

# OASC 200 Annual Spring Conference “Celebrating 61 Years: Ain’t No Stoppin Us Now!”

## Conference Session Descriptions

### Sunday, March 15<sup>th</sup>

**3:00 – 4:00pm**      **Certification Study Session/Review**

**Speaker: Bryan Glover**

This study/review session will help prepare those taking any level of the OASC Certification test or those who would like to take the certification test in the future.

### Monday, March 16<sup>th</sup>

**Keynote Address 8:00 – 9:00am**

**“Smash the Box”**

**Speaker Chad Willett**

Smash the Box by thinking different, acting different, and developing a creative mindset! Groups that “Smash the Box” generate game changing ideas that gives them a creative advantage over their competition. Game changing ideas, unplanned collaborations, and creative mindsets lie outside the box. Are you ready to take thinking outside the box to the next level?

### **MORNING SESSIONS 9:10-10:10am**

**“Using Data to Tell Your Story”**

**Speaker: Steve Gorman**

This presentation will discuss how to move beyond basic data metrics, to tell an emotional story to support the vision of why your senior center is a vital component of the community you serve. Learn how to craft a message to motivate staff, volunteers and community.

**“Best Practice IDEA Xchange - Trend Setting Programs”**

**Speakers: Danielle Brogley**

This session will examine trends in aging that impact the development of programs and their planning process. International, National and Local programs will be highlighted to provide you with a glimpse of the Senior Center programming market. All attendees should provide samples of their newsletter, a special or unique program to share, flyers and marketing materials to show how expansive our ideas are statewide and how the sharing process inspires a more creative community of Senior Centers. Visit the OASC website at [www.ohioasc.org](http://www.ohioasc.org) to complete your form on your special program/class or event you want to share and take part in an opportunity to connect with other program planners.

# **Monday, March 16<sup>th</sup>**

## **MORNING SESSIONS 9:10-10:10am Continued**

### **“Rip off the Rearview Mirror”**

**Chad Willett**

Rip off the Rearview Mirror by experiencing the power of “Now.” When we focus on the past it causes depression, while, worrying about the future creates needless anxiety. However, we have this moment to discover our “Through Line” at work which channels our energies and keeps us in the present moment. Are you ready to transform your organization by creating a “Through Line” for your employees?

### **“Out in the World: Working with LGBTQ Older Adults”**

**Speaker: Jim Ryan, OCPC, ICPS**

Lesbian, gay, bisexual, transgender and queer older adults are gaining visibility with a new generation of LGBTQ seniors more likely to be out about their sexual orientation or gender identity. This workshop will increase your knowledge and improve your skills in providing services to both closeted and out LGBTQ older adults and their families.

## **MID-MORNING SESSIONS 10:20 – 11:20am**

### **“New Directors Bootcamp”**

**Speaker: Bryan Glover**

OASC knows that being a new director in the aging network can be tough. This session will help you gain knowledge in areas that are important to any successful director. Beginning with general management information and touching on topics that will help you learn how to avoid common pitfalls directors sometimes encounter.

### **“Advocacy – Case Study & Future Vision”**

**Speaker – David Corey**

This session will review the Senior Center Transportation Funding Issue that “popped up” in the eleventh hour during Ohio’s 2019 state budget deliberations. We will review what was done, what could have been done and what the final outcome was during the final days of passing Ohio’s \$68 billion two-year state budget. This session will also explore what the future holds for Ohio’s Legislature especially after the 2020 census results are ascertained. Big changes could be on the horizon depending on Ohio’s 2022 election results, which should be one of the most important elections in the last 30 years for Ohio’s two-party system (can anyone say “redistricting”?)

### **“Ohio Wesleyan University LifeLong Learning Institute: A Demonstration of Community Collaboration”**

**Speaker: Amy Schossler**

The Lifelong Learning Institute at Ohio Wesleyan University is a collaborative program between the university, local non-profit organizations, and Delaware community businesses and leaders. The inaugural session began in September 2019 with ten class offerings for seniors 55 and better. This presentation will demonstrate how a program with various partners can be built from the ground up by leveraging the skills and expertise of local partners

## **MID-MORNING SESSIONS 10:20 – 11:20am**

### **“Combatting Ageism”**

**Sharon Tassie, Asst. Section Chief, Civil Rights Section, Ohio Attorney General, J.D.**

Ohio’s population is getting older. With age comes wisdom, but also new challenges. A look at Ageism in working and living in Ohio, and what we can do to protect and enhance the lives of our senior citizens.

## **AFTERNOON SESSIONS 1:40-2:40PM**

### **“Aging Trends” (ODA, O4A, OASC)**

**Speakers: Larke Recchie (O4A), Stephanie FallCreek (OASC), ODA Invited**

This panel session will review each entities perspective of what Aging Trends are happening now affecting Ohio. Participants’ can expect to learn how they may impact our service delivery and the way we meet the needs of those we serve. Come find out what the latest aging trends are from a knowledgeable professional in our State.

### **“Current Trends in Senior Wellness”**

**Speaker: Jonell Arthur**

This presentation will discuss the latest trends in senior wellness and how they may be incorporated into your course offerings. Topics included will be land and water exercise; holistic health, instructor recruitment and participant satisfaction.

### **“Dementia Champions Training – Part 1”**

**Speaker: Marti Williman, BSN, RN**

Dementia Friends is a global movement designed to help *all* community members understand five key messages about dementia, how it impacts individuals and families, and how we each can make a difference in the lives of those living with the disease. This two-part session will equip participants with the knowledge and resources needed to effectively deliver free, 45-minute Dementia Friends sessions throughout their communities. *Participants MUST take Part 1 & 2 of the Dementia Champions to become Certified*

### **“Unlikely Collaborations”**

**Speakers: Stephanie FallCreek, Denise Niese, Ann Combs, Danielle Brogley**

This session will examine unique connections that enable Senior Center programs/services to reach non-traditional sectors of business markets. Samples of these projects will be shared with audience members to provide tool kits for take home projects. Opportunities to implement these creative projects will enhance your relationships within your communities as well as aid in the expanded awareness of your services.

## **Monday, March 16<sup>th</sup>**

## **AFTERNOON SESSIONS 2:50-3:50PM**

### **“Dementia Champions Training – Part 2”**

**Speaker: Marti Williman, BSN, RN**

Dementia Friends is a global movement designed to help *all* community members understand five key messages about dementia, how it impacts individuals and families, and how we each can make a difference in the lives of those living with the disease. This two-part session will equip participants with the knowledge and resources needed to effectively deliver free, 45-minute Dementia Friends sessions throughout their communities. *Participants MUST take Part 1 & 2 of the Dementia Champions to become Certified*

## **Monday, March 16<sup>th</sup>**

### **AFTERNOON SESSIONS      2:50-3:50PM      Continued**

#### **“Legal Obligations of Charitable Organizations”**

**Speaker: Beth Short, Ohio Attorney General’s Office**

Charities strengthen our communities in countless ways and the volunteers associated with these groups are often passionate about the cause. Sometimes there is a lot less enthusiasm for paying attention to board governance, legal fiduciary obligations and reporting requirements. But charities ignore these important concepts at their own peril. If groups fail to take care of business properly, the entire organization can be jeopardized. This training will include a review of the basic requirements all charitable organizations have and provide easy-to-follow tips for board members who try to do their jobs responsibly in order to protect the organization and the beneficiaries of the group’s efforts.

#### **“Strategies to Secure the Future”**

**Speaker: Zoë Z. Schmid, Development Manager, Peggy R. McConnell Arts Center of Worthington,  
Master of Arts**

This session will provide insight into the importance of creating a long-term strategy around fundraising to ensure viability for your organization for the next 10+ years. During our time together, we will discuss tools to grow your fundraising efforts, including the diversification of income streams, the creation of a development plan, and the effective use of volunteers.

## **Monday, March 16<sup>th</sup>**

### **AFTERNOON SESSIONS      2:50-3:50PM      Continued**

#### **“Social Programming for the Single Senior”**

**Speaker: Laura Smith**

This presentation will discuss how to create programs for the single senior, and why it is relevant in today’s world. We will learn to create intrigue, and how to provide a safe environment for the single senior to empower themselves to become more engaged.

### **AFTERNOON SESSIONS      4:00-5:00 PM**

#### **“Electronic Visit Verification Updates”**

**Speaker: Laura Gibson**

**EVV updates and lessons learned for Phase 2 passport providers**

#### **“OASC Certification Testing”**

**Moderator: Bryan Glover & Connie Huntsmen**

Attendees whom have paid the certification application and testing fee should be in attendance for this test.

#### **“A Public Health Approach to Falls Prevention”**

**Speaker: Elizabeth Fries**

Falls, fall related injuries and deaths among older adults continue to increase in Ohio communities and across the nation. Learn how the Older Adult Falls Prevention Coalition is responding to this epidemic through education, evidence-based programming and collaboration.

## **Monday, March 16<sup>th</sup>**

**AFTERNOON SESSIONS      2:50-3:50PM      Continued**

### **“The Online Senior Center”**

**Speaker: Steve Gorman**

This presentation will discuss various technology-based solutions to expand the reach of your senior center. From creating web-based content to developing your own digital media footprint. You will leave with a way to develop a plan that is sustainable for you and your organization.

## **Tuesday, March 17<sup>th</sup>**

**KEYNOTE SESSION      8:00-9:00AM**

### **“Renew You – A Leader Guide to Sustainably Leading Well”**

**Speaker: David Ray**

In this interactive presentation, decades of multidisciplinary research is leveraged to provide a practical framework for how professionals can counter the inevitable stress of work and life by stepping out of destructive patterns and renew themselves mentally, emotionally, and physically.

**MORNING SESSION      9:10-10:10am      Continued**

### **“Advocacy Update”**

**Speaker: David Corey**

During this session, you will learn the eight basics “Elements of Lobbying”, including the top 10 errors and the top 10 helpful hints from OASC’s Government Affairs Representative. Do you think “lobbying” is only for the professional lobbyist? Think again! Since the advent of Ohio’s term limits, it’s more important than ever for not-for-profit organizations to have a strong “grassroots lobbying program” which can compete effectively with the Big Corporations. Each individual member is a “lobbyist” – find out how you can be the most effective advocate you can be by attending this session.

### **“Senior Centers on the Road”**

**Speaker: Nancy Matheny, Activity Coordinator O’Neill Senior Center**

This session will explore the ever-changing face of senior centers and their need to be available to the aging population at many locations. Much as the new term “beyond the walls” takes a look at the services and life enriching programs of the senior center

### **“Draft and Implementation of Proper Substance Abuse Policies”**

**Speaker: Scott Warrick, Esq**

This session will review how to draft and implement a proper substance abuse policy. The session will define reasonable suspicion substance abuse testing; how should managers document reasonable suspicion when they see it; what signs should you look for in recognizing employee substance abuse; how many people should witness suspicious behavior before you test someone; how should you define substance abuse; what federal cutoff levels should you be using; what should you do about the use of legal drugs in your policy; what should you do about the odor of alcohol; what types of substance abuse testing should you be using; how should you communicate your new policy; what should your policy say about searching employees’ personal belongings for contraband; what do you do about people who say “What I do on my own time is my own business”; and much, much more. Scott will outline this process for you, but he will review how to use this information immediately!

# **Tuesday, March 17<sup>th</sup>**

## **MIDMORNING SESSIONS 10:20-11:20AM**

### **“A Medical Marijuana Primer”**

**Speaker: Christian H. Jacobus MD, FACEP**

This presentation will discuss the basics of the endocannabinoid system and the use of marijuana for treatment of symptoms such as pain, anxiety, nausea, anorexia, spasticity, and insomnia and its adverse effects. We will discuss the specifics of medical marijuana in Ohio, including qualifying conditions and permitted forms and routes of administration.

### **“Creative Ways to Attract Seniors”**

**Speaker: Colleen Light**

In this presentation, we will discuss how to create programs for the single senior, and why it is relevant in today’s world. We will learn to create intrigue, and how to provide a safe environment for the single senior to empower themselves to become more engaged.

### **“Using Research to Adapt to Community Change”**

**Speaker: Matthew Martin, The Columbus Foundation**

As aging and demographic trends continue to shape communities across the state, the use of research can enable service providers, policymakers, and funders to develop informed solutions in partnership with residents and businesses. This presentation will provide several examples of benchmarking reports and data that have been created in recent years to better understand how central Ohio is changing, and how older adults can remain active participants in the life of their communities.

### **“OASC Accreditation Do’s & Don’ts”**

**Speakers: Bryan Glover & Dave Bibler**

This session will review the OASC Accreditation process with focus on what to do and what not to do.