Ohio Association of Senior Centers 65th Annual Conference



Wednesday, March 6 to Friday, March 8, 2024

Cherry Valley Hotel 2299 Cherry Valley Rd SE, Newark, Ohio 43055



"Driving the Aging Network In the Statehouse, In the Community & In the Home."

Ohio Association of Senior Centers

The Ohio Association of Senior Centers, Inc. (OASC) was formed as a nonprofit organization in 1959 by a senior center director, Muriel Bertsch. OASC has become a forerunner in promoting senior centers through advocacy, professional development, communication and networking.

The leadership of OASC recognizes our differences in purpose and scope, but celebrates our common factor - the older adults we serve. For over sixty years, centers from every corner of the state have benefited from the efforts of this organization.

The mission of the Ohio Association of Senior Centers, Inc. is to strengthen senior centers and the senior community network throughout Ohio through advocacy, education, networking opportunities and technical assistance.

A Special Thank You to Our 2024 Sponsors & Exhibitors

50 North
Butter Buds
Collette Travel & Tours
FallCreek & Associates
Knomatic Software

MySenior Center

Ohio Senior Medicare Patrol/Pro Seniors
Public Utilities Commission of Ohio
Shoreline Charter Tours
Tuscarawas County Senior Center
We Thrive Together

A full vendors list will be provided at the annual conference with an opportunity to learn more about each business/organization.

Additional vendor space is available for the 2024 conference.

Interested in a sponsorship and exhibitors booth?

For details visit: www.ohioasc.org or contact the
Ohio Association of Senior Centers office at 614.784.9772

Welcome to the 65th Annual Spring Conference of OASC

The Ohio Association of Senior Centers (OASC) conference committee has selected an array of professional presenters/speakers that are charged with sharing their expertise to ensure you have a toolkit of ways to embrace change in this industry.

These stimulating sessions will provide you with an opportunity for enhanced learning through self-discovery, sharing and modeling practices to ensure you take your role as a professional to the next level.

By attending this conference, you will acquire practical solutions to challenging professional roles, develop and enhance your network of professionals within the state, and gather a plethora of new ideas.

We are looking forward to you joining us as we are "Embracing Change and Enhancing Lives" in 2024!

Conference Attire

The conference committee has worked hard to plan a conference that will be educational and relaxing. You are welcome to wear your comfy clothes to attend the daily workshops. It is recommended that you layer your clothing as room temperatures may vary.

With the exception of our special evening events planned for Wednesday and Thursday nights, we recommend "casual attire." If you are planning on attending the Wellness over 50 session please wear clothing you can move freely in and it is recommended to wear supportive footwear such as tennis shoes.

Ohio Association of Senior Center Certification Testing

Certifying your staff has many professional benefits. Certification provides assurance to clients and peers that you have reached a measurable level of professionalism and knowledge in the aging field, demonstrated a standard of competency for the benefit of members and the communities you serve.

A Study Session/Review & Testing for all OASC certification levels will be held on Wednesday, March 6, 2024 from 1:30 to 3:30 p.m. Be sure to mark this on your registration form to reserve your place for the test. All results will be announced at the conference on Thursday during the annual meeting.

For more information on the benefits of certification contact the OASC Office.

CEU Processing Fee/Credits

By attending this conference you have the opportunity to acquire the following CEU's:

Social Workers—Pending

NCCAP—Pending

OASC Certification—10 CEU

Be sure to check off this section on your registration form and pay the \$10 fee.

For more information:

Kim Corey
OASC Executive Coordinator
1.800.796.6272
614.784.9771 (fax)

Email: krc@pacainc.com **Website:** www.ohioasc.org

Embracing Change and Enhancing Lives 2024

Wednesday, March 6, 2024

1:30 to 3:30 p.m. Tour for Hopewell Ceremonial EarthWorks - Registration Required

Ohio's first UNESCO World Heritage Site and the 25th World Heritage Listing in the United States. Built between 1,600 & 2,000 years ago by people now referred to as the Hopewell Culture, the Earthworks are comprised of eight ancient indigenous ceremonial earthworks in southern Ohio two of which are located in Newark, OH, Great Circle Earthworks and Octagon Earthworks,

and will be viewed on this tour.

1:30 to 3:30 p.m. Certification Study Session & Testing, Registration Table Open

4:30 to 6 p.m. Networking Team Building Game Sponsored by 50 North

Join us for one of the most popular indoor events. Your hilarious game show host will facilitate alternating rounds of games, blending equal parts "Family Feud," "Minute to Win It," "Not So Newly Wed," and traditional trivia game. Amazon engaged, "The Go Game" company and said "This game brings people together so quickly and by the end, everyone is high fiving, laughing

and best of friends."

6 to 7 p.m. Mingle with Appetizers, Entertainment and Drinks

(one free drink ticket)

7 p.m. Dinner on your own (Restaurant List available at registration area)

Thursday, March 7, 2024

7:30 a.m. Registration Open, Breakfast open, Vendor Marketplace open

Vendor Roundtable Opportunities

8:30 to 9 a.m. Wellness Over 50

Annie Hayes, Personal Trainer, HLN Coach

Wellness Over 50 encompasses more than cardio and strength. Annie will share the power of shifting our thinking about our wellness and the impact it has on our lives. In this session we will explore what key elements are holding us back from our full potential. Wellness Over 50 includes an optimal eating pattern, proper balance and functional movement practices, a healthy emotional and relaxation piece, and prioritizing sleep and rest, followed by a

chair yoga practice.

9 to 9:45 a.m. Vendor Marketplace Open

9:30 to 10 a.m. Sponsor Presentations "How Vendors Can Enhance Senior Centers"

10 to 11 a.m. General Session:

Admin/Advocacy: What does the consumer Want? How do I get that Information?

Manoj Pardasani, PhD, MSW, LCSW

This session will cover information on the aging consumer and how we can gain access to this information and use it to enhance our centers.

11 to 11:20 a.m. BREAK/Vendor Marketplace Open

11:20 to 12:20 p.m. Breakout Sessions:

Admin/Advocacy: Assistive Technology

William T. Darling, PhD

There is an entire industry devoted to the types of technologies that can help the aging population remain active, employed, and connected to their loved ones. This presentation will provide an overview of the types of technologies that are available and how you can access those services.

Embracing Change and Enhancing Lives 2024

Thursday, March 7, 2024

11:20 to 12:20 p.m. Breakout Sessions:
Programs & Services: Activity & Event Relay

Amy Houpey, MBM, CDM & Danielle Brogley, Director of Programs WCCOA This interactive session will have you sharing and passing the marker to gather as may ideas and concepts as you can. Be prepared to move and interact as you strive to share and learn more about the great programs, classes, trips and events that are happening in senior centers in the state.

12:20 to 12:30 p.m. BREAK/Vendor Marketplace Open 12:30 to 1:30 p.m. LUNCH Business Meeting & Awards

Keynote: Embracing Change - What's Possible? *Manoj Pardasani, PhD, MSW, LCSW* This session will discuss current models of senior centers and their impact on

services as well as the need to embrace change.

1:30 to 2 p.m. BREAK/Vendor Marketplace Open

2 to 3 p.m. Breakout Sessions:

Admin/Advocacy: Creating a Welcoming Congregate Meal Program

Karen Pillion, SourcePoint

Congregate dining has been shown to combat food insecurity and social isolation. Unfortunately, following the pandemic, attendance has declined across the nation. However, SourcePoint's program has not followed this trend, but rather shown a significant growth. In this session we will share

how we changed our mindset to allow this growth to transpire.

Programs & Services: Benefits and Essentials of a Senior Center Travel Program

Kim Phillips, Director Portage Zhang Senior Center

Traveling is an excellent investment that can enrich lives in many ways. For older adults, it's a fantastic way to stay active and confident. Travel programs can engage participants, recruit volunteers, and generate revenue. Travel programs can be designed to fit the unique needs of your center. Let's explore the benefits and challenges of operating a travel program.

3 to 4 p.m. General Session: Panel Discussion A Perceptive on National Trends

Manoj Pardasani & Kim Phillips

Stay informed and up to date on pressing issues in the aging field. This session will present topics on funding, modernizing Senior Centers, technology, nutrition, programming and much more. Bring your questions

with you.

4 - 4:10 p.m. BREAK/Vendor Marketplace Open

4:10 - 5:10 p.m. Breakout Sessions:

Admin/Advocacy: Increasing Revenue to Offset Inflation

Carolyn Copus, Executive Director, 50 North

Food costs are going up, gas prices, electricity and wages are going up...how much more can we afford? Discover ways you can increase your revenue to offset the rising cost of operating your Senior Center. Tips will be shared on ways to raise money from your members through annual donations and a

sliding fee schedule.

Programs & Services: Senior Smorgasbord & Active Adult Tidbits

Mary Stallings, Adult Activities Center Manager, Dundee Township Park District Diane Lancour, Executive Director, Palatine Township Senior Citizens Council

Step up and sample some great things that are on the menu, from

appetizers, main courses and dessert. There will be something for everyone whether you are new or "seasoned" staff member. Program ideas, trip ideas day and overnight and basic morsels of the ins and outs of daily life at our Senior Centers and their happenings. This session will be catering to

programs with participants 50 and over from the boomers to the less active

adults.

5:45 to 7 p.m. Reception (appetizers and drink ticket)

7 p.m. Dinner on your own (Restaurant list available at registration area)

Embracing Change and Enhancing Lives 2024

Friday, March 8, 2024

7:30 a.m. **BREAKFAST/Vendor Marketplace Open**

8 to 9 a.m. **General Session:**

> The Ethics of Artificial Intelligence: **Opportunities and Potential Pitfalls**

Stefan Fritsch, PhD., Associate Professor BGSU Political Science Currently, artificial intelligence (AI) is one of the hottest topics in science, technology, and innovation. AI has spread to literally every aspect of our lives. Examples include personal assistants like Siri or Alexa, but also selfdriving cars, Internet search engines, email-spam filters, smart home devices, investment algorithms, facial recognition, medical diagnosis and many other applications. AI is predicted to transform our society as dramatically as the steam engine, electricity, or the Internet have done before. As with any new technology, public discourse oscillates between euphoria and anxieties, pros and cons, advantages and negative side effects of AI. This presentation will focus on the ethical dilemmas (global)

society faces in its quest to harness AI's potentials.

9 to 9:10 a.m. **BREAK/Vendor Marketplace Open**

9:10 to 10:10 a.m. **Breakout Sessions:**

Senior Center of the Year Presentation

Programs & Services: Enhancing Senior Centers through Recruitment and

Retainment of Volunteers

Diane Lancour, Executive Director, Palatine Township Senior Citizens Council Older adults bring a world of knowledge & experience as volunteers. Agencies should create volunteer descriptions for specific positions and pull from those experiences in order for the volunteer to share their knowledge. It is key to for all centers to utilize the available volunteer recruitment and informational agencies as a tool to aid your agencies fulfillment of volunteers. Regardless of the volunteers age, people want to be acknowledged and feel like they make a difference. This session will provide you some tools on ways to capture the right fit for your volunteers and will share ways on how to encourage them to stay committed to your agency.

10:10 to 10:20 a.m. **BREAK**

10:20 to 11:20 a.m. **General Session:**

Washington Update and OAAA Renewal:

If the mission expands, what role should Senior Centers play?

Richard Browdie MBA, FGSA

Discuss the national trends in aging and how they are impacting the service network, along with the evolving systems of financing health and social services for older people, leading to new needs among older people. We will discuss the current models of senior centers and their impact, anticipate the re-authorization of the Older Americans Act, as well as the need to embrace change.

11:20 to Noon Basket Raffles & Closing Session

Noon Lunch on your own

1 p.m. **Tour of local Senior Center** (meet in lobby to caravan to site)

Hotel Accommodations

Cherry Valley Hotel 2299 Cherry Valley Rd SE, Newark, OH 43055

Special Room Rate of \$139+ tax has been secured for attendees.

Rooms for the conference must be booked directly through the hotel and can be done by contacting the hotel at 1.740.788.1200 (State that you are with Ohio Association of Senior Centers).

Room Reservation Deadline:

Monday, January 29, 2024

Check in time: **4 p.m.**Check out time: **11 a.m.**

Rate is \$139 Single or Double Occupancy Book your room online by visiting www.ohioasc.org and clicking on the EVENTS tab.

Cancellation Policy

In order to receive a partial refund of your registration fee, your cancellation request must be received in writing prior to Monday, February 15, 2024.

A \$30 administrative fee (per person) will be charged, <u>regardless of the reason for cancellation.</u> Including medical emergencies.

NO REFUND of any kind, for any reason, will be given for cancellation requests received after February 15, 2024. OASC **cannot** make exceptions to this policy. Refunds will be issued within 15 business days after the conference concludes.



Join us for one or both of the following tours:

Although free of charge, In order for us to prepare for these tours, you MUST pre-register on your registration form by checking the box to attend.

Hopewell Ceremonial EarthWorks



Ohio's first UNESCO World Heritage Site & the 25th World Heritage Listing in the United States. Built between 1,600 & 2,000 years ago by people now referred to ask the Hopewell Culture. The Earthworks are comprised of eight ancient indigenous ceremonial earthworks in southern Ohio two of which are located in Newark, OH. Great Circle Earthworks & Octagon Earthworks and will be viewed on this tour.

Senior Center Tour: Licking County Aging Partners

This tour will provide an additional opportunity to gain a visual on an aging service center and gather new ideas for your centers. This tour will take place immediately following the conference adjournment. Those wanting to tour the Licking County Aging Partners, located at 1058 East Main St, Newark, OH 43055, will be asked to meet in the lobby of the hotel and caravan over to the Senior Center.



2024 Conference Speakers

Danielle Brogley Director of Programs Wood County Committee on Aging - Danielle Brogley has worked for 21 years at WCCOA in the Programming Department. B.H.K, Kinesiologist, University of Windsor, Cert. in Gerontology.

Richard Browdie MBA, FGSA 17 years of service as the President and CEO of the Benjamin Rose Institute in Cleveland, Ohio, Browdie also served as the Secretary of Aging for the Commonwealth of Pennsylvania, the Executive Director of the National Association of Area Agencies on Aging, the Deputy Secretary of the PA DOA, and as an executive in two Area Agencies on Aging in PA Earlier, Browdie's first experience in Aging began in developing new rural home delivered meals programs and a network of rural senior centers in Erie County, PA prior to the implementation of the federal meals programs in 1973.

Carolyn Copus, Executive Director, 50North Carolyn Copus is the Executive Director of 50 North, where they enrich lives and support independence for people 50 and up in Hancock County. Carolyn received both her undergraduate and graduate degrees from Ohio University in Athens. She worked at The Arts Partnership of Greater Hancock County for 15 years, the last 9 of which she served as Executive Director. Prior to coming to 50 North, Carolyn was employed by the Blanchard Valley Health System, first with their Foundation as Major Gifts Officer and later at Birchaven Village as Director of Marketing and Independent/Assisted Living. Carolyn is involved in a number of organizations in Findlay. She currently President of Judson Palmer Home and past President of Findlay Rotary Club and Hancock County Board of Alcohol, Drug Addiction and Mental Health Services. In March of 2020, 50 North embarked on a \$6 million renovation and expansion to increase the Senior Center to 46,000 square feet. Carolyn and her team raised \$5.1 million from private donations, levy dollars, Findlay-Hancock County Community Foundation and the State of Ohio Capital Budget grant. Annually, 50 North raises \$120,000 for general operations. Carolyn implemented a sliding fee scale for chore, wellness, Mobile Meals, Café and Emergency Response System fee structure which raises \$600,000 annually. Carolyn resides in Findlay with her husband David, who is a retired Findlay Firefighter and currently employed at the University of Findlay. They have two grown children. Carolyn recently became a grandmother to Callum Andrew Copus.

William T. Darling, Ph.D., He is the director of Assistive Technology of Ohio. Located at The Ohio State University in Columbus, AT Ohio is a statewide disability program focused on helping people with disabilities learn about and obtain the types of technology they need to attend school, get a job, or live independently. He has 23 years of experience in the field. Bill is a graduate of Miami University with a degree in psychology. He holds a master's degree in rehabilitation counseling from

Southern Illinois University and a doctoral degree in rehabilitation education from The Ohio State University. In his spare time, he is also a high school cross country and track coach. Bill and his wife Jill are the parents of 6 children and live in Worthington.

Stefan Fritsch Associate Professor/PhD BGSU Dr. Fritsch is an associate professor of International Relations in the Department of Political Science at Bowling Green State University. He received his MA (2000) and PhD (2005) from the University of Salzburg, Austria. His primary research focuses on the intersection of science, technology, and global affairs. Other research interests include the history of economic thought, multinational corporations, European integration, and interdisciplinary approaches to international studies. He currently works on a monograph on the European Union's efforts to regulate artificial intelligence.

Bryan Glover - In 1993, Bryan and his wife Kelly left Ohio and moved to Toccoa, Georgia, where he attended Toccoa Falls College. Upon completion of his psychology degree, Bryan, Kelly and their daughter, Emily returned to Ohio where Bryan took a position as the Social Services Manager at the Seneca County Commission On Aging in June of 1997. Due to the sudden death of the Interim Director, Bryan was named Executive Director in August of that year and has served in that capacity since. During his time at the Commission On Aging, the agency has grown in every service area and increased its overall revenue by over 600%. Service offerings include nutrition based services, home repair and modification, private catering and hall rentals, transportation and senior housing. Currently, the Seneca County Commission On Aging provides hot daily meal service to Seneca, Wyandot, Richland, Morrow and Marion Counties and frozen meal service through its Home Style Selections program in nineteen counties throughout Northwest Ohio. In addition to his duties as Executive Director, Bryan also serves on the Ohio Association of Senior Centers Board of Directors (president 2006 -2008), E.C.I., Inc. (a for profit company serving the mentally disabled throughout Ohio), and the Julia Weller Commission.

Annie Hayes Personal Trainer/Healthy Living Coach - She received her Personal Training certification through ASFA (American Sports and Fitness Association) her Primary Nutrition Certification through The Colin Campbell Center for Nutrition Studies; and the Whole Food Plant Based Diet, through Cornell University. She has completed courses offered through George Washington University focused on Nutrition for Diabetes and other chronic conditions. She is currently employed by 50 North in Findlay, Ohio working with clients of all levels including those that suffer from Parkinson's, Cognitive Decline, Heart Disease.

2024 Conference Speakers

Amy Houpey Executive Director

Director of Aging Services at Warren County Community Services, Inc. (WCCS) Amy has served at WCCS for the past eight years. She is responsible for the Senior Center, Supportive Services, Medical Transportation, Congregate Dining and Home Delivered Meals. Amy holds her undergraduate and graduate degrees from Indiana University. She has worked in the food service industry for most of her career with a focus on customer service. Amy enjoys spending time with family and friends as well as camping as often as she can.

Diane Lancour Executive Director

Diane has a Masters Degree in Outdoor Recreation. She has worked in the camping industry for over 15 years. She then went on to become the Program Director for the Palatine Township Senior Center for 16 years and is currently their Executive Director. Over the years, she has presented at a variety of conferences in the area of staff training and program/trip development.

Karen Pillion, SourcePoint

She is the Nutrition Program Administrator, for SourcePoint, a community-based organization located in Delaware, Ohio. She has served in this position for over seven years. Prior to that she served for ten years on SourcePoint's Board of Directors.

Karen also brings over 30 years of management experience in the medical field. As the administrator at SourcePoint, she oversees the homedelivered meal program that serves over 1100 meals per day. Other programs include three cafes, farmers' market vouchers, and pet food assistance. While many organizations have seen congregate attendance decline post-pandemic, SourcePoint has seen substantial growth. Karen has been a guest panelist at several Meals on Wheels America annual conferences. She has also served as a member of their Nutrition Advisory Committee for the past two years. Karen is a member of the United Way of Delaware County's Hunger Alliance. When not working, Karen enjoys spending time with her family, including two granddaughters, and traveling. Karen resides in Delaware with her spouse.

Manoj Pardasani, Ph.D., L.C.S.W., is the Acting Provost and Vice President for Academic Affairs at Hunter College. Mostly recently, he was a Dean and Professor at the School of Social Work. Previously, he served as an Associate Provost (Graduate and Professional Schools) and Professor of Social Work at Hunter College in New York, and a Faculty Research Scholar at the Ravazzin Center for Social Work Research in Aging and Senior Associate Dean at the Fordham University Graduate School of Social Service. He has a Master's of Social Work degree and a Doctor of Philosophy (Ph.D.) from the Wurzweiler School of Social Work, Yeshiva University.

He started his social work career in senior centers and that sparked his lifelong passion for the study of senior centers and community-based services for older adults. He has also served as a social worker, and then as an administrator, in a number of organizations serving the homeless, individuals living with HIV/AIDS and individuals diagnosed with serious and persistent mental illness. As an academic leader, he has overseen accreditation for professional schools, development of online degree programs, recruitment and retention programs for graduate students, inter-disciplinary academic program development and university-community collaborative initiatives.

He is passionate about public policy reforms and his current research is utilized to inform his policy advocacy endeavors in the fields of aging and social welfare. He has published over 50 peer-reviewed articles and chapters in professional publications, and has served as a mentor to emerging scholars. His research has garnered over \$4 million in grants and has resulted in significant increases in public funding for gerontological social services in New York City and program innovations in senior centers nationwide. Throughout his academic career, he has also overseen centers and programs with approximately \$80 million in grant funding.

Kim Phillips Director, Senior Citizen Services
Kim has a broad range of experience in sales,
training, fundraising, and organizational operations.
She is certified in Training and Volunteer
Administration. Kim is the Director of Senior Citizen
Services for the City of Portage and manages the
Portage Zhang Senior Center (PZSC). Thanks to
Kim's leadership, the PZSC has been successfully
accredited by the National Institute of Senior Center
five times. She also played a vital role in a
public-private fundraising campaign to construct a
larger senior center facility, which opened its doors
in 2022.

Mary Stallings Adult Activities Manager

Mary has been working for the Dundee Township Park District for 25 years, 21 of those with the senior population. She manages the Adult Activities Center and plans all activities/programs/day trips and overnight trips. Mary has presented at IPRA, NRPA and OPRA. Her passion is her seniors and making their days the best that they can be.

OASC	2024 Co	nfer	ence	Regist	tratio	n	Form	OHIO ASSO	CIATION OF SENIOR CENTE	ERS
Name										
Compa	ny/Title									
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Special Meals Request Vegetarian or Diabetic Please list request:										
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Conference Registration Deadline is Monday, February 26, 2024 Check payable to: OASC Attn: Kimberly Corey, 3757 Indianola Ave., Columbus, OH 43214

For Information: Call 1-800-796-6272 Fax: 614/784-9771

OASC 2024 Conference Session Registration Form
Please indicate sessions that you are interested in attending by prioritizing sessions checking the sessions box. The entire form must be completed and returned by February 15, 2024.

Wednesday, March 6

Check	Session	Time		
	OASC Certification Study Session & Test	1:30 to 3:30 p.m.		

Thursday, March 7

Check	Session	Time	
	Wellness Over 50 (wear tennis shoes)	8:30 to 9 a.m.	
	Sponsor Presentation: How Vendors Enhance Senior Centers	9:30 to 10 a.m.	
	Keynote Address: What Does the Consumer Want? How Do I Get that Information?	10 to 11 a.m.	
	Assistive Technologies	11:20 to 12:20 p.m.	
	Activity & Event Relay	11:20 to 12:20 p.m.	
	Lunch & Keynote: Embracing Change What is Possible?	12:30 to 1:30 p.m.	
	Creating a Welcoming Congregate Meal Program	2 to 3 p.m.	
	Benefits and Essentials of a Senior Center Travel Program	2 to 3 p.m.	
	Panel Discussion Trends/Hot Topics	3 to 4 p.m.	
	Increasing Revenue to Offset Inflation	4:10 to 5:10 p.m.	
	Senior Smorgasbord and Active Adult Appetizers and Tidbits	4:10 to 5:10 p.m.	

Friday, March 8

Check	Session	Time		
	Keynote address: Ethics of Artificial Intelligence	8 to 9 a.m.		
	Senior Center of the Year	9:10 to 10:10 a.m.		
	Enhancing Centers through Recruitment and Retainment of Volunteers	9:10 to 10:10 a.m.		
	Washington Update and OAAA Renewal	10:20 to 11:20 a.m.		



3757 Indianola Ave Columbus, OH 43214 800/796-6272 www.ohioasc.org

OASC Annual Spring Conference Registration Information Enclosed



Register online at: www.ohioasc.org