



2022 Nutrition & Aging Services Conference Schedule of Events | May 24-26, 2022 AT&T Conference Center | Austin, TX

For the latest updates/registration information visit www.nanasp.org

The **National Association of Nutrition and Aging Services Programs (NANASP)** is a national membership organization for persons across the country working to provide older adults healthful food and nutrition through community-based services. NANASP's mission is to strengthen through advocacy and education those who help older Americans. NANASP's vision is to reshape the future of nutrition and healthy aging.

Who Should Attend?

NANASP's 2022 Annual Training Conference will bring together a unique group of professionals for three days of networking, education, and advocacy. Join us as we explore various ways to enhance the success of senior nutrition providers, through better understanding of emerging and innovative ideas in resource development; leadership and operations; nutrition and advocacy. **Nutrition and aging service providers including Nutrition Directors; Senior Center Directors and Staff; Social Workers; Agency Directors; Volunteer Coordinators; Nutritionists; Development Managers; Board Members; Suppliers/Vendors** and/or anyone involved with meals and other services for the aged/aging would all benefit from attending this conference!

Location/Hotel Information

The 2022 Conference will be held in person at the **AT&T Hotel & Conference Center located at 1900 University Ave** is the grand hotel of The University of Texas at Austin. Architecturally, the Texas limestone archways mimic the iconic University of Texas Tower. For more information visit MeetAtTexas.com [CLICK HERE](#) to reserve your hotel room at the \$199 NANASP group rate now.

Registration Fees & Information

Full Registration Conference fees are \$349 for Members /\$449 for Non-Members and include conference materials, admission to all education sessions, the Opening Reception, breakfast, lunch and coffee breaks on Tuesday, Wednesday and Thursday. One-day registration rates starting at \$175 are also available. **Be sure to check the website for early bird special rates!**

Transportation Information

The AT&T Hotel and Conference Center is located downtown on the northwest corner of Martin Luther King Boulevard and University Avenue, at the south entrance to The University of Texas at Austin. The Center is four blocks from the Texas State Capitol and eight miles from Austin-Bergstrom International Airport. All major domestic airlines serve the nearby Austin-Bergstrom International Airport, with non-stop service to destinations throughout the United States and Mexico.

Scholarship Opportunities

Through the generous pledges from friends of NANASP, we are pleased to be able to provide a limited amount of scholarships for those who desire to attend the annual conference. Priority will be given to NANASP Members; those with greatest economic need; those attending the conference for the first time; and those demonstrating their ability to give the greatest return on investment to their community (local community or professional community). Anyone is eligible to apply. Applicants should have at least two years' experience in current position. Application must be submitted in the name of an individual rather than on behalf of the agency. Award is not transferable without approval. Applications are due to NANASP by April 1, 2021. Notification of awards will be made by mid-April. *For additional information and to download a scholarship application, visit the NANASP website at www.nanasp.org*

COVID-19 Protocols for NANASP Conference

NANASP is currently planning to host an in-person conference at the AT&T Conference Center in Austin, TX. The safety and welfare of our attendees, exhibitors, members, and team is our priority. NANASP is actively monitoring the incidence of COVID-19 and is following the guidance of the CDC plus local Austin and Texas health departments regarding large gatherings, including CDC recommendations on preventing the spread of COVID-19. To lower risk to participants, we strongly suggest that all persons who wish to attend the NANASP Conference be fully vaccinated against COVID-19. Face coverings are strongly recommended for all individuals. As the COVID-19 pandemic is constantly evolving, no less than 30 days prior to the event all attendees will receive updated safety information which will be based on current conditions and may be dictated by the hotel or any State or city rules. As a reminder, anyone feeling sick or displaying symptoms of COVID-19, or who has been in contact with someone who has tested positive for COVID-19, should refrain from traveling and attending the conference. NANASP is exploring a virtual component for members who are unable to attend in person.

TUESDAY May 24, 2022

8:00 am – 1:00 pm | Directors Training Pre-Session | Separate Registration Required

2:00 pm – 3:00 pm | Opening General Session/Washington Update: National Voice. Local Action

We will bring you up to date on all that is happening in Washington relative to the world of aging and health policy. We will discuss the current Administration, Congress, and what is happening in the world of aging and health policy and Older Americans Act funded programs.

Robert Blancato, NANASP Executive Director, **Sandy Markwood**, CEO, US Aging, Washington DC and **Linda Miller**, NANASP Board Chair & Centralina Area Agency on Aging Director, Charlotte, NC

3:00 pm – 3:15 pm | Break

3:15 pm – 4:15 pm | General Session

Celebrating the 50th Anniversary of the OAA Nutrition Program: Advancing Independence, Integration and Inclusion throughout Life

Edwin Walker, Deputy Assistant Secretary for Aging, Administration for Community Living, Washington DC;
Keri Lipperini, Director of the Office of Nutrition and Health Promotion Programs, Administration for Community Living, Washington DC and **Judy Simon**, National Nutritionist, Administration for Community Living, Washington DC (Invited)

4:15 pm – 4:30 pm | Break

4:30 – 5:30 pm | General Session

Senior Homelessness: A Needs Assessment

This session will present key findings from the Servings Seniors report "Senior Homelessness: A Needs Assessment". In addition to highlighting the key findings, Paul Downey and Melinda Forstey will discuss the key solutions, advocacy actions, and progress that has been made since the release of the report. This case study will identify tools and approaches that can be applied across issues and in different communities.

Melinda Forstey, COO, Serving Senior and **Paul Downey** CEO, Serving Senior (Moderated by Bob Blancato)

5:30 pm – 7:00 pm | Opening Welcome Reception

WEDNESDAY, May 25, 2022

6:30 am – 7:30 am | Wellness Activity

8:00 am – 9:00 am | Continental Breakfast/Visit with Exhibitors

9:00 am - 10:30 am | General Session

Innovations in Nutrition Speed Networking

Meet five leaders in innovating nutrition programs and services across the country during this fast-paced and exciting speed networking session! Attendees will have the chance to learn how ACL Innovations in Nutrition Programs and Services grantees are revolutionizing senior nutrition programs for 2021 and beyond. Innovations include (starting a medically tailored meal program, working with local restaurants for café-style projects, utilizing AI technology for nutrition education and counseling, etc.). Get your questions answered, obtain replication materials, and start planning your own innovation projects.

Moderated by Alexandra Bauman, Erin Hoisington and Caroline McKinney

National Resource Center on Nutrition and Aging

10:30 am - 11:15am | Morning Break in Exhibit Hall

11:15 am - 12:15pm | Breakout Sessions

No One to Blame but COVID: Forced to Succeed during a Pandemic

If completing program goals, has you stymied, you're not alone! The pandemic forced Mid-Columbia Meals on Wheels to find new & better ways to provide services to seniors. Focused on completing their goals, they are now producing all frozen meals in-house as low-sodium meals. Other pandemic successes include development of a vegetarian menu and programs innovations like their Phone Buddies, Winter Helpers, Fans for Seniors, and staff motivational projects. Kristi will share successes, failures, and new dreams.

Kristi Thien, Nutrition Services Director, Senior Life Resources/Mid-Columbia Meals on Wheels | Richland WA

Innovative Programming, Meeting the Nutritional and Mental Health Needs of Older Adults

This session highlights a grant funded project addressing the nutrition and mental health needs of NYC elders. Overseen by the NYC Department for the Aging, elders learn to manage their mental health and nutritional health. All services are provided virtually. Depressed elders are invited to participate in a short-term intervention (Do More, Feel Better), which is easily provided by non-mental health professionals, and peers. Concepts concerning depression, especially embedded within nutrition services, will be discussed.

Jackie Berman, PhD, Senior Director of Research, NYC Department for the Aging | New York, NY

12:30 pm – 1:30 pm | Luncheon in Exhibit Hall

1 : 4 5 p m – 2 : 4 5 p m | Breakout Sessions

Creating Inclusive Programming for LGBT+ Older Adults

It is estimated that there are around 3 million LGBT adults over age 50, and that number is expected to grow to around 7 million by 2030. This session will provide a training opportunity to learn about discrimination throughout history individuals in the LGBT+ community may have faced and how that may impact access to services and supports. Participants will learn LGBT+ affirming language and identify a plan to evaluate their programming to determine opportunities to create a more inclusive environment. The session will also include an overview of best practices for inclusive programming.

Katie Kutcher, Aging Programs Coordinator and **Margaret White, RD**, Centralina Area Agency on Aging | Charlotte NC

2:45 pm – 3:00 pm | Afternoon Break

3:00 pm – 4:00 pm | Breakout Sessions

Texas Congregate Meal Initiative: Developing Customer Focused, Sustainable Congregate Nutrition Program Models

As congregate meal programs open post pandemic, it is time to rethink and implement creative congregate meal program initiatives that will attract and engage clients in an environment that supports nutrition, health, and social connection. Hear about the Texas Congregate Meal Initiative project, pilot innovations, and how tools produced can help build successful and sustainable programs. Examples will be provided of congregate nutrition program models and strategies for implementation.

Nandita Chaudhuri, PhD, Research Scientist, Public Policy Research Institute, Texas A&M University | College Station TX; **Regina (Gina) Carter**, Director-Office of Area Agencies on Aging, Texas HHSC Access and Eligibility Services-Community Access Texas Health and Human Services Commission | Austin Texas; and **Linda Nettekville**, Nettekville Consulting, Lee's Summit, MO

Does 1 + 1 = 3?: How to Evaluate Strategic Partnerships

Strategic partnerships present many opportunities, but they also come with challenges. As you consider different types of partnerships – from basic Memorandums of Understanding to shared services, alliances or even mergers – you'll need to answer a lot of questions about the benefits of a partnership, the risks and what would be needed to make it truly work. All of this must happen within the framework of the broader world. What strengths or weaknesses do the respective organizations have? Are you better equipped to manage the future (including crisis like covid-19) together or does it create challenges? Start here with this presentation that helps you explore if 1 + 1 will truly equal 3!

Tara A. Ellis, President & CEO and **Rachel Leidenfrost**, Chief Strategic Initiatives Officer, FeedMore WNY | Buffalo NY

4:00 pm – 4:15 pm | Afternoon Break

4:15 pm – 5:15 pm | Breakout Sessions

Bridging Partnerships between Hospital and Home Delivered Meal Programs in Addressing Malnutrition

The findings of two ACL INNU grants investigating malnutrition, HDM and the social determinants of health to include social isolation will be presented. These projects focus on the development of partnerships between hospital post-acute care, home health agencies and HDM programs in urban and rural settings. The methods involved in-home nutrition assessments among HDM clients and service coordination within the aging network, particularly during the COVID-19 pandemic, will be highlighted.

Susan Saffel-Shrier, MS, RDN, CD, Certified Gerontologist, Professor, University of Utah, **Amy Covington, MS, RDN, CDN**, Research Manager, University of Utah and **Charlotte Vincent, PhD, RDN, CD**, Nutrition and Health Programs Manager, Utah State Department of Human Services Division of Aging and Adult Services | Salt Lake City, UT

The Workplace in the Era of Covid: Best Practices for Recruitment, Retention and Employee Engagement

Serving Seniors VP of Operations will share what their team in San Diego did during this past year and how they overcame obstacles along the way. The focus on Recruitment efforts on how they kept their employees employed during the pandemic and the engagement they offered to keep our staff connected. Especially when our essential workforce continued to work on-site to ensure delivery of their meals would arrive daily to our seniors during the state lockdown.

Giselle Beets, VP of Operations, Serving Seniors | San Diego, CA

THURSDAY, May 26, 2022

6:30 am – 7:30 am | **Wellness Activity**

8:00 am – 9:00 am | **NANASP Annual Meeting/Breakfast**

9:15 am – 10:45 am | **General Session**

The Complexities of Racial Diversities in Older Adults

When you're engaging in the important work of providing support and service to older adults in your community, you may not be thinking about racism. However, racism and the generational effects of it, are all around us, and if we look with the intent of seeing, these effects are glaring in our elderly population. The impact of racism extends far beyond just interpersonal interactions. It spans generations and can impact everything from housing to chronic health conditions like diabetes. In this session, we will examine some of the many racial disparities that are present in our elderly population, and we'll discuss ways to engage the elders of color in your community with humility and in allyship.

Ashley Heidebrecht, LMSW, Director | Diversity & Resiliency Institute of El Paso

10:45 am – 11:00 am | **Coffee Break**

11:00 am – 12:00 pm | **General Session**

Addressing Brain Health in Primary Care Through Community Partnerships

This session will look at the newly launched WellMed Brain Health initiative that creates clinical and community pathways to address the different levels of need reflected on how a person has scored on the annual cognitive screening examination. Based on a score of i) no cognitive impairment, ii) mild cognitive impairment, or iii) dementia, clinic staff now refers patients and family caregivers to the appropriate resource such as in-person or virtual senior centers, caregiver programs, or nutrition programs.

Paul Bendheim MD, Clinical Professor of Neurology, University of Arizona College of Medicine BrainSavers LLC,
Tim Smith, Director of Caregiver Program Operations, WellMed Charitable Foundation
Carol Zernial MS, Executive Director, WellMed Charitable Foundation

SPECIAL THANKS TO OUR 2022 SPONSORS

