



BRIDGES CONFERENCE 2019

Live Your Best Life!



May 2-3, 2019

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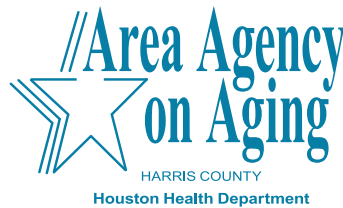
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Dear Conference Participants:

On behalf of the Houston Health Department, we want to extend many thanks. We are excited to have so many of our colleagues in attendance at the 5th Annual Bridges Conference! Once again, the sessions at this year's conference do an excellent job of presenting a comprehensive view of issues, challenges and opportunities in the provision of services and supports for older adults, people with disabilities and veterans. We all work at our individual organizations and with our partners to connect those we serve to the services and supports they need. Your attendance at this conference demonstrates your desire to learn more about the ways we can work collectively to ensure ongoing support to consumers.

To the speakers, panel moderators and panelists, thank you for sharing your experience and expertise related to your area of specialty. The information you provide will afford great insight into enhancing the lives of those we care about in the aging, disability and veteran communities.

We also want to thank our sponsors, exhibitors, artist, performers, volunteers and staff whose support and energy made this an engaging, multifaceted conference. We could not have put on this event without you!

For all in attendance, we hope that you enjoy meeting and sharing with individuals from around the country, state and local community. It is exciting to see so many people who have come together to learn about how best to help those we serve.

Thank you again for attending to celebrate our fifth year of the conference, and we hope that this event is helpful to you in achieving your professional mission as well.

Sincerely,

Deborah A. Moore
Assistant Director, Human Services Division
Houston Health Department

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SPEAKERS

DR. JOE BATES is a double board-certified award-winning psychiatrist and pediatrician who recently retired as clinical director at Rusk State Hospital in Rusk, Texas to spend more time serving his fellow veterans, by getting help and answers to their most asked questions. His current role is proving the power of true brain training, which changes the way people age, think and feel across the country. His mission is to help people balance day to day wellness in a 'smart device life'. He is a native of Homer near Shreveport, Louisiana, and graduated from LSU School of Medicine in New Orleans, where he was president of the Alpha Omega Alpha medical honor society and was honored with the "Highest Ideals of Medicine" award. His latest and ongoing achievement is helping people age, think, feel and live better with a series of personal brain fitness workouts he developed, proven to increase confidence, hope, well-being, energy, and best of all memory. The exercise method is called braincardio™. Government agencies are using braincardio™ training to help increase cognition at work, home, and specifically, active senior-life. He is the author of the award winning book, *Making Your Brain Hum: 12 Weeks to A Smarter You*. The scientific success of the book stems from the CRT (Cognitive Remediation Therapy) study that was published in *Current Psychiatry*, April 2016. He enjoys speaking across the country about the beauty of building brain power and has been interviewed on TV, radio shows and national magazines about mental fitness topics. He is currently in the middle of teaching someone to live their best life, RIGHT NOW.



DENNIS S. BROWN, is the president of Destiny Investments. He firmly believes that "Your Attitude is Showing!" and it is also the topic of one of his most powerful talks as a major force on the national public speaking circuit. His best-selling motivational tape and attitude T-shirts have received praise from President Bill Clinton, motivational speaker Les Brown, and the Houston-based homeless group S.E.A.R.C.H., just to name a few. Dennis believes "The only difference between A GOOD DAY is your ATTITUDE!"® He explains that positive attitude differs from positive speaking by simply one word—ACTION! In fact, he says that "attitude is feeling, belief, and passion, and if we stir up those ingredients in the bowl of life—oh how sweet our days will be!"



TRELISHA BROWN is the Managing Attorney of the Health Law Program with Texas Legal Services Center. Under the Health Law Program, she manages several different projects and programs which include the Kincare Taskforce, MIPPA Initiative and Austin Medical-Legal Partnership, which all assist Texans with access to healthcare matters. Prior to her employment



with Texas Legal Services Center, she worked for a 252 licensed bed integrated medical facility and was of counsel to LeBow, Melecki, and Tasch, LLC in Chicago, Illinois. Ms. Brown earned her undergraduate degree from the University of Illinois in Urbana, Illinois, her Masters of Science from DePaul University, and her Law Degree from The John Marshall Law School both of which are in Chicago. Ms. Brown is licensed to practice in Texas and she is also a member of the Poverty Law and Health Law Sections of the State Bar of Texas.

MARIBEL BURGOS is the Manager for Community First Choice (CFC) Authority Services at Texana Center. She has worked with the intellectual developmental disabilities (IDD) population for 8 years and has gained knowledge and experience through provider and authority services. Her involvement with CFC started in 2015, where she participated in the implementation process for the Local IDD Authority and served as a member of the Texas Council CFC Workgroup. Her work continues today by managing service coordinators, facilitating quarterly regional CFC focus group meetings in the Greater Houston area, and maintaining relations with several Managed care organizations. She holds a bachelor's of science for human development and family studies from the University of Houston.



TERRI COLEMAN is a native Texan and has 20 plus years in the Healthcare Industry. Her latest position is with Cleveland Health Care and Rehabilitation and Caring Cove Memory Care. She is proud to have assisted with the initiation and development of the acclaimed Caring Cove Memory Care. It's grand opening was in 2015 and it is already a huge success. Caring Cove Memory Care specializes in Dementia and Alzheimers. CCMC accepts Medicare, Medicaid, along with many Managed Care and Private Insurances. Mrs. Coleman is very proud that Cleveland has such a wonderful facility to offer the patients and families in our surrounding area. What a blessing and peace of mind!



TONY D. CROSS, RPL, is the Training Administrator with the City of Houston. He is a Retired U.S. Army Senior Drill Sergeant, Sergeant First Class. He has been awarded ribbons, Humanitarian Service medals, and Army Commendation for meritorious duty while in combat operation during Desert Storm and Desert Watch. His professional Accomplishments are Johns Hopkins Medical Institute Protective Service Division; Life Saving Medal, Medal of Valor, as well as a Certification of Appreciation from the United States Secret Service. Tony is a Texas Commission Law Enforcement Basic Instructor.



The Power of Evidence-Based Solutions

(San Jacinto Rm 3)**

Rosalba Martinez, Care Connection Aging Disability Resource Center, **Maggie Green**, Housing Navigator, Aging Disability Resource Center *Attendees will learn healthy habits, tips and strategies on fall prevention, how to implement fall proofing strategies and how to incorporate positive thinking with exercise to relieve stress.*

FRIDAY, MAY 3, 2019

9:45-10:45am: BREAKOUT SESSION I

Braincardio Making Your Brain Hum

(Sam Houston Ballroom Section 3)†

Joe Bates, MD, retired Clinical Director at Rusk State Hospital in Rusk, Texas

Attendees will learn how to optimize cognitive functioning and specifically learn to reduce the risks of developing Alzheimer's. The attendees will become familiar with living a Braincardio lifestyle by means of BRAIN acronym: Believe, Recover, Activate, Inspire, Nourish.

Highlights from Veteran-Directed Home and Community-Based Services Program and the Consumer View (San Jacinto Rm 2)**

Keith Taylor, Harris County Area Agency on Aging's Care Coordination and Caregiver Support Coordination Program and **Sonja Nelson, LMSW**, Community Programs Coordinator, Michael E. DeBakey VA Medical Center

Attendees will learn about the Harris County Area Agency on Aging partnership with Veteran Affairs to provide the Veterans-Directed Home and Community Based Services Program. The participants will learn the eligibility requirements and target population, along with the success for the program and how it improves the quality of care for veterans to remain in their home and community.

Secure your Legacy

(San Jacinto 2) (NO CE)

Stephanie Salcedo, Secure your Legacy, LLC *Attendees will learn how to plan when it comes to Medicare, long-term care, burial and cremation services and how to protect an estate from long-term care expenses.*

The Independent Living Movement: "Its Roots and Origin" Consumer Empowerment; Consumer Control

(San Jacinto Rm 3)†

Paula Robinson, Director of Programs, Houston Center for Independent Living

Attendees will learn core values and philosophical tenants of the independent living movement, such as information and referral, peer counseling, skills training, advocacy and transition services.

Virtual Dementia Tour

(San Jacinto 5 & 6) (NO CE)

Terri Coleman, Cleveland Healthcare Center *Attendees will be able to identify with, and better understand the behaviors and needs of those with dementia. The Virtual Dementia Tour can be used to spread awareness of the impact of dementia on the lives of older adults.*

*CE Approved for LMFT, LPC, Psychology, and SW.

**CE Approved for credentials listed above and HCSSA - PAS, Licensed Home Health Only

†CE Approved for All the above listed credentials and Licensed Nursing Facility Administrators (LNFA)

BREAKOUT SESSIONS

THURSDAY MAY 2, 2019

1:15-2:15pm: BREAKOUT SESSION I

Understanding Community First Choice

(San Houston Ballroom Section 3) **CE AVAILABLE****

Danny Wallace, IDD Service Coordinator Supervisor, Tricounty BH, Maribel Burgos, Service Coordinator Supervisor, Texana Center, Kenyonika Johnson, Program Director Service Coordinator, Community First Choice, The Harris Center for Mental Health and IDD, and **Sheri Talbot**, Director of Authority Services, Texana Center

Attendees will learn how Community First Choice (CFC) services are available through waiver and non-waiver support and identify eligibility requirements.

Working with Parents/Caregivers of Children with Autism Spectrum Disorder

(ASD) (San Jacinto Rm 1)

CE AVAILABLE & OFFERS 1.0 ETHICS†

Samantha Katchy, Family Assistance Coordinator, Hope for Three

Attendees will learn how to differentiate types of professional ethical decisions and implications for practice, while developing basic knowledge of the characteristics of Autism Spectrum Disorder (ASD) and discuss basic tenets of working with parents/caregivers of children with ASD.

Live Your Best Sexual Life with Open Sexuality!

(San Jacinto Rm 2)

CE AVAILABLE & OFFERS 1.0 ETHICS†

Renee Flores, MD, University of Texas Health
Attendees will learn how to define sexuality and assess how personal views and bias impact our views, including physiological changes associated with aging and how diseases and medications can affect sexual function. Attendees will learn approaches to the impact of sexuality on quality of life and patient centered care.

Creative Housing Strategies & A Perfect Fit

(San Jacinto Rm 3) **CE AVAILABLE ****

Maggie Green, Housing Navigator, Aging Disability Resource Center, **Rosalba Martinez**, Care Connection Aging Disability Resource Center, and **Erika Crossley**, A Perfect Fit

Attendees will learn about crisis, challenges, barriers and issues related to accessing affordable housing in the community.

Paying for Long-Term Care Services on a Tight Budget

(San Jacinto Rm 4)

CE AVAILABLE & OFFERS 1.0 ETHICS**

Trelisha Brown, Attorney, Texas Legal Services Center

Attendees will learn which long-term care services

and support programs (LTSS) are available in Texas and how to incorporate strategies using the resources provided to older adults and people with disabilities and the costs associated with LTSS.

Virtual Dementia Tour

(San Jacinto Rm 5&6) **(NO CE)**

Terri Coleman, Cleveland Healthcare Center
Attendees will be able to identify with, and better understand the behaviors and needs of those with dementia. The Virtual Dementia Tour can be used to spread awareness of the impact of dementia on the lives of older adults.

3-4pm BREAKOUT SESSION II

Disrupt Aging – AARP discussion

(San Houston Section 3) **(NO CE)**

Charlene Hunter James

Attendees will learn the effects of stereotypes around aging and becoming advocates for challenging outdated views.

How to Reconcile Your Role as a Caregiver. The Challenges of Being a Family Caregiver and an Advocate for Caregivers

(San Jacinto Rm 1)

CE AVAILABLE & OFFERS 1.0 ETHICS†

Cara L. Magrane, MBA, Executive Director, Autism Lifeline Links

Attendees will learn how to evaluate the role of a caregiver and how to advocate and educate others on the complexity of caregiving, including the ignorance surrounding the complexity of caregiving pervades.

Frustrating? Yes. Surprising? No. Helping Seniors Avoid (and Survive) Financial Crises

(San Jacinto Rm 2)

CE AVAILABLE & OFFERS 1.0 ETHICS†

Tammy Mermelstein, Care for Elders - Evelyn Rubenstein Jewish Community Center

Attendees will learn at least three pitfalls that can cause or exacerbate an older adult's financial crisis.

Virtual Dementia Tour

(San Jacinto 5&6) **(NO CE)**

Terri Coleman, Cleveland Healthcare Center
Attendees will be able to identify with, and better understand the behaviors and needs of those with dementia. The Virtual Dementia Tour can be used to spread awareness of the impact of dementia on the lives of older adults.

ERIKA CROSSLEY is the CEO of "A Perfect Fit", a senior living placement agency serving Houston and the surrounding areas. She has personal insider knowledge from one of the nation's largest senior living chains, personal firsthand experience with placing loved ones and is a trusted partner for many seniors and families for over 5 years. Erika holds a Bachelor of Science in Community Health and a Master in Public Administration. She has over 19 years industry experience, sits on several senior council boards and is a pioneer in the senior living community.



THE DENVER HARBOR FOLKLORE DANCERS are directed by Ludivina Gutierrez, the founder and director of Cielito Lindo. She teaches classes twice a week at the Denver Harbor MSC free-of-charge to any senior over the age of 60. She is 65, takes no medication, and attributes her good health to diet and exercise. The 10 Denver Harbor Folklore Dancers perform wherever they are asked to participate and there is never a fee to outsiders.

DR. RENEE J. FLORES is a geriatrician who is board-certified in internal medicine, geriatrics, and hospice and palliative medicine. She earned her medical degree at Saint Matthew's University in the Grand Cayman Islands, and completed residency at Saint Mary's Hospital in Connecticut. She completed a Health Service Administration Master's Degree from Saint Joseph's College of Maine. Dr. Flores is a Clinical Assistant Professor at University of Texas Health Science Center in Houston, and oversees medical education for learners in medical school, residency, and geriatric fellowship training. In addition, she has expanded her role to include sexuality and intimacy for older adults. She has completed two additional training courses, one for Sexual Counseling and Sexual Educator Certificate Program at the University of Michigan Program and the other for Sexual Health Certificate at the European School of Sexual Medicine in Budapest Hungary. She recognizes that sexual health is a salient part of comprehensive health care, and works in collaboration with patients to address sexual desire, pain, performance, and relationship challenges. She has been recognized with the Dean's Excellence Teaching award for her devotion to life-long learning and education.



TIM GARD, CSP, CPAE, is a tears-in-your-eyes funny keynote speaker who teaches people to be more resilient and resourceful, and coaches businesses on how to enhance productivity and employee enthusiasm. He is a Hall of Fame Speaker, CPAE (Council of Peers Award of Excellence), an elite honor shared by 150 people worldwide and a CSP (Certi-



fied Speaking Professional). Tim has spoken at over 2,000 events worldwide from Texas to Tasmania and was selected by *Meeting Planners Magazine* as one of the "Best speakers ever seen or heard on the main stage." Tim's down-to-earth style and real-life humor leaves a lasting impression that you will benefit from for years to come. His skillful use of ordinary items in extraordinary ways and extraordinary items in everyday ways make him one of the most popular main stage speakers on the platform today. During the past two decades, Tim has traveled almost two million miles to perform, is the author of four books, and an inventor of stress reduction tools that are marketed and enjoyed worldwide.

MAGGIE GREEN is a Housing Navigator and Counselor with the City of Houston's Aging and Disability Resource center. As a housing navigator, Maggie is responsible for finding affordable and accessible housing resources for the agency. Maggie transitioned into the public sector to leverage her passion for public service. She has a background in Low Income Housing Tax Credit (Community Director) and Credit Union Lending options (Loan Officer). This experience allows for a practical and compassionate approach to addressing the current housing needs of the population the ADRC serves. The housing navigator is tasked with outreach to community organizations, housing developers, landlords and other service providers to identify new and existing housing opportunities. Maggie works closely with housing authority personnel and other key industry players to access affordable accessible housing options for clients. Housing is a basic need that when not met, the community is adversely affected on various levels. Maggie strives to use her role to develop housing policies that help alleviate affordable housing crisis, advocate for change where needed and learn new and creative ways to address housing issues in the community.



JO ANN GOODIE-CHARLES, RN, CPT is the owner and director of Fit Just4U Personal Training & Wellness Center, located in Southwest Houston near the Medical Center. Jo Ann is a retired nurse with over 44 years experience in nursing and greater than 20 years experience in the fitness arena. Jo Ann opened the Fit Just4 U Personal Training Center in the fall of 2015 as a natural extension of service in the health care industry, understanding that the basic prescription for the prevention and management of most health challenges starts first with healthy food choices and exercise. Fit Just4U offers a variety of services which includes personal training, nutrition and wellness guidance, off-site fitness classes to the corporate industry as well as a host of related services. The primary population served at Fit Just4U are individuals 50 years of age and older with a particular focus on the Baby Boomer and older populations. Jo Ann's goal at age 70 is to not only to be a role model to her generation through the fitness and healthy lifestyle choices but to also help member of the senior community reach their health and fitness goals in an environment that is both comfortable and non-intimidating.



CHARLENE HUNTER JAMES is a long-time volunteer and community advocate in Houston, and serves as the current AARP Texas state president. In collaboration with AARP Texas Director Bob Jackson, Charlene has the responsibility, of leading the AARP Texas Executive Council and works with AARP staff and volunteers to establish strategic goals and objectives on a local level that are consistent with AARP's national strategies. She has been a volunteer and state Executive Council member for AARP since 2008. Besides her work at AARP, she is a member of Alpha Kappa Alpha Sorority, Incorporated, The Links, and volunteers with Texas Children's Hospital and Harris County Protective Services for Children and Adults, where she serves on the Board. Her advocacy efforts for the most vulnerable older adults is her greatest passion. As a long-distance caregiver for her 93-year-old father, she is keenly aware of the challenges that face many family caregivers and advocates at the state and federal levels for needed caregiver support services. She holds a master's degree in public health from the UTHealth School of Public Health. She worked for the Houston Health Department for much of her career, and prior to her retirement, she served as director of the Harris County Area Agency on Aging. Charlene is married to Dr. Andrew B. James, with whom she shares the public health profession. They have one daughter, Dr. Charlene-Mary James Piper.



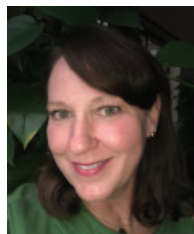
KENYONIKA JOHNSON currently works for The Harris Center for Mental Health and IDD. She has worked with the IDD population for 17 years in various capacities such as Service Coordinator, Team Leader, Staff Services Administrator and she is currently a Program Director for the Community First Choice program. She has a Bachelor's of Science in Healthcare Management and a Master's in Business Administration. She is proud of the impact that her work has made in the lives of people with disabilities.



SAMANTHA KATCHY graduated from University of Houston Clear Lake with a degree in Psychology in 2011. Samantha has over 10 years' experience helping children and families living with Autism Spectrum Disorder (ASD). Samantha works directly with families and conducts presentations to health care professionals, in anticipation of reaching more children upon diagnosis. She is currently pursuing her Masters in Applied Behavior Analysis with an emphasis in autism from Ball State University.



CARA L. MAGRANE is an Executive Director for Autism Lifeline Links. She has more than 25 years of non-profit management experience beginning her time as a Jesuit Volunteer at Respite Care of San Antonio (RCSA). Under Cara's leadership over 23 years, RCSA expanded programs and services, most notably the Davidson Respite House; Texas' First emergency shelter for children with developmental disabilities and San Antonio's first inclusive childcare. Cara joined Autism Lifeline Links in February 2017 as its Executive Director where she is working to bring awareness to the autism commu-



nity, decrease barriers and improve the system of care. Cara has been appointed and served on a number of boards and councils at the city and state levels focusing on child abuse and neglect, autism, children with disabilities, and lifespan respite care; including current positions on Alamo Area Council of Governments-Planning Advisory Council, and Chair of the Texas Respite Advisory Committee. Cara is a prolific and effective public speaker; infusing passion and purpose in her audience. Cara works to positively impact public policy through advocacy for special populations. Cara received her MBA from The University of Texas at San Antonio, Center for Professional Excellence; a BA in Sociology from Manhattanville College, and is a Licensed Child Care Administrator (LCCA) and Licensed Child Placing Agency Administrator (LCPAA).

JAMES "JIM" FRANKLIN McINGVALE, also known as Mattress Mack, is a businessman and philanthropist from Houston, who owns and operates the Gallery Furniture retail chain. McIngvale is from Starkville, Mississippi and attended North Texas State University, now University of North Texas, in Denton where he played football. He and his wife have three children. Their daughter Elizabeth was diagnosed with obsessive-compulsive disorder at age 12, and at one point several doctors declared her illness too severe to be treatable. McIngvale and his wife sent her to the Menninger Clinic when she was 15, where she underwent Exposure Response Prevention Therapy and eventually learned to manage her OCD. She later became an assistant professor of Psychiatry and Behavioral Sciences at the Baylor College of Medicine, and founded the Peace of Mind Foundation, a non-profit organization dedicated to helping people with OCD. In 2002, Jim McIngvale co-authored the book, *Always Think Big* with Thomas Duening and John Ivancevich, which chronicles the ups and downs of McIngvale's entrepreneurial career. He lived in the Northgate Forest community in an unincorporated area of Harris County, Texas. Ericka Mellon of the Houston Chronicle said that he was "one of Northgate's most recognizable residents." McIngvale is best known for his energetic, fast-paced sales pitches, typically ending with some variant of his catchphrase "saves you money!" His distinctive sales style originated from an incident that occurred early on in Gallery Furniture's history. Faced with financial difficulties, McIngvale invested all his remaining money, approximately \$10,000, in a television commercial to be aired on two stations. While watching the commercial being produced, he became dissatisfied and ad-libbed a sales pitch, speaking rapidly because of the limited amount of time available. The commercial proved very effective, and his sales increased dramatically afterward.



ROSALBA MARTINEZ is a Benefits Counselor II, Certified Alliance of Information and Referral Systems (AIRS), and master trainer for matter of balance, stress busting, diabetes and chronic disease self-management classes. She is also the local contact authority liaison for Care Connection Aging and Disability Resource Center. Rosalba has lived in Houston all of her life. She attended Stephen F. Austin High School, Houston Community College and received certification and re-certification from Professional Secretaries International at The University of Houston. Rosalba worked as an executive secre-



FRIDAY MAY 3, 2019

- 8am **Registration and Breakfast**
(Sam Houston Ballroom)
- 8:30am **Welcome**
Stephen L. Williams and Deborah Moore
- 8:45am **Keynote Talk – Live Your Best Life!†**
Tim Gard, CSP, CPAE - Keynote Speaker
- 9:45am **Door Prize and Breakout Session I**
- 10:45am **Exhibit Hall Showcase and Networking Opportunities**
Navigating Resources and Networking Exhibit Hall Game
(Door Prizes given) (Sam Houston Ballroom Sec 2)
- 11:30am **Live Your Best Life Now! (NO CE)**
Dennis Brown, Motivational Speaker
- Noon **Champion Award Presented**
- 12:15pm **Door Prizes**
- 12:30pm **Adjourn**

*CE Approved for LMFT, LPC, Psychology, and SW.

**CE Approved for credentials listed above and HCSSA - PAS, Licensed Home Health Only

†CE Approved for All the above listed credentials and Licensed Nursing Facility Administrators (LNFA)

PROGRAM

THURSDAY MAY 2, 2019

8am	Registration, Announcements and Beverages only (Sam Houston Ballroom)
9am	Welcome Paula Johnson and Dr. Clemelia Richardson
9:25am	Keynote Speaker Tony Cross Veteran Possibilities**
10:25am	Break Jim McIngvale Will Encourage Attendees to Live Their Best Lives
10:40am	Door Prizes
10:50	Arts Stage: Demonstrating the Arts to Showcase Healthy Lifestyles – Disrupt Aging and Live Your Best Life[†] Jane Vo, Facilitator <ul style="list-style-type: none">• Chinese Community Center Performers• Third Ward Line Dancers• Denver Harbor Folklore Dance Group <p>The arts stage will demonstrate how older adults, people with disabilities, and veterans participate in the arts.</p>
Noon	Lunch
1pm	Break and Door Prizes
1:15pm	Breakout Session I
2:15pm	Free Style Time, Snacks and Exhibit Hall Yoga (San Jacinto Rm 6) Zumba (Hospitality Room) Popcorn and Movie (Sam Houston Ballroom Sec 2)
3pm	Breakout Session II
4pm	Adjourn

tary for 40 years with officers at the executive level, in the corporate petroleum industry before coming to the city. Her hobbies are gardening, poetry and cooking for friends and family. She also enjoys nature and all that it entails.

TAMMY MERMELSTEIN JD, MSW, has dedicated her career to empowering others. She is the Director of Care for Elders, an initiative focusing on the needs of Harris County's older adults and caregivers. At Care for Elders, Tammy is lead author on A Spotlight on Aging, a data report on Harris County's older adults and the Senior Guidance Directory, an information and resource guide. Tammy also developed fun and interactive presentations on such topics as senior financial empowerment and self-care for professionals and family caregivers. Recently, she has been appointed to the Texas Health and Human Services Commission's Aging Texas Well Advisory Council and to the Harris County Healthy Aging Taskforce. Prior to joining Care for Elders, she taught thousands of people how to improve their financial lives through award-winning programs. Tammy earned her Master's in Social Work and Certificate in Non-Profit Management from Georgia State University, her law degree from the University of Miami, and her Bachelor of Arts degree from Stephen F. Austin State University.



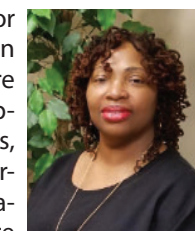
DEBORAH MOORE, MBA, Assistant Director Human Services Division for the Houston Health Department. Prior to this assignment she served as the Director of the Harris County Area Agency on Aging and Care Connection Aging and Disability Resource Center. Both, which are under the auspices of the City of Houston Department of Health and Human Services. Ms. Moore oversees the provision of assistance and services to older adults, caregivers, veterans and disabled individuals. Through these two agencies and several other department human services programs under her leadership, well over 84,000 individuals were assisted in 2015. Deborah has an extensive background in human services dating back to her first position as a social worker with the Department of Public Welfare in 1973. She is a strong proponent of collaboration and works to ensure that funds are maximized and that human services are enhanced and expanded through community partnerships. Through partnerships which she promoted, supportive services to older adults and persons with disabilities have significantly increased in the Harris County area. She works tirelessly and speaks publicly on community responsibility for enhancing the quality of life of older adults and persons with disabilities at the national, state and local levels. She is often called upon to provide testimony regarding the need for additional services for these populations. Ms. Moore is the president of the Texas Association of Area Agencies on Aging. She was the 2015 recipient of the City of Houston's distinguished BRAVO award which recognizes professionalism, customer service and volunteerism. The award which is the highest recognition given to a none-elected city employee was presented by mayor Annise Parker.



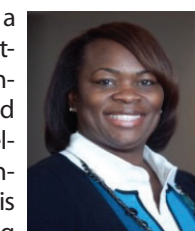
SONJA NELSON holds a Master of Social Work degree from Chicago State University and is a licensed clinical social worker. Ms. Nelson has been employed in the field of Social Work for the past 20 years, with much of this time spent working with demographic groups and communities that have been historically underserved and disproportionately marginalized. These areas of practice have included mental health, corrections/criminal justice, geriatrics, and the uninsured/underinsured. She is current employed by the Department of Veterans Affairs, Veterans Health Administration (VHA), located at the Michael E. DeBakey VA Medical Center in Houston. Sonja is the community programs coordinator within the veterans care & transitional service line, where she serves elderly and disabled veterans and their families. She is responsible for program administration, clinical oversight, and day-to-day operations of programs that help veterans retain their independence, remain in their communities, and prevent institutionalization by accessing the services and supports necessary to age in place. Ms. Nelson has also been instrumental in development of new programming and community partnerships that enhance the availability of care, as well as innovative initiatives that enhance the quality of care available to veterans. Ms. Nelson was instrumental in development of the veteran-directed home and community-based service program at Michael E. DeBakey VA Medical Center, which is a cutting edge self-directed model of care. This program is a community partnership successfully administered in conjunction with Harris County Area Agency on Aging and has revolutionized the way veterans are able to receive and manage their care.



ANNETTE OFFORD works as a Senior Benefits Counselor with Care Connection Aging and Disability Resource Center, where she provides resources and services that support a full range of needs for older adults, people with disabilities, caregivers, and veterans. Annette's background is in family education counseling. In her tenure with Care Connection Aging Disability Resource Center, Annette has received certifications in Alliance of information and Referral Systems (AIRS), Care Transition coach, A Matter of Balance, and a Master Trainer for Stress Busting for Family Caregivers.



CLEMELIA H. RICHARDSON, PHD, LCSW, is a manager for the City of Houston Health Department (HHD). She has successfully designed, implemented, and evaluated public health and behavioral health programs. She led the development of HHD's Peer Wellness Specialist Training and Certification Program. This program is the first in the state of Texas to prepare young people with lived mental health experiences to provide an array of peer supports. Dr. Richardson is an experienced administrator of evidence-based programs, public health services and behavioral health contracts. Dr. Richardson provides leadership in the integration of physical health and mental health services for vulnerable populations. As a licensed clinician, Dr. Richardson provides clinical oversight for an array of programs serving children, youth and families. She has a wealth of experience providing clinical services with families from various backgrounds. She is a skilled facilitator, trainer and coach. Dr. Richardson is experienced in fund development, program evaluation and technical writing. Dr. Richardson's research



interests include mental health, well-being and family functioning for at-risk populations.

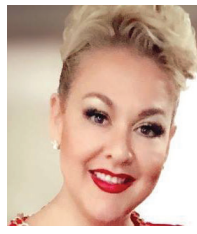
PAULA ROBINSON is the Director of Programs for the Houston Center for Independent Living (HCIL) where she manages consumer programs in accordance with the agency's stated purpose and funding source guidelines. Prior to that, Paula served as a relocation services manager for HCIL. She has an extensive background in assisting individuals to live independently in their communities, while serving in key position with the Department of Human Services in Georgia and the Division of Family Services in Missouri. Paula is also a certified Life coach and nurturing parent facilitator and a certified teacher through the Independent Missionary Baptist General Association of Texas.



MARIANGEL ROMERO graduated high school and attended the local community college in Texas City, where she first became involved with her Latin American culture by joining the COM Amigos Club, an organization that focuses on embracing and teaching about Latin American culture. She became the group choreographer for their Multicultural Dance festivals, performing and showcasing many original dances from Latin American countries and the world. She also competed in and won two scholarships to help offset the costs of books and other supplies.



STEPHANIE SALCEDO is a licensed insurance broker, with Secure Your Legacy. She helps families make the right choices when it comes to Medicare, long-term care, burial and cremation services. Additionally, she helps families protect their estate from long-term care expenses, and is a proud advocate and avid supporter of the Houston police department, fire department, U.S. Veterans, and all public servants.



JANINA NINA SODUS has dedicated over 42 years of her life to serving the public as a state employee. She began working for the State of Texas as an AFDC/Food Stamp Worker, August 02, 1976. She retired from the State of Texas as the Regional Director of Community Care Services Eligibility for Region 6. Region 6 serviced people of all ages in 13 counties. Nina considered it a calling rather than a job. Within her tenure Nina was a Children's Protective Service Worker. Her goal was to find appropriate permanent placement for each child in her caseload. She was also a Child Development Specialist and assisted people in the Work Incentive Program with Day Care while they attended various training programs that might lead to a job. Nina worked in the Family Self Support Program which provided support services to families who were receiving AFDC, Managed Community Care for the Aged and Disabled Contracts, including Attendant Care, Meals on Wheels, Emergency Response Services. She managed Community Care for the Aged and Disabled (CCAD) Services in Harris County. This time managed 10 units in Harris County that did eligibility and case management for CCAD Services. The goal was to maintain individuals in



the community and at times to bring them out of nursing homes back to the community. She helped initiate the STAR+PLUS Program in Texas, mandated by the Texas Legislature. The pilot took place in Harris County in 1998. Lastly, Nina was the Regional Director for Community Care Services in Region 6 for 15 years, and was responsible for the overall operation, budget management and programs management that provide services to individuals who are older and disabled.



TAI-CHI is an internal martial art. Traditional Tai-Chi is suitable for all ages and fitness levels. It promotes martial art skill for wellness with slow, smooth, and graceful movements performed with inward awareness. This encourages the flow of Chi, or life force harmoniously throughout the mind and body. Emphasis is on inner attention, correct alignment of the bones, correct posture and focus of the mind. Medical study shows that practicing Tai-Chi can improve balance, posture, flexibility, circulation, focus, stamina, core strength, self-knowledge and can reduce stress and arthritis pain. Today, CCC Tai-Chi group will demonstrate Tai-Chi Chuan.



Variations of Tai-Chi involving weapons also exist. CCC Tai-Chi group will also demonstrate Tai-Chi Fan, which is created based on the theory of Tai-Chi and sword. The fans are used as a weapon and as a way hide and obscure one's movements from the opponent. Its energetic and dynamic movement serves as a complement to Tai-Chi practice.

KEITH TAYLOR has been working in case management for approximately 4 years, assisting seniors and veterans secure the services they need and that they qualify to receive. He provides counseling and guidance to seniors and veterans to help them explore long-term care options that may be available to them with the VA or with the Texas Health and Human Services Commission. With regard to the Veterans Directed Program, Keith helps veterans or representatives manage VA authorized budgets, administration, and general counsel on how to properly execute the program. He also writes status reports including post hospitalization health reports and relays that information to the VA. Keith is a 23-year veteran of the U.S. Navy Reserve who served as both an enlisted sailor and commissioned officer in the restricted line community of public affairs. He retired at the rank of Lieutenant Commander in October 2013. During his naval career, he served aboard ships and shore stations, both domestically and overseas, and a war duty tour in Afghanistan in 2010. He has extensive experience in both transportation operations, public affairs,



and leading people. This experience has equipped him with the knowledge, skills, and abilities to effectively manage challenging circumstances and achieve organizational objectives both as individual and as a team member.



THE THIRD WARD LINE DANCERS have been in existence since 2005 and have members ranging in age from 55 to 105. Mr. Albert Winfield started the group so seniors 55 and above could exercise and enjoy doing it at the same time. After he became ill, Muriel Jackson asked to assist Mr. Shields with instructing the class. Ms. Jackson has had the pleasure of working with Mr. Shields and Delores Kyles teaching and choreographing. The dancers perform whenever the opportunity arise. There are also other members, such as Ardie Johnson, who assist with teaching various dances from other states.

JANE VO is a dynamic social service professional and educator who works to engage and empower underserved communities. After working for nearly a decade in education, Jane took her passions to social work in order to learn how she could address root causes of underlying problems that she saw while teaching in diverse, low socioeconomic schools. Since leaving public school education, she has worked with the various communities including those experiencing homelessness (locally and abroad), minorities, and older adults. Jane has served as a presenter on various topics including homelessness, older adults, and partnering to extend benefits access in the community. Jane holds a BA in sociology from the University of Texas at Austin and a Master in Social Work from the University of Houston.



DANNY WALLACE is the IDD Service Coordinator Supervisor with Tri-County Behavioral Healthcare. He received his undergraduate degree from Missouri Southern State University. He has been working in behavioral health for over 25 years serving individuals with both mental health and/or intellectual developmental diagnoses. He has been with Tri-County Behavioral Healthcare for 5 years and is passionate about those he serves.



STEPHEN L. WILLIAMS, Med, MPA, serves as the Director for the Houston Health Department (HHD), a full-service public health department with 1100+ employees serving the 2.1 million residents of Houston while also overseeing a \$148 million budget. Stephen is actively involved in Public Health issues at the local, state and national levels. Under Stephen's leadership, HHD has become more visible and the citizens of Houston have been afforded a better quality of life. He has spear-headed the implementation and institution of several programs in HHD such as See to Succeed, Assessment, Intervention and Mobilization (AIM) and Project Saving Smiles. His most recent endeavor includes pioneering the Affordable Care Act outreach and enrollment efforts through the Enroll Gulf Coast collaborative. The collaborative has allowed stakeholders across the Gulf Coast to work together as partners with a common strategy and organization to provide outreach and enrollment to the region's estimated 1.4 million uninsured while also gaining national attention and White House support. Stephen received his Master's in Public Administration from Baruch College, City University New York, Masters of Education from the Auburn University and a Bachelor of Arts in Sociology/Social Work from Huntingdon College. He is an Alumnus of the American Leadership Forum, Houston/Gulf Coast Chapter/Medical Community Class, and is a graduate of the National Urban Fellowship Program and Executive Leadership Institute.

