



nanasp
National Voice. Local Action.

The National Association of Nutrition & Aging Services Programs 2025 Annual Conference & Hill Day June 4-6, 2025 | Hilton Alexandria Mark Center

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 people 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.

Plan Now to join Nutrition and Aging Services Professionals in Alexandria VA & Washington, DC for the 2025 NANASP Annual Conference & Hill Day – June 4-6, 2025! Engage in education, networking, advocacy! NANASP's Annual Training Conference offers a comprehensive 3-day educational event focused on nutrition and aging featuring training sessions from all over the country, a full pre-day dedicated to education and advocacy on Capitol Hill, a resourceful exhibit hall, special events and ample networking opportunities!

Who Should Attend?

NANASP's 2025 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 2025 Conference will be held in person at the **Hilton Alexandria Mark Center** located at 5000 Seminary Road Alexandria, VA 22311. [CLICK HERE](#) or call 1-703-845-1010 to reserve your hotel room at the \$249 NANASP group rate now. Discounted room rates are available on a first come-first served basis.

Registration Fees & Information

Full Registration Conference fees are \$449 for Members /\$575 for Non-Members and include conference materials, admission to all education sessions, the Opening Reception, breakfast, lunch and coffee breaks on Wednesday, Thursday and Friday. Early Bird Discounts available until **April 11, 2025**.

Scholarship Opportunities

Through the generous pledges from friends of NANASP, we are pleased to be able to provide a limited number 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). Applications are due to NANASP by April 1, 2025. Notification of awards will be made by mid- April. For additional information and to download a scholarship application, visit nanasp.org

Collaborate * Educate * Advocate

SCHEDULE OF EVENTS

Wednesday, June 4, 2025

7:30 am – 5:30 pm | Pre-Conference Hill Day Separate Registration Required - \$50

Now More than Ever...Your Voice Matters!

Hill Day 2025 is an essential opportunity to amplify the voices of NANASP members and raise awareness of key priorities for in nutrition and aging services program and the older adults they serve!

With the ever-changing political climate, advocating for older adults and your communities is critical. Your voice matters. Members of Congress need to hear from you—their constituents—on what issues matter most!

NANASP is pleased to be back in Washington, D.C. to convene and establish connections not only with each other but with policymakers as well. Don't miss this opportunity to join us in our nation's capital to share solutions and urge our elected officials to support key senior nutrition initiatives. YOUR voices, stories and experiences help policymakers understand why we need action now to protect older adults across the country and effects federal funding and policy including the Older Americans Act has on these individuals you serve, and the nutrition programs they count on daily.

NANASP's 2025 Hill Day is the first step in building relationships with policymakers and educating them about these issues and the corresponding ideas and solutions from the people living and breathing them every day.

NANASP's 2025 Hill Day is your chance to:

- * Hear from congressional staff and advocacy experts on the latest developments in older adult policy.
- * Get up to speed on key legislation and talking points, including best practices on making the most out of your Hill Day meetings.
- * Meet directly with the offices of your elected officials to share solutions and demand action to protect and strengthen senior nutrition programs.

Never participated in a Hill Day before? No problem! NANASP has committed resources to assist registered attendees schedule, plan and prepare for Congressional meetings, targeting relevant policymakers in addition to a pre-conference Advocacy Training webinar and Advocacy Toolkit with comprehensive talking points.

Through events like Hill Day, we demonstrate to elected officials that the issues in our field are urgent and actionable. We'll use data and storytelling to describe our needs and then provide solutions via our legislative asks. Join us in D.C. for our 2025 Hill Day! Together, we'll ensure that, in the volatile times, Congress hears us loud and clear.

Registration Fee includes box breakfast and lunch on the Hill.

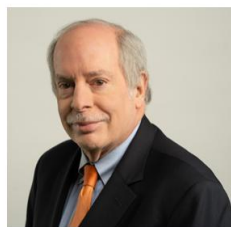
6:00 – 7:30 pm | Opening Reception

Thursday, June 5, 2025

8:00 – 9:00 am	Networking Breakfast with Exhibitors
9:15 – 10:15 am	General Session: Washington Update
10:15 – 11:00 am	Networking Break with Exhibitors
11:00 – 12:00 pm	General Session

Advocacy & Action: Navigating These Times Together - A Policy Conversation with Aging Leaders

NANASP' Executive Director Robert Blancato will be joined by the leaders of NCOA, MOWA, and USAging for a discussion moderated by NANASP Board Chair Tara A. Ellis on current developments in aging policy.



Robert B. Blancato
NANASP Executive Director



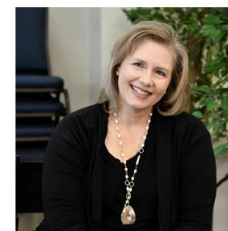
Ramsey Alwin
NCOA CEO



Ellie Hollander
MOWA CEO



Sandy Markwood
USAging CEO



Tara A. Ellis
NANASP Board Chair

12:00 – 1:00 pm **Lunch with Exhibitors**

1:15 – 2:00 pm **Breakout Sessions**

Revitalizing Congregate Nutrition Programs: Key Insights on Senior Engagement & Sustainability from a Texas Learning Collaborative

Innovative Programs & Services/All Audiences

The Public Policy Research Institute at Texas A&M, through current ACL and NCOA-funded aging focused grants, is leading an expanded Learning Collaborative to help Texas senior nutrition programs revitalize their business models. Drawing from research-driven insights and innovative service models, the initiative offers replicable strategies to transform the senior nutrition program landscape. Participants will gain valuable knowledge on effective approaches to attract, engage, and retain senior participants, ensuring meaningful impact and long-term success.

Nandita Chaudhuri, PhD, Texas A&M University Public
Policy Research Institute | College Station, TX

Linda Netterville, RDN, LD, Dietitian Consultant
Netterville Consulting Lees | Summit, MO

Global Bites & Nutritional Insights: Innovating Senior Nutrition

Join the Mississippi Department of Human Services (MDHS) and TRIO Community Meals for an engaging session exploring the intersection of culinary innovation, nutrition education, and culturally inspired meals for older adults. Together, TRIO and MDHS support senior nutrition programs by delivering meals that honor regional flavors and providing education on the connection between food and health. **Director of Culinary & Innovation, Chef Mario**, will showcase TRIO's approach to crafting menus that reflect diverse cultural traditions while meeting the nutritional needs of older adults. Attendees will have the opportunity to taste dishes prepared by Chef Mario, highlighting global flavors and innovative techniques. Learn how our shared commitment to nutrition education and culturally relevant meal solutions enhances the well-being of older adults.

Chef Mario Reyes, WCMC, CEC
Director of Culinary & Innovation
TRIO Community Meals

Benae Jackson, Home and Community-Based Services
Manager, Mississippi Department of Human Services
Aging & Adult Services

2:00 – 2:15 pm

Break

2:15 – 3:00 pm

Breakout Sessions

Food as Medicine: Elevating Quality Through Strategic Partnerships in Older Adult Meal Programs

Nutrition/All Audiences

This session will explore intersections between food as medicine, the practical challenges of providing high quality food and building strategic partnerships. This session will provide examples of senior nutrition programs using partnerships to offer nutritious, high-quality meals that improve health outcomes through collaborations with healthcare providers, local food systems operators, and other partners. Attendees will gain insights into how to deliver nutrient-rich meals that promote health and well-being, while fostering a supportive network of partners.

Uche Akobundu, Senior Director
Meals on Wheels America
Arlington, VA

Laura Borth, Policy Director
NANASP
Washington, DC

Lisa Webb
FeedMore
Henrico, VA

Building Resiliency in Senior Nutrition Programs: Navigating Challenges with Confidence

Innovative Programs & Services All Audiences

Nonprofit leaders in aging services face constant pressures like funding cuts, political shifts, and operational challenges. This session explores practical strategies to build resilience in senior nutrition programs. Through real-world examples and interactive discussion, you'll learn how to adapt to disruptions, foster staff and partner collaboration, and maintain program stability. Leave with actionable tools and renewed confidence to navigate uncertainties and keep your mission moving forward.

Kristine M. Smith, Chief Programs and Services Officer, Serving Seniors | San Diego, CA

3:00 – 3:15 pm

Break

3:15 – 4:00 pm

Breakout Sessions

Dietitian with a Side of GRITS: Technology Implementation Strategies for Nutrition Education

Nutrition

ACL Nutrition Innovation Grant recipients will share how GRITS (Georgians Receiving Insightful Tele nutrition Seminars) are bridging the gap between health and nutrition for seniors. By obtaining consistent, evidence-based nutrition education created and delivered by Registered Dietitian Nutritionist (RDN) and offering Medical Nutrition Therapy (MNT) via telehealth, they are developing a standardized set of nutrition presentations that senior centers can utilize monthly in a virtual setting.

Laura Samnadda MS, RDN, LD, Director of Nutrition Svcs
OpenHand | Atlanta, GA

Rachel Berton RDN, CSG, LD Community Dietitian
OpenHand | Atlanta, GA

The Impact of Crisis Diverters in Kentucky's Older Adults

Innovative Programs & Services /All Audiences

Kentucky is the recipient of ACL's Innovations of Nutrition Replication Grant to offer Suicide Intervention/Prevention training to home delivered meal participants. Kentucky has had an alarmingly high suicide rates for successes and attempts. Kentucky Department for Aging and Independent Living partnered with Kentucky's Behavioral Health and Development and Intellectual Disabilities to provide a network of organizations to bring awareness and spread trainings across Kentucky's network that supports older adults. Both LivingWorks ASIST and Question. Persuade. Refer. (QPR) programs are used to train home delivered meals staff and volunteers as well as other staff that could recognize warning signs of a mental health crisis in older adults.

Amanda Stoess, Dietetic Consultant
KY Dept for Aging & Independent Living | Frankfort, KY

Amanda Caudill, Health Program Administrator,
KY Dept for Aging & Independent Living | Frankfort, KY

4:00 – 4:15 pm

Break

4:15 – 5:00 pm

Breakout Sessions

Bridging Social Isolation for Homebound Seniors

Innovative Programs & Services All Audiences

This project builds on our existing technology programs for seniors by offering iPads with data and technology education to low-income, homebound individuals over 60. The goal is to reduce social isolation, improve quality of life, and enhance digital access. Beneficiaries will be recruited from participants in our home delivered meals program. This targeted approach ensures that the program reaches those most in need, empowering the older adult population who are homebound and fostering social engagement.

Yamilex Razo, Director of Education, George Thompson, Tech Educator and Lorenzo Hernandez
St. Barnabas Senior Services (SBSS) | Los Angeles, CA

STAY TUNED FOR MORE SESSIONS COMING SOON!

Friday, June 6, 2025

8:30 – 9:30 am

NANASP Annual Meeting/Breakfast

9:45 – 10:30 am

Breakout Sessions

Successful Congregate Program: What's the Magic?

Building Successful Nutrition and/or Senior Center Partnerships All Audiences

What if we told you that we know the magic of creating successful congregate nutrition programs? Join us to learn how our collaborative approach with Park and Recreation Centers contributes to a significant increase in congregate nutrition participation. The numbers are impressive, and there's even waiting lists! Learn how this model and one-stop solution provides access to a variety of services for seniors that promote physical, social, mental, and nutritional well-being.

Michelle Holshouser, Social Services Program Supervisor, Mecklenburg County—CFAS | Charlotte, NC

Money Matters: Exploring Funding Practices and Strategies for Better Financial Health

Administration and Governance/All Audiences

In this workshop session, Iowa State University, in partnership with the Nutrition and Aging Resource Center, will reveal the findings of a two-part study exploring funding sourcing practices among Senior Nutrition Program providers, featuring case studies that highlight potential facilitators and barriers to revenue diversification and good financial health. Participants will then engage in an activity designed to identify areas of risk and opportunity and develop corresponding action items to improve their program's financial health.

Bambi Press, Healthy Aging Director
Nutrition and Aging Resource Center | Des Moines, IA

Savannah Schultz, Graduate Research Assistant
Nutrition and Aging Resource Center | Des Moines, IA

10:30 – 10:45 am

Break

10:45 – 11:30 am Breakout Sessions

Collaborative Synergy: Driving Innovation Through Strategic Partnerships

Nutrition/Building successful partnerships/Innovative programs and services track

Discover how three ACL Nutrition Innovation Grant recipients are transforming senior nutrition programs through strong partnerships and creative solutions. This engaging session showcases brief program overviews from each group, a dynamic panel discussion exploring their innovative strategies and successes, and an interactive Q&A with the audience. Gain actionable insights on advancing senior nutrition through collaboration and innovation while connecting with thought leaders driving meaningful change in this critical area.

Tasha Romo

Humboldt Senior Resource Center | Eureka, CA

Nandita Chaudhuri, Ph.D., Public Policy Research
Institute-Texas A&M University | College Station, TX

Vanessa Kuersten

Humboldt Senior Resource Center | Eureka, CA

Derek Anderson

AgeSpan | Lawrence, MA

Aging without Hunger

Nutrition/All Audiences

Citymeals recently assessed the food needs of older adults using New York City's congregate and home-delivered meals programs. We found that 48% had experienced food insecurity and that existing services did not meet their needs. Despite enormous socio-economic shifts since the OAA was passed these "one size fits all" programs are largely unchanged. We need comprehensive, modern solutions to meaningfully address elder hunger, and our findings highlight opportunities for new models and expanded programs.

Jeanette Estima, Director Policy and Advocacy, Citymeals on Wheels | New York, NY

11:30 – 12:30 pm | Closing General Session

Conference Concludes

