

# OASC 2022 Annual Spring Conference

## “Celebrating 63 Years: Stronger Together: Connecting Yesterday, Today and Tomorrow”

### Conference Session Descriptions

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

##### **8:00-9:00am “Happiness @The SpeedofLife: Five Prescriptions for Resilience in a VUCA-Pandemic World”**

This talk will provide you foundational principles for living and leading a happier, more balanced life in a world gone crazy! You will leave with five specific actions you can practice to improve the strength of your “positive emotional muscles” and increase your experience of happiness in life and work.

##### **9:10-10:10am 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.

##### **9:10-10:10am “Happiness, Stress & The Quest for Wellness”**

**Guest Speaker: Jim Smith**

Wellness is far more than diet and exercise. Imagine the power of using your whole self - head, heart, and body - to create outcomes that are more positive for you and everyone around you. You will learn how to better manage the emotional space you bring to your roles as leader, caregiver, co-worker, parent, or partner.

##### **9:10-10:10am “Age-Friendly Communities”**

**Speaker: Marisa Sheldon**

Presenter will discuss the background and history of the Age-Friendly movement internationally and locally. Presenter will share local examples of age-friendly initiatives. Finally, the presenter will share details of the 2021 Central Ohio Regional Assessment on Aging, discuss data gathering process and findings.

##### **9:10-10:10am “Why Does Grandpa Smell Like BenGay”**

**Speaker: Scott Warrick, Esq.**

Why do our differences in AGE play such a HUGE FACTOR governing our PERCEPTION? Why can you not always believe what you see? How are we all NEUROLOGICALLY PRIMED from BEFORE Birth? What are the differences between Radio Babies, Baby Boomers, Gen-Xers and Gen-Yers? How can our differences in age KILL your organization’s CRITICAL DECISION MAKING? What is SUBCONSCIOUS BIGOTRY...and how do we OVERCOME IT? And much, much more. Join Scott as he shows you why our PERCEPTION OF THE WORLD depends largely upon the era in which we were raised...which greatly distorts reality for all of us. Scott will not only show you why there is such a stark difference between us in how we view the world based upon our age in his own practical, entertaining and humorous style, but he will show you what skills to use to overcome such misperceptions IMMEDIATELY!

##### **10:20-11:20am “Culturally Competent Care for Older LGBT Adults”**

**Speaker: John Cummings, LGBT Eldercare**

The presentation will focus on the history of LGBT treatment in the United States and look at some of the unique needs of LGBT elders as they age. We will also review some ways to help organizations caring for elders to be more welcoming of LGBT residents and clients.

# Conference Session Descriptions

## **Monday, May 16<sup>th</sup> - Continued**

### **10:20-11:20am      “Practical Policies & Procedures”**

**Speaker: Shon Gress, Deborah Huff and Mike Turner**

Policies and procedures are an essential part of any organization. Together, policies and procedures provide a roadmap for day-to-day operations. They ensure compliance with laws and regulations, give guidance for decision-making, and streamline internal processes. Policies and procedures mobilize the organization's human talent to help the business to evade obstacles and hit goals. Not every policy and procedure will be easy or fun, but over the long term, having policies and procedures benefits the organization in all sorts of ways. This workshop will encompass a panel of three Senior Center Administrators sharing both historical and current-day policies and procedures that they've found essential and can be easily spotlighted and replicated from the administrative, employee, and client perspectives. Each panelist will share a sampling of policies that they're most thankful to have and that their Senior Center organization currently has in place.

### **10:20-11:20am      “Accreditation Do's & Don'ts”**

**Speakers: Bryan Glover & Connie Huntsman**

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

### **12:10-12:30am      “ODA Update”**

**Speakers: Ashley Davis**

### **1:40-2:40pm      “New Director Bootcamp”**

**Speakers: 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.

### **1:40-2:40pm      “Creative Ways to Attract Seniors with Technology”**

**Speaker: Joanne Westwood**

Using Facebook and your center's website to clearly communicate your services and events as well as volunteer opportunities. With so many varied audiences it's important to be clear who you are talking to. Seniors - adult children of seniors - providers - sponsors - volunteers. Creating a clear document of what all you do, who needs to know about it, and how often you plan to present that information. What information to put on your website so it serves all the same audiences. What has changed with Local SEO? How do I play the game?

### **1:40-2:40pm      “Asset-Limited Income-Constrained Employ (ALICE) Program”**

**Speaker: Dr. Lisa Courtice, President & CE) of United Way of Central Ohio**

Recently a workforce development leader explained that "people are looking for work, they just don't want to work for you." To thrive, we all need talent representative of all income levels. Join this session to learn more about the United Way's ALICE framework and to discuss ways in which we all can attract and support associates to help our organization's thrive.

# Conference Session Descriptions

## **Monday, May 16<sup>th</sup> - Continued**

**2:50-3:50pm**            **“Believe & Empower: How to Support Survivors of Sexual and Interpersonal Violence”**

**Speaker: Mady DeVivo, Prevention Educator, YWCA Dayton**

A conversation on Gender-Based Violence and the myths and facts surrounding survivorship. We will examine the long-lasting neurological effects of trauma and victim-blaming. The presenter will share how to identify relevant resources in your community and model supportive behaviors.

**2:50-3:50pm**            **“NCIS: Senior Center”**

**Speaker: Jeff Rothberg, MBA, Director MySeniorCenter**

While Senior Centers aren't actually investigating anyone, the tools available to verify visits and participation have evolved dramatically in the past 10 years. Where we used to rely on pen and paper, we now have barcodes, touchscreens, smartphones and digital signatures.

**2:50-3:50pm**            **“Dementia Champions Part 1”**

**Speaker: Bonnie K Burman, Sc.D. Council for Cognitive Health**

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*

**2:50-3:50pm**            **“Certification Testing”**

**Speaker: Bryan Glover**

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

**4:00-5:00pm**            **“Dementia Champions Part 2”**

**Speaker: Bonnie K Burman, Sc.D. Council for Cognitive Health**

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*

**4:00-5:00pm**            **“A Public 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.

**4:00-5:00pm**            **“Wages, Retaining and Attracting Employees”**

**Speaker: Maureen Fagans & Marc Molea**

Across the nation 10,000 boomers are retiring every day across the nation! The COVID pandemic has exacerbated that statistic as people have exited the workforce for a variety of compelling reasons. Employers are left struggling to recruit and retain the employees they need as record numbers leave the work force. Join us for a discussion about what industry colleagues are doing to address this issue today, and what Ohio is doing to encourage students to enter the industry tomorrow. This session is interactive, it is a forum to share your concerns and your successes.

# Conference Session Descriptions

## Monday, May 16<sup>th</sup> - Continued

**4:00-5:00pm**            **“Certification Testing”**

**Speaker: Bryan Glover**

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

**7:30-8:30**            **“Trivia & Cash Bar”**

**Presented by:**

Who doesn't love coming up with the right answer? That little burst of dopamine we get when challenged with a trivia question, we just happen to know is similar to the thrill of gambling or playing video games, but without the downsides. And it's akin to sticking our brains on a treadmill for twenty minutes. Exercise is as crucial for the mind as it is for the muscles. As we age, our ability to retain information decreases. Fortunately, the more we draw on facts and information we've memorized over the years, the more likely they are to stay with us. Trivia acts as a workout for the frontal cortex and, like any workout, it strengthens that part of our brain and keeps the mind sharp. Trivia is a perfect activity for older adults for these reasons, but there is an additional benefit. Playing trivia involves reminiscing about good times people had when they were younger. It takes people out of their ordinary days and thoughts and promotes thinking and talking about things they haven't thought of in years. You *may* want to try trivia and your senior center. You *will definitely* want to attend this special trivia night as you connect and bond with other conference attendees. Teams of 4 will compete against each other for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> prize. If you don't have a team of four, no problem- we will put you on a team with others! A great way to network and have some fun!

## Tuesday, May 17<sup>th</sup>

**8:00-9:00am**            **“Smash the Box”**

**Speaker: Chad Willett**

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

**9:10-10:10am**            **“Combatting Social Isolation with Technology”**

**Speaker: Jamie Jones**

Older adults are at increased risk for loneliness and social isolation and they are especially prone to experiencing poorer health outcomes due to unmet social needs, making it an industry priority to find creative ways to address SDOH. Technology can be a very effective tool in reducing social isolation and enhancing connectedness. This session will review the benefits of health-based technology and the social work model, while also addressing challenges and keys to implementation.

**9:10-10:10am**            **“Mental Health, Trauma and the Global Pandemic: Workforce Implications”**

**Speaker: Matt Diamond**

This presentation examines the intersectionality of mental health, trauma, and COVID-19 and their requisite implications for the workforce.

# Conference Session Descriptions

**Tuesday, May 17<sup>th</sup>** – continued

**9:10-10:10am**            **“Rip of the Rearview Window”**

**Speaker: 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?

**10:20-11:20am**            **“Legislative Advocacy”**

**Speaker: Erik Mikkelson, Esq**

The goal of this presentation is to provide attendees with an overview of how to effectively advocates for issues of importance to your profession. Advocacy is an important tool in the legislative and executive branch processes, and if done right can produce positive results.

**10:20-11:20am**            **“Best Practices”**

**Speaker: 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.

**10:20-11:20am**            **“Bingocize”**

**Speaker: Stephanie FallCreek**

Learn about a fun, fast-past positive evidence-based health promotion program that can be implemented either in-person or virtually! The core program of Bingocize is delivered twice a week for 10 weeks. (You could just keep delivering it as on ongoing program if you wished!) Each session lasts about 1 hour. It includes a funny sort of bingo, some easy to present health education and simple exercises. There are two basic approaches to the health education content – one focuses on fall prevention and the other focuses on nutrition. Moreover, yes, the leader training is ALL online! Come learn and see if it fits your center’s need.