

2 North Carolina Association on Aging
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1 **ANNUAL TRAINING CONFERENCE**
2 North Carolina Alliance of Information and Referral Services

Wednesday, May 2 - Friday, May 4

Hilton North Raleigh Mid-town

Raleigh, North Carolina

Boomers, Budgets, and Brainstorming

REGISTER TODAY!

Dear Aging Colleagues,

On behalf of the North Carolina Association on Aging's Board of Directors it is my pleasure to invite you to join us at the Hilton North Raleigh - Midtown on May 2 - 4, 2012 for the Association's 2012 Training Conference. Again this year, we are partnering with North Carolina Alliance of Information and Referral Services (NC AIRS). Our conference theme: "Boomers, Budgets, and Brainstorming" seeks to explore creative opportunities for stretching our dollars while developing more efficient and resourceful ways to serve our seniors. The Annual Training Conference is an excellent opportunity to network with a concentrated, yet diverse number of aging professionals and volunteers. We will learn about programs and ideas that address local strategies and solutions to better do our jobs in our changing environment.

We are stirring things up this year with Dennis Streets, Director of the Division of Aging and Adult Services, as our primary emcee of the Award Luncheon and enlightening us about what lies ahead while with funding limitations, new exciting doors of opportunity are being seen. We'll learn how we can make a difference through the legislative process during an update from our Association's lobbyist, Randolph Cloud. AARP-NC is assisting with our opening session as we focus on hunger in our state. A hands-on Poverty Simulation occurs at the closing session for all conference attendees to understand what too many people in our state experience daily. As if this isn't enough, NCAOA will be discussing forming a state affiliated Meals on Wheel Association of America chapter and we want your input. We have some powerful Intensives planned on topics of advocacy, I&R, care transition initiatives, and de-cluttering. Oh yes, there will be plenty of time for networking and learning from those around us so make plans now to join us in Raleigh on May 2-4. Make sure to visit our conference website for more details by clicking this link <http://conta.cc/ziXPxg>.

I look forward to seeing you this spring. On behalf of the thousands of North Carolina older adults who benefit from services through the aging network, I offer my sincere appreciation for all you do to improve lives and make North Carolina a better place for aging adults. See you at the conference.

Cynthia Davis

Cynthia L. Davis
President
North Carolina Association on Aging

Message from Conference Partner, NC AIRS



Greetings and welcome to Raleigh for this 2012 Training Conference – “Boomers – Budgets & Brainstorming”. The Board of Directors of NC AIRS is proud to partner with the NCAOA to host this Annual Training Conference. We are confident that you will find the NC AIRS track, consisting of sessions that target Information and Referral/Assistance professionals to provide valuable educational opportunities for everyone. This is the second year that NCAOA and NC AIRS have joined forces to provide this conference. We are excited about this collaboration because we believe that the educational and/or training opportunities, as well as the potential for networking provided through this partnership will compliment both state associations and all of the members that are able to participate in this conference.

The NC AIRS Board of Directors has been busy over the past couple of years to refocus our efforts to better serve our membership and to support the Information and Referral and/or Assistance professionals of North Carolina. This annual training conference allows us to implement part of our plan to provide training opportunities, as well as the opportunity for I&R/A professionals to receive national certification through the AIRS exam that will be offered on Friday, May 4th.

As indicated in this year’s conference theme, “Boomers – Budgets & Brainstorming”, we all find ourselves in a constantly changing work environment as we adapt to the demands and/or needs of the Baby Boomers. As we try to identify and make the necessary changes to better serve these Boomers, we are faced with the reality that the oldest clients that we serve continue to live longer than ever and that the demand for more traditional services continue to grow at a record pace as well. This is all taking place in the worst economic time in generations and we are all expected to do more with inadequate budgets. However, an invaluable resource that we all need to take advantage of is; the knowledge that is found in each other. This conference is designed to promote opportunities to network or “brainstorm” with others that face similar challenges as you do in order to share ideas and enhance your professional support network.

Join us as we learn from each other’s experiences and share ideas so we may all return home with our personal batteries recharged and new knowledge that will allow us to operate more efficiently and continue to provide quality services and supports.

Again, welcome and enjoy your time in our State Capital. May it be beneficial to all.

Sincerely,

NC Alliance of Information and Referral Services Board of Directors

Who Should Attend?

AAA Staff	DSS Staff	Policy Makers
Administrators	Family Caregivers	Program Directors
Adult Services Staff	Government Leaders	Researchers/Educators
Aging Service Providers	Health Care Professionals	Senior Adults
Business Associates	Nutrition Service Staff	Senior Center Staff
Caregiver Specialists	Ombudsmen	Students
Case Managers	Parks & Recreation Staff	Volunteers
Consultants	Planners	

Most Importantly, You!

**Conference Location: Hilton North Raleigh Midtown
3415 Wake Forest Road, Raleigh, NC 27609
1-919-872-2323**



Hotel Room Blocks will be reserved until Wednesday, April 11, 2012.

Room Block Rate: \$105.00 per night

Group Code: AGE

Hilton Property Code: RDUNHFF

**Visit <http://bit.ly/zOZpR9> To Make Reservations Online Today
or call 1-919-872-2323**

The Hilton North Raleigh Midtown is located just minutes from Downtown Raleigh. Complimentary transportation will be offered to and from popular shopping and dining destination, North Hills, which is located one mile from the hotel.

Visit www.northhills.raleigh.com for a listing of all restaurants and shops.

The 2012 NCAOA Excellence in the Field of Aging Awards

The North Carolina Association on Aging is pleased to announce that it is now accepting nominations for three Excellence in the Field of Aging Awards.

These awards categories are as follows:

Direct Service Employee of the Year - Service Excellence Award
Supervisor of the Year - Management Excellence Award
Executive of the Year - Leadership Excellence Award

Please be sure to submit your nominations by **Friday, April 6**
to Nina Walters at ncaoaconferencecord@gmail.com

Visit <http://conta.cc/ziXPxg> to download a nomination form through our conference website

NCAOA 2012 CONFERENCE AT A GLANCE

Wednesday, May 2, 2012

9:00 a.m. – 12:00 p.m.	Registration Desk and Exhibit Hall Opens
10:00 a.m. – 12:00 p.m.	Pre-Conference Intensives
1:00 p.m. – 2:30 p.m.	Opening Session – Sponsored by AARP Jeff Gordon, Drive to End Hunger, Welcome Video Clip Iron Chef Food Demonstration Senior Hunger Food Panel
2:30 p.m. – 2:45 p.m.	Break
2:45 p.m. – 4:00 p.m.	Concurrent Workshops A
4:00 p.m. – 4:15 p.m.	Break
4:15 p.m. – 5:30 p.m.	Concurrent Workshops B
5:30 p.m.	Silent Auction Begins
6:00 p.m. – 7:30 p.m.	NCAOA Board Networking Event at Bahama Breeze

Thursday, May 3, 2012

8:00 a.m.	Exhibit Hall Opens
8:00 a.m. – 9:00 a.m.	Continental Breakfast and Registration Desk Open
9:00 a.m. – 10:15 a.m.	Concurrent Workshops C
10:30 a.m. – 11:45 a.m.	General Session Randolph Cloud, NCAOA Lobbyist, Randolph E. Cloud and Associates; Renee Griffin, Assistant Director, Senior Resources of Guilford
11:45 a.m.	Silent Auction Ends
12:00 p.m. – 2:00 p.m.	NCAOA Awards Luncheon Cynthia Davis, President, NCAOA Dennis Streets, Director, NC Division of Aging and Adult Services
2:15 p.m. – 3:30 p.m.	Concurrent Workshops D
3:30 p.m. – 3:45 p.m.	Break
3:45 p.m. – 4:30 p.m.	Alliance Meetings
4:30 p.m. – 6:30 p.m.	AARP Stop Hunger Now Meal Packaging
5:00 p.m.	Exhibit Hall Closes

Friday, May 4, 2012

8:00 a.m. – 9:00 a.m.	Continental Breakfast
9:00 a.m. – 11:30 a.m.	Poverty Simulation Khari Garvin, Title, NC Head Start
10:15 a.m. – 12:15 p.m.	NC AIRS Testing Certified Information and Referral Specialist (CIRS) Exam
12:00 p.m. – 1:00 p.m.	NCAOA Board of Directors Meeting

Pre-Conference Intensives

Wednesday, May 2, 2012

10:00 a.m. – 12:00p.m.

1) The North Carolina Legislative Process - How It Works and How Advocates Can Have an Influence

(This intensive includes a field trip to the NC State Legislative Building and will run 9:00 am – 12:00 pm)

This session will focus on how the North Carolina legislative process works and strategies and techniques that aging network personnel can use to advocate for issues important to older adults and the aging network. Information will also be shared on key issues before the General Assembly in the legislative short session, will examine how to use the General Assembly website as an advocacy tool, and will include a tour of the legislative building and lunch on your own in the legislative cafeteria.

Presented by: Mary Bethel, Associate State Director for Advocacy, AARP-North Carolina

2) Transition to Community Living

Learn more about the collaborative efforts going on across North Carolina to empower people of all ages and disabilities to successfully transition from inpatient facilities to their own homes with community-based services and supports. Panelists will share: (1) personal and professional success stories of transitions, (2) how to build relationships with facilities and families, and (3) the essential components and methods to overcome barriers so individuals can reach their goal of becoming integrated into all aspects of community life.

Presented by: Trish Farnham, Project Director, NC Money Follows the Person Demonstration Project, NC DHHS – Division of Medical Assistance; Kevin Nale, Nursing Home Transition and Benefits Coordinator, Disability Rights & Resources; Cathy Powers, Director of CAP Services, Aging, Disability & Transit Services of Rockingham County; Facilitator: Lorrie Z. Roth, NC Community Living Coordinator, NC DHHS - Division of Aging & Adult Services

3) ABC's of Information & Referral

(This intensive starts at 9:00 am)

The “ABC's of I&R” is a publication produced by AIRS and is considered the foundation for training in the Information and Referral field. This workshop will provide a review of this manual specifically designed to prepare for the CIRS, CIRS-A or CRS exam. Due to limited time the presentation will focus primarily on knowledge review and not attempt to teach or reinforce specific skills. Using brief lecture, guided discussion and Socratic questioning the “ABC's” will be a warp-speed review of all things I&R!

Presented by: Marti Morris, Director, NC 2-1-1

4) Decluttering your Desk: Treasures Hidden Under the Piles

According to the Wall Street Journal, “The average U.S. executive wastes one hour per day searching for missing information in messy desks and files.” Having a disorganized workspace not only wastes personnel time, but can be a distraction to achieving important work goals. This interactive workshop will give tips and techniques on decluttering your office space. In addition, participants will start the process of setting realistic goals for creating a comfortable work environment.

Presented by: Jane Armstrong, MSW, Professional Organizer, Living Healthy Coordinator, Triangle J Area Agency on Aging

General Sessions

Opening Session, Wednesday, May 2 at 1:00 pm

Welcome Video by NASCAR and Drive to End Hunger Spokesman Jeff Gordon

Senior Hunger in North Carolina Panel Discussion

Iron Chef Food Demonstration

This plenary session will concentrate on identifying Senior Hunger concerns and solutions through leveraging partnerships with food assistance programs and the aging network. Resources and a call to action regarding advocacy, sustainable nutrition options for older adults and interaction between the audience and panelists to identify areas of most concern. Jeff Gordon, AARP Drive to End Hunger NASCAR #24 will make an appearance by video clip in addition to a food demonstration performed by the Iron Chef from Angus Barn.

Presented by: Kay Carter, Executive Director, Second Harvest Food Bank, Metrolina, Charlotte; Alan Briggs, Executive Director, Feeding America, Inc.; Cindy Threadkill, Executive Director, MANNA Asheville; Audrey Edmisten, Nutrition Program Consultant, North Carolina Division of Aging and Adult Services; Raleigh Iron Chef, Angus Barn-Raleigh; Jeff Gordon, NASCAR, Drive to End Hunger; Suzanne LaFollette-Black, Associate State Director-Community Outreach, AARP-NC

General Session, Thursday, May 3 at 10:30 am

Randolph Cloud **NCAOA Lobbyist, Randolph E. Cloud and Associates** **“Legislative Overview”**

Randolph is president of Randolph E. Cloud and Associates, a Raleigh based consulting firm specializing in government affairs and administrative management. Randolph grew up in Fayetteville. He has a BA degree from UNC-Chapel Hill and a master's degree in Rehabilitation Counseling from East Carolina University. He is a former member of the Raleigh Appearance Commission, the administrative board of Hayes Barton United Methodist Church and vice-president of the Raleigh Host Lions Club. He was appointed by the Governor to the Commission on Mental Health, Mental Retardation and Substance Abuse and by the Speaker of the NC House of Representatives to the Mental Health Study Commission. He has served on a number of boards including the Tammy Lynn Center and the Triangle Educational Advancement Foundation. He currently serves on the board of directors for SouthLight and the board of the National Student of AMF Support Network.

Renee Griffin **Assistant Director, Senior Resources of Guilford** **“Innovations in Advocacy: OAA Reauthorization and the One Away Campaign”**

Senior Resources of Guilford is one of fourteen Local Advocacy Partners selected throughout the nation to participate in the National Council on Aging's (NCOA) One Away campaign. NCOA has implemented this national campaign to raise the awareness of elected officials and the community concerning the plight of vulnerable older adults who are one event away from economic crisis. The campaign captures real stories of seniors on video—and calls for legislative and policy changes through reauthorization.

Renee Griffin is the Assistant Director at Senior Resources of Guilford and has been employed with the agency for 15 years. Renee plays a role in the fund development activities of the agency and guides the development and implementation of new programs in support of the agency's mission to provide “supportive services that enhance the independence, health and quality of life of older adults.” Renee received her Bachelor of Science from the University of Dayton in Ohio and her Masters Div. from the School of Theology at Virginia Union University and M.A in Christian Education from the Presbyterian School of Christian Education both in Richmond, VA.

Awards Luncheon, Thursday, May 3 at 12:00 pm

Cynthia Davis
President, North Carolina Association on Aging
“State of the Association”

Dennis Streets
Director, NC Division of Aging and Adult Services
“The State of Aging in North Carolina”
Award Presentations

Dennis Streets is the Director of the North Carolina Division of Aging and Adult Services (DAAS). He was appointed by the Secretary of the Department of Health and Human Services in February 2006, after serving as the Chief of the DAAS Budget, Planning, and Systems Support Section. He has worked at the Division since 1996. Streets has devoted his career to working in the field of aging and adult services. His work experience includes government service with the Division of Social Services and the Triangle J Area Agency on Aging. He spent time in the private sector as the executive director of The Evergreens, Inc, a non-profit long-term care organization, and as a professional relations representative with Blue Cross and Blue Shield of North Carolina. He also served as coordinator of the Center for Aging Research and Educational Services at the UNC-Chapel Hill School of Social Work. He was co-editor of the book *The Field of Adult Services*, published in 1995. He has received many honors, including being the recipient of the 2008 Jim Long Outstanding SHIP Service Award from the North Carolina Department of Insurance, the 2007 Jane Kennedy Excellence in Aging Award of the Southeastern Association of Area Agencies on Aging, and the 2000 Executive Leader of the Year Award of the NC Association on Aging. Streets earned his BA in Political Science, a Masters in Public Health (with a concentration in Health Administration and Policy), and a Masters in the Arts of Teaching from UNC-Chapel Hill; he is also a licensed nursing home administrator. He lives in Chatham County with his wife, Dawn, and two sons, Clark and Matt.

Friday, May 4 at 9:00 am

Poverty Simulation
Khari Garvin, M.Ed. Director, NC Head Start--State Collaboration Office

The **N.C. Poverty Simulation Experience** – an interactive professional development tool that provides staff, advocates, volunteers, and policymakers a window into the lives of North Carolina's low-income families and the struggles they face to overcome barriers of joblessness, homelessness, crime, illiteracy and the lack of quality childcare. The “Simulation” is not a game! It captures a month-long experience in the lives of low-income families. Participants gain a better understanding of the struggles, challenges and issues and emerge with greater sensitivity to the plight and needs of these families while better equipped to serve them.

Friday, May 4 at 10:15 am – 12:15 pm

NC AIRS Certified Information and Referral Specialist (CIRS) Exam

AIRS Certification is a professional credentialing program for individuals working within the I&R sector of human services. Certification is a measurement of documented knowledge in the field of I&R and I&R/A reflecting specific competencies and related performance criteria, which describe the knowledge, skills, attitudes and work-related behaviors needed by I&R practitioners to successfully execute their duties. The AIRS Certification Program is operated in alignment with national standards for credentialing organizations.

NCAIRS will host a AIRS certification exam at the NCAOA conference. Applications to take an exam are due in the AIRS office 30 days prior to a test (AIRS Certification, 11240 Waples Mill Rd., Suite 200, Fairfax, VA 22030). There will be an ABCs of I&R Training held on May 2, 2012 from 9am - Noon, at the exam location, contact Marti Morris 704-996-0422 marti.j.morris@gmail.com for more information.

Please be aware that registration for your local Affiliate Conference or the AIRS Conference does not constitute registration for the AIRS Certification exam. If you are interested in taking a test, all certification exam applications, supporting documentation and appropriate exam fees must be mailed to the AIRS National Office in Fairfax, VA, and must arrive 30 days prior to the exam. DO NOT send your application for Certification with your conference registration.

Please follow this link to access the certification exam form <http://www.airs.org/i4a/pages/index.cfm?pageid=331>

Workshop Options

Wednesday, May 2, 2012

2:45 p.m. – 4:00 p.m. Concurrent Workshops A

Adult Services Track

1) Financial Exploitation of Older and Disabled Adults: A Mecklenburg County Response

Mecklenburg County DSS has taken new initiatives over the past 5-6 years to handle the wave of financial exploitation/elder abuse. A new DVD is used for community education to increase awareness of elder abuse. A county attorney/assistant DA now has the special assignment to review all elder abuse cases for prosecution with some success stories. A new partnership with State Employees Credit Union plans to train NC branch managers to recognize and report potential financial exploitation.

Presented by: Angela Tyler, Adult Protective Services Supervisor, Mecklenburg County Department of Social Services; Ken Sigmon, Supervisor, Adult Protective Services, Mecklenburg County DSS; Pam Baker, County Attorney, Mecklenburg County

Caregiver Services Track

2) Adult Day Services - What They Are and What They Can Provide

Adult Day Services are often misunderstood, underappreciated and too much of a well kept secret. There is a wide array of Adult Day Services available in NC from social model programs to Programs of All-Inclusive Care for the Elderly (PACE). Eligibility requirements, funding sources and services provided will be explained as well as the tremendous benefits of adult day for the participants and their caregivers.

Presented by: Jane Rollins, Program Director, PACE @ Home; President, NC Adult Day Services Association

NC AIRS Track

3) Dispelling Confusion: How Military and Medical Benefits Vary Between Active Duty vs. Reserve; and Separated vs. Retired Veterans

Who is considered a veteran? What does it mean to be Separated vs. Retired? Are benefits different if you are Active Duty vs. Reservist? This work shop will give you the A-Z on what you need to know when receiving calls from veterans.

Presented by: Mark D. Munger, Resource Branch Manager, Marine Corps Community Services, Camp Lejeune, NC

Nutrition Track

4) North Carolina's Food Service Regulatory Foundation and how it affects you

This presentation will discuss the risks involved at Catered Elderly Nutrition Sites, how they are categorized by the population served and upcoming changes to NC code. There will be an in depth discussion of changes that affect the Elderly Nutrition Program in the proposed draft of the food regulations. There will be time to discuss and answer questions following the presentation.

Presented by: Kristi Nixon, Food Protection Program Field Supervisor, Regional Environmental Health Specialist (REHS); Melissa Ham, Food Protection Regional Specialist, Regional Environmental Health Specialist (REHS)

Senior Centers Track

5) Part 1: Best Practice Documents for SCOPE Certification

Senior center directors completing the SCOPE self-evaluation tool in pursuit of North Carolina's voluntary certification as a Center of Merit or Center of Excellence have often asked for more information about additional documents they need. Documents referenced in the SCOPE tool and necessary for excellent centers include a tool for tracking information and assistance, a volunteer plan, orientation materials for advisory board members and others. This interactive workshop aimed at NC senior center personnel, will talk about what makes a strong procedural document and share good examples from certified centers.

Presented by: Leslee Breen, Senior Center Development and Transportation Consultant, NC Division on Aging and Adult Services; Mary Anne Salmon, Clinical Associate Professor, CARES, UNC School of Social Work

Adult Services Track

1) Affordable Housing Opportunities for Seniors

Finding safe, decent and affordable housing in communities of choice can be challenging for seniors with low incomes. This workshop provides information about affordable rental housing options for seniors through mainstream affordable housing programs like the Low Income Housing Tax Credit Program, HUD Section 202, USDA Rural Development and local Public Housing Authorities. Specific information will be provided about the North Carolina Targeting Program – a supportive housing program for adults

Presented by: Martha Are, State Homeless Policy Specialist, Division of Aging and Adult Services

Caregiver Services Track

2) Senior Corps Resources for In-Home Care

Senior Corps volunteers provide in-home care and caregiver respite in communities across North Carolina. Learn how you can partner with existing Senior Companion and RSVP programs in order to deliver support to a larger number of homebound or elderly clients. We will discuss the requirements of the Senior Corps programs and provide a list of all projects in the state.

Presented by: Betty Platt, State Program Director, Corporation for National & Community Service

NC AIRS Track

3) Making the Most of 2-1-1

Attend this session and learn how to make the most of 2-1-1. This tool can be invaluable for human service professionals. Did you know that 2-1-1 is available by phone, 24/7 in over 175 languages? Did you know that North Carolina's 2-1-1 database lists over 18,000 nonprofit and public health and human services? Did you know that the 2-1-1 database lets you save a list of your favorite searches and share them with others via text and email? Did you know NC 2-1-1 has a free iPhone app? 95% of surveyed service providers stated that they are better able to address client needs because of 2-1-1.

Presented by: Marti Morris, Director, North Carolina 2-1-1 Program; Rachael Nygaard, Director, United Way's 2-1-1 of WNC

Nutrition Track

4) What is on your Dinner Plate

Workshop Highlights:

- Learn about the FNS program and food assistance programs in NC
- Teach how to pre-screen and enroll older adults in the Food and Nutrition Services program (food stamps)
- Provide resources and services on food assistance programs
- How to stretch your food budget

Presented by: Linda Kearsley, Vice President of Nutrition Services, Senior Services, Inc.; Veronica Bryant, FNS Coordinator, DHHS; April Morgan, FNS Director, NC Feeding America, Inc.; Suzanne LaFollette-Black, Associate State Director, AARP-NC

Senior Centers Track

5) Part 2: SCOPE Certification Q & A

This question and answer period is designed for senior center directors and other program staff who are completing the SCOPE self-evaluation tool in pursuit of certification or re-certification as a Center of Merit or a Center of Excellence. While a day-long certification training session is provided annually, this workshop is ideal for the director who is struggling with a specific question, or just wants to listen to the issues that peers are raising about the process. Questions can be submitted prior to the conference to Leslee Breen, leslee.breen@dhhs.nc.gov.

Presented by: Leslee Breen, Senior Center Development and Transportation Consultant, NC Division on Aging and Adult Services; Mary Anne Salmon, Clinical Associate Professor, CARES, UNC School of Social Work

Adult Services Track

1) Making Everyday Life Easier with Assistive Technology

Learn ways to make everyday life easier through the use of Assistive Technology (AT). AT is made up of “gadgets” that can make daily tasks simpler or even possible to do. Come and see items that can be used for daily activities such as shopping, cooking, dressing, watching TV, and answering the phone to name a few. Come and enjoy hands on experience and learn about the services offered statewide through the North Carolina Assistive Technology Program.

Presented by: Sonya Clark, AT Information Specialist, NC Assistive Technology Program

Caregiver Services Track

2) Meeting the Needs of Rural North Carolinians with Dementia and Their Care Partners

Tough economic times present the challenge of increasing needs and decreasing resources. This is especially true when addressing the complex needs of people with dementia and their caregivers. Alzheimers North Carolina (ANC) accepted the responsibility of providing education and support services to these populations throughout central and eastern NC. Utilizing Community Education Conferences (CEC), ANC partners with state and local agencies, non-profits, and local service providers.

Presented by: Lisa Levine, Program Director, Alzheimers North Carolina; Melanie Bunn, RN, MS, GNP Dementia Training Specialist, Alzheimers North Carolina

NC AIRS Track

3) Part 1: Mental Health First Aid

Mental Health First Aid is a groundbreaking public education program that helps the public identify, understand, and respond to signs of mental illnesses and substance use disorders. Mental Health First Aid is a 12 hour certification course to help communities better understand mental illness and respond to psychiatric emergencies.

The purpose of this workshop is to give an overview of Mental Health First Aid to raise mental health awareness and increase mental health literacy within the community

Objectives:

- Describe and explain an overview of Mental Health First Aid
- Describe the prevalence of various mental health disorders in the U.S. and North Carolina

Presented by: Robert L. Wilson Jr., MA, Project Coordinator, NC Evidence Based Practices Center

Nutrition Track

4) Share your Success Peer to Peer

This group discussion will allow you to share your success in creative programming, publicity campaigns, fundraising etc. Those who participate will have the opportunity to help brainstorm new creative ideas and tips to take back to your organization.

Presented by: Renee Griffin, Assistant Director, Senior Resources of Guilford; Linda Kearsley, Vice President of Nutrition Services, Senior Services, Inc.; Alan Winstead, Executive Director, Meals on Wheels of Wake County

Senior Centers Track

5) How to Streamline Grant Writing

Grant writing can be a daunting task often assigned to staff who are already fulfilling multiple roles in a small organization. This workshop is designed to provide an introduction to the grant writing process and share manageable and understandable components to writing a successful grant proposal.

Presented by: Mark Hensley, State Project C.A.R.E. Director, Alzheimer's Support Specialist, NC Division of Aging and Adult Services

Adult Services Track

1) Hoarding: What is Really Behind the Closed Door?

The workshop will address the basic information and descriptions regarding hoarding including: defining the difference between hoarding and collecting, recognizing the levels of hoarding, providing statistics about the disease, safety and health issues, and activities and behaviors typical to hoarding. Other areas to be included are the causes of hoarding, the impact on the family and finding help in the community and from professional resources.

Presented by: Susan McGuire, Graduate Student, NCSU Family Life & Youth Development; Jessica Michele Williams, Site Coordinator, YMCA, MR Degree NCSU Dept of Family Life & Youth Development; Jessica Blake Raynor, MR Degree NCSU Dept of Family Life & Youth Development

Caregiver Services Track

2) Estate Planning for Families of Individuals with Disabilities: Avoiding the Pitfalls

This presentation will stress the importance of planning for the future care of a family member with a disability: even though it is difficult to think about, there will be a time when parents have passed away or are no longer able to be active participants in their son or daughter's life. It is very important for parents to think ahead and plan for that time. The presentation is geared toward planning for the children of the aging individual: it will not cover elderlaw concepts or estate planning to preserve medicaid for seniors, but how to coordinate benefit eligibility with estate planning for a son or daughter with a developmental disability or mental illness. Estate and future planning is a process that must be reviewed and revised regularly: **This presentation will focus on the coordination of benefit eligibility and estate planning methods. It should not be construed as legal advice, nor Elder Law focused: but on the needs of the son or daughter with a disability.**

Presented by: Susan Hartley, Executive Director, Life Plan Trust

NC AIRS Track

3) Part 2: Mental Health First Aid

The purpose of this workshop is to give an overview of Mental Health First Aid to discuss the importance of understanding and disseminating information regarding mental illness to reduce stigma and assist the public with identifying, referring, and getting mental health services.

Objectives:

- Discuss the need to reduce stigma associated with mental illness in communities
- Identify and discuss the importance for communities to know how to access mental health services

Presented by: Robert L. Wilson Jr., MA, Project Coordinator, NC Evidence Based Practices Center

Nutrition Track

4) A Common Voice

The power of a group or association to achieve common goals, influence positive growth and lead Senior Nutrition Programs in your state. We will discuss how speaking as one can impact legislative issues, corporate funding and challenges facing meal programs in North Carolina.

Presented by: Steven Skelton, Member Programs and Business Service, Meals On Wheels Association of America (MOWAA)

Senior Centers Track

5) Boomer Workers and the Underworked: Ideas to Prevent the New Depression

In North Carolina, many Boomers feel insecure in their jobs, believing that changes in technology, employers' rising costs of healthcare, and higher wage structures for more experienced workers make them prime candidates for dismissal when downsizing occurs. Many Boomers, out of work involuntarily, are finding it very difficult to re-enter the workforce. Many Boomers in retirement have smaller-than planned nest eggs and home equity values, while monthly expenses are rising at higher rates than pension adjustments. These situations can lead to depression, isolation, and addiction. Preventing this malaise isn't easy, but can be done with new ideas that work to turn the funk on its head – it's life re-imagined.

Presented by: Doug Dickerson, State Director, AARP North Carolina

Additional Conference Events



STOP HUNGER NOW

in partnership with

AARP

of North Carolina

**Presents the Meal Packaging Program
to be held on Thursday, May 3rd at 4:30 pm
at the**

NCAOA Annual Training Conference

*Organizations serving the elderly can sign up to
receive the packed meals through the NCAOA
Conference Registration.*

*Meals will be distributed to only NCAOA member
organizations at the end of the conference.
However, all are welcome to help pack.*

**** Registration must be completed online if you would like to be considered to receive the packaged food**

NCAOA Board Networking Reception
Wednesday, May 2nd from 6:00 p.m. to 7:30 p.m.
Bahama Breeze (right next to Hilton - walking distance)



Great opportunity to unwind on island time with friends and colleagues

Appetizers will be provided

Cash Bar

NCAOA Silent Auction

Call for Auction Items:

From “**Murphy to Manteo**” and Everywhere in Between

Please consider bringing an item 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.)

Bidding Opportunities:

**Wednesday, May 2nd at 5:30 p.m. through
Thursday, May 3rd at 12:00 p.m.** (winners will be announced at Awards Luncheon)

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

**A Huge Thank You
To Our Early Sponsors...**

Diamond Sponsors
North Carolina Baptist Aging Ministry (NCBAM)

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AARP- North Carolina

Platinum Sponsor
Alzheimers NC, Inc.

Gold Sponsors
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Silver Sponsors
NC Dept of Health and Human Services
Hasten Systems Emergency Communications
NC Division of Services for the Deaf and Hard of Hearing
North Carolina SMP Program
Southeastern Kidney Council
GA/Sun Meadow Foods
Bowman Systems
NC SHIP
NC4A

Conference Registration Options

Please Note: NCAOA is trying to GO GREEN! In effort to reduce paper, please do your part and consider registering online!

Register Online	Complete the Form Below and Mail
http://conta.cc/zQonOr	NCAOA, PO Box 10341, Raleigh, NC 27605-0341

Type of registration (please check only one):

<input type="checkbox"/> Registration (On or before April 18, 2012)	\$150 members	\$175 non-members
<input type="checkbox"/> Day Rate	\$100 members	\$125 non-members
<input type="checkbox"/> Student Day Rate	\$25 student fee	
<input type="checkbox"/> Speaker Registration attending full conference	\$136 members	\$150 non-members
<input type="checkbox"/> Speaker Registration not attending full conference	no charge	no charge

Please Check if After April 18th: \$20.00 additional fee applied to all registrations:

Registration \$170 members \$195 non-members \$120 Day members \$145 Day non-members

\$45 Student Fee \$150 Speaker members \$170 Speaker non-members

Contact Information:

Name & Title _____ Organization _____

Address _____ City, State, Zip, County _____

Phone Number (day) _____ E-mail _____

Special Requests or Needs: _____

Additional Conference Events:

Do you plan on attending the Board Networking event at Bahama Breeze?
Date: Wednesday, May 2 Time: 6:00 pm YES NO

Do you plan on attending the Stop Hunger Now/AARP Event?
Date: Thursday, May 3 Time: 4:30 pm YES NO

****If your organization would like to receive the packaged food from the Stop Hunger Now/AARP event you must register online. Must be an NCAOA member to receive food.**

Conference Registration \$ _____
Please make checks payable to NCAOA.
Mail to: NCAOA
PO Box 10341
Raleigh, NC 27605-0341

Cancellation Policy: Refund of half your registration fee will be made if written notice of cancellation is postmarked by April 18, 2012.

Please visit ncaoa.org for information on membership.

Workshops and Intensives: Please indicate your preference by checking only one workshop per column:

Wednesday, May 2	Wednesday, May 2	Wednesday, May 2	Thursday, May 3	Thursday, May 3
Intensives	Session A	Session B	Session C	Session D
<input type="checkbox"/> The North Carolina Legislative Process (Field Trip starts at 9:00 am)	<input type="checkbox"/> Financial Exploitation of Older and Disabled Adults: A Mecklenburg County Response	<input type="checkbox"/> Affordable Housing Opportunities for Seniors	<input type="checkbox"/> Making Everyday Life Easier with AT	<input type="checkbox"/> Hoarding: What is Really Behind the Closed Door?
<input type="checkbox"/> Transition to Community Living	<input type="checkbox"/> Adult Day Services: What They Are and What They Can Provide	<input type="checkbox"/> Senior Corps Resources for In-Home Care	<input type="checkbox"/> Meeting the Needs of Rural North Carolinians with Dementia	<input type="checkbox"/> Estate Planning for Families of Individuals with Disabilities: Avoiding the Pitfalls
<input type="checkbox"/> ABC's of Information & Referral	<input type="checkbox"/> Dispelling Confusion: Military and Medical Benefits	<input type="checkbox"/> Making the Most of 2-1-1	<input type="checkbox"/> Part 1: Mental Health First Aid	<input type="checkbox"/> Part 2: Mental Health First Aid
<input type="checkbox"/> Decluttering your Desk: Treasures Hidden Under the Piles	<input type="checkbox"/> North Carolina's Food Service Regulatory Foundation and how it affects you	<input type="checkbox"/> What is on your Dinner Plate	<input type="checkbox"/> Share your Success Peer to Peer	<input type="checkbox"/> A Common Voice
	<input type="checkbox"/> Part 1: Best Practice Documents for SCOPE Certification	<input type="checkbox"/> Part 2: SCOPE Certification Q & A	<input type="checkbox"/> How to Streamline Grant Writing	<input type="checkbox"/> Boomer Workers and the Underworked: Ideas to Prevent the New Depression

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