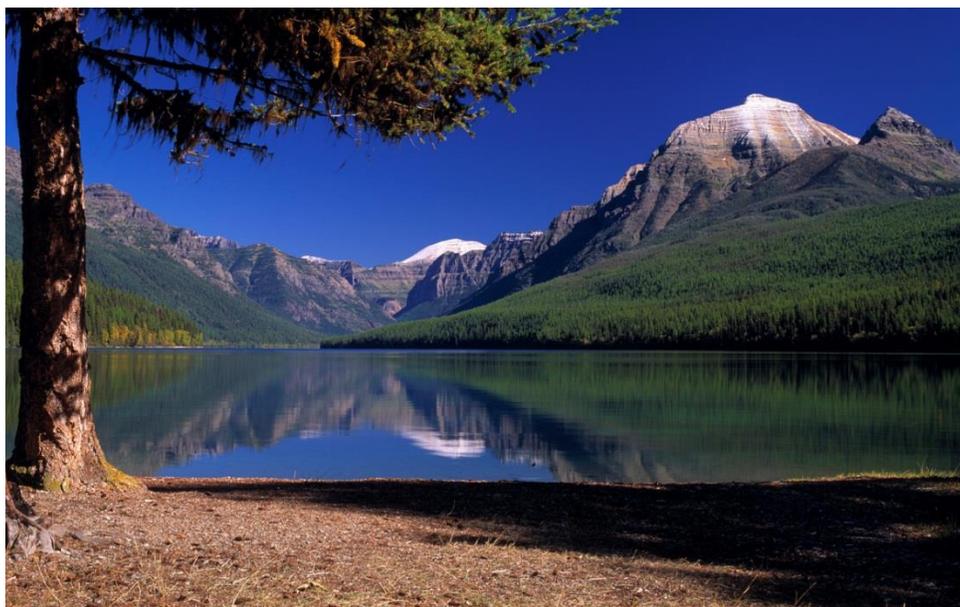
4:15 PM – **Veterans Directed-Home and Community Based Services (VD-HCBS)**

A new partnership with the Veterans Administration Medical Center and the Aging and Disability Resource Centers (ADRC) in Montana - Kelli Jacobson-Wheat, RN, BS, Non-Institutional Care Programs Coordinator, VA Medical Center, Fort Harrison and Kerrie Reidelbach, ADRC Program Manager, Senior & Long Term Care Division.

### **Special Event on May 6<sup>th</sup>**

***6:00 PM to 8:00 PM: Participants are invited to a tour and evening reception at The Retreat at Buffalo Hill, sponsored by Immanuel Lutheran Communities***

The event provides attendees a chance to unwind, enjoy wonderful food, entertainment and conversation, while seeing firsthand how Immanuel Lutheran is innovating to meet the expectations of the baby boomer generation. Since opening in 2012, The Retreat at Buffalo Hill has been praised nationally as ‘setting a new standard in the world of rehabilitation’ in industry magazines. The Retreat provides outpatient and short-term rehabilitation therapies including: physical, occupational, speech and aquatic therapy, in an aesthetically pleasing environment to promote healing and recovery.





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**CONFERENCE INFORMATION**  
**Wednesday, May 7, 2014**  
**8:00am – 3:30pm**

**Wednesday, May 7<sup>th</sup>**

8:00 am      **Welcome, County Commissioner Cal Scott**

8:15 am      **Home and Community-based Care: Now and in the Future**

People are living longer than ever before, but they are also living with chronic conditions for more years than ever before. Seniors and people with disabilities have a strong desire to remain independent and in their homes, but they face challenges in finding and affording services to meet their specific needs, navigating ever-changing government and insurance programs, coordinating services between several providers and finding quality caregivers. In this session, leading Flathead agencies in Home Care, Home Health and Hospice will provide an overview of services as they are today and developments that are driving future changes.

**Home Care** – The home care industry has experienced tremendous growth over the past two decades. Services are designed to help individuals lead independent lives in their homes and communities by providing help with things like keeping the house clean, bathing and dressing, preparing food and taking care of basic health maintenance activities. Learn about the current state of Home Care in Montana and what to expect in the coming years. **Presenter:** Kris Carlson, A Plus Health Care.

**Home Health** – Home health care covers a wide range of skilled services that can be provided in a person's home on an intermittent basis to aid recovery from an illness or injury, improve functioning and maintain independence. Services are prescribed by a doctor and include nursing tasks; medication management, physical, speech and occupational therapies; nutrition support, caregiver and self-care education, mobility and safety assessments, and more. Learn when and how to access home health care. **Presenter:** Donna Bosch, Home Options

**Hospice** - Hospice is a philosophy of care in which an individual who has been given a life-limiting prognosis forgoes traditional curative treatment, and opts instead to receive aggressive palliative care from skilled end-of-life experts. The care provided by hospice neither hastens nor prolongs death. Services are funded by Medicare, Medicaid, and most private insurances. This section of the session is designed to explore the meaningful and even joyful moments of end of life care, and to debunk fears about “The H Word”. **Presenter:** Elaine Wilson, Frontier Hospice

9:30 am -

**Coffee**



**Break**

9:45 am-

**Innovations in the Flathead:** Learn about creative and innovative efforts in the Flathead Valley to help older adults achieve wellness through building relationships, participating in community life and engaging in meaningful pursuits.

**Senior Mobile Home Repair: A Little Goes a Long Way** – The inability to stay in one’s home because of disrepair or inaccessibility often results in older adults being placed unnecessarily in institutional care. Government funding is typically unavailable for mobile home repair. Montana ranks 11<sup>th</sup> in the nation in the percentage of housing units that are mobile homes; one-third of these are occupied by seniors, most of whom have low incomes. Almost half of these homes are estimated to be in disrepair. The Senior Mobile Home Repair Program is a grass-roots, volunteer-run, cost-effective, donation supported effort to help older mobile home residents remain in their homes safely. Learn about the elements that make the model successful and see some of the life-changing results. **Presenters:** Jim Atkinson, Program Facilitator; Steve Burgland, Great Bear Builders; and Lisa Sheppard, Area IX Agency on Aging Director

**ASSIST: Neighbors Helping Neighbors** - At times, men and women need help while recovering at home after an illness or surgery. They may be unable to follow the instructions given by medical providers or to locate the resources necessary to aid in their recovery. ASSIST employs a person-centered approach in which trained volunteers work with individuals and provide hands-on assistance to connect them to the resources they need to regain their health and independence. Learn more about this exciting new program and the vision for the future. **Presenters:** Curtis Lund, President and Founder of ASSIST and Jane Emmert, Director of ASSIST

**Lifeside Farms: Creating Person-Centered Support through Unlikely Partnerships** – Learn about a successful pilot program in Flathead Valley based on a proven model from Europe in which seniors and people with disabilities participate in day programs on farms. Participants spend a day on a farm and share life with the people living on and running the farm who are trained to provide an enjoyable experience that is tailored to meet individual needs, abilities and interests. People help with chores, prepare and share lunch and take part in

the social moments of farm life. Participants gain a sense of purpose and enhance their health and well-being by engaging in meaningful activities that support physical fitness and social interaction. Farmers gain a connection to the community and a new complementary opportunity to provide a service. It's a win-win! **Presenter:** Maarten Fischer, Day Program Manager, A Plus Health Care

11:00 am **Instant Recess:** Experience Instant Recess! Created by a MOVEMENT of ACTIVE-ists dedicated to making America healthier 10 minutes at a time, the movements are simple enough for anyone to participate, and can be adapted to suit any culture or physical environment – including our conference!.

11:15 am **Keynote Speaker: Dr. Linda Hitchcock - *Be Inspired: Your Goals Help You Age Successfully***

“Inspired Aging” is a new term for the Baby Boomer Generation. As the “Silver Tsunami” sweeps across the United States, everyone is struggling to figure out how to meet the challenges and needs of a growing senior population. We will discuss a new way to age which uses a Comprehensive Geriatric Assessment based on team participation (nutritionist, geriatric pharmacist, social worker, physical therapy, and a geriatrician) to create a plan of care for you and your doctor that helps ensure continuity and comprehensive evaluation. Your goals come together to create the best quality of life for you today and tomorrow. Know what your goals are as you age and get ready for Inspired Aging!

Noon **Luncheon – *Recognition of those who inspire us***

1:30 pm **Wellness through Intergenerational Programs and Volunteerism**  
Senior living communities and schools/colleges are increasingly embracing intergenerational programs to enhance activity programs and positive exchanges between young and older adult populations. These programs seek to bring generations together in purposeful, mutually beneficial activities that facilitate understanding and respect between generations. This session will explore the key steps involved in launching a successful volunteer intergenerational program, review specific activities that have shown positive outcomes, and learn steps to evaluate effectiveness of an intergenerational volunteer program. **Presenter:** Stella Hatcliffe, RN, MSc, CPHQ, Manager of Education, Mather Lifeways Institute on Aging

3:00 pm **Closing Remarks, Conference Evaluation and Door Prizes**

3:30 pm **Adjourn**