

Program

Saturday,

October 29, 2016

10:00 a.m.– 3:30 p.m.

2016 Aging Well Conference

Concordia University
Portland, Oregon

The Aging Well Conference is
part of the Age-Friendly Portland
& Multnomah County Initiatives:
Building a Community for All Ages

2016 Aging Well Conference Building a Community for All Ages

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|------------------------|---|------------------------------------|
| 9:00 a.m. –10:00 a.m. | Registration | Luther Hall |
| 10:00 a.m. –10:25 a.m. | Opening remarks <ul style="list-style-type: none">• Conference Chair – <i>Gary Marschke</i>• AARP Oregon – <i>Elaine Frisen-Strang</i>• Multnomah County – <i>Liesl Wendt</i>• City of Portland – <i>Commissioner Nick Fish</i> | Luther Hall Auditorium L 121 |
| 10:30 a.m. –11:15 a.m. | Plenary session Keynote: <i>Ashton Applewhite</i> (introduction <i>Jeanette Leardi</i>) | Luther Hall Auditorium L 121 |
| 11:30 a.m. –12:30 p.m. | Concurrent breakout sessions: | |
| | A: Aging Mastery Program® – An Approach to Aging Well <i>Ann Adrian, Maria Bigelow and Barb Blum</i> | GRW 312 |
| | B: Exploring Age Bias – An Interactive Discussion <i>Ashton Applewhite, Jeanette Leardi and Roger Anunsen</i> | L121/L118 |
| | C: Take the Right Steps <i>Simone Carter</i> | GRW 108 |
| | D: Wellness and Aging: A Balanced Journey <i>Kelli Iranshad and Katy Danforth</i> | GRW 301 |
| | E: Addressing the Unique Needs of Aging LGBT People <i>Facilitated by Multnomah County Aging, Disability, and Veterans Services Division and Friendly House</i> | GRW 201 |
| | F: An Age-friendly Multnomah County <i>Rebecca Miller and Alan DeLaTorre</i> | GRW 310 |
| | G: Community Health Workers: Person- centered Age-friendly Health Services <i>Edna Nyamu and Suzanne Hansche</i> | L 220 |
| | H: What Happened? Using Oregon’s Early Discussion and Resolution Program to Talk with your Provider When Healthcare Did Not Go as Planned <i>Melissa Parkerton and Beth Kaye</i> | GRW 203 |
| | I: Please note that <u>Session I has been canceled</u>; we apologize for any inconvenience this has caused | |
| | J: Renew! Relaunch! Retire! Re-define your Life with a Purposeful Plan <i>Laura Rose-Lewis, Julie O’Leary, Nancy Frisch and Kim Rosenberg</i> | GRW 120 |

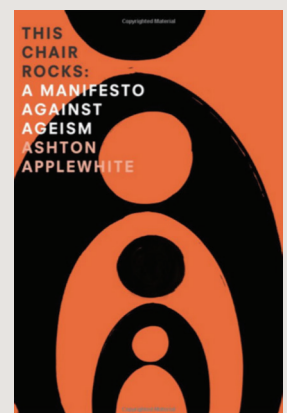
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|--------------------------|---|------------------------------------|
| 12:30 p.m. –1:25 p.m. | Lunch (boxed) | Luther Hall Auditorium L 121 |
| 1:00 p.m. | NeighborWalks: Meet in front of the Library at 1:00 p.m. | |
| 1:30 p.m. –2:30 p.m. | Concurrent breakout sessions: | |
| | AA: Artful Aging: Storytelling as Engagement <i>Tim Carpenter</i> | GRW 108 |
| | BB: End Ageism: Be Part of the Solution <i>Mike Faber, Roger Anunsen, Julie Concannon, Melissa Bierman and J an Abushakrah</i> | GRW 310 |
| | CC: Civic Engagement: Strategies for Volunteerism and Advocacy in Portland <i>Steve Higgs</i> | GRW 120 |
| | DD: Safe at Home: A Reality Show <i>Howard Johnson and Sharon Johnson</i> | GRW 303 |
| | EE: Disrupting Ageism: Turning Awareness into Action <i>Jeanette Leardi and Ashton Applewhite</i> | L121/L118 |
| | FF: Finding Resources and Supports for Yourself or a Loved One <i>Panel of Multnomah County Aging, Disability, and Veterans Services Division Program Experts</i> | GRW203 |
| | GG: Encore Entrepreneurship: Self-employment as a Key to Retirement Safety <i>Jackie B. Peterson</i> | GRW 312 |
| | HH: OpenNotes: The Power of Knowing <i>John Santa and Naomi Kaufman-Price</i> | GRW 301 |
| | II: Movement for Health – Movement to Heal <i>Caz Thomson</i> | L 220 |
| | JJ: The Healing Power of People <i>Peter Walsh</i> | GRW 201 |
| 2:30 p.m. –3:00 p.m. | Closing session – Audience Polling and Forum Toward a Community for All Ages <i>Alan DeLaTorre, Gary Marschke</i> | Luther Hall Auditorium L 121 |



Keynote Speaker: Ashton Applewhite

Ashton Applewhite is the foremost expert on the causes of ageism and the solutions for overcoming it. Her book *This Chair Rocks: A Manifesto Against Ageism* has been widely praised by such luminaries as geriatrician Dr. Bill Thomas; authors Anne Lamott, Katha Pollitt, and Stephanie Coontz; Encore.org CEO Marc Freedman; and University of Washington sociologist and AARP ambassador Pepper Schwartz.

An in-demand public speaker, Applewhite is entertaining, engaging, and enlightening as she deftly mixes seriousness with humor, helping her audiences understand the social, economic, and health implications of misperceiving aging as a process of degeneration and decline rather than one that opens older adults to new opportunities to engage in community and live a quality life. Her websites [This Chair Rocks](#) and [Yo, Is This Ageist?](#) continually offer visitors fresh insights into how to recognize and disrupt ageism.



Concurrent Breakout Session Descriptions

11:30 a.m. **Concurrent breakout sessions:**

–12:30 p.m. **A: Aging Mastery Program® – An Approach to Aging Well**

Ann Adrian, Maria Bigelow & Barb Blum

AMP® is an approach to living that celebrates the gift of longevity. A combination of goal-setting, daily practices, and peer support helps participants make meaningful changes in their lives, aligning with the goal of self-sufficiency and purposeful change.

B: Exploring Age Bias – An Interactive Discussion

Ashton Applewhite, Jeanette Leardi & Roger Anunsen

What does age bias look like? Why does it happen? What should/can we do about it?

C: Take the Right Steps

Simone Carter

Have issues with or questions about medication side effects, poor vision, poor balance, difficulty walking? Want to recognize hidden home hazards? Learn how to reduce falls and live better and longer lives.

D: Wellness and Aging: A Balanced Journey

Kelli Iranshad & Katy Danforth

Are you feeling adrift? Could your life be out of balance? Let two occupational therapists specializing in productive aging help you identify challenges and strengths.

E: Addressing the Unique Needs of Aging LGBT People

Multnomah County Aging, Disability, and Veterans Services Division and Friendly House

This interactive session will feature a World Café-style opportunity to learn about the unique challenges facing aging LGBT people and explore solutions and innovations to build upon the inherent strengths found in the community.

F: An Age-friendly Multnomah County

Rebecca Miller & Alan DeLaTorre

What is “Age Friendly” and how does/will it impact your quality of life? Why is it necessary? Come learn about Countywide efforts, use an equity empowerment lens to understand age-friendly issues, and provide input in identifying and measuring outcomes and next steps.

G: Community Health Workers: Person-centered Age-friendly Health Services

Edna Nyamu & Suzanne Hansche

What is a Community Health Worker (CHW) and how do you get yourself one? Learn from a panel of CHWs how it all works and how you can benefit while offering suggestions for services to help you and your family age in place.

H: What Happened? Using Oregon’s Early Discussion and Resolution Program to Talk with your Provider When Healthcare Did Not Go as Planned

Melissa Parkerton & Beth Kaye

The program will empower participants to ask healthcare providers for acknowledgment of their experience, answers to their questions about the care they – or their family members – received, and support following serious injury or death from healthcare. It will also empower participants to promote changes to improve care for future patients.

I: Please note that Session I has been canceled; we apologize for any inconvenience this has caused

J: Renew! Relaunch! Retire! Re-define your Life with a Purposeful Plan

Laura Rose-Lewis, Julie O’Leary, Nancy Frisch & Kim Rosenberg

(Re)discover your personal power at any age through a guided process that helps you renew your life purpose, reconsider what retirement means, explore possibilities for life in later years, and (re)discover creative potential while you renew ideas about age and aging!

12:30 p.m. **Lunch (boxed)**

–1:25 p.m.

1:30pm
-2:30pm

Concurrent breakout sessions:

AA: Artful Aging: Storytelling as Engagement

Tim Carpenter

Our stories shape our lives. Participants will create, share, and critique their stories using the EngAGE model.

BB: End Ageism: Be Part of the Solution

Mike Faber, Roger Anunsen, Julie Concannon, Melissa Bierman & Jan Abushakrah

Workshop guides participants through an interactive, exploratory process to identify their own ageism, embrace creative potential, connect with the restorative/rejuvenating influence of nature, define their roles as change agents, and identify ways to end ageism.

CC: Civic Engagement: Strategies for Volunteerism and Advocacy in Portland

Steve Higgs

What will your legacy be? How can you be engaged and make a difference in issue areas that are important to YOU and future generations?

DD: Safe at Home: A Reality Show

Howard Johnson & Sharon Johnson

A vivid, real-world demonstration of the undisputed effectiveness of in-home fall risk assessments when coupled with person-centered home modifications.

EE: Disrupting Ageism: Turning Awareness into Action

Jeanette Leardi & Ashton Applewhite

Learn to identify ageist thoughts, language, and behaviors in everyday situations as well as effective strategies for dealing with them.

FF: Finding Resources and Supports for Yourself or a Loved One

Multnomah County Aging, Disability, and Veterans Services Division Program Experts

This panel provides an overview of existing services such as the Family Caregiver Support Program, the Veterans Services Program, and the Aging and Disability Resource Connection Helpline. There will be ample opportunity to ask questions.

GG: Encore Entrepreneurship: Self-employment as a Key to Retirement Safety

Jackie B. Peterson

Downsized, outsourced, semi-retired, looking for opportunity? PCC's Encore Entrepreneurship helps people over 50 explore, imagine, and discover what excites them, and helps them turn that passion into a self-employment career.

HH: OpenNotes: The Power of Knowing

John Santa & Naomi Kaufman-Price

OpenNotes is a national movement working to give patients access to clinician notes. Learn how to gain access and give feedback on the system that makes that available.

II: Movement for Health – Movement to Heal

Caz Thomson

Understand and experience how and why movement can make us feel better - not only in the gym setting, but in our everyday lives. Learn to calm the mind by staying in the moment, and start to treat our body as our home.

JJ: The Healing Power of People

Peter Walsh

Having a HUMAN social network is not just a “nice to have,” but a “must have” for continued health and longevity. In this interactive workshop, participants will learn about the surprising, yet proven health benefits of social connection.

2:30pm
-3:00pm

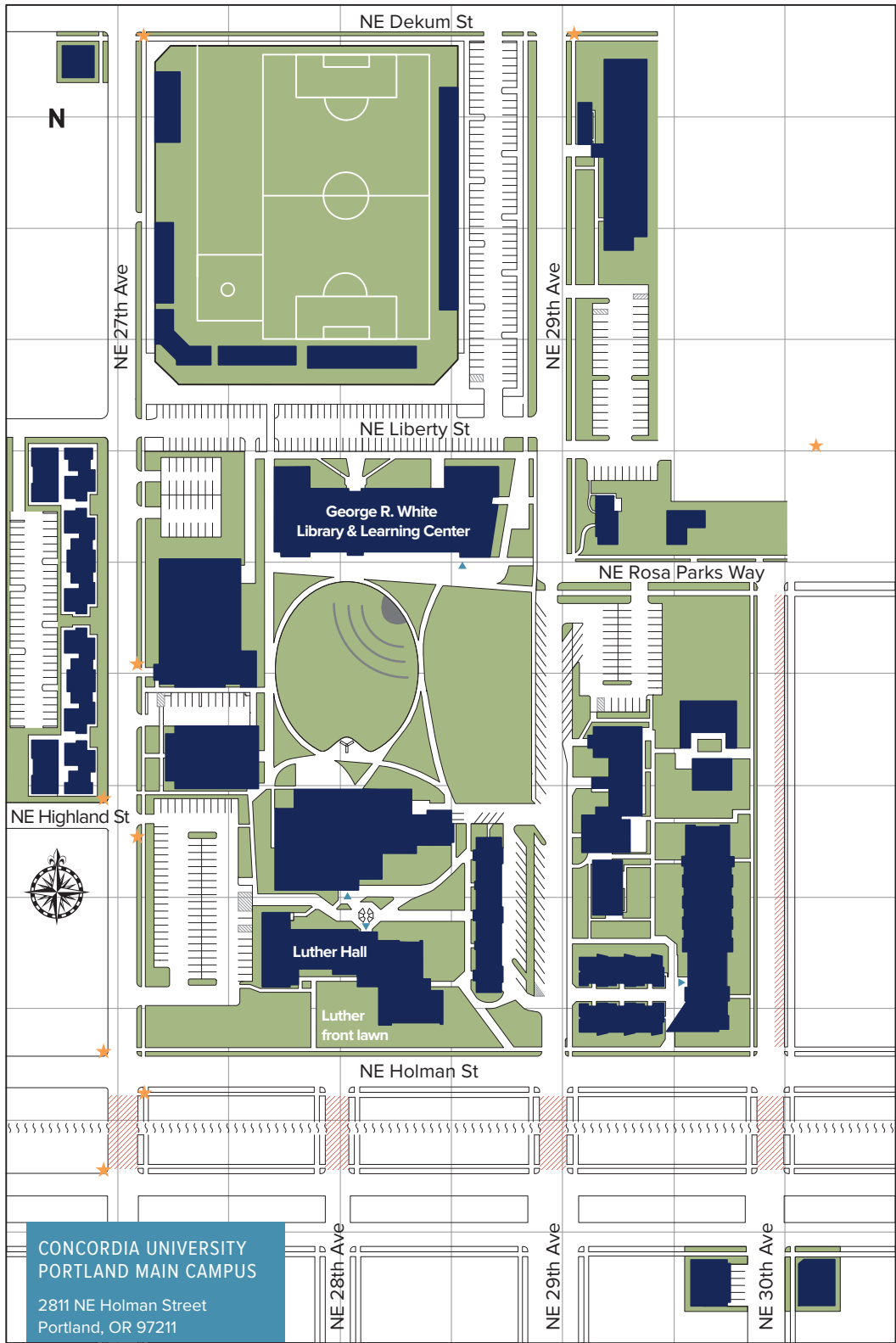
Closing session –

Audience Polling & Forum Toward a Community for All Ages

Alan DeLaTorre & Gary Marschke

Concordia University - Portland

MAIN CAMPUS MAP



- ▲ Wheelchair Accessible Entrance
- ★ Tri-Met Bus Stop
- ▭ Parking Spaces
- ▨ No Parking Area
- ⋯ Area Not To Scale



**A very special thank you to the
2016 Aging Well Conference Committee:**

Gary Marschke (chair), Alan DeLaTorre (co-chair),
Jeanette Leardi, Bandana Shrestha, Jay Bloom, Suzanne Hansche,
Amber Kern-Johnson, Khela Singer, Rebecca Miller, and Corey Nagel.

Special thanks to our other sponsors

