



ELDER FRIENDLY FUTURES:

MULTIPLE VOICES SHAPING OUR COMMUNITIES

A UW Gerontology Conference

SEPT. 15-16, 2016
Lynnwood Convention Center
www.elderfriendlyfutures.org



Welcome to the 5th Annual UW Elder Friendly Futures Conference. This year's theme is *Multiple Voices Shaping our Communities*. We know you are as anxious as we are to gain wisdom and insights from our keynote speakers, dive into the educational sessions, ask questions of the poster presenters, engage in topical conversation during the roundtables, reflect during the films discussion, and spend time browsing the exhibits and the bookstore.

These two days promise to build on the enrichment of our past conferences, while exploring new perspectives in evidence-based practice and state of the science findings, all with the intention of shaping the science of health and wellness, addressing how to create age-friendly communities, supporting the underserved elder, understanding cognitive and mental health, and ensuring elder justice and security. These themes reflect the importance of hearing from multiple voices and the value of learning from multiple perspectives so that we understand and effectively shape our local -- and global -- communities.



Elder Friendly Futures has grown into one of the best venues within which to network, forge new partnerships and meet potential collaborators across disciplines. Our goal as conference organizers is to help address, together, the challenges we face in making today and the future more secure, respectful, supportive, inclusive and meaningful for older adults. The planning committee focused again on bringing just the right balance of topics and speakers to spark your curiosity, nurture dialogue and inspire collaboration. Thanks to our partner schools at the University of Washington and our generous sponsors for helping to make that vision a reality.

Promise us you'll leave the conference having made at least five new connections. Take what you've learned back to your workplace, your home, your family, friends, and colleagues, and share it generously. Act on what has energized you. Let these two days serve as a catalyst for innovation, connection and reinvestment in Elder Friendly Futures ... and enjoy the experience!

Barbara B. Cochrane
2016 Conference Chair
Professor and Director, de Tornyay Center for
Healthy Aging, UW School of Nursing

Keri K. Pollock
2016 Conference Co-Chair
Director of Marketing and Communications
Aging Wisdom, *The Experts in Aging Well*

ELDER FRIENDLY FUTURES:

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is co-provided by:



SCHOOL OF NURSING
UNIVERSITY of WASHINGTON
de Tornyay Center for Healthy Aging



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NORTHWEST
Geriatrics Workforce Enhancement Center

Conference Registration Table

Please check in at the Registration Table. Conference staff are available to provide general information and to assist attendees, speakers, moderators, exhibitors, and sponsors.

Registration Hours: Thursday Sept. 15: 7:30 am–6:00 pm | Friday Sept. 16: 7:30 am–5:00 pm

Name Badges

Please wear your name badge at all times throughout the conference. It is your ticket to sessions, meals, and breaks. Badge holders can be reused, so please support an environmentally-friendly meeting and drop your badge holder off at the Registration Table before you leave at the end of the conference.

Continuing Education

Conference officials will provide attendees with certificates of participation that will include contact hours completed. This certificate, along with a copy of the program schedule, may be used as documentation of continuing education contact hours for professional licensure, certification, or attendance verification.

University Book Store at EFF!

Please visit the University Book Store table in the main lobby. The Book Store will offer over fifty titles for sale on topics connected to the themes of this year's program as well as books authored by our keynote speakers. They accept all credit and debit card payments as well as cash (*no checks*). The University Book Store has been serving the University of Washington community and the greater Seattle area for over 115 years.

Event Highlights

- Don't miss our featured keynote sessions. See speaker information on pages 2-3.
- Lunch on Thursday will include roundtable discussions. See the topics and details on page 8.
- Join us for the film viewing (*with popcorn!*) on Thursday at 4:15 pm. See film titles on page 9.
- A poster session will be held during lunch on Friday. We invite you to take a few minutes to browse the posters and talk with the poster presenters. See pages 10-11 for the poster titles and presenters.

Device Charging Stations

Complimentary charging stations are located on level two (main floor as you enter) between the restrooms in the hallway and on the lower level at the bottom of the stairs on the east end of the concourse. Comfortable seating is located throughout the facility with nearby outlet plugs available for charging.

ADA

The Lynnwood Convention Center is fully accessible and ADA compliant. Assisted listening devices may be checked out at the front desk on level two. To meet the needs of persons with mobility limitations, automatic door opening systems are installed at the main entrance of the facility and on all public restroom doors. If you require any special accommodation, please inform conference staff, and the LCC will make every effort to accommodate your request.

Recycling

You are encouraged to use the receptacles that the convention center has provided for recycling of glass, aluminum, plastic and paper. The environmentally-conscious staff at the Lynnwood Convention Center will turn food scraps into garden compost by placing leftovers into special bins in the kitchen.

Parking

The Lynnwood Convention Center offers 400 free parking spots. Overflow parking is located NE of the convention center (across from 36th Ave W), off of 195th Pl SW at Alderwood Community Church.

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Internet Access - Complimentary internet access is available throughout the convention center. Look for and log on to **LCC FREE** on your device's wireless menu. **No password is needed.**



Karen I. Fredriksen-Goldsen, Ph.D.

Professor and Director

Healthy Generations Hartford Center of Excellence, University of Washington

Thursday, September 15, 9:00 am–10:15 am

Keynote Talk: “Equity: A Powerful Force for the Future of Aging”

Dr. Fredriksen-Goldsen is a nationally and internationally recognized scholar addressing equity and the intersection of aging, health disparities, and well-being in marginalized communities. As the Principal Investigator of *Caring and Aging with Pride* (NIH R01), Dr. Fredriksen-Goldsen led the first national study of health and aging of lesbian, gay, bisexual, and transgender (LGBT) midlife and older adults and their caregivers. In the continuation project, *Aging with Pride: National Health, Aging, Sexuality and Gender Study* (NIH R01), Dr. Fredriksen-Goldsen is leading the first longitudinal study of LGBT midlife and older adult health and aging to identify potentially modifiable factors that account for health trajectories over time in these communities. She is also investigating health and

well-being across other marginalized communities, including the impact of HIV on older adults in China and cross-generational risk of cardiovascular disease in a Native American community. She is the author of three books and more than 75 publications in leading journals such as the *American Journal for Public Health*, *The Gerontologist*, and *Social Work*. Her book, *Families and Work: New Directions in the Twenty-First Century* (Oxford University Press), is the most comprehensive study to date of caregiving across the lifespan. Locally, nationally, and internationally, Dr. Fredriksen-Goldsen provides consultation and training on effectively serving older adults and their families in historically disadvantaged and marginalized communities. Dr. Fredriksen-Goldsen is the founder of Generations with Pride and GSA Rainbow Research Group, and co-founder of Shanti/Seattle. She received her Ph.D. in Social Welfare from the University of California at Berkeley.



Fernando M. Torres-Gil, M.S.W., Ph.D.

Professor, Social Welfare and Public Policy, UCLA

Director, UCLA Center for Policy Research on Aging

Adjunct Professor, Gerontology, USC

Friday, September 18, 9:00 am–10:15 am

Keynote Talk: “The Coming Aging of the Next America: Diversity, Generations and the 2016 Presidential Election of Aging”

Fernando M. Torres-Gil’s multifaceted career spans the academic, professional, and policy arenas. He is a Professor of Social Welfare and Public Policy at UCLA, Director of the UCLA Center for Policy Research on Aging and an Adjunct Professor of Gerontology at USC. He also has served as Acting Dean and Associate Dean at the UCLA School of Public Affairs, and most recently Chair of the Social Welfare Department. He has written six books and over 100 publications, including *The New Aging: Politics and Change in America* (1992) and *Aging, Health and Longevity in the Mexican-Origin Population* (2012). His

research spans the important topics of health and long-term care, disability, entitlement reform, and the politics of aging. Professor Torres-Gil also has an impressive portfolio of public service and national and international recognition as a leading spokesperson on demographics, aging, and public policy. He earned his first presidential

appointment in 1978 when President Jimmy Carter appointed him to the Federal Council on Aging. He was appointed (with Senate Confirmation) by President Bill Clinton as the first-ever U.S. Assistant Secretary on Aging in the U.S. Department of Health and Human Services (DHHS). In 2010 he received his third presidential appointment (with Senate Confirmation) when President Barack Obama appointed him as Vice Chair of the National Council on Disability, an independent federal agency that reports to the Congress and White House on federal matters related to disability policy. Dr. Torres-Gil was born and raised in Salinas, California, the son of migrant farm workers. He earned his Ph.D. (1976) in Social Policy, Planning and Research from the Heller Graduate School in Social Policy and Management at Brandeis University.



Ashton Applewhite

Writer and Author of *"This Chair Rocks: A Manifesto Against Ageism"*

Friday, September 16, 4:15 pm–4:45 pm

Keynote Talk: "OLD ≠ SICK: How Ageism Warps Our View of Long Life"

Author and activist Ashton Applewhite has been recognized by the *New York Times*, National Public Radio, and the American Society on Aging as an expert on ageism. She blogs at *This Chair Rocks*, speaks widely, has written for Harper's and Playboy, and is the voice of *Yo, Is This Ageist?* In 2015 she was included in *Salt* magazine's list of 100 inspiring women—along with Aung San Suu Kyi, Angelina Jolie, Elizabeth Warren, Germaine Greer, Naomi Klein, and other remarkable activists—who are committed to social change. Ashton's work is a call to wake up to the ageism in and around us, embrace a more nuanced and accurate view of growing older, and push back against the forces that frame it as decline. She is the author of *This Chair Rocks: A Manifesto Against Ageism*.

Ageism is emerging as a pressing human rights and social justice issue, and Ashton has become a leading spokesperson in the movement against it. The stakes are high, because conceiving of the longevity boom as a disaster generates a different set of responses than seeing it not just a challenge but a remarkable opportunity. Longevity is here to stay. Everyone is aging. Ending ageism benefits us all.

Look for presenter bios and resources online - www.elderfriendlyfutures.org

Thursday, September 15

8:30–9:00	Welcome <i>Ballroom</i> Barbara Cochrane , Conference Chair, de Tornay Endowed Professor for Healthy Aging, Director of the de Tornay Center for Healthy Aging, UW School of Nursing
9:00–10:15	Keynote: Equity: A Powerful Force for the Future of Aging <i>Ballroom</i> Karen Fredriksen-Goldsen , Professor and Director of Healthy Generations Hartford Center of Excellence at the University of Washington, School of Social Work Moderator: Barbara Cochrane
10:15–10:30	BREAK
10:30–11:45	CONCURRENT SESSIONS I
	1. Panel: New Insights About What Works and What Doesn't in Geriatric Mental Health <i>Ballroom</i> Psychotherapies for Depression Pat Areán , Professor, Department of Psychiatry and Behavioral Sciences, UW School of Medicine Psychotropic Medications Stephen Thielke , Associate Professor, Department of Psychiatry and Behavioral Sciences, UW School of Medicine; Associate Director for Education and Evaluation at the Geriatric Research, Education, and Clinical Center, VA Puget Sound Healthcare System Post-Traumatic Stress Disorder (PTSD) Emily Trittschuh , Assistant Professor, Department of Psychiatry and Behavioral Sciences, UW School of Medicine; Neuropsychology Lead at the Geriatric Research, Education, and Clinical Center, VA Puget Sound Healthcare System Moderator: Barbara Cochrane
	2. Panel: Primary Care Liaisons: A Novel Strategy for Enhancing Primary Care of Older Adults <i>1E</i> Conceptualizing the Primary Care Liaison (PCL) Role Elizabeth Phelan , Associate Professor and Director of the Northwest Geriatrics Workforce Enhancement Center, Division of Gerontology and Geriatric Medicine, UW School of Medicine Implementation of the PCL role in Seattle/King County Allison Boll , Human Services Coordinator, Seattle Human Services Department, Aging and Disability Services Division Implementation of the PCL role in Southwest Washington Melissa Ensey , Program Coordinator, Area Agency on Aging and Disabilities of Southwest Washington Moderator: Aimee Verrall
	3. Panel: Revolutionizing Senior Care with In-Home Medication Management Coaching <i>1F</i> Facilitator: Ken Grant , VP of Marketing and Communications, Kelley-Ross Pharmacy Group Overview of In-Home Medication Coaching for Older Adults Josh Akers , Manager & Residency Director, Kelley-Ross Clinical Pharmacy Institute Implementing an In-Home Medication Coaching Program in an Affordable-Housing Community Jennifer Bacci , Assistant Professor & Kelley-Ross Faculty Fellow, UW School of Pharmacy Resident Experiences with In-Home Medication Coaching Samantha Hill , Resident Services Coordinator, Bellwether Housing Building Collaborative Relationships to Enhance Medication Management in the Community Mary Pat O'Leary , Planner and Development Specialist, Aging and Disability Services, Seattle Human Services Department Moderator: Keri Pollock
11:45–1:30	Lunch Roundtables (See topics on page 8.) <i>Ballroom</i>

Thursday, September 15

1:30–2:45	CONCURRENT SESSIONS II
	<p>4. State of the Science: Alzheimer’s Disease and Related Dementias <i>(repeats later)</i> <i>Ballroom</i> Research Update on Prevention and Treatment of Alzheimer’s Disease and Related Dementias Thomas Grabowski, Professor, Departments of Radiology and Neurology, UW School of Medicine; Medical Director and Neurologist, UW Memory and Brain Wellness Center; Director, UW Alzheimer’s Disease Research Center and UW Integrated Brain Imaging Center Alzheimer’s State Plan: Implementation and Impact on Prevention, Early Detection and Treatment Bob LeRoy, Executive Director, Alzheimer’s Association – Washington State Chapter Moderator: Marigrace Becker</p>
	<p>5. Panel: Multiple Perspectives on Healthy Aging <i>1E</i> Providers’ Perspectives on Healthy Aging: A Qualitative Analysis Oleg Zaslavsky, Assistant Professor, Biobehavioral Nursing and Health Systems, UW School of Nursing Personal Perspectives on Healthy Aging Fai Coffin, Sound Generations Inspire Positive Aging Awards recipient for Advocacy and Activism Juana Royster, Sound Generations Inspire Positive Aging Awards nominee for Health and Wellness Moderator: Keri Pollock</p>
	<p>6. Perspectives on Elder Abuse in the Digital Age <i>1F</i> Jullie Gray, Principal, Certified Care Manager, Aging Wisdom® Moderator: LeighBeth Merrick</p>
2:45–3:00	BREAK
3:00–4:15	CONCURRENT SESSIONS III
	<p>7. State of the Science: Alzheimer’s Disease and Related Dementias <i>(repeat)</i> <i>1E</i> Research Update on Prevention and Treatment of Alzheimer’s Disease and Related Dementias Thomas Grabowski, Professor, Departments of Radiology and Neurology, UW School of Medicine; Medical Director and Neurologist, UW Memory and Brain Wellness Center; Director, UW Alzheimer’s Disease Research Center and UW Integrated Brain Imaging Center Alzheimer’s State Plan: Implementation and Impact on Prevention, Early Detection and Treatment Bob LeRoy, Executive Director, Alzheimer’s Association – Washington State Chapter Moderator: Marigrace Becker</p>
	<p>8. Closing the Gap: Cultural Competency in the Elder Care Setting <i>Ballroom</i> Mikaela Louie, Family Caregiver, UW School of Law Student Patricia Narvaez-Wheeler, Program Manager, Closing The Gap: Cultural Competency in Health and Human Services, The Cross Cultural Health Care Program (CCHCP) Moderator: Eun Jeong Lee</p>
	<p>9. Panel: Health Care Considerations for Older Adults in Rural Communities <i>1F</i> Raleigh Bowden, Founder and Director, Lookout Coalition, Twisp, WA Susan Engels, Office Chief, State Unit on Aging, Aging and Long-Term Support Administration Sheila Brandenburg, Executive Director, Nurse, and Guide, Methow Valley Family Home Center Association Moderator: Helen Sikov</p>
4:15–5:30	<p>Film Viewing: Voices of Multiple Communities <i>Ballroom</i> <i>Selection of short films and clips. Snacks will be available. Please see film titles on page 9.</i></p>

Friday, September 16

8:30–9:00	Welcome/Overview <i>Keri Pollock</i> , Conference Co-Chair; Director of Marketing and Communications, Aging Wisdom®	<i>Ballroom</i>
9:00–10:15	Keynote: The Coming Aging of the Next America: Diversity, Generations and the 2016 Presidential Election of Aging <i>Fernando Torres-Gil</i> , Professor of Social Welfare and Public Policy at University of California, Los Angeles; Director of the UCLA Center for Policy Research on Aging; Adjunct Professor of Gerontology at University of Southern California Moderator: Nancy Hooyman	<i>Ballroom</i>
10:15–10:30	BREAK	
10:30–11:45	CONCURRENT SESSIONS IV	
	10. Panel: Diverse Perspectives on Caregiving <i>Caregivers: Trang Tu, Gloria Roberts, Helen Huang</i> Moderator: Helen Sikov	<i>1F</i>
	11. Panel: Bringing Global Perspectives to Local Elder Health Services <i>Benjamin Miller</i> , Assistant Professor, Family Nurse Practitioner Track Lead and Acute Care Track Lead, College of Nursing, Seattle University <i>Anne Hirsch</i> , Professor and Associate Dean for Graduate Education, College of Nursing, Seattle University <i>Dolores Rossman</i> , Nutritionist, Gerontologist, Healthy Aging Promotion for Multicultural Populations Moderator: Barbara Cochrane	<i>Ballroom</i>
	12. State of the Science: How Does Vitamin D Impact the Health of Older Adults? <i>Lingtak-Neander Chan</i> , Professor and Vice Chair, Department of Pharmacy, UW School of Pharmacy; UW Interdisciplinary Faculty in Nutritional Sciences Moderator: Joy Plein	<i>1E</i>
11:45–1:30	Posters and Lunch (please see list of posters on pages 10-11)	
1:30–2:45	CONCURRENT SESSIONS V	
	13. State of the Science: A Comprehensive Analysis of Medical Marijuana for Older Adults (repeats later) <i>Jennifer Kapur</i> , Clinical Pharmacist, Swedish Medical Group, Primary Care Clinics; Clinical Assistant Professor, UW School of Pharmacy Moderator: Sam Miller	<i>1F</i>
	14. Panel: Supportive Decision Making in Guardianship Relationships <i>Shirley Bondon</i> , Manager, Office of Guardianship and Elder Services, Management Services Division, Washington State Administrative Office of the Courts <i>Loralee McDonell-Williams</i> , Public Guardian, South Sound Alternatives <i>David Lord</i> , Director of Public Policy, Disability Rights Washington Moderator: Barbara Cochrane	<i>1E</i>

Look for presenter bios and resources online - www.elderfriendlyfutures.org

Friday, September 16

1:30–2:45	CONCURRENT SESSIONS V (continued)	
	<p>15. Panel: Artistic Expression for Persons Living with Dementia <i>Ballroom</i></p> <p>Facilitator: <i>Cara Lauer</i>, Executive Director, Elderwise</p> <p>Creativity Can Offer Meaningful Experiences and Positive Social Interactions to Individuals with Dementia</p> <p>Amy I. Harris, Recreational Therapist (CTRS/R), Creative Connections Project</p> <p>Tapping into the Creative Abilities of Individuals with Early Stage Memory Loss and their Care Partners</p> <p>Pam Nolte, Co-Founder/Actor/Community Liaison, Taproot Theatre</p> <p>Impact of the Frye Art Museum's here:now Program on Quality of Life and Relationships</p> <p>Lee Burnside, Clinical Assistant Professor and Palliative Medicine Program Faculty, Division of Gerontology and Geriatric Medicine, UW School of Medicine; Medical Director, Providence Hospice of Seattle</p> <p>Moderator: <i>Karen Winston</i></p>	
2:45–3:00	BREAK	
3:00–4:15	CONCURRENT SESSIONS VI	
	<p>16. State of the Science: A Comprehensive Analysis of Medical Marijuana for Older Adults <i>(repeat)</i> <i>1F</i></p> <p>Jennifer Kapur, Clinical Pharmacist, Swedish Medical Group, Primary Care Clinics; Clinical Assistant Professor, UW School of Pharmacy</p> <p>Moderator: <i>Sam Miller</i></p>	
	<p>17. Panel: Mild Cognitive Impairment (MCI) and Early Dementia: Strategies for Health and Empowerment <i>Ballroom</i></p> <p>Behavioral Interventions in MCI</p> <p>Vaishali Phatak, Assistant Professor, Department of Neurology, UW School of Medicine; Neuropsychologist, Memory and Brain Wellness Center, UW Medicine</p> <p>Staying Active: Social and Physical Programs for Health and Well-Being</p> <p>David La Fazia, Research Scientist, Department of Psychosocial and Community Health, UW School of Nursing</p> <p>Living Well with Dementia: Recognizing and Addressing the Impact of Stigma</p> <p>Deborah O'Connor, Professor and Chair of Graduate Programs in the School of Social Work and Co-Director of the Centre for Research on Personhood in Dementia, University of British Columbia</p> <p>Moderator: <i>Marigrace Becker</i></p>	
	<p>18. Panel: Age-Friendly Communities: The Movement to Create Great Places to Grow Up and Grow Old <i>1E</i></p> <p>Facilitator: <i>Kavan Peterson</i>, Editor, changingaging.org; PNA Village Board Member</p> <p>Linda Henry, Member, Puyallup Area Aging in Community Committee</p> <p>Steve Lee, Senior Policy Advisor, Office of Policy and Innovation, City of Seattle</p> <p>Moderator: <i>Keri Pollock</i></p>	
4:15–4:45	<p>Closing Keynote: OLD ≠ SICK: How Ageism Warps Our View of Long Life <i>Ballroom</i></p> <p>Ashton Applewhite, Author and activist</p> <p>Moderator: <i>Keri Pollock</i></p>	
4:45–5:00	<p>Evaluation and Adjournment <i>Ballroom</i></p> <p>Barbara Cochran, Conference Chair, de Tornyay Endowed Professor for Healthy Aging, Director of the de Tornyay Center for Healthy Aging, UW School of Nursing</p>	

Roundtable Session

During lunch on Thursday

We anticipate many engaging and lively discussions will take place over the next two days. The Roundtable lunch session will offer an opportunity to share your experiences, insights, questions, and concerns with others on a topic of interest. Stop by the Registration Table to find the location of each roundtable and pick up an information sheet with the name of the facilitator and a brief description of each topic. The number of participants at each roundtable is limited, so if your first choice is full, please feel free to participate in another roundtable of interest.

Roundtable Topics:

A. Shaping the Science of Health and Wellness

1. Use of Marijuana by Older Adults
2. OTC Supplements, Herbals, and Alternative Medicine
3. Physical Activity and Fall Prevention Programs
4. Uptake of Fitbits and Other Health Apps to Promote Elders' Health

B. Visioning Connections Within Age-Friendly Communities

5. Promoting Age-Friendly Communities
6. Applying Global Lessons Locally and Vice Versa
7. Care Transitions – Where Are We Now?
8. Becoming an Age-Friendly University

C. Addressing What it Means to Be Older and Underserved

9. Embracing Cultural Diversity
10. Elders Who Are Homeless and Low-Income
11. Services and Supports for Older Immigrants and Undocumented Persons
12. Addressing the Health Needs of Rural Elders

D. The Multiple Dimensions of Cognitive and Mental Health

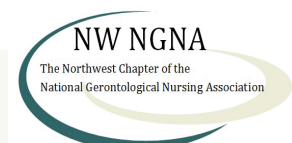
13. Spirituality and Mental Health
14. Behavioral / Mental Health Considerations
15. Promoting Brain Health to Prevent Memory Loss
16. Artistic Expression for Cognitive and Mental Health

E. Elder Justice and Security

17. Engaging Communities to Recognize Elder Mistreatment
18. New Models of Guardianship
19. Supporting Advance Care Planning
20. Advocacy and Justice in Long-Term Care

F. Build A Topic!

Thank you to the Northwest Chapter of the National Gerontological Nursing Association, which planned and coordinated the roundtable event!



Film Viewing and Discussion

Voices of Multiple Communities—a selection of short films and clips

Thursday, 4:15–5:30 (with popcorn and beverages)

This film viewing will provide an opportunity to strike up conversations about older adults' perspectives on the importance of diversity in our communities and how we are working together toward elder friendly futures. The films were selected to connect with the overall conference theme of ***Multiple Voices Shaping our Communities***.

Films:

- **I Remember Better When I Paint** – Trailer to a documentary about the many benefits of art for people with Alzheimer's. (Producer: French Connection Films and the Hilgos Foundation)
- **Power of Music for Alzheimer's Patients** – The Gaffney House in Seattle customizes playlists for Alzheimer's patients. (Producer: King5 News)
- **Kyoko Naturally** – A gentle look at hoarding and one woman's experience as she opens up her home and life stories in a short documentary. (Director: Chris James Thompson)
- **Homes on the Range: "The New Pioneers"** – A small town, Sheridan, in Northern Wyoming uses the Green House Project Model to change how it cares for its elders. (Producer: Media Policy Center)
- **A Disfrutar Cada Momento: A Latino Family's Experience with Alzheimer's** – A look at the day-to-day lives of two sisters who take care of their mom suffering from Alzheimer's disease. (Producer: National Council de la Raza)
- **My 93-Year-Old Flatmate** – Life in a unique retirement home near Amsterdam where college students live side-by-side with older adults, sharing the joys of life, and the sadness of death, together. (Producer: SBS Australian TV Channel)
- **Old Surfer Magoo: Still Swell at 85** – Australian surfer, who was part of the early days of the sport, keeps it up throughout his lifetime. (Director: Dean Saffron)
- Short clips of diverse elders singing and dancing to Pharrell's "Happy"—you can find many more similar videos featuring elders in the US and around the world on YouTube.



Posters

During Lunch on Friday

Presenters will be at their posters to talk with you about their work.

1. Primary Care for Older Adults

Annelise Cook, Adam Eckes, Iora Primary Care

2. Physical Performance and Adverse Health Events in Older Adults with Dementia

Thomas J. Eagen¹, Ellen L. McGough¹, Rebecca G. Logsdon², Susan M. McCurry², Martha A. Cagley², Amy Cunningham², Linda Teri²

¹Department of Rehabilitation Medicine, University of Washington; ²Department of Psychosocial and Community Nursing, University of Washington

3. Qinggang Senior Care Center and Nursing Home: Serving the Health of Elders in Chongqing, China

Pei Gan, Lifang Tong, Yan Xie

Qinggang Senior Care Center and Nursing Home, The First Affiliated Hospital of Chongqing Medical University, Chongqing, People's Republic of China

4. Developing an Online PEARLS Master Training: Building Community-Based Organizations' Capacity for an Evidence-Based Depression Intervention

Clara Hill¹, Lesley Steinman¹, Mark Snowden^{1,2}

¹University of Washington, Health Promotion Research Center; ²University of Washington Department of Psychiatry and Behavioral Sciences

5. Clinical-Community Linkages between Physical Therapists and an Evidence-Based Exercise Program for Older Adults

Marlana Kohn¹, Miruna Petrescu-Prahova¹, Lesley Steinman¹, Sarah Fishleder¹, Paige Denison², Maureen Pike³

¹Health Promotion Research Center, University of Washington; ²Health and Wellness, Sound Generations; ³YMCA of the USA

6. Age Friendly Communities: Making Our Region a Great Place to Grow Up and Grow Old

Maria Langlais for the Age Friendly Communities Task Force for Seattle & King County and Seattle King County Area Agency on Aging

7. Perceived Health Impact of Sitting Less Among Obese, Older Adults

Theresa Matson¹, Dori Rosenberg², Jennifer McClure²

¹Masters of Public Health Student, University of Washington; ²Group Health Research Institute

8. Mobility Disability in Older Adults with Dementia and Caregivers: Performance-based and Inertia Sensor Measures

Ellen L. McGough¹, Thomas J. Eagen¹, Rebecca G. Logsdon², Susan M. McCurry², Kenneth C. Pike², Martha A. Cagley², Amy Cunningham², Gabriell R. Fraser¹, Jasjit Deol¹, Linda Teri²

¹Department of Rehabilitation Medicine, University of Washington; ²Department of Psychosocial and Community Nursing, University of Washington

9. Barriers to and Facilitators for Seeking Hearing Healthcare: A Four-Country Perspective

Cornetta Mosley¹, Carolyn Baylor¹, Kathy Pichora-Fuller², Catherine McMahon³, Kathy Yorkston¹, Adrian Davis⁴, Kelly Tremblay¹

¹University of Washington, Department of Speech & Hearing Sciences; ²University of Toronto, Department of Psychology; ³Macquarie University, Department of Linguistics; ⁴AD Cave Solutions, Ltd.

10. The Effectiveness of Mini-Trampolines on Balance in Older Adults

Charilaos Papadopoulos¹, Kimber Maroney¹, Willow Eaton²

¹Pacific Lutheran University; ²City of Tacoma Lighthouse Senior Activity Center

11. As They are Living It: The Experience of Meaning and Purpose for the Oldest-Old

Julia A. Puszta, Seattle Pacific University

12. The Art of Alzheimer's Presents We're Still Here – Building a Narrative of Hope

Marilyn Raichle, The Art of Alzheimer's

13. Volunteer Health Advocate Training to Support Elder Communities in Washington

Robin Shapiro¹, Selena Bolotin²

¹Board Chair, Washington State Health Advocacy Association (WASHAA); ²WA Director Patient Safety & Care Transitions, Qualis Health

14. Culturally-relevant Messages to Promote Dementia Awareness within the Asian American and Pacific Island (AAPI) Community

Lesley Steinman¹, Basia Belza¹, Lillian Prueher¹, Minhui Liu¹, Wesley Lum², Mia Vogel¹, Marci Getz³, Cynthia Karlson³, Amy Jordan⁴, Jason Karlawish⁴

¹UW Healthy Brain Research Network, Health Promotion Research Center; ²National Asian and Pacific Center on Aging; ³WA Department of Health; ⁴UPenn Healthy Brain Research Network

15. Best Practices in Age-Friendly Print and Digital Communications

Irene Stewart, Aging and Disability Services, Seattle Human Services Department, City of Seattle

16. UW Pharmacy Students' Osteoporosis Screening and Educational Outreach to Residents of Retirement Communities

Emily Tran, Derry McDonald, Melissa Yuen, University of Washington School of Pharmacy

17. Improving Primary Care of Older Adults: The Northwest Geriatrics Workforce Enhancement Center

Aimee M. Verrall¹, Allison Boll², Melissa Ensey³, Michael V. Vitiello⁴, Barbara B. Cochrane⁵, Katherine A. Bennett¹, Elizabeth A. Phelan¹

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18. How Older Adults Perceive the Meaning of their Traumatic Brain Injury

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Abstracts for poster presentations are available on the conference website:
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