

Wisconsin Prevention Summit
July 17th & 18th
Radisson Paper Valley Hotel & Conference Center
Appleton, Wisconsin

Who Should Attend?

- Current leaders, coordinators and agencies involved in *Living Well with Chronic Conditions (CDSMP)* or *Stepping On*
- Professionals looking to be involved in Evidence-Based Prevention Programs
- Aging & public health professionals, medical community, non-profit organizations, HMOs, and any other profession with interest in prevention activities for communities they serve.

Registration and hotel room reservation information listed on the *Registration Form*.

Thursday July 17th, 9:00-4:00

8:00-9:00 **Registration**

9:00-10:30 **Welcome**

Sinikka Santala, Division Administrator, Division of Long Term Care, Department of Health and Family Services

Sinikka Santala is the Administrator of the Division of Long Term Care, the state agency that oversees a continuum of community-based and institutional services in aging, nursing homes, developmental disabilities, deaf and hard of hearing, blind and physical disabilities programs. The Division of Long Term Care has the lead in DHFS to implement Family Care statewide.

Sustainability for Living Well with Chronic Conditions: Engaging Community Participants and Partnerships; Program Fidelity and Sustainability

Promoting a vision of assuring widespread availability of evidence-based programs to successfully promote health in older adults, this presentation focuses on positive energy, building successful partnerships and offers approaches to assure the new programs can last after initial funding ends. Assuring program consistency, fidelity to the original model and the excitement of these innovations will be a focus.

June Simmons, CEO, Partners in Care Foundation, San Fernando, California

June has a long history in health care innovation, drawing on her social work background and many opportunities for testing innovations in programs and services to promote health and independence. She is particularly well known for her ability to envision new opportunities, attracting grant support and to successfully design sustainable models.

10:30-10:45 **Break**

10:45-11:45 **Breakout Sessions**

- **A - A Matter of Balance: Volunteer Lay Leader Model**

Sandy will give the history and evolution of this evidence-based program designed to decrease fear of falling, emphasizing physical activity. She will also discuss how and why the program changed into a volunteer lay leader model.

Presenter: Sandy Ceranski, MS, OTR, Quality Monitor-Quality Review Program, Family Care CMO-Milwaukee

- **B - Nutrition is the Key to Prevention**

The 36 year Elderly Nutrition Program (ENP) has always and continues to serve the Aging Network as its key prevention program. In this session you will learn how the policies and practices of the ENP are working to keep older adults safe and healthy as well as two other evidence-based nutrition prevention programs.

Presenters: Amy Ramsey, RD, CD, Nutrition/Prevention Specialist, Bureau of Aging & Disability Resources, Division of Long Term Care, Madison
Joyce Lubben, Director, Rock County Council on Aging

Mary Check Smith, MS CD, Health and Nutrition Supervisor, Aging and Disability Resource Center of Waukesha County

- **C - Evidence-Based Prevention Programs Panel: Family Caregiving, Arthritis Exercise, and Tai Chi**
Come and learn about a variety of evidence-based programs. Presenters will give an overview of the programs, successes and challenges, and how to become involved.
Moderator: Janell Keeter, Northern Area Agency on Aging
Panel: Lori Obluck, BA, Health Promotion Director, Arthritis Foundation, Wisconsin Chapter
Krista Scheel, Program Director, Alzheimer's Association of Southeastern Wisconsin
Gayle Mason, Director, Grant County Center on Aging
- **D - Volunteers Within Prevention Programs: Roles, Recruitment, and Retention**
Denise will discuss volunteer recruitment and retention successes and challenges. Tom and Harvey will highlight effective participant recruitment strategies as well as the benefits of volunteers working with this program. All will discuss the various roles volunteers can have within prevention program coordination and implementation.
Presenters: Tom White, CDSMP/Living Well leader, Volunteer, Sauk County
Harvey Padek, CDSMP/Living Well Master Trainer, Volunteer, Milwaukee
Denise Rigden, RN, Health Promotion Program Coordinator, Aging & Disability Resource Center Waushara County
- **E - Updates on Wisconsin's AoA Prevention Grant and ADRC Prevention Projects**
Living Well and Stepping On program updates, changes, data collection, evaluation results will be presented. The ADRC prevention projects funded for 2008-09 will be summarized and 2006-7 participant data provided.
Presenters: Jill Ballard, MPH, CHES, Statewide Coordinator for Evidence Based Prevention Programs, AgeAdvantAge, Madison
Sharon Beall, Nursing Consultant, Wisconsin Department of Health and Family Services Division of Long Term Care, Bureau of Aging and Disability Services, Madison

12:00 -1:00

Lunch

1:15-2:15

Breakout Sessions

- **A - Living Well with Chronic Conditions Across Cultures**
The Oneida Nation and United Community Center will share their experiences in coordinating and facilitating the Living Well with Chronic Conditions program with the Native American and Hispanic Population.
Presenters: Angélica Delgado Rendón, MS, Community Research Supervisor, United Community Center, Milwaukee
Tina Pospychala, Assistant Director, Oneida Nation Elderly Services
- **B - Sure Step: Falls Prevention Program**
This session will provide information on the purpose, history, components, successes, and challenges of the Sure Step program.
Presenters: Alice Schwalbe, PT, Kenosha Aging and Disability Resource Center
Dr. Jane Mahoney, Associate Professor, Geriatrics, Evidence Based Programs Evaluation, University of Wisconsin-Madison, Madison
- **C - Chronic Conditions Interventions: Health Plan and Medical Perspectives**
This session will focus on building the Living Well with Chronic Conditions program into both health plans and health care organizations. Mary Jane will give lessons learned in launching a self-management intervention for chronic conditions: creating partnerships, selecting a sample, marketing, and evaluating. Patty will discuss what has worked within Aurora Health Care in being involved with the program. She will focus on how to make and sustain effective partnerships with the Living Well program among health care organizations.
Panel: Mary Jane Mihajlovic, RN, BSN, HN-BC, CHTP, Diabetes Quality Care Coordinator, Health Services, Unity Health Plan
Patty Pagel, Aurora Health Care
- **D - Stepping On: Falls Prevention Program**

Stepping On is a community workshop designed to reduce falls. This session will provide information on the purpose, history, components, successes and challenges, as well as future WI opportunities with the Stepping On program.

Presenter: Sandy Cech, RN, Coordinator, Prevention Initiatives, Aging & Disability Resource Center, Kenosha County

- **E - Successful Marketing and Public Relations: How to Reach Your Target Audience**
Program coordination involves effective marketing. As the owner of her own successful marketing agency, Autumn will talk about how to focus your efforts on effective marketing strategies to reach your target audience. This will assist in recruiting the participants you need for your programs to be successful in improving the quality of life of your community.
Presenter: Autumn Hill, *Autumn Hill Creative* (www.autumnhillcreative.com)

2:15-2:30

Break

2:30-4:00

General Session

Interactive Physical Fitness (15 minute activity), Milwaukee County

What Makes a Successful Prevention Program?

Characteristics of Evidence-Based Prevention Programs

There are many components to a successful prevention/health education program. Dr. Mahoney will discuss what makes a program “evidence-based”, what “evidence-based” really means, and why evidence-based programs are successful. She will also emphasize how these programs can compliment other prevention initiatives.

Presenter: Dr. Jane Mahoney, Associate Professor, Geriatrics, Evidence Based Programs Evaluation, University of Wisconsin-Madison, Madison
Associate Professor of Geriatrics at UW Medical School, and Principal Investigator, with Terry Shea, of Kenosha County Falls Prevention Study, randomized trial which led to Sure Step. Dr. Mahoney has conducted research on falls prevention for 15 years and has published numerous articles on interventions to reduce falls. She is currently faculty partner with Kenosha County Division on Aging to disseminate Sure Step and Stepping On falls prevention programs in Wisconsin.

Friday July 18th, 9:00-3:00

7:45-8:45

Networking Breakfast

8:00-9:00

Registration

9:00-10:30

Fall Prevention Coalitions: National and Local Perspectives. Lynn will discuss Falls as a public health priority and the evolution of falls prevention coalition building on the national level. Wisconsin panelists will include efforts to address fall prevention coalition building in Wisconsin urban and rural communities.

Presenter: Bonita Lynn Beattie, PT, MPT, MHA, Vice President, Injury Prevention Center for Healthy Aging, National Council on Aging, Washington, DC
Panel: Judy Rank, Manitowoc County Falls Coalition
Dane County Falls Coalition

10:30-10:45

Break

10:45-11:45

Breakout Sessions

- **A - Prevention Programs in the Field: Overcoming Challenges & Ensuring Success – How Successful Coordination Makes it Work**
This interactive and informational panel will address the following topics:
Promotions and marketing; documentation, checklists, data collection, & record keeping; transportation and volunteer recruitment issues; as well as emergency issues and planning unforeseen dilemmas with coping techniques.

Panel: Denise Rigden, RN, Health Promotion Program Coordinator, Aging & Disability Resource Center Waushara County
Joseph LaForce, Information & Assistance Specialist, Elder Abuse / Prevention Program Manager, Aging and Disability Resource Center, Manitowoc County
Paula Stephens, RN, BSN, Oshkosh Senior Center
Barb Michaels, Project Coordinator, Aging and Disability Resource Center, Brown County

- B - The BIG Brainstorm: Skills for Increasing Participation, Dealing with Difficult Participants, and More!**
Leaders/facilitators of prevention programs... come one come all! As a T-Trainer for CDSMP and Stepping On, Sandy will lead a dynamic brainstorming session to discuss and problem solve the most frequent difficult issues that arise while facilitating workshops. Useful and effective strategies on how to be an effective facilitator will be offered.
 Presenter: Sandy Cech, RN, Coordinator, Prevention Initiatives, Aging & Disability Resource Center, Kenosha County
- C - Creating a “Prevention” Culture - What Does it Look Like and How Do You Get There?**
 Presenter: Carol Hartmann, MPH, RD, CD, Nutrition and Prevention Program Specialist, AgeAdvantAge, Area Agency on Aging
- D - Active Choices**
Active Choice uses telephone support to increase physical activity among sedentary adults. Kenosha County will provide information about this evidence-based program and its early experience with implementing the program in the community.
 Presenter: LaVerne Jaros, Director, Division of Aging and Disability Services, Kenosha County Dept of Human Services
- E - Fall Risk Management in Milwaukee’s Family Care Program: Application of Evidence Based Guidelines in a Managed Care Program**
For the past 18 months, Sandy and Michelle have worked with key stakeholders to develop a reasonable fall risk management guideline that is evidence based and is feasible for care managers and nurses to implement. This session provides an overview of the program they have developed thus far in their managed care system.
 Presenters: Sandy Ceranski, MS, OTR, Quality Monitor-Quality Review Program, Family Care CMO-Milwaukee, Community Care, Milwaukee
 Michelle Kortsch, BSN, RN, Quality Monitor, Community Care, Inc., Milwaukee

12:00-1:00 **Lunch**

1:15-2:30 **General Session**
Closing comments

Gail Schwersenska, Director, Office on Aging, Bureau of Aging & Disability Resources, Madison
 Linda Hale, RN, BSN, EMT, Family Health Section Chief, Bureau of Community Health Promotion, Division of Public Health, Madison

Interactive fun: Tai Chi

Time to relax, let loose, and be active! As we emphasize and promote health to others, we need to remember to have fun and take care of ourselves as well. Join us in experiencing Tai Chi!
 Jody Curley, Madison

2:30-3:00 **Resource Room/Networking**