

# 2012 National Title VI Training & Technical Assistance Forum

JULY 10-13, 2012 • DENVER, CO

## Reminder: Register Today

2012 National Title VI Training & Technical Assistance Forum

July 10-13, 2012

Denver, CO

Register today to attend the 2012 National Training and Technical Assistance Forum and Listening Session, Denver, CO, July 10-13, 2012. The Forum is designed to improve and strengthen Title VI programs by fostering a renewed commitment to quality services for older American Indians, Alaskan Natives and Native Hawaiians.

[Download full agenda](#)

The Forum will be held at the Warwick Hotel in Denver, CO. **There are only two weeks remaining to make your hotel room reservations. Special room block rates are filling up fast and only available until Friday, June 15, 2012, or until sold out.**

Registration, agenda, and hotel information: <http://olderindians.aoa.gov/nationalforum>.

Register and book your hotel reservation today!

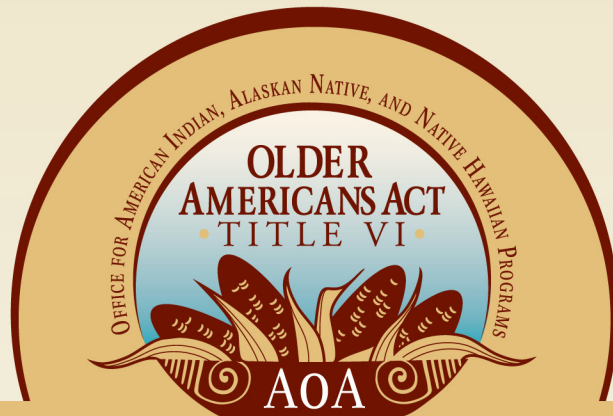
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2012 NATIONAL TITLE VI  
TRAINING & TECHNICAL  
ASSISTANCE FORUM  
*BEYOND THE BASICS*

JULY 10-13, 2012 • DENVER, CO







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# DETAILED AGENDA

## Monday, July 9, 2012

5:00 p.m. – 7:00 p.m.	<b>Preconference Registration and Information Desk</b>	<i>Capitol Gallery</i>
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## Tuesday, July 10, 2012

9:00 a.m. – 5:00 p.m.	<b>Registration and Information Desk</b>	<i>Capitol Gallery</i>
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1:00 p.m. – 4:00 p.m.	<b>Pre-Intensive Sessions</b>	
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1:00 p.m. – 4:00 p.m.	<b>Menu Planning: Making Your Meals Healthy and Inviting</b> <i>Jean Lloyd, Administration on Aging and Jo Ann Pegues, Intelligent Life Choices</i>	<i>Capitol 1</i>
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1:00 p.m. – 4:00 p.m.	<b>New Director Training: Peer to Peer</b> <i>Babbie Peterson, Karuk Tribe, Oneida Winship, Choctaw Nation of Oklahoma, and Dee Horn, Inter-Tribal Council of Nevada, Inc.</i>	<i>Capitol 2</i>
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1:00 p.m. – 4:00 p.m.	<b>Home- and Community-Based Services</b> <i>Shelly Zylstra, Northwest Regional Council and Kay Branch, Alaska Native Tribal Health Consortium</i>	<i>Capitol 3</i>
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**Adjourn for the Day**

## Wednesday, July 11, 2012

**7:00 a.m. – 7:30 a.m.**      **Morning Exercise - Walk**      *Meet in Hotel Lobby*  
*Led by Sam Gabuzzi*

**7:00 a.m. – 5:30 p.m.**      **Registration and Information Desk**      *Capitol Gallery*

**8:30 a.m. – 9:30 a.m.**      **Plenary Session**      *Capitol Ballroom*

### **Opening Prayer**

*Carrie Bear Chief-Evans, Blackfeet Nation*

### **Drum**

### **Posting of Colors**

### **Honors Procession**

### **Day 1 Welcome Remarks**

*Cynthia LaCounte, Director, Office for American Indian, Alaskan Native and Native Hawaiian Programs, Administration on Aging (AoA)*

### **Keynote Speaker**

*Kathy Greenlee, Assistant Secretary for Aging, AoA*

**9:30 a.m. – 11:30 a.m.**      **Listening Session**      *Capitol Ballroom*  
*Presided by Kathy Greenlee, Assistant Secretary for Aging, AoA*

**11:30 a.m. – 1:00 p.m.**      **Lunch (On Own)**

**1:00 p.m. – 2:00 p.m.**      **Plenary Session**      *Capitol Ballroom*

### **Fostering Hope – Another View of Indian Country**

*Twyla Baker-Demaray, National Resource Center on Native American Aging*

**2:00 p.m. – 2:15 p.m.**      **Break**

## Wednesday, July 11, 2012 - *Continued*

<b>2:15 p.m. – 3:15 p.m.</b>	<b>Workshops</b>	
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Corporation for National and Community Service</b> Kathie Ferguson, <i>Corporation for National and Community Service</i>	<i>Capitol 4</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Disaster Assistance for Title VI Tribal Organizations Impacted by National Disasters</b> Robert Logan and Terry Duffin, <i>AoA</i>	<i>Capitol 2</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>How Social Security Benefits Tribal Communities</b> Gina Ramer, <i>Social Security Administration</i>	<i>Cambridge</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Caregiver 101: The Basics</b> Dee Horn, <i>Inter-Tribal Council of Nevada, Inc.</i> and Carrie Bear Chief-Evans, <i>Blackfeet Nation</i>	<i>Evans</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Care Transitions</b> Abigail Morgan, <i>AoA</i>	<i>Centennial</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>The National Indian Council on Aging (NICOA): A Membership Organization for Aging in Indian Country</b> Randella Bluehouse, <i>NICOA</i>	<i>Capitol 3</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Policies and Procedures: Your Best Insurance</b> Courtney Hoskins, <i>AoA</i>	<i>Tabor</i>
<b>2:15 p.m. – 3:15 p.m.</b>	<b>Resetting Our Food Habits: The 2010 Dietary Guidelines for Americans</b> Jean Lloyd, <i>AoA</i>	<i>Capitol 1</i>
<b>3:15 p.m. – 3:30 p.m.</b>	<b>Break</b>	

## Wednesday, July 11, 2012 - *Continued*

<b>3:30 p.m. – 4:45 p.m.</b>	<b>Workshops</b>	
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Let's Talk with Centers for Medicare &amp; Medicaid Services (CMS)</b> Richard Allen and Cindy Smith, <i>CMS</i>	<i>Capitol 1</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Alzheimer's Disease and Dementia Resources for Elders and Caregivers</b> Amy Wiatr-Rodriguez, <i>AoA</i>	<i>Capitol 3</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Policies and Procedures: Your Best Insurance (Repeat Session)</b> Courtney Hoskins, <i>AoA</i>	<i>Tabor</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Assisting Indian Country with Substance Abuse</b> Wilson Wewa, <i>Confederated of Warm Springs, Oregon</i>	<i>Capitol 4</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Caregiver 101: The Basics (Repeat Session)</b> Dee Horn, <i>Inter-Tribal Council of Nevada, Inc.</i> and Carrie Bear Chief-Evans, <i>Blackfeet Nation</i>	<i>Evans</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Care Transitions (Repeat Session)</b> Abigail Morgan, <i>AoA</i>	<i>Centennial</i>
<b>3:30 p.m. – 4:45 p.m.</b>	<b>Disaster Assistance for Title VI Tribal Organizations Impacted by National Disasters (Repeat Session)</b> Robert Logan and Terry Duffin, <i>AoA</i>	<i>Capitol 2</i>
<b>4:45 p.m. – 5:30 p.m.</b>	<b>Question Submission</b> Have any questions from the day's sessions? Turn them in at registration. AoA will review and try to have responses during the next day's group sessions.	<i>Capitol Gallery</i>

**Adjourn for the Day**

## Thursday, July 12, 2012

**7:00 a.m. – 7:30 a.m.**      **Morning Exercise - Walk**      *Meet in Hotel Lobby*  
*Led by Sam Gabuzzi*

**7:30 a.m. – 5:00 p.m.**      **Registration and Information Desk**      *Capitol Gallery*

**8:30 a.m. – 10:30 a.m.**      **Plenary Session**      *Capitol Ballroom*

### **Day Two Welcome Remarks**

*Meg Graves, AoA*

### **Opening Prayer**

*John Eagle Shield, Standing Rock Sioux Tribe*

### **Review of Day One**

*Meg Graves, AoA*

### **Title VI Coordination with Title III Programs: How to Make it Happen - Panel Discussion**

*Facilitator: Shelly Zylstra, Northwest Regional Council*

*Panelists: Judy Bowen, Consultant, Wilson Wewa, Confederated of Warm Springs, Ray Espinoza, New Mexico State, Geraldine Mascarenas-Cain, Santa Clara Pueblo and Luella Harrison, Standing Rock Sioux*

**10:30 a.m. – 10:45 a.m.**      **Break**

**10:45 a.m. – 12:00 p.m.**      **Workshops**

**10:45 a.m. – 12:00 p.m.**      **Building Blocks – Part 1**      *Evans*  
*Mary Kaschak, National Association of Area Agencies on Aging and Elizabeth Carpio, Scripps Gerontology Center*

**10:45 a.m. – 12:00 p.m.**      **The National Indian Council on Aging (NICOA): A Membership Organization for Aging in Indian Country (Repeat Session)**      *Capitol 3*  
*Randella Bluehouse, NICOA*

**10:45 a.m. – 12:00 p.m.**      **Traditional Foods**      *Capitol 4*  
*Shelly Zylstra, Northwest Regional Council*

## Thursday, July 12, 2012 - *Continued*

10:45 a.m. – 12:00 p.m.	<b>Putting your Needs Assessment into Action</b> Twyla Baker-Demaray, <i>National Resource Center on Native American Aging</i>	<i>Capitol 1</i>
10:45 a.m. – 12:00 p.m.	<b>Diabetes Self Management Training</b> Sam Gabuzzi, AoA	<i>Capitol 2</i>
10:45 a.m. – 12:00 p.m.	<b>How to Use the Computer to Your Advantage</b> Paula Arevalo and Marissa Rodriguez, <i>Teya Technologies, LLC</i>	<i>Centennial</i>
12:00 p.m. – 1:15 p.m.	<b>Lunch (On Own)</b>	
1:15 p.m. – 2:00 p.m.	<b>Plenary Session</b>  <b>Elder Abuse in Indian Country Does Not Honor Our Elders</b> Jacqueline Gray, <i>National Indigenous Elder Justice Initiative (NIEJI), Center for Rural Health, University of North Dakota School of Medicine</i>	<i>Capitol Ballroom</i>
2:00 p.m. – 2:15 p.m.	<b>Break</b>	
2:15 p.m. – 3:30 p.m.	<b>Workshops</b>	
2:15 p.m. – 3:30 p.m.	<b>Building Blocks – Part 2</b> Mary Kaschak, <i>National Association of Area Agencies on Aging</i> and Elizabeth Carpio, <i>Scripps Gerontology Center</i>	<i>Evans</i>
2:15 p.m. – 3:30 p.m.	<b>Money Follows the Person, Meaningful Use, and Other CMS Initiatives: Benefits for Indian Country</b> Anita Yuskauskas, Cindy Smith, and Alice Hogan, <i>CMS</i>	<i>Capitol 2</i>
2:15 p.m. – 3:30 p.m.	<b>Resetting Our Food Habits: The 2010 Dietary Guidelines for Americans (Repeat Session)</b> Jean Lloyd, AoA	<i>Capitol 3</i>

## Thursday, July 12, 2012 - *Continued*

2:15 p.m. – 3:30 p.m.	<b>Expanding Caregiver Support Services</b> Shelly Zylstra, <i>Northwest Regional Council</i>	<i>Capitol 4</i>
2:15 p.m. – 3:30 p.m.	<b>End of Life Issues</b> Dave Baldrige, <i>International Association for Indigenous Aging</i>	<i>Tabor</i>
2:15 p.m. – 3:30 p.m.	<b>Putting your Needs Assessment into Action (Repeat Session)</b> Twyla Baker-Demaray, <i>National Resource Center on Native American Aging</i>	<i>Capitol 1</i>
2:15 p.m. – 3:30 p.m.	<b>How to Use the Computer to Your Advantage (Repeat Session)</b> Paula Arevalo and Marissa Rodriguez, <i>Teya Technologies, LLC</i>	<i>Centennial</i>
3:30 p.m. – 3:45 p.m.	<b>Break</b>	
3:45 p.m. – 4:30 p.m.	<b>Summary - Question and Answer</b> Cynthia LaCounte, <i>AoA</i>	<i>Capitol Ballroom</i>

**Adjourn for the Day**

## Friday, July 13, 2012

7:30 a.m. – 1:00 p.m.	<b>Registration and Information Desk</b>	<i>Capitol Gallery</i>
8:30 a.m. – 9:30 a.m.	<b>Workshops</b>	
8:30 a.m. – 9:30 a.m.	<b>n4a's New, Interactive Forum for Professionals</b> <i>Mary Kaschak, National Association of Area Agencies on Aging</i>	<i>Evans</i>
8:30 a.m. – 9:30 a.m.	<b>Traditional Foods (Repeat Session)</b> <i>Shelly Zylstra, Northwest Regional Council</i>	<i>Capitol 4</i>
8:30 a.m. – 9:30 a.m.	<b>End of Life Issues (Repeat Session)</b> <i>Dave Baldrige, International Association for Indigenous Aging</i>	<i>Tabor</i>
8:30 a.m. – 9:30 a.m.	<b>Evidence-Based Disease and Disability Prevention Programs (EBDDP)</b> <i>Sam Gabuzzi, AoA</i>	<i>Centennial</i>
8:30 a.m. – 9:30 a.m.	<b>Food Safety</b> <i>Jo Ann Pegues, Intelligent Life Choices</i>	<i>Capitol 2</i>
8:30 a.m. – 9:30 a.m.	<b>Let's Talk with Centers for Medicare &amp; Medicaid Services (CMS) (Repeat Session)</b> <i>Richard Allen and Cindy Smith, CMS</i>	<i>Capitol 1</i>
8:30 a.m. – 9:30 a.m.	<b>Alzheimer's Disease and Dementia Resources for Elders and Caregivers (Repeat Session)</b> <i>Amy Wiatr-Rodriguez, AoA</i>	<i>Capitol 3</i>
9:45 a.m. – 11:30 p.m.	<b>Closing Plenary Session</b>	<i>Capitol Ballroom</i>
	<b>Administration for Community Living and LTSS: An Integrated Approach</b> <i>Cynthia LaCounte, AoA and Bruce Finke, Indian Health Service</i>	
	<b>Closing Prayer</b> <i>Wilson Wewa, Confederated Tribes of Warm Springs</i>	
	<b>Drum</b>	
	<b>Retiring of Colors</b>	

**Adjourn**

# WORKSHOP DESCRIPTIONS

## Pre-Intensives

### **Menu Planning: Making Your Meals Healthy and Inviting**

Participants in this interactive session will learn the changes made in the Dietary Guidelines for Americans, 2010 and how those changes will affect Title VI programs. Participants will also have an opportunity to develop sample menus to meet the nutritional needs of tribal elders, incorporating the new dietary guidelines. Participants will take home innovative recipes, meal ideas, and the importance of a balanced diet for elder needs.

### **New Director Training: Peer to Peer**

Directors attending this session will come away with the basic information and tools needed to successfully run a Title VI program. It is targeted to directors who are new to the Aging Network. Topics will include: orientation to the Older Americans Act, Title VI requirements, program policies and procedures, program management, caregiver support program, program evaluation and needs assessment, and program reporting.

### **Home- and Community-Based Services**

Understanding how home- and community-based services waivers work to provide care in an elder's own home is a great way to serve the elders in your community. Knowing how to help elders qualify for the program is an important role for tribal social workers and Title VI directors.

Tribes can provide the service to the elders by establishing their own home care agency or by working with a local agency with training and employment programs. In addition, many states have add-on services that tribes can provide using their existing staff.

## Plenary Sessions

### **Fostering Hope – Another View of Indian Country**

The mainstream media has given much attention recently to the struggles faced by Native people throughout the United States, casting Indian Country in a mostly negative, hopeless light. Twyla Baker-Demaray, enrolled member of the Three Affiliated Tribes of North Dakota, and writer for [lastrealindians.com](http://lastrealindians.com), gives a different, hopeful, and proud perspective from the point of view of a woman born and raised in Indian Country.

### **Title VI Coordination with Title III Programs: How to Make it Happen – Panel Discussion**

The Older Americans Act encourages Title III and Title VI programs to coordinate to maximize services to American Indian, Alaskan Native, and Native Hawaiian elders. Many states and tribes have developed good working relationships that have been beneficial to Title III and Title VI programs. This plenary will highlight the successful approaches from North Dakota, Oregon, and Washington states and tribes and will provide ideas for replication.

### **Elder Abuse in Indian Country Does Not Honor Our Elders**

The culture in Indian Country passed down through generations is to value, respect, and honors elders, for they are the teachers of our people. However, there are increased reports of elder abuse of various types throughout Indian Country. Incidents of physical, emotional, psychological, and sexual abuse, neglect, and financial exploitation are becoming common place. This presentation will outline the various types of elder abuse and how it is viewed within Indian Country. Comparisons will be made between legal definitions of elder abuse, definitions by tribal courts and judges, and definitions by tribal elders themselves.

### **Administration for Community Living and LTSS: An Integrated Approach**

Discussion about how to build an integrated approach to LTSS around our aging and disability programs.

## Workshop Sessions

### **Corporation for National and Community Service**

This workshop will provide an overview of the key programs of the Corporation for National and Community Service (AmeriCorps VISTA, Senior Corps, etc.), the resources available to Title VI programs, and examples of how CNCS and Title VI have, and can continue to partner to support your programs.

### **Disaster Assistance for Title VI Tribal Organizations Impacted by National Disasters**

Disaster assistance is available for Title VI Tribal Organizations impacted by national disasters declared by the President. This workshop will provide a step-by-step process on completing and submitting a successful disaster grant application. Dealing with a disaster is something none of us wants to do, but being knowledgeable and prepared about obtaining additional resources in a time of need can make a difference in the maintaining of your elder services.

### **How Social Security Benefits Tribal Communities**

Learn how the Social Security Administration can benefit your American Indian and Alaskan Native communities. Learn what programs they offer and how you, as program administrators, can access their online services and applications that will benefit your elders and caregivers.

### **Caregiver 101: The Basics**

Still trying to understand the Native American Caregiver Support Program? Unsure how to take the basic requirements of the law and “go live”? This workshop will provide guidance, ideas, and information on how to develop a successful caregiver program. Come learn and share with one another.

### **Care Transitions**

This workshop will focus on preparing the Title VI Grantees and Tribal Organizations to participate in the Community-Based Care Transition Program demonstration (Sec. 3026 of the Affordable Care Act) through use of existing services and grantee infrastructure. This workshop provides an introductory overview of the Community-Based Care Transitions program and funding requirements. Ms. Morgan will discuss how the program aligns with the existing mission of the Title VI program, and she will provide opportunities to expand funding and services to elders across settings of care. The presentation also includes a closer look at specific care transitions resources and examples of care transition success stories and potential challenges based on those who have already successfully implemented programs.

### **The National Indian Council on Aging (NICOA): A Membership Organization for Aging in Indian Country**

NICOA was founded by tribal leaders in 1976. The mission of NICOA is to advocate for improved comprehensive health, social services, and economic well-being of American Indian and Alaskan Native elders across the continental United States and Alaska. This workshop will provide information about NICOA, its successes, and why you should become a member.

### **Policies and Procedures: Your Best Insurance**

Learn why policies and procedures are truly your best insurance for your program. In this hands-on session, you will have the opportunity to walk through an example of a set of policies and procedures for a Title VI, Parts A and C program. You will be given the opportunity to hear about best practices for obtaining local input and ways to use the policies and procedures to keep your program working smoothly. You will also take with you a policy and procedure manual template so that you can easily create or modify your own.

### **Resetting Our Food Habits: The 2010 Dietary Guidelines for Americans**

Adequate nutrition is important for keeping people of all ages healthy. Poor diet and physical inactivity contribute to weight gain, obesity, diabetes, heart disease, high blood pressure, and other diseases and conditions that impact elders and their families. The Dietary Guidelines for Americans, 2010 provides the most current evidence for healthy nutrition, requirements for menu planning, and tips for making wise food choices. It also discusses ways to take action to change our eating habits by balancing calories and activity, reducing fat, sodium, and added sugars, and increasing our consumption of fruits, vegetables, whole grains, lean protein, and low fat dairy and dairy alternates. The session will discuss how to incorporate these changes not only into everyday eating, but also in menu planning.

### **Let's Talk with Centers for Medicaid & Medicare Services (CMS)**

Learn how you can become a Medicaid provider and receive reimbursement for home and community-based services you are already providing. Information will also be shared on how you can enroll your elders in Medicaid to further expand these reimbursements.

### **Alzheimer's Disease and Dementia Resources for Elders and Caregivers**

AoA/ACL supports a number of programs, including the National Alzheimer's Call Center, to assist elders and caregivers who are dealing with Alzheimer's disease and other dementias. Are you taking advantage of this resource? Learn about the National Alzheimer's Call Center's 24/7 phone availability, the role of their information specialists, and counselors, and social workers, online tools and message boards, and other federally funded dementia resources. This information can be helpful for you as providers as well as a resource for your elders and their caregivers!

### **Assisting Indian Country with Substance Abuse**

An interactive presentation on helping tribal people to develop the ancient art of collaboration to deal with substance abuse issues in Indian Country. Learn how to identify key players in your community and surrounding areas who can help you strategize and develop a written plan for utilizing each person's or department's expertise and resources to maximize benefits for a successful outcome when addressing substance abuse. Mr. Wewa will share how the Confederated Tribes of Warm Springs got involved with state and federal entities to bring awareness of the issues associated with substance abuse on his reservation.

### **Building Blocks – Part 1**

*This is part one of a two-part workshop.* What do you need to know to take your Title VI program to a higher level? How can you strengthen your capacity to generate resources and develop new strategies to serve the elders in your community? This session will review successful programs and provide Title VI staff with ideas for planning and developing services that will fit their unique tribal community. Don't miss this n4a-sponsored session on strategic planning, resource development, and innovation.

## **Building Blocks – Part 2**

*This is part two of a two-part workshop.* What do you need to know to take your Title VI program to a higher level? How can you strengthen your capacity to generate resources and develop new strategies to serve the elders in your community? This session will review successful programs and provide Title VI staff with ideas for planning and developing services that will fit their unique tribal community. Don't miss this n4a-sponsored session on strategic planning, resource development, and innovation.

## **Traditional Foods**

Culturally appropriate services are the key to successful programming for Native elders and are encouraged through Older Americans Act services. Traditional foods are an important aspect of tribal programs and enjoyed by many elders. Learn how you can incorporate traditional food into your menus.

## **Putting your Needs Assessment into Action**

Needs assessment data is important for understanding the health, wellness, and risk factors for elders in your community. When you know where the need exists, you can formulate programs and strategies to address them. This session looks at innovative means of using your needs assessment data for your community.

## **Diabetes Self-Management Training**

Learn about the Stanford Diabetes Self-Management Training Program (DSMT) and how to sustain it through Medicare reimbursement. The presentation will discuss the case for tribal clinical department collaboration. It will also explain how to become DSMT-accredited and achieve financial sustainability by building a referral network.

## **How to Use the Computer to Your Advantage**

Learn to embrace technology with open arms! This highly engaging session will cover a wide variety of resources available to Title VI directors online. Participants will learn how to optimize the use of the World Wide Web by exploring a variety of tools including: [www.olderindians.aoa.gov](http://www.olderindians.aoa.gov), Google, YouTube, Wikipedia, Twitter, and the Microsoft Suite. Get access to topics you never thought possible in real time! Participants will also learn how to customize a computer's features to reap maximum benefits of efficiency and effectiveness. The presenters are more than happy to tailor their presentation to your specific needs, questions, and interests.

## **Expanding Caregiver Support Services**

Successful Native American family caregiver support programs often use other sources of funding and other agencies to help provide required services and support to unpaid family caregivers. This session will identify some of those resources and offer participants ideas on ways to increase their assistance to caregivers. Join this high-energy and informative presentation. You won't be disappointed.

## **End of Life Issues**

According to a recent CDC study, America's health care and social services professionals may need to reexamine their assumptions about the end-of-life beliefs of AI/AN elders. The groundbreaking report found that for decades, both popular opinion and researchers have incorrectly held that Indian elders—especially those couched in traditional belief systems—will not openly discuss issues related to death and dying. This session will explore the shared beliefs and techniques of four successful Native EOL programs.



### **n4a's New, Interactive Forum for Professionals**



Each year during conferences you learn and share with other aging professionals from across the country. Why not have these interactive experiences year-round? AGEcomm, n4a's new online learning network for professionals in aging and community living, can make that possible! During this session, you will get an introduction to this exciting new system, walk through the Web site, and learn how it can aid your work.

### **Evidence-Based Disease and Disability Prevention Programs (EBDDP)**

Discover the depth of programs available to tribes that help elders in achieving healthy lifestyle change. We will also relate best practices of existing EBDDP programs that American Indian tribes have in place and their success at keeping fidelity while incorporating these programs into their culture.

### **Food Safety**

This session will cover the basics of food service, including the Older Americans Act, safety, and sanitation requirements. Evaluate your program from a professional food service perspective with regard to healthy cooking techniques, food safety and sanitation, and customer satisfaction. This workshop is designed for those participants with little food service experience and those who need refresher training on the basics of food service management.



## PRESENTER BIOGRAPHIES

**Richard Allen** serves as the associate regional administrator for the Denver Division of Medicaid and Children's Health. Mr. Allen has held this position since February 2008. He has been associated with the Medicaid and State Children's Health Insurance Program (SCHIP) for more than 30 years. Mr. Allen joined the Centers for Medicare & Medicaid Services (CMS) in December 2002 as the Denver Program branch manager within the Division of Medicaid Children's Health. He is responsible for overseeing the CMS and SCHIP program operations in the six Rocky Mountain states including Colorado, Montana, North Dakota, South Dakota, Utah, and Wyoming. He also served as acting deputy director for the Division of State Waiver and Demonstrations. This division approves and reviews Section 1115 waivers that offer states the opportunity to implement the most far-reaching innovations in the Medicaid program. Before joining CMS, Mr. Allen held many positions with the Colorado Medicaid program including Medicaid director. Mr. Allen served on the executive committee of the National Association of State Medicaid Directors and has received several awards and honors, including the CMS Administrator's Citation Award and the Denver Regional Office Employee of the Year Award. Mr. Allen has been married to his wife Carole for 32 years, and they have two wonderful children. Mr. Allen believes passionately in the purpose and mission of the Medicaid and SCHIP programs and has seen first hand the positive impact these programs have on our communities and families.

**Paula Arevalo** has years of experience in using computer applications to increase productivity at various types of businesses and organizations. She currently holds the position of project manager with the Administration on Aging Title VI contract within Teya Technologies, LLC and previously worked 6 years on the contract with Kauffman & Associates, Inc. (KAI). Ms. Arevalo has also assisted with projects and initiative with the Office of Indian Education (OIE), National Science Foundation (NSF) Tribal Colleges and Universities, Indian Health Services (IHS)/Substance Abuse and Mental Health Services Association (SAMHSA) National Behavioral Health Conference, Office of Vocational and Adult Education (OVAE), and the Administration on Aging Senior Medicare Patrols (AoA/SMP). She graduated from the University of Florida with a bachelor's degree in history.

**Twyla B. Baker-Demaray** is the project director of the National Resource Center on Native American Aging, Center for Rural Health at the University of North Dakota (UND) School of Medicine and Health Sciences in Grand Forks. Ms. Baker-Demaray has assisted and administered research projects, including the North Dakota American Indian Veterans Needs Assessment funded by the Otto Bremer Foundation and the Identifying Our Needs: A Survey of Elders, a nationwide needs assessment for American Indian, Alaskan Native, and Native Hawaiian seniors. She is an enrolled member of the Mandan, Hidatsa, and Arikara Nations of Fort Berthold. She holds a bachelor of science degree in environmental geology and technology and earned a master of science degree in education general studies with a focus in research methodologies in 2005 from UND. Ms. Baker-Demaray is currently pursuing her doctorate degree in research methodologies, also at UND.

**Dave Baldrige** is the executive director of the International Association for Indigenous Aging and served as executive director of the National Indian Council on Aging (NICOA) from 1991-2003. Under his leadership, NICOA became the nation's foremost non-profit advocate for older Indians and Alaskan Natives. The organization tripled in size while significantly influencing legislation and federal policies affecting American Indian and Alaskan Native elders. His accomplishments include the establishment of Title VII, Part B of the Older Americans Act-the first legislation to establish protective services for the nation's American Indian and Alaskan Native elders. Mr. Baldrige has been actively involved in public policy and research efforts on federal, state, and local levels. His publications on a wide variety of Indian aging issues have been widely distributed

and cited. He has interpreted Indian aging issues for congressional subcommittees, federal task forces, state aging organizations, long-term care providers, Indian organizations, and tribal- and inter-tribal councils.

**Carrie Bear Chief-Evans** graduated from Salish Kootenai Tribal College with an A.A.S. degree in office professions. Ms. Bear Chief-Evans has been working at the Eagle Shield Center since 2002. She has had comprehensive training in coordination with the family caregiver services, the respite program, and the grandparents raising grandchildren project. She also works with AARP as the community outreach volunteer to help AARP in successfully reaching Native American communities with resources and services. Ms. Bear Chief-Evans is also the associate pastor of the Browning Evangelistic Center, where she works with the Ministry of Helps Teaching and Praise Team. Ms. Bear Chief-Evans, along with four other Native American driver safety instructors, was awarded for her efforts in bringing the AARP Driver Safety Course to six reservations in Montana.

**Randella Bluehouse** is the executive director to the National Indian Council on Aging, Inc. She brings to the organization 15 years of experience as a social worker. The past 8 years of her career have focused on aging services coordination and advocacy promotion. Ms. Bluehouse is a native Arizonan and a member of the Navajo (Dine) Nation. Her maternal clan is the Black Streak through the Woods People, and her paternal clan is of the Red House People. She was born and raised on the Navajo Nation and now lives in Albuquerque, New Mexico.

**Judy Bowen** has more than 30 years of experience in community leadership, program management in human services, statewide project management, and partnership development in Oregon rural and urban communities. She has a bachelor's degree in sociology from Nazareth College in Rochester, New York. She began her career working with Community Action Programs serving families in poverty and the homeless. Currently, she is a retired State of Oregon employee from the Department of Human Services. Her most recent work included 9 years as a program analyst with the Older Americans Act (OAA) program in the Oregon State Unit on Aging. She was also the tribal liaison for seniors and collaborated with the Nine Tribes of Oregon. As an OAA program analyst, she provided trainings and OAA technical support to the Area Agencies on Aging and the Oregon tribes. Her technical support covered family caregiving, OAA nutrition, lifespan respite, and chronic disease prevention. Ms. Bowen will continue her work with the Nine Oregon Tribes as an AARP volunteer and facilitate the Oregon Native Caring Committee, planning the 8th Annual Native Caring Conference in 2013.

**Kay Branch** is the elder and rural health program coordinator at the Alaska Native Tribal Health Consortium, focusing on the health status and long-term care needs of Alaskan Native elders. She has over 15 years of experience working with Alaskan Native elders, including Older Americans Act programs, personal care services, assisted living, and workforce development issues. Under agreement with IHS, Ms. Branch provides technical assistance in long-term care service development to IHS elder care grantees. She received a bachelor's degree in anthropology from the University of South Florida, with a focus in gerontology, specifically related to American Indian/Alaska Native (AI/AN) elders.

**Elizabeth Carpio** graduated from Miami University in Oxford, Ohio, in 2011 with a master's degree in gerontological studies and has nearly a decade of experience working in the field of aging developing and implementing culturally competent programs in diverse communities. Some of these communities include El Mirage, Arizona, Guadalupe, Arizona, and the Salt River Pima-Maricopa Indian Community (SRPMIC). Ms. Carpio served as the SRPMIC department director of senior services for 2.5 years before going to Miami

University. In her previous position, Ms. Carpio was responsible for multiple programs and services, including Title VI, Title III, and Social Services Block Grant (SSBG) services, case management, adult protective services, in-home care, transportation, recreation, an assisted living facility, and two senior centers.

**Terry Duffin** is the program operations manager for Region 10 of the U.S. Administration for Community Living, where he has worked for 38 years. He oversees Older Americans Act Programs in Region 10 (Alaska, Idaho, Oregon, and Washington), which covers 76 Title VI grantees, Title III programs to four state Offices on Aging, 37 Area Agencies on Aging, hundreds of service providers, and four Senior Medicare Patrol (SMP) projects. He's worked with tribal grantees since the beginning of the Title VI program. Mr. Duffin is recognized as an expert in Aging Network program and fiscal operations and policy development and interpretation, working closely with tribes, states, and governor's commissions on aging. Mr. Duffin previously worked for the Idaho Commission on Aging where he developed and implemented Idaho's Retired and Senior Volunteer Programs (RSVP) and Foster Grandparent Programs while assisting in the development of Area Agencies on Aging. He also served as a municipal parks and recreation director in Idaho and Utah, where he implemented senior programs. Prior to that, he provided therapeutic recreation program in long-term care settings. Mr. Duffin is a graduate of the University of Utah.

**John Eagleshield** was born a Standing Rock Sioux Tribal member of Little Eagle, South Dakota. He has been with the Community Health Representatives (CHR) Program for 26 years, 16 of those as the current director. Mr. Eagleshield received a prestigious award from the Robert Wood Johnson Found as the 6th N.A. Indian in 2006. In 2010, he received his honorary degree from the Sitting Bull College in Fort Yates, North Dakota.

**Raymond Espinoza** has served as the director of the Indian Area Agency on Aging and as the tribal liaison for the Aging and Long-Term Services Department since 2001. In 2004, the Office of Indian Elder Affairs was created, and at that time Mr. Espinoza became the first director. He served in this capacity until 2012. Currently, he serves as the director of the Indian Area Agency on Aging and as one of the ALTSD tribal liaisons. Mr. Espinoza has received numerous certificates of recognition from the Pueblos, tribes, and nations for his work with them.

The program he manages has successfully increased its recurring annual budget by over \$900,000 in the past 11 years. In addition, several million dollars have been channeled into capital outlay to tribal elderly program providers for equipment and buildings.

**Kathie Ferguson** has more than 30 years of experience in the private, public, and nonprofit sectors focusing on management and organizational development, community organizing, volunteer management, program evaluation, and strategic planning. Her community-based service experience includes serving as executive director of Literacy Volunteers of America in Bridgeport, Connecticut; director of the Retired and Senior Volunteer Program in the Northeast Kingdom of Vermont; and executive director of the Vermont Commission on National and Community Service, where she oversaw the launch of AmeriCorps in Vermont. She has been on staff at the Corporation for National and Community Service (CNCS) since 1998 in roles including Maine/New Hampshire state program director, acting director of AmeriCorps VISTA, tribal liaison, and, since 2000, Southwest Area manager where she oversees CNCS field office activities in nine states. Since June of 2012 she has been detailed to serve as the senior project manager for performance measurement for the agency. Ms. Ferguson is still involved as a trainer and consultant for several organizations on a volunteer basis, and she continues her work with community organizing and volunteerism whenever possible.

**Bruce Finke** is a family physician and geriatrician. Since 1998 he has provided support to tribal, IHS, and urban programs in the development of improved clinical and preventive care for the elderly and in the development of long-term services and supports. As a physician at the IHS Hospital in the Pueblo of Zuni from 1991 to 2003, Dr. Finke worked in an interdisciplinary team setting to develop comprehensive geriatric assessment and fall prevention programs and collaborated closely with tribal programs in the development of services in the community, including a tribal palliative care program. He now works with the tribes of the Nashville Area and nationally in the development of health care services for elders and Long Term Services and Supports, and he is on part-time detail to the Center for Medicare and Medicaid Innovation.

**Sam Gabuzzi** is currently an aging program services specialist with the Administration for Community Living and serves as the Native American Title VI grants officer for a 10-state region. Mr. Gabuzzi works with tribes on their senior nutrition and family caregiver support programs in addition to assisting with the development and usage of evidence-based disease and disability prevention programs. In addition, Mr. Gabuzzi promotes the Million Hearts Campaign. He came to AoA from Federal Occupational Health (FOH) where he was the national director of Wellness/Fitness Services. During Mr. Gabuzzi's tenure at FOH he was responsible for the development and management of 40 federal wellness and fitness centers and programs. Mr. Gabuzzi has a master of science degree in human performance with a concentration in exercise physiology from the University of Wisconsin La Crosse and is a certified health fitness director from the American College of Sports Medicine.

**Meg Graves** has been at the U.S. Administration on Aging in the Office of American Indian, Alaskan Native and Native Hawaiian Programs since 1989. She has been very involved in the Native American Caregivers Support Program and other activities related to long-term care for much of her time at AoA. Prior to employment at AoA, she was at the Walter Reed Army Medical Center for 7 years working directly with patients and their families on dialysis and those persons awaiting and receiving kidney transplants. She has a bachelor's degree in psychology and a master's degree in social work.

**Jacqueline Gray** is an assistant professor at the Center for Rural Health at UND School of Medicine and Health Sciences. Ms. Gray is director of the National Indigenous Elder Justice Initiative (NIEJI) and works with several projects, including the Idea Network for Biomedical Research Excellence (INBRE), the Northern Plains Native American Research Center for Health (NARCH) Mood Disorder Assessment Validation Study with Northern Plains Indians, the VISN23 Rural Veterans Resource Program, Cankdeska Cikana Community College Community Education, Research and Tribal Empowerment (CREATE) Project with INBRE, the Death Investigator Training Grant, National Resource Center on Native American Aging (NRCNAA), and the UND American Indian Health Research Conference. Ms. Gray also directs the Native Research Health Team and mentors over 20 Native students on research in Indian Country.

**Kathy Greenlee** serves in the dual roles of administrator of the Administration for Community Living (ACL) and Assistant Secretary for Aging. Ms. Greenlee was appointed by President Obama as Assistant Secretary for Aging at the U.S. Department of Health and Human Services (HHS) and confirmed by the Senate in June 2009. The ACL is a new federal agency operating within the HHS. ACL brings together into a single entity the Administration on Aging, the Office on Disability, and the Administration on Developmental Disabilities. ACL is charged with working with states, tribes, community providers, universities, nonprofit organizations, businesses, and families to help seniors and people with disabilities live in their homes and fully participate in their communities. Assistant Secretary Greenlee believes that people with functional support needs should have the opportunity to live independently in a home of their choosing, receiving appropriate services and

supports. She is committed to building the capacity of the national aging and disability networks to better serve older persons, caregivers, and individuals with disabilities. Ms. Greenlee served as secretary of aging in Kansas, and before that as the Kansas State Long-Term Care Ombudsman. She also served as the general counsel of the Kansas Insurance Department and served as chief of staff and chief of operations for then-Governor Kathleen Sebelius. Ms. Greenlee is a graduate of the University of Kansas with degrees in business administration and law.

**Luella Harrison:** No biography provided.

**Dee Horn** has been the Title VI director for the Inter-Tribal Council of Nevada (ITCN) for the past 5 years. As the ITCN Title VI director, Ms. Horn manages three Title VI Part A & C grants for nine different reservations (Goshute, Battle Mountain, Duckwater Shoshone, Fort McDermitt, Moapa, Lovelock, South Fork, Ely, and Yomba. Walker River). Prior to her work with Title VI, Ms. Horn worked for 20 years in both acute hospitals and in-home services as a caregiver. Under her direction, ITCN caregivers are assisted with respite care and by coordination with local lending closet for hospital supplies. The ITCN Part A programs provide transportation for caregiver supplies. Ms. Horn provides annual training on First Aid, CPR, and caregiver and disaster preparedness at each reservation. She also coordinates the annual ITCN conference and training for cooks with travel assistance provided by the Nevada State Division of Aging Services. Ms. Horn has become a “master of coordination” during her time as Title VI director for ITCN, bringing in several different agencies and funding sources for different projects and training events. She was recently appointed to a 2-year term on the Nevada Governor's Council on Aging, a position she will hold in 2010-2012. Ms. Horn serves as a peer trainer for AoA. She is also certified by the Red Cross to provide First Aid, CPR and disaster preparedness training.

**Courtney Hoskins, MPA**, is an aging services program specialist for the Administration for Community Living. She has been with the Administration on Aging since 1992. She currently works directly with the States of Colorado and Wyoming. Her responsibilities include working with the Aging Services Network at the state and local levels, including the federally recognized tribes in each state. She is also the project officer for the Senior Medicare Patrol grantees in the states she serves. Over the years, Ms. Hoskins has had many opportunities to work on regional and national projects that have focused on data analysis, risk and volunteer management, Medicare Part D, and prevention, to name a few. Ms. Hoskins earned her B.S. in gerontology from the University of Northern Colorado in 1992 and her masters of public administration from the University of Colorado at Denver in 1996. She was a 2007 Francis T. Ishida Award winner for Excellence in Customer Service to Beneficiaries of the Centers for Medicare & Medicaid Services. Ms. Hoskins is honored to serve on the Rose Community Foundation Committee on Aging. She is a 2006 graduate of Leadership Jefferson County. Ms. Hoskins is a Colorado native, currently living in Littleton with her husband, Eric, and their two daughters.

**Mary Kaschak** joined n4a in 2009 working with Medicare Outreach, and she currently manages n4a's Capacity Building Program. As a program manager, Mary provides and facilitates technical assistance and resources that enhance strategic operations and business planning within AAA and Title VI programs. Additionally, she assists in coordinating surveys that assess the readiness and positioning of AAA and Title VI aging programs. Ms. Kaschak began her career in aging working with older adults as a nurse's aid in a nursing home and then for a hospice for several years, where she developed an interest in older adults' access to resources and benefits. Ms. Kaschak has also worked as a graduate assistant at Scripps Gerontology Center, primarily focusing on research projects pertaining to long-term services and supports and caregiving. She is a graduate of Miami University in Oxford, Ohio.

**Cynthia LaCounte** (Turtle Mountain Chippewa) has been at the U. S. Administration on Aging since January 2012 as the director of the Office for American Indian, Alaskan Native, and Native Hawaiian Programs. She began her work with tribal elders in 1976 as an Area Agency on Aging director for the Montana tribes, and she worked in many other related areas throughout the years. Prior to working for AoA, she was the project manager for the Title VI Training and Technical Assistance Project through Kauffman & Associates, Inc. Ms. LaCounte also served as the chairwoman for the Trenton Indian Service Area, and she has been a national advocate for tribal elders.

**Jean L. Lloyd** has served as the national nutritionist of the U.S. AoA in Washington, DC, since July 1992. During her time with AoA, Ms. Lloyd has been responsible and provided input for the nutrition-related functions of policy, budget, legislation, and regulation; program development and implementation; training and technical assistance; advocacy; evaluation; and research, demonstration, and training grants. She represents AoA on intra- and inter-departmental committees, synthesizes science- and evidence-based research, and advocates for comprehensive and coordinated community-based food and nutrition services for older adults across the continuum of care both within and outside the federal government. She is a member of the American Dietetic Association, the Virginia Dietetic Association, and the Northern Virginia Dietetic Association as well as numerous dietetic practice groups, including the Gerontological Nutritionists and Consultant Dietitians in Health Care Facilities, the American Public Health Association, and the Society for Nutrition Education. Ms. Lloyd earned a bachelor's degree in English education and her master's degree in human nutrition from Ohio State University.

**Robert Logan** currently serves as the director for regional operations with the Administration for Community Living. Mr. Logan has worked in aging services for 38 years, including in the nursing home industry, as a direct service provider, as head of the Area Agency on Aging in Cincinnati, Ohio, and as deputy director of operations and membership services for the National Association of Area Agencies on Aging. He served on the n4a board as both a member and alternate for 7 years, and he was active for years in local and state government, helping to create a local tax levy that funded community-based long-term care systems. Additionally, Mr. Logan was an adjunct professor at the Scripps Gerontology Center, Miami University in Oxford, Ohio, teaching in the master's program. Mr. Logan has a bachelor's degree in history and a master's degree in urban studies, both from the University of Akron in Akron, Ohio.

**Geraldine Mascarenas** was born in New Mexico and is a tribal member of Ohkay Owengeh. She has been the director of Santa Clara Pueblo Senior Citizens Program since January of 2005. Prior to 2005, Ms. Mascarenas was the director of Eight Northern Indian Pueblo Council, Inc. Senior Citizens Program. She has served on the New Mexico Indian Council on Aging Planning Committee for the past 15 years as the entertainment chair. She is an advisory board member of the Foster Grandparents and Senior Companions program. She has served on the Santa Clara Pueblo Governor's Task Force as vice president for several terms. She is a member of the New Mexico Title VI Coalition and has served as an officer secretary/treasurer for many terms. Ms. Mascarenas is active in assisting with New Mexico Senior Olympic Events. She is also the co-chair of the 9th Annual Elder Awareness Conference co-sponsored with the Institute of American Indian Arts Center for Life Long Education in Santa Fe, New Mexico. She is an active parishioner of Saint John the Baptist Parish in Ohkay Owengeh and serves the northern Espanola Valley community through her gift of music for weddings, funerals, and other social events. She has been the mayordomo of San Fransico de Assisi Capilla in Estaca, New Mexico. Her original composition of "Abuelita" was selected and featured in the best of

New Mexico Music 2005. Ms. Mascarenas's passion is advocating for the elderly population and assisting seniors on a daily basis.

**Abigail Morgan** is a social science analyst with the U.S. Administration for Community Living (ACL). Within the Office of Policy, Analysis and Development, she focuses on resource development and providing technical assistance to organizations within the Aging Network related to Medicare and Medicaid program policies. Prior to working at ACL, Ms. Morgan worked as a program manager at the National Association of Area Agencies on Aging where she focused on Medicare outreach and education, as well as capacity building, business practices, and training for Area Agencies on Aging. She has a master's degree in social service and a master's degree in law and social policy from Bryn Mawr College.

**Jo Ann Pegues** has been working as a nutrition consultant since her retirement from the U.S. AoA. She managed the Focus on Diabetes Program at the Center for African American Health in Denver, Colorado, for the past 7 years, which is a community-based program teaching people to manage their diabetes. She has also consulted with Kauffman & Associates, Inc., providing nutrition training to tribal organizations. At the AoA, she worked with 14 states and tribal organizations in the area of nutrition, health promotion, and aging. Ms. Pegues received her bachelor's degree from Oklahoma State University, is a registered dietitian with a certificate in adult weight management, and received her master of public administration degree from the University of Colorado at Denver. Ms. Pegues is a member of the American Dietetic Association, Colorado Dietetic Association, and Denver Dietetic Association and has served in several elected and appointed positions at the national and state levels. She has received numerous awards and recognition during her career. She volunteers in the community and with her church, conducting workshops on nutrition and health and cooking demonstrations. She and her husband spend their free time traveling, golfing, and sharing with their seven grandchildren and three great-grandchildren.

**Babbie Peterson** has worked as the senior center supervisor for the Karuk Tribe since May 2000, which was a new position for the tribe. She initiated the Karuk Tribe senior meal program and senior center program, upgraded two commercial kitchens so they could open sites in Orleans and Happy Camp, and assisted with two new kitchens at the teach site. Her prior work experience also includes working in business management with the U.S. Forest Service, entering medical data for the Karuk Tribe, and working as a medical receptionist/medical records clerk. She is a community volunteer with several organizations, including Health Insurance Counselor Advocate Program, which helps seniors get information about Medicare and Medicaid; VITA with Jefferson Economic Development, INC., which helps low-income and elderly people file their taxes; the Ford Family Foundation Leadership Community Ambassador Trainer Program; and Food For People Humboldt County's Food Bank, which is a senior brown bag delivery program.

**Gina Ramer** began her Social Security career in 1991 as a claims representative specializing in the Supplemental Security Income (SSI) program. She served as an automation training specialist before joining the Denver region in 2002 as an area systems coordinator. Ms. Ramer has held numerous positions within Social Security including area office supervisor in the regional office and assistant district manager in Colorado Springs, Colorado. As a project manager in the Office of the Regional Commissioner, she took lead responsibilities for various regional initiatives such as Wounded Warriors, veterans and homeless outreach, SSA electronic services, and regional mentoring programs. Ms. Ramer has experience and background in training, public speaking and communications, and Video Service Delivery (VSD). She was selected for the position of regional communications director in August 2010. Ms. Ramer holds a bachelor's degree in business


administration from Angelo State University in San Angelo, Texas. She enjoys golf, snow skiing, and riding ATVs.

**Marissa Rodriguez** is currently enrolled in the University of Baltimore and Towson University master's degree in business administration (MBA) program and looks forward to graduating in spring 2013. Ms. Rodriguez graduated cum laude from Siena College in 2005 with a major in English and a minor in psychology. She is originally from Albany, New York, and now resides in Maryland, where she works as a project specialist for Teya Technologies, LLC, an Alaskan Native-owned 8(a) certified Small Disadvantaged Business, which seeks to provide high-quality professional services to government and commercial clients. She has supported an assortment of government contracts, including but not limited to AoA, IHS, OIE, FDA, AoA/SMP, and CNCS.

**Cindy Smith** has worked for CMS since 1998, first as a managed care specialist in Medicaid, and more recently as the Native American contact in Medicaid for six states, including Montana, Wyoming, North Dakota, South Dakota, Utah, and Colorado. Prior to CMS, she worked for the Kansas State Medicaid Agency, EDS, and she was a coronary care nurse for many years.


**Wilson Wewa, Jr.** is the coordinator of the Title VI, Part C, Native American Caregiver Program for his department and works with Oregon's tribes, the Oregon Department of Health and Human Services, AARP, and county elder programs to sponsor the Native-based caregiver conference. Mr. Wewa, Jr.'s long-standing experience has given him the opportunity to better advocate for lifestyle changes for the elders of his tribe and initiate the Enhanced Fitness program at the senior center. He believes in focusing on four areas of health for his community: emotional, physical, psychological, and spiritual, all using traditional methods. He was instrumental in initiating the need for an elder abuse code on the Warm Springs Reservation and the formation of a multidisciplinary task force on elder abuse. Mr. Wewa, Jr.'s expertise has earned him an invitation to speak at Oregon State University's Gerontological Conference. He has worked for the Confederated Tribes of Warm Springs Senior Services for 25 years and continues to be involved with elder issues during and after work.

**Amy Wiatr-Rodriguez** has been serving as aging services program specialist for the U.S. Department of Health and Human Services, Administration on Aging (AoA), Chicago Regional Support Center since 2007. Ms. Wiatr-Rodriguez serves as a liaison between various state units on aging in a 10-state area, is a program officer for various grant projects, and provides technical support and assistance on a wide range of Older Americans Act and aging policy issues to the Aging Network and the general public. Prior to her position with AoA, Ms. Wiatr-Rodriguez served as director of Community & Agency Relations for Age Options, the Area Agency on Aging serving suburban Cook County (Chicago area). She worked with over 40 grantee and provider agencies to implement a wide range of social service programs benefiting the over 400,000 older adults in the suburban Cook County service area and their family caregivers. She also has other experience in nursing home, substance abuse, and hospital social service settings, giving Ms. Wiatr-Rodriguez over 15 years' experience in the field of social and aging services. Ms. Wiatr-Rodriguez has a bachelor's degree in social work and English from Concordia University, and a master of social work from the State University of New York at Albany.



**Oneida Winship** has been an employee of Choctaw Nation for over 34 years, the Title VI director for 32 years, and is the current administrator of the AoA Title VI, a program in 16 locations of Choctaw Nation with financial assistance of tribal dollars. Ms. Winship coordinates meal sites with local and state/KEDDO AAA for one center and 17 senior sites. She administers AoA Title VI, part C; coordinates with KEDDO AAA for outreach services; and serves as host agency for the Title V of the Department of Labor through NICOA and State Work Experience. She also serves as host agency for VISTA placement through the National Society for American Indian Elders, and on the tribal level she administers tribal dollars for a variety of areas including staffing, supplements to Title VI meals, supplements to AoA caregivers, and the Senior Citizen Wellness program. Currently, Ms. Winship is also serving as chair of Oklahoma Indian Council on Aging, chair of the Oklahoma Minority Task Force on Aging, National Society of American Indian Elderly (NSAIE) board member, and a peer consultant for the AoA.

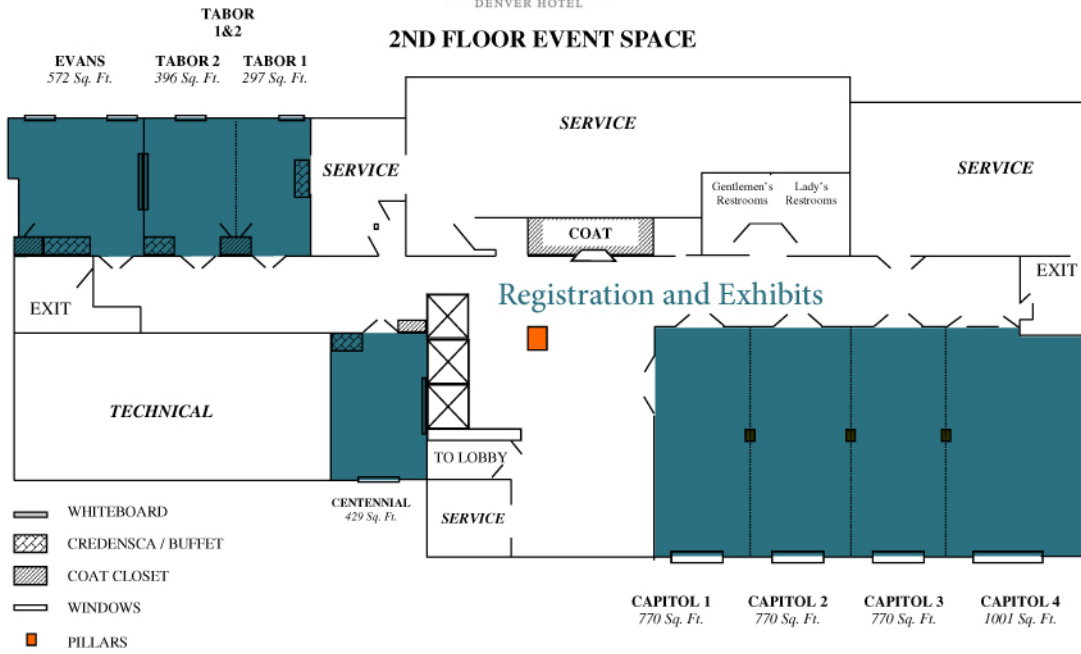
**Shelly Zylstra** is the planning director at the Northwest Regional Council, the Area Agency on Aging for four counties in Northwest Washington State. She has worked with the tribal communities in her area for 20 years and enjoys and learns from them daily. She has extensive background in community-based, long-term care and is willing to work with tribal communities who need some coaching.



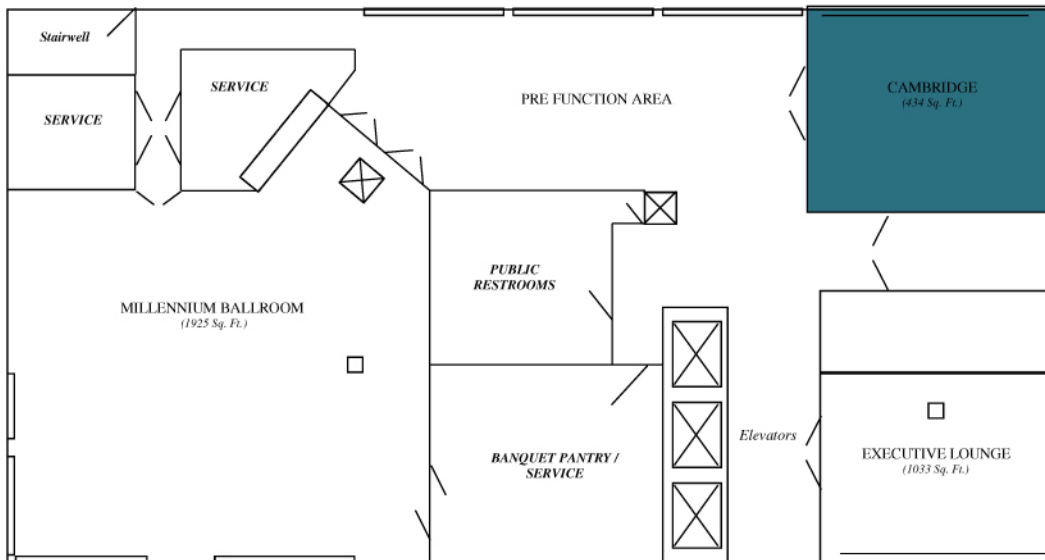
# WARWICK DENVER HOTEL MAP

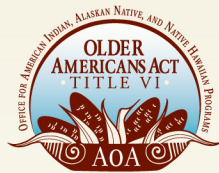


## 2ND FLOOR EVENT SPACE



## 15TH FLOOR EVENT SPACE





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