The North Carolina Association on Aging will hold its Annual State Aging Training Conference on Thursday, March 16 – Friday, March 17, 2017 at the Marriott Hotel in Downtown Winston-Salem, NC.

The NCAOA Annual Training Conference is an excellent opportunity to network with a concentrated, yet diverse number of aging professionals and volunteers. The NCAOA Training Conference is now the only state aging conference in North Carolina. More than 150+ persons are expected to attend, making our conference large enough for quality, but small enough for good interaction among participants.

**Previous Conference Attendee Fields**

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<tr>
<th>AAA Staff</th>
<th>DSS Staff</th>
<th>Policy Makers</th>
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<tr>
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<td>Family Caregivers</td>
<td>Program Directors</td>
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<td>Adult Services Staff</td>
<td>Government Leaders</td>
<td>Researchers/Educators</td>
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<td>Health Care Professionals</td>
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<td>Caregiver Specialists</td>
<td>Ombudsmen</td>
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<td>Case Managers</td>
<td>Parks &amp; Recreation Staff</td>
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<td>Consultants</td>
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**We Hope YOU Will Join Us!**

Visit NCAOA.org to Register Today
The North Carolina Association on Aging is pleased to announce that it is now accepting nominations for Excellence in the Field of Aging Awards. The awards categories are as follows:

**Service Excellence Award**
This award honors an employee for the quality of direct service they provide to older adults in their community. Candidates must be front line service delivery workers.

**Guiding Star Award**
This award honors a supervisor or manager for quality supervisory skills in the management of programs and staff they provide that benefit older adults. This award recognizes their ability to supervise and motivate staff as they provide quality work in their community.

**Rising Star**
This award honors a rising star employee with three or fewer years of work experience in the aging network. This award recognizes their ability to take on leadership roles and an interest in the future of their organization and the field of aging.

**Leadership Excellence Award**
This award honors a Chief Executive/Administrative Officer for the quality of leadership and organizational management they provide to their organization and to the aging network. Candidates must have significant year (candidate is preferred have 5 plus years of work experience) as a Chief Executive or Administrative Officer with their organization.

**Reaching for the Stars – Innovative Program Award**
This award honors an agency that has an innovative and creative program that is working to enrich the lives of older adults. We are looking for programs that are creative but effective in enhancing the lives of older adults.

Visit NCAOA.org for a nomination form. Please submit nominations by February 17th.
Across America and around the world, the five love languages have revitalized relationships and saved marriages from the brink of disaster. Can they also help individuals, couples, and families cope with the devastating diagnosis of Alzheimer’s disease (AD)?

Coauthors Chapman, Shaw, and Barr give a resounding yes. Their innovative application of the five love languages creates an entirely new way to touch the lives of the five million Americans who have Alzheimer’s, as well as their fifteen million caregivers. At its heart, this book is about how love gently lifts a corner of dementia’s dark curtain to cultivate an emotional connection amid memory loss.

This collaborative, groundbreaking work between a healthcare professional, caregiver, and relationship expert will: Provide an overview of the love languages and Alzheimer’s disease, correlate the love languages with the developments of the stages of AD, discuss how both the caregiver and care receiver can apply the love languages, address the challenges and stresses of the caregiver journey, offer personal stories and case studies about maintaining emotional intimacy amidst AD. *Keeping Love Alive as Memories Fade* is heartfelt and easy to apply, providing gentle, focused help for those feeling overwhelmed by the relational toll of Alzheimer’s. Its principles have already helped hundreds of families, and it can help yours, too.

Gary Chapman, PhD, is the author of the bestselling The 5 Love Languages® series, which has sold more than 11 million worldwide and has been translated into 50 languages around the world. Dr. Chapman travels the world presenting seminars on marriage, family, and relationships, and his radio programs air on more than 400 stations. He lives in North Carolina with his wife, Karolyn.
Thursday, March 16 at 11:30 am

Presented by: Laura D Baker, PhD,
Associate Director of the Alzheimer’s Disease Core Center, Sticht Center for Healthy Aging & Alzheimer’s Prevention, Sticht Center for Healthy Aging & Alzheimer’s Prevention

Aging & Memory: What’s Normal? And... what we can do to reduce our risk!

**Fact:** Since 2000, the number of deaths due to Alzheimer’s have increased by 71 percent.

**Fact:** Currently there is no cure or meaningful treatment for Alzheimer’s.

**Fact:** There are certain factors that can reduce a person’s risk for developing Alzheimer’s.

This Lunch & Learn presentation will provide attendees with an overview and explanation of normal memory, elements of mild memory concerns (mild cognitive impairment-MCI) as well as more serious memory problems in older adults. Dr. Baker will also discuss key strategies that participants should know about lifestyle choices and behaviors that could reduce their risk for developing Alzheimer’s. She will also share the latest news about the work that is being done at the Sticht Center for Healthy Aging and Alzheimer’s Prevention at Wake Forest Baptist Health and how people can get involved to make a difference for generations to come!

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**Conference Networking Breakfast & Student Presentations**

Friday, March 17 at 7:30 am

**The Bridge:** In our world today, Alzheimer’s disease is a serious and complicated illness that is becoming more prevalent due to the number of both diagnoses and the fact that people are now living longer. After a diagnosis of Alzheimer’s, many people are left feeling lost and overwhelmed. Many doctors that diagnose the disease offer little to no support for the patient and/or their families. Resources and support are especially difficult for patients who may not have access to the internet. The Bridge aims to serve as a link between an initial diagnosis of Alzheimer’s disease and the first step to acquiring resources for patients, families, and caregivers. This will be a simple, yet informative guide, giving suggestions of what to do after a diagnosis of Alzheimer’s. The goal of The Bridge is to try to alleviate some of the burden of finding resources for a growing population dealing with Alzheimer’s. **Presented by:** Haley Brooke Williford, Student, Barton College

**I will not be Ignored; Double Jeopardy among LGBT Minorities:** Though in the past year tremendous progress has been made in the LGBT community. Our legal and health care system continues to deny and even ignore challenges faced by individuals in homosexual relationships, especially problems in terms of institutional arrangements, housing options, and availability of health care among the LGBT aging population. Though state legislations differ between homosexual and heterosexual rights; Physical, emotional, mental, spiritual, and social needs are critical to the health of all individuals. Social Workers, Health Care providers, and the aging network must learn to separate their bias mentality in order to focus solely on giving adequate care to every individual regardless of race or sexual orientation. This presentation examines the unique challenges faced in our legal and health care system in the LGBT community by age and persons of color. Through connections and demographics, we hope to raise awareness to the discrimination of individuals based on their orientation and race. **Presented by:** Luar Mercado Lopez, Student, Barton College
Presented by: Bob Blancato,
Executive Director, National Association of Nutrition and Aging Services Programs; National Coordinator, Elder Justice Coalition; National Coordinator, Defeat Malnutrition Today! Coalition

Bob Blancato is the President of Matz, Blancato and Associates, the National Coordinator of the bipartisan 3000-member Elder Justice Coalition, and the Executive Director of the National Association of Nutrition and Aging Services Programs. Bob has more than 20 years of service in the Congressional and Executive branches, including the senior staff of the U.S. House Select Committee on Aging and an appointment by President Clinton to be Executive Director of the 1995 White House Conference on Aging.

Most recently, Bob is the Chair of the Board of the American Society on Aging and on the National Board of AARP. He also serves on the Board of the National Council on Aging and the Advisory Panel on Outreach and Education of the Centers for Medicaid and Medicare Services. He was recently selected by Next Avenue as a 2016 Influencer in Aging. Bob is a contributing blogger to the Huffington Post and Next Avenue, writing on aging issues. He holds a BA from Georgetown University and an MPA from American University. Bob has won numerous awards for advocacy including being knighted by the Italian Republic in 2011.

Presented by: Elaine Marshall, North Carolina Secretary of State
Awards Presented by: Brad Allen, President, North Carolina Senior Games, Inc.

Elaine is North Carolina’s Secretary of State. She made history by being the first woman elected to statewide executive office in 1996. As Secretary of State, Elaine has received international recognition for her efforts to protect copyrights and deter counterfeit goods. The Secretary of State’s office today is a key law enforcement agency protecting consumers, investors, and charitable givers against securities fraud and financial scams. Elaine’s commitment to protecting investors and combating financial fraud has lead to the recovery of hundreds of millions of dollars from major Wall Street banks for North Carolina investors and charities. Under Elaine’s leadership the Secretary of State’s office has worked with the FBI and US attorney’s offices to obtain convictions of several of those responsible for the fraud.

Elaine Marshall was born in rural Lineboro, Maryland in 1945. Her father was a farmer who served as a volunteer fire fighter and community leader, while her mother was the organist in the family’s small rural church for more than 60 years. Elaine earned her law degree from Campbell University in 1981 and distinguished herself as a tough advocate for her clients in the courtroom, where she represented women who were victims of domestic violence. In 1993-1994, Elaine served in the North Carolina Senate, where she was named Rookie of the Year and listed among Legislators to Watch by the News & Observer. In the Senate, she provided a powerful voice for improving healthcare in North Carolina.
### 1) The Five Love Languages for Caregivers

Discerning the primary love language of another and communicating that language allows love and concern to be shown most fluently. In this author-endorsed interactive workshop based on principles from "The Five Love Languages" by Dr. Gary Chapman, participants will learn their own love languages. Participants will also learn ways that the principles form this book can be utilized to improve the care of aging adults in any setting.

**Presented by:** Martha McDowell, North Central Regional Director, North Carolina Baptist Aging Ministry (NCBAM)

### 2) Medicare Fraud! Think you can’t become a victim? THINK AGAIN!

Want to learn tips to educate your Medicare beneficiaries about how to protect their identity? What should a Medicare beneficiary do if someone comes to their door uninvited to explain the changes in Medicare? Have your clients received calls about needing a new Medicare card because theirs has expired? Medicare reports that $66 Billion of the taxpayers’ dollars where lost due to these type of scams. Join us for a conversation on protecting your clients Medicare benefits. Learn how to educate them on unscrupulous behavior and deceptive marketing practices. Educate them on ways to protect, detect and report Medicare fraud. Learn how you can assist SHIIP and NCSMP in this important effort. We want you to become one of our valued community partners in this effort.

**Presented by:** Stephanie Bias, NC SMP Program Coordinator, NC Senior Medicare Patrol/NC SHIIP/NC Department of Insurance; Jeanie Schepisi, Piedmont Area Regional Manager, NC SHIIP/NC Department of Insurance

### 3) Aging with Purpose – Changing the Way we Look at Aging

“Making lives meaningful in old age is new. The routine solutions haven’t yet become very well defined.” Being Mortal - Atul Gawande. We often look at aging through a medical lens, creating the desire to do things for seniors and protect them. In turn, we forget that seniors have abilities and a need to be useful and helpful – a purpose. By asking only what is wrong with our Elders, we subject them to the suffering caused by what Dr. Bill Thomas calls the three plagues of loneliness, helplessness, and boredom. As Forsyth County prepares for the aging boom, our agency has embarked on a new initiative called “Aging with Purpose,” designed to tackle these three plagues by challenging the historical model of care. Please join us as we discuss our AWP pilot project, the Eden Alternative and all that we are doing to bring purpose back into the lives of seniors.

**Presented by:** Melissa Smith, Aging with Purpose Program Coordinator, Senior Services, Inc.; T. Lee Covington, President & CEO, Senior Services, Inc.
4) Activities that Benefit Older Adults

This workshop will be an interactive presentation on the benefits of a regular program of activities that can fit all populations of the older adult community. I will cover activities that benefit older adults with dementia, those that are wheelchair or bed bound, and the more active older adults. This presentation will cover the older adults in facilities, homes, day centers and congregate meal settings. The presentation will be engaging as well as informative. I will cover spiritual, mental, and physical activities.

Presented by: Yveline Buford, Senior Lunch Program Site Manager, Senior Services Inc.

5) Development of Dementia Friendly Hospital and Community

Modern acute hospitals are very busy, noisy places with a very fast through-put of patients. People with dementia, who are also very ill and anxious, find this environment very difficult. Modern hospitals are rarely designed to take account of the cognitive and perceptual problems of people with dementia. Partnering with Healthy Carolinians of the Outer Banks Dementia Task Group, we developed a joint community and hospital guiding team to recommend and guide our hospital and business community in decisions to support how imaginative changes support Dementia Friendly designation for safe and supportive environments serving patients and families with dementia. Clinical impact includes significant threat to patient and staff safety. Confused, anxious and combative patients can lead to patient falls, potential use of restraints, potential risk of patient and staff injury. Anxious, confused patients contributes to increased direct nursing care, which can result in emotional distress to patients and loss of confidence in our clinical staff. Business impacts include impacts on our quality metrics with increased length of stay in our acute inpatient, increased non-essential Emergency Department visits and decreased patient/family satisfaction scores. Employee satisfaction and teamwork is also adversely effected with confused patient risk.

Presented by: Marcia Bryant, VP Clinical Operations, Chief Nursing Officer, The Outer Banks Hospital; Dianne Denny, Executive Director, The Outer Banks Hospital

2:00 p.m. – 3:15 p.m. Concurrent Workshops B

1) The IMPROVment™ Method: Brain Body Wellness for Older Adults

In an ever-changing, fast-paced world, the only constant we can rely on is change. For older adults living with neurodegenerative diseases as well as their carepartners, responding to change can be overwhelming. Participants in this session will join Soriano in this improvisationally-designed movement class that will introduce strategies to improve balance, cognition and spontaneity all while having fun in a safe environment. More information about Soriano’s method can be found at www.improvment.us.

Presented by: Christina Tsoules Soriano, Department of Theatre and Dance, Wake Forest University.

2) Advance Care Planning & Aging Well

We have a deep-rooted fear of death and dying. In fact, conversations around these topics are the costliest conversations we, as Americans, are not having. Participants will have a broad overview of living and dying in America and why conversations about our healthcare wants, needs, and priorities are the most essential conversations to have as we get older. They are important conversations for anyone to have with their spouse or caregiver, but it’s imperative that seniors and caregivers alike engage in these conversations in advance of a medical crisis.

Presented by: William T. (Trent) Cockerham, President and CEO, Hospice of the Piedmont
3) Technology for Caregivers and Senior Services

Attendees will learn about new programs and technology that have been specifically designed for caregivers and seniors. Programs such as the Grey Matters App, GPS Logbooks for in-home aides, and GPS SmartSoles are some of the products and concepts that will be discussed thoroughly. The benefits and barriers of this technology will be discussed and participants can expect to leave the session with ideas to take back to their adult day center, in-home services agency, or to share with family caregivers.

Presented by: Julia Burrowes, M.A., In Home Services Supervisor, Council on Aging in Union County; Andrew Friend, Information and Options Counseling Specialist, Council on Aging in Union County

4) Strategic Partnerships that Enhance Your Programming

Senior Resources of Guilford has established partnerships with several local organizations including the Junior League of Greensboro and ROS Therapy Systems. These partnerships have enabled Senior Resources of Guilford to be able to expand agency programming to benefit older adults throughout Guilford County. In this presentation, we’ll explore how a partnership with the Junior League of Greensboro provided funding and volunteer support for an evening support group and Career Night for the Grandparents Raising Grandchildren Program.

We will also look at how partnering with ROS Therapy Systems enabled the Family Caregiver Support Program to be able to distribute caregiver activity books to local caregivers at no cost and how partnering with the Adult Center for Enrichment and Emmanuel Senior Enrichment Center provided the opportunity to host the Caregiver Connections Expo to caregivers throughout Guilford County. Attendees will learn how such partnerships can enhance agency programming in order to meet client needs.

Presented by: Ashlyn Martin, Assistant Director of Home and Community Based Services, Senior Resources of Guilford; Renee Griffin, Assistant Director, Senior Resources of Guilford

5) Up, Up but Not Away: Lifting Frontline Morale and Effectiveness while Increasing Longevity in the Workplace

Working with the aging adult population presents a unique workplace atmosphere. While the work can be rewarding there are situations that frontline employees/volunteers experience that often lead to burnout and compassion fatigue. Participants will take away practical ideas for lifting morale in the workplace and concrete tips for increasing effectiveness, productivity and client satisfaction. A recent poll of 200,000 worldwide employees by Boston Consulting Group ranked morale based values such as appreciation for work and good relationships with colleagues well above salary as factoring in on-the-job happiness. Join this session to add to your tool box for creating an enjoyable workplace and in turn increasing retention among frontline aging adult staff. There will be a time to brainstorm and share, so bring tips that you have found to be successful.

Presented by: Melanie Beeson, Call Center Director, NCBAM; Jennifer Shore, Call Center Specialist, NCBAM
1) No Wrong Door and United Way of North Carolina to provide enhanced Information and Referral services to aging adults and people with disabilities

The NC Department of Health and Human Services, Division of Aging and Adult Services (DAAS) is partnering with United Way of North Carolina to make it easier for individuals, families, and caregivers of aging adults and/or people with disabilities to learn about and access the help they need to remain in their homes and communities. Through the No Wrong Door (NWD) initiative, efforts are underway with United Way’s NC 2-1-1 to develop a “virtual front door” to long-terms services and supports (LTSS); providing awareness, education and assistance with connection to services. This presentation will be useful for aging service providers and any agencies interested in linking people to community resources and community care transitions.

**Presented by:** Heather Black, Strategic Director, United Way of North Carolina; Stacy Hurley, No Wrong Door State Coordinator, North Carolina Department of Health and Human Services, Division of Aging and Adult Services

2) The Piedmont Triad Collaborative: Connecting Healthcare with Community Care

June 2015, The National Resource Center on Nutrition and Aging announced a mini-grant initiative for community-based Senior Nutrition Programs to participate in a national learning collaborative. This initiative provided funding to the successful applicants and technical assistance, both in person and through learning activities. The goal, to strengthen the business acumen of participants preparing them to negotiate contracts with healthcare entities, directly or as part of a community-based network, to help improve organizational sustainability.

The Piedmont Triad Collaborative or PTC, a collaborative effort of Aging, Disability & Transit Services of Rockingham County, Senior Resources of Guilford County, Senior Services, Inc. serving Forsyth County and Davidson County Senior Services applied and received the grant. The collaborative leveraged the collective knowledge and experience of partner organizations, while working toward an ultimate goal of establishing a contract with one or more healthcare entities. Workshop presenters will share grant directive outcomes of the PTC.

**Presented by:** T. Lee Covington, President & CEO, Senior Services, Inc.; Thessia Everhart-Roberts, B.S., M.A., Senior Services Director, Davidson County Department of Senior Services

3) A Taste of Tai Chi

Tai Chi is a beautiful form of exercise that can help with balance, coordination, and pain management. Carol Layton is certified in the evidence-based programs, *Tai Chi for Fall Prevention and Tai Chi for Arthritis*. Come enjoy a taste of Tai Chi that will allow you to see how this form of exercise can benefit aging adults. Participants will learn and practice a basic Tai Chi routine that can be practiced standing or seated.

**Presented by:** Carol Layton, Administrative and Communications Manager, North Carolina Baptist Aging Ministry (NCBAM)
Stroke survivors are vulnerable to inactivity, falls, and hospital readmissions, particularly early after discharge. The PCORI-funded COMprehensive Post-Acute Stroke Services (COMPASS) Study is a large, pragmatic trial assessing the effectiveness of a post-acute care model for patients discharged home following hospitalization for stroke.

COMPASS will assess the effectiveness of early supported discharge and multidimensional transitional care compared to usual care on survivor functional abilities and caregiver burden. The Movement Matters Activity Program (MMAP), a signature component of the COMPASS intervention, was developed to maximize physical function and independence in the home and community.

**Session Outline:**
- Define a pragmatic trial and discuss how it is ideally suited to test interventions in real-world clinical practice.
- Discuss the burden of stroke and identify key service gaps for survivors and caregivers.
- Describe COMPASS and illustrate how its multidimensional scheme addresses service gaps.
- Describe and illustrate the MMAP.
- Explore implementation strategies in the midst of contextual factors.
- Discuss how COMPASS aligns with quality reporting initiatives.
- Questions and Answers

**Presented by:** Wake Forest Baptist Health

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5) Hope for the Best and Plan for the Worst: Business Contingency Plan

This workshop will cover:

- Why your organization needs a Business Contingency Plan
- Steps for developing a Business Contingency Plan
- Impact of a Business Contingency Plan on your Agency

**Presented by:** Alisa Cornetto, Risk Manager, Orange County, North Carolina
1) Millennials and Aging: What the Current Generation Means for You

The elephant in the room is that Millennials have already begun the aging process, but more importantly they need guidance and investment from preceding generations in regards to all things religious, political, and social. How can you begin a conversation with a Millennial on these issues? The Reverend Rob Lee, author of Stained-Glass Millennials with Smyth and Helwys Publishing will begin a conversation that seeks to create space for intergenerational conversation regarding hot button issues that Millennials and Baby Boomers both face. Perhaps together we can see the beauty of intergenerational work and dialogue.


2) LGBT and Aging Session

Information to be added

3) Embracing Technology, a Clear Path to Preventing Hospital Transfers

Recent studies on the use of telehealth services within skilled nursing facilities have shown that arming staff members with 24/7 access to physicians can decrease hospitalizations by up to 11% depending on the level of engagement of the facility. Given the upcoming changes that CMS will be implementing over the next few years in regards to ratings and payout incentives, skilled nursing facilities and care providers should start to look at proven ways they can implement to improve their outcomes now.

During ‘Embracing Technology, a Clear Path to Preventing Hospital Transfers,’ RelyMD Co-Founder and Director of Virtual Health, Dr. Bobby Park explains how telemedicine can help skilled nursing facilities:

- keep their residents healthier and happier
- reduce potentially avoidable hospital readmissions
- attract new residents to their facility & gain buy-in from their family members
- reduce empty beds and save on reimbursements
- and more...

In this session, learn how a telemedicine provider would work with your facility and staff members as an additional provider of care for all of your residents.

Presented by: Dr. Bobby Park, WakeMed Health and Hospitals, Co-Founder and Director of Virtual Health at RelyMD

4) Meals on Wheels of North Carolina Annual Meeting
1) Fundraising QuickStart – Getting Your Fundraising Efforts Up and Running Quickly

Discover how to master donor-based fundraising so you can fully fund your organization from the get-go. No wasting time on things that don’t work. No low-return fundraising. Just solid strategies that work. You have a huge vision and the passion to match but the question is – how do you raise the money you need to make it happen? As government funding dwindles, your non-profit organization must seek other ways in which to financially support the good work you do. We will explore building a SOLID FOUNDATION on which to build all fundraising efforts so they make sense for your organization. The importance of TELLING YOUR STORY and so that people want to give will be examined. Strategies of ASKING FOR MONEY and creating LOYAL DONORS will finish off the session. Participants will leave armed with tools to use in their own fundraising efforts.

Presented by: Marcia Scheideman, MS, RD, CFCS, Volunteer, Lincoln County Senior Services

2) Combating Frauds Against the Elderly: A Partnership Working Together

Older adults are the number one victims of fraud. Many people don’t think they can become a victim of investment fraud. Neither did the nearly 500 people who trusted J.V. Huffman, Jr., of Conover, NC, or the 100 people who trusted Sid Hanson, of Charlotte, NC, with approximately $25 million and $30 million (respectively) of their money! Often the victims don't know who to turn to for help in reporting investment fraud. The NC Department of the Secretary of State Securities Division would like to partner with adult services organizations to provide training about this specialized form of white collar crime so that you may better serve your clients. This training will help you to recognize and avoid possible investment scams.

You will also learn how to spot the red flags of potential investment fraud, learn how to do your due diligence, and the questions your clients should ask of their investment professionals or of the people trying to get them to invest in their deal. This seminar will provide referral resource information. Information will also be presented on the Advance Health Care Directive Registry which the Secretary of State’s office maintains.

Presented by: John J. Maron, Director of Investor Protection & Education Services, NC Department of the Secretary of State

3) Aging Gracefully In Place National Demonstration Project

Community Housing Solutions is a local nonprofit organization that is one of 4 national project sites selected for a 2 year study working with older adults called Aging Gracefully. The National Center for Healthy Housing is the leading the project testing the CAPABLE program developed by John Hopkins University which is a client-centered home based intervention model to increase mobility, functionality and capacity to “age in place”. The local collaborative project in Guilford County involves an occupational therapist, registered nurse and a home repair manager to provide home modifications and health education to the client. Come learn more about the project and some of the early results of the program.

Presented by: Gene Brown, President & Executive Director, Community Housing Solutions of Guilford, Inc.

4) Legislative Update and Making Your Voice Heard with Elected Officials

Learn more about what is going on in the General Assembly this year related to aging, how the legislative process works, and how to make your voice heard to make a difference.

Presented by: Mary Bethel, President, NC Coalition on Aging, Randolph Cloud, NCAOA, Lobbyist, Randolph Cloud and Associates; Dr. Althea Taylor Jones, Speaker, NC Senior Tar Heel Legislature; Charmaine Fuller Cooper, Associate State Director for Advocacy, AARP NC
5) Communication and Behavioral Challenges in Dementia Care

This session will focus on discerning the meaning behind behavioral challenges in people with dementia. We will delve into the fundamentals of effective communication and validation techniques. A special emphasis will be placed on strategies for reducing distress during bathing. Focus will also be placed on using “competition” rather than “distraction” to reduce unsafe behavior and increase wellbeing. Hands-on techniques will be demonstrated.

Presented by: Melissa Stefanski, BS, MA, Geriatric Adult Mental Health Specialty Team Therapist, Therapeutic Alternatives, Inc

Additional Conference Events

NCAOA Networking Reception
Thursday, March 16th
5:00 PM to 7:00 PM

Call for Auction Items
- NCAOA Silent Auction -

From “Murphy to Manteo” and Everywhere in Between

Please consider bringing an item to the conference to be auctioned – all proceeds go to NCAOA to further the advancement of our efforts to serve as an advocate and support organization for older adults, service providers and associated organizations throughout North Carolina.

The items that are most well received are items that represent a local “treasure” from your community (i.e. Sanford and Seagrove Pottery, High Country Baskets, etc.)

For more information, please contact the Chair: Alan Winstead at alan@wakemow.com

Thank you!
Conference Hotel Accommodation Information

A Conference Group Block has been set up with the Marriott in Winston-Salem. The group rate is $149.00 per night which includes onsite parking for overnight guests. Parking is otherwise $15.00 daily.

To make your reservation, either call (336) 725-3500 or make your reservation online at http://bit.ly/2j5NlJm. You can also find this online reservation link at ncaoa.org.

**The deadline to make reservations using the Group Rate is Wednesday, February 15th.

Conference Registration Options

All Conference attendees must register online. Once registration is complete, a confirmation will be sent via email. If you are paying by check, please include a copy of the online confirmation for all your registered attendees and mail to the address below.

Please Note: If you are registering multiple attendees, you only have to complete one online registration – there is an option to add additional attendees.

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Conference Registration Options:

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Payment Options: Credit Card via PayPal Online or Mail in Check

If After March 3rd, $20.00 additional fee applied to all registrations:

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*Please include a copy of the online confirmation form with payment.

Cancellation Policy: Refund of half your registration fee will be made if written notice of cancellation is postmarked by March 3, 2017.

Please visit ncaoa.org for information on membership.

We Look Forward to Seeing You at the Conference!

Please contact Nina Walters with any questions at nina@streamlinedbusiness.com or 336-870-9586.
Interested in taking advantage of our conference member rates?

Join Today!

Membership Application

NCAOA represents a diverse membership of agencies and professionals in the field of aging and provides members with opportunities to influence policy in government and academic settings. Known across North Carolina as an association with an emphasis on service provision at the local level. NCAOA members serve on regional and statewide committees that help shape the future of services for North Carolina’s older population. For more information on NCAOA please see our website at www.ncaoa.org.

NCSCA - A section of the North Carolina Association on Aging (NCAOA), the North Carolina Senior Center Alliance exists to provide a statewide organization for senior center professionals to advocate for senior centers, network and collaborate on common issues, share information, co-market initiatives, and provide for additional staff training and development. For more information on NCSCA please see our webpage at www.ncaoa.org/alliance.org

Name__________________________________________________________________________________ Title________________________________________
Agency:________________________________________________________________________________________ County:________________________
Address:________________________________________ City/State/Zip:_________________________________________________
Work Phone:____________________________ Fax:__________________ Main E-mail____________________________________________
*List additional email addresses on back of form (up to 25 per agency or organization)
Agency website___________________________________________ Is Your Agency ___Public ___Not-for-Profit ___For-Profit

NCAOA Membership categories (please check only one):

____ Agency/Organization/Individual Member, $120 per year
For agencies, organizations, or individuals that are involved in providing services or administration in the field of aging or closely allied field. Membership includes all employees of an agency or organization. Only one mailing address will be used, but organizations may have up to twenty-five emails addresses included for the receipt of newsletters and bulletins. Voting privileges are limited to one designated employee. Any one employee of said agency or organization may hold office.

____ Friends of NCAOA, $75 per year
For individuals who are not directly involved, but interested in aging and the mission of NCAOA, who are not part of an agency organization that qualifies above. Friends are not eligible to vote or hold office.

____ Student/Senior Member, $35 per year
For individuals currently enrolled in a Degree Program, or a senior age 60+, who are not part of an agency or organization that qualifies above. Students/Senior Members are not eligible to vote or hold office.

NCSCA Membership categories (please check only one):

_____ $10 per year - For Agency/Organization/Individual Members of the NCAOA
_____ $30 per year - For Agency/Organization/Individual Non NCAOA Members

Enclosed is my check or money order for membership with the North Carolina Association on Aging and/or North Carolina Senior Center Alliance. Membership is renewable July 1 of each year.

Signature_____________________________________________________________ Date:________________________________________

Make check payable to: NCAOA and mail to: NCAOA ● PO Box 10341 ● Raleigh, NC 27605-0341
For more information or if you have questions, please contact us at nina@streamlinedbusiness.com

Print and mail in this form or visit ncaoa.org to register as a member online today!