Center for Healthy Aging

National CDSME and Falls Prevention Resource Centers’ Meeting

Paving the Way Towards Sustainable Healthy Communities

Tuesday Schedule of Events (May 23, 2017)

7:30 – 9:00 am  
Registration and Continental Breakfast *(Edison D Foyer)*

9:00 – 9:30 am  
**Welcome Plenary** *(Room: Edison D)*  
National Council on Aging (NCOA) will present a brief overview of the growth of evidence-based programs and recognize the many national, state, and local partners that have made this work possible.

- **James Firman**, President and CEO, NCOA
- **Kathleen Cameron**, Senior Director, Center for Healthy Aging, NCOA

9:30 – 10:45 am  
**Keynote Plenary** *(Room: Edison D)*  
**Opportunities for Integration of Community-Based and Health Care Services in 2017 and Beyond**

Panelists will provide varied perspectives regarding ongoing progress of initiatives to foster community integration across the health care and social services spectrum. Highlights regarding key national, state and local policy issues will also be addressed.

*Moderator:* **Kathleen Cameron**, Senior Director, Center for Healthy Aging, NCOA

- **Keri Lipperini**, Supervisory Aging Services Program Specialist/Director, Administration on Aging, Administration for Community Living
- **Anand Parekh**, Chief Medical Advisor, Bipartisan Policy Center
- **Rhys Jones**, Vice President, Medicaid Advocacy, America’s Health Insurance Plans
- **Howard Bedlin**, Vice President, Public Policy and Advocacy, NCOA

10:45 – 11:00 am  
Break

11:00 – 12:00 pm  
**Plenary Session** *(Room: Edison D)*  
**Chronic Disease Management and Falls Prevention Updates from the Centers for Disease Control and Prevention (CDC)**

Learn more about the CDC’s current efforts regarding chronic disease self-management for arthritis and other key conditions affecting older adults; falls and injury prevention; and brain health and Alzheimer’s disease.

- View session materials: https://www.ncoa.org/healthy-aging/am17/
- Follow @NCOAging on Twitter to read and share meeting updates.
**Moderator:** Shannon Skowronski, Aging Services Program Specialist, Administration for Community Living

- **Grant Baldwin**, Director, Division of Unintentional Injury Prevention, National Center for Injury Prevention and Control, CDC
- **Margaret Kaniewski**, Public Health Advisor, Arthritis and Lupus Programs, Division of Population Health, CDC
- **Lisa McGuire**, Lead, Healthy Aging Program, National Center for Chronic Disease Prevention and Health Promotion, Division of Population Health, CDC

### 12:00 – 1:15 pm

**Lunch and Networking with Evidence-Based Program Representatives (Room: Edison D)**

Grab your lunch and meet with representatives from the following programs: A Matter of Balance, EnhanceFitness/EnhanceWellness, HomeMeds, Otago, Stepping On, Tai Chi for Arthritis, and Tai Ji Quan: Moving for Better Balance. Learn about a new program or ask questions about a program you are currently offering in your state or community.

### 1:15 – 2:15 pm

**Breakout sessions**

1. **Data Management and Security for CDSME Grantees (Required for all ACL CDSME grantees) (Room: Edison D)**

   Presenters will describe recent National CDSME Database upgrades, review grantee’s and NCOA’s roles in maintaining data security, share useful quality assurance practices, preview Domo reporting options, and discuss formal agreements and tips for working with vendors for data management.

   - **Angelica Herrera-Venson**, Manager, Data Management & Evaluation, Center for Healthy Aging, NCOA
   - **Daniel Dennis**, Associate Director, Systems Integration, NCOA

2. **Data Management and Security for Falls Prevention Grantees (Required for all ACL falls prevention grantees) (Room: Banneker)**

   Attend this session to learn more about data management issues, including HIPAA requirements, data security measures, working with vendors, data sharing agreements, quality assurance and generating reports.

   - **Chelsea Gilchrist**, Program Associate, Center for Healthy Aging, NCOA
   - **Meghan Thompson**, IS Specialist, Sound Generations
   - **Tiffany Shubert**, President, Shubert Consulting; Director of User Experience, SuperflexTech

### 2:15 – 2:30 pm

**Break**

### 2:30 – 3:30 pm

**Breakout sessions**

- **View session materials:** https://www.ncoa.org/healthy-aging/am17/
- **Follow @NCOAging** on Twitter to read and share meeting updates.
1. **Strategies to Engage Tribal Elders in Evidence-Based Programs**  
   *(Room: Bell)*  
   Presenters will discuss best practices and barriers to recruitment, engagement, and activation of Tribal Elders in evidence-based programs. Information about culturally appropriate materials and culturally relevant outreach will be shared.

   *Moderator: Marissa Whitehouse*, Senior Program Specialist, Center for Healthy Aging, NCOA  
   - **Cynthia LaCounte**, Director of the Office of American Indian, Alaska Native and Native Hawaiian Programs, Administration on Aging, Administration for Community Living  
   - **Melody Coleman**, Community Programs Manager, Northwest Regional Council  
   - **Becky Bendixen**, Tribal Outreach Coordinator, Northwest Regional Council

2. **Marketing and Recruitment of Participants and Leaders**  
   *(Introductory)**  
   *(Room: Edison D)*  
   Best practices for marketing, and recruiting participants and leaders for evidence-based programs will be highlighted. Development of marketing materials and creative uses of them, using social media, building effective partnerships, engaging hard-to-reach populations, and the NCOA Best Practices Toolkit are a few of the topics to be covered.

   *Moderator: Mary Walsh*, Consultant, NCOA  
   - **Patti League**, Program Manager, A Matter of Balance, MaineHealth  
   - **Stanley Michaels**, Senior Fall Prevention Specialist, EMS – Hawaii Department of Health  
   - **Karol Matson**, Director, Health Self-Management Services, Partners in Care

3. **Effectively Leveraging Program Data**  
   *(Room: Banneker)*  
   This session will focus on how to leverage program data to market evidence-based programs, conduct ongoing quality improvement, and monitor program fidelity.

   *Moderator: Angelica Herrera-Venson*, Manager, Data Management & Evaluation, Center for Healthy Aging, NCOA  
   - **Betsy Abramson**, Executive Director, Wisconsin Institute for Healthy Aging  
   - **Matthew Lee Smith**, Assistant Professor, Department of Health Promotion and Behavior, College of Public Health, University of Georgia  
   - **Sharon Williams**, Consultant, NCOA

3:30 – 3:45 pm  
**Break**

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3:45 – 4:45 pm  Breakout sessions*

1. **News and Updates: Chronic Disease Self-Management Education Programs (Required for CDSME grantees)** *(Room: Edison D)*
   
   *Moderator: Kristie Kulinski*, Aging Services Program Specialist, Administration for Community Living
   - **Kate Lorig**, Director, Stanford Patient Education Research Center and Professor, Stanford School of Medicine

2. **Essential Resources for Implementation and Sustainability of Evidence-Based Health Promotion Programs (Introductory)** *(Room: Banneker)*
   
   Discover exciting new resources and strategies for implementing and sustaining evidence-based health promotion programs from CDSME and falls prevention grantees.

   *Moderator: Ellen Schneider*, Research Scientist, University of North Carolina at Chapel Hill
   - **Betsy Abramson**, Executive Director, Wisconsin Institute for Healthy Aging
   - **Megan Moulding Stadnisky**, Evidence-Based Aging Services Coordinator, Georgia Department of Human Services
   - **Carlene Russell**, Executive Officer, Iowa Department on Aging
   - **Binnie Lehew**, Injury & Violence Prevention Program Manager, Iowa Department of Public Health

3. **Successful Strategies to Engage Underserved Communities in Evidence-Based Programs (Introductory)** *(Room: Bell)*
   
   Presenters will discuss research and practical strategies to reach underserved and minority populations, including African Americans, linguistically underserved communities, adults with disabilities, low-income populations, and individuals that are homeless. Information on partnerships, leader training, cultural adaptations, and participant retention will be shared.

   *Moderator: Kathleen Zuke*, Program Associate, NCOA
   - **Chivon Mingo**, Assistant Professor, Gerontology Institute, Georgia State University
   - **Leigh Ann Eagle**, Executive Director, Living Well Center of Excellence, MAC, Inc.
   - **Christy Lau**, Program Director, Health Self-Management Programs, Partners in Care Foundation

5:00 – 6:00 pm  Reception *(Edison D Foyer)*

5:30 – 7:00 pm  **By Invitation Only**: 2017 Medicare Reimbursement for CDSME Learning Collaborative Meeting *(Room: Banneker)*

✧ View session materials: https://www.ncoa.org/healthy-aging/am17/
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Wednesday Schedule of Events (May 24, 2017)

7:30 – 8:30 am  Continental Breakfast *(Edison D Foyer)*

8:30 – 9:30 am  **Building an Evidence-based Program Portfolio** *(Room: Edison D)*
This panel of Evidence-Based Leadership Council leaders will discuss what it takes to build broad evidence-based program capacity. Topics will include messaging and strategies for building a portfolio of evidence-based programs, recruiting and retaining leaders, training, fidelity and partnership development.

*Moderator: Kathleen Cameron,* Senior Director, Center for Healthy Aging, NCOA

- **Paige Denison,** National Director, EnhanceFitness / EnhanceWellness, SoundGenerations
- **Peggy Haynes,** Senior Director, Partnership for Healthy Aging, MaineHealth
- **Carol Nohelia Montoya,** Outreach and Networks Coordinator, Florida Health Networks

9:30 – 10:30 am  **Two Venue Approach: Community-based CDSMP and Digital Better Choices, Better Health®** *(CDSME Grantees)* *(Room: Edison D)*
Learn about the history and approach to providing the Digital CDSMP intervention and how it can be offered with in-person CDSMP to reach more of your targeted populations.

- **Neal Kaufman,** Founder and Chief Medical Officer, Canary Health
- **Kate Lorig,** Director, Stanford Patient Education Research Center and Professor, Stanford School of Medicine
- **Chris Lucero,** Health Educator Supervisor, Diabetes Prevention and Control Program, New Mexico Department of Health

9:30 – 10:30 am  **Falls Prevention Programs: Updates and Strategies for Participant Progression** *(Falls Prevention Grantees)* *(Room: Banneker)*
Learn about falls prevention program innovations and updates from the program experts. Hear how participants can progress within and between interventions, and discover strategies a grantee is implementing to offer multiple falls prevention programs.

*Moderator: Ellen Schneider,* Research Scientist, University of North Carolina at Chapel Hill

- **Otago - Tiffany Shubert,** President, Shubert Consulting; Director of User Experience, SuperflexTech
- **A Matter of Balance - Patti League,** Program Manager, MaineHealth
- **Stepping On - Shannon Myers,** Program Implementation Director/Stepping On Faculty Trainer, Wisconsin Institute for Healthy Aging

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- **Tai Chi for Arthritis - Ileina Ferrier**, Master Trainer, Tai Chi for Health
- **Ayden Jones**, Falls Prevention Programs Project Manager, UNC Asheville

10:30 – 10:45 am  Break

10:45 – 12:15 pm  Developing a Network Hub *(Room: Edison D)*
Includes a listening session on the benefits and challenges to developing regional or national support networks.

*Moderator:* **Sharon Williams**, Consultant, NCOA
- **Dianne Davis**, Senior Director, Health Self-Management Services, Partners in Care Foundation
- **Jennifer Raymond**, Director, Healthy Living Center of Excellence, Hebrew SeniorLife
- **Melissa Weakland**, Program Director, Blair Senior Services, Inc. and Acting Program and Member Services Director, Comprehensive Care Connections, Inc.
- **Alexandra Cisneros**, AAA Deputy Director and Manager Finance Compliance, United Way of Tarrant County in Texas (invited)

10:45 – 12:15 pm  CDSME and Falls Prevention Tribal Grantees: Progress to Date and Lessons Learned *(Room: Bell)*

*Moderators:*
- **Cynthia LaCounte**, Director of the Office of American Indian, Alaska Native and Native Hawaiian Programs, Administration on Aging, Administration for Community Living
- **Shannon Skowronski**, Aging Services Program Specialist, Administration for Community Living
- **Mary Walsh**, Consultant, Center for Healthy Aging, NCOA

12:15 – 1:00 pm  Lunch

1:00 – 2:30 pm  Key Steps to Successful Partnerships with Health Care Providers *(Room: Edison D)*

*Moderator:* **Sharon Williams**, Consultant, NCOA
- **Robert Schreiber**, Medical Director, Healthy Living Center of Excellence, Hebrew SeniorLife
- **Sue Lachenmayr**, State Program Coordinator, Living Well Center of Excellence, MAC, Inc.
- **Dawnavan S. Davis**, Assistant Vice President of Community Health, MedStar
- **Peggy Haynes**, Senior Director, Partnership for Healthy Aging, MaineHealth
- **Anna Guest**, Falls Prevention Project Director, Southern Maine Agency on Aging

*View session materials:* https://www.ncoa.org/healthy-aging/am17/
*Follow @NCOAging* on Twitter to read and share meeting updates.
Break

2:30 – 2:45 pm

Breakout sessions*

1. **Partnering with Your State Quality Innovation Network/Quality Improvement Organization** *(Room: Banneker)*
   Learn more about the Centers for Medicare and Medicaid Services’ Everyone with Diabetes Counts initiative as well as their current campaign to promote proper foot care. Best practices and lessons learned for developing a partnership between a state department on aging and quality improvement organization will be shared.

   *Moderator: Kathleen Zuke*, Program Associate, Center for Healthy Aging, NCOA
   *Sue Fleck*, Everyone with Diabetes Counts Initiative, Centers for Medicare & Medicaid Services *(presenting via WebEx)*
   *April Holmes*, Coordinator of Prevention Programs, Virginia Department of Aging and Rehabilitative Services
   *Erica Morrison*, Improvement Consultant, Health Quality Innovators

2. **Using Storytelling to Communicate the Value of Evidence-Based Programs** *(Room: Edison D)*
   Hear about the science of Narrative Medicine (storytelling) as a way to increase individuals’ motivation and commitment to long-term behavior change.

   *Neal Kaufman*, Founder and Chief Medical Officer, Canary Health
   *Robert Schreiber*, Medical Director, Healthy Living Center of Excellence, Hebrew SeniorLife

3. **Developing Your Value Proposition (Introductory)** *(Room: Bell)*
   Discuss the components of developing and presenting your value proposition to address health care organizations’ key needs in an effort to enhance community-based organizations’ opportunities to connect their services to these health care partners’ needs.

   *Sharon Williams*, Consultant, NCOA
   *Lynnzy McIntosh*, Executive Director, Consortium for Older Adult Wellness

3:45 – 5:00 pm

Making Connections and Networking

Options for this time include, but are not limited to:

1. **Connect with other meeting attendees:** Meet informally to share strategies, best practices, and lessons learned to build and sustain evidence-based program delivery. *(Room: Edison D)*

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- View session materials: https://www.ncoa.org/healthy-aging/am17/
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2. **Ask a question about the National CDSME or Falls Prevention Databases**: Angelica Herrera-Venson and Meghan Thompson *(Room: Bell)*

3. **By Invitation Only**: 2017 Network Development Learning Collaborative Meeting *(Room: Banneker)* *(Note: This session will end at 5:30 pm)*
Thursday Schedule of Events (May 25, 2017)

7:30 – 8:30 am

Continental Breakfast *(Edison D Foyer)*

8:30 – 9:30 am

Resources to Support Business Acumen *(Room: Edison D)*

*Moderator: Kathleen Cameron*, Senior Director, Center for Healthy Aging, NCOA

- *Mary Kaschak*, Deputy Director, Aging and Disability Business Institute, National Association of Area Agencies on Aging
- *Martha Roherty*, Executive Director, National Association of States United for Aging and Disabilities

9:30 – 10:30 am

Engaging Adults with Disabilities in Evidence-Based Programs *(Room: Edison D)*

*Moderator: Kathleen Zuke*, Program Associate, Center for Healthy Aging, NCOA

- *Karl Cooper*, Project Manager, American Association on Health and Disability
- *Priscilla Rogers*, Acting Director, American Foundation for the Blind Web Programs

10:30 – 10:45 am

Break

10:45 – 11:45 am

Understanding Relevant Medicare Billing, MACRA and Other Changes on the Horizon *(Room: Edison D)*

Learn about key legislation and policies that impact the delivery and payment for evidence-based programs. The session will feature an overview of the Medicare Access and CHIP Reauthorization Act (MACRA), other Medicare reimbursement initiatives and their significance to community-based organizations; health care reform proposals; and state initiatives for Managed Long-Term Services and Support initiatives as a strategic option for evidence-based program expansion.

*Moderator: Marissa Whitehouse*, Senior Program Specialist, Center for Healthy Aging, NCOA

- *Tim McNeil*, Independent Health Care Consultant
- *Howard Bedlin*, Vice President, Public Policy and Advocacy, NCOA
- *Sharon Williams*, Consultant, NCOA

11:45 – 12:15 pm

Next Steps and Closing Remarks *(Room: Edison D)*

*Moderator: Kathleen Cameron*, Senior Director, Center for Healthy Aging, NCOA

* All breakout sessions will be recorded and posted on the NCOA website for reference following the meeting.

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** Introductory sessions will focus on topics that are most relevant to individuals who are new to implementing evidence-based programs.