

BRIDGES CONFERENCE 2018

BUILDING BRIDGES TO EMPOWER COMMUNITIES



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TEXAS
Health and Human
Services



May 3–4, 2018

George R. Brown Convention Center
1001 Avenida de Las Americas
Houston, TX 77010



Sylvester Turner
Mayor



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 4th 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 have 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 and we hope that the conference is helpful to you in achieving your mission as well.

We look forward to seeing you at next year's conference.

Sincerely,

A handwritten signature in blue ink, appearing to read "Deborah A. Moore", written over a horizontal line.

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

SPEAKERS

WILL ARMSTRONG is the Marketing Director for the office of Aging Service Coordination at Texas Health and Human Service Commission. He develops public, private and nonprofit partnerships to support ASC programs. These partnerships provide older adults opportunities to learn about aging-related subjects, engage in programs that support aging well, and to be socially connected in their communities. Prior to working with the Office of Aging Service Coordination, he educated Medicare shareholders about Medicare benefits and fraud with Wisconsin SMP, managed senior centers and congregate meal sites, and occasionally taught senior exercise classes. He has an MSW from the University of Wisconsin-Madison, and a BA from the University of Arkansas



DAN BAWDEN is well known for creating the nationally acclaimed "Certified Aging in Place Specialist" or "CAPS" program in 2001 connecting trained contractors with seniors and those with mental and physical challenges. Dan is a nationally recognized accessibility and universal design remodeling expert. He has been voted "Texas Remodeler of the Year" four times and Houston Remodeler of the Year twice. His comments regularly appear in the Wall Street Journal, New York Times, Money Magazine, Consumer Reports, and the New York Times. He has made appearances on HGTV, Animal Planet, and live talk radio shows to discuss great remodeling ideas.



SARAH BETANCOURT, MPH, is an Injury Prevention and Outreach Coordinator at Memorial Hermann Red Duke Trauma Institute where she manages community-based injury prevention programs. Ms. Betancourt leads the Southeast Texas Regional Advisory Council's Fall Prevention Workgroup and is a member of the Harris County Elder Fatality Review Team (EFFORT). She earned a Bachelor of Business Administration from Texas Christian University and a Master of Public Health from The University of Texas School of Public Health.

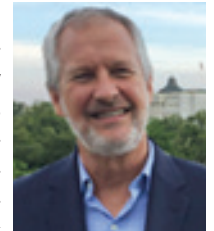


CORNELIUS BLACKSHEAR leads the Military and Veterans Services program for the United Way of Greater Houston. This outreach program is an extension of the 2-1-1 Texas/United Way HELPLINE wherein United Way serves as a collaboration hub for leaders and organizations working together to meet the needs of veterans, service members and their families. Impressively, the 2-1-1 Texas/United Way HELPLINE sets the gold standard nationwide as a resource for callers in need of assistance in finding resources for local veterans and military families. Cornelius



and his team have developed a number of programs through relationships with various government and local non-profit organizations, including Veteran's Administration, City of Houston Office of Veteran Affairs, Texas Veteran's Commission, Combined Arms, Lone Star Veterans Association and Wounded Warrior Project. In addition, Cornelius oversees United Way's work helping Gulf Coast communities, across 13 counties, develop strategies for improving military outreach and veteran reintegration. Outside of his work with United Way, Cornelius serves on the Advisory Board for Honor Flights Houston and the Veteran Affairs Advisory Board for Houston Community College, helping the college system connect and better meet the needs of transitioning veterans in the Houston area.

DENNIS BOREL is an Executive Director of the Coalition of Texans with Disabilities (CTD), Dennis is frequently called on for research, policy analysis and recommendations to the Texas Legislature and state agencies on issues surrounding disabilities. He serves on multiple advisory groups to state health and human services agencies and was appointed by Gov. Rick Perry to the State Independent Living Council and by HHSC Executive Commissioners to the Promoting Independence Advisory Council and the State Medicaid Managed Care Advisory Committee. He has successfully advocated for positive change in government policy and practice in employment, transportation, housing, health care and architectural barriers to promote the full inclusion of people with disabilities in community life. He was Project Director for CTD's history-making Team Everest expedition, an internationally-recognized expedition by a team of people with diverse disabilities to the world's tallest mountain. Dennis has 35 years' experience as a senior manager of nonprofit organizations, during which time his programs have received numerous state recognitions and national awards from HUD, the Points of Light Foundation, the New York Interactive Film Festival, the Peter F. Drucker Foundation for Nonprofit Management and the Barbara Jordan Media Awards. In 2006, the University of Michigan honored him with the national James Neubacher Award for creating opportunities for people with disabilities and in 2009, he received the National Advocacy Award from the National Council on Independent Living. He is a former high school teacher and served as a Peace Corps volunteer in Morocco.



DWIGHT A. BOYKINS currently serves as the Houston City Council Member for District D. Public safety, infrastructure, and job creation are the cornerstones of Dwight's district policies. As a member of City Council, Dwight serves as Chair of the Ethics, Elections & Council Governance Committee and is a member of the following committees: Budget and Fiscal Affairs; BFA Subcommittee on Debt Financing and Pensions; Regulation and Neighborhood Affairs; and Housing and Community Develop-



ment. Council Member Boykins actively serves as an advocate for District D constituents and works to address issues surrounding food deserts, blight, affordable housing, and community development. One of his top priorities has been to make District D one of the most economically driven districts in Houston, and with this goal in mind, Council Member Boykins made history by pushing for the creation of Tax Increment Reinvestment Zone (TIRZ) #26 for the Sunnyside community. He collaborated directly with former Mayor Annise Parker and current Mayor Sylvester Turner to identify the boundaries and recommend community and business stakeholders to serve on the Board of Directors.

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 employ 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, Illinois. 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.



KAREN BUCK believes that education is the key to better understanding and better care. She is a nursing home administrator whose background includes 20 years in public education as an instructor, leader, and adult educator. Several years ago, she made the move to long-term care administration. Karen brought the Virtual Dementia Tour to her facility through a CMP grant and shared this extraordinary experience with her staff, as well as reach out to sister facilities and the community.



WILLIAM CARPENTER is an Assistant Attorney General in the Texas Attorney General's Consumer Protection Division. William has been with the AG since 2013 and his office is in Houston, Texas. His work primarily involves filing lawsuits on behalf of the State of Texas against businesses and individuals that violate Texas laws by engaging in false, misleading, or deceptive practices. In the past five years, he has worked on several cases involving assisted living facilities and elderly Texans. He is passionate about helping people and protecting Texas consumers.



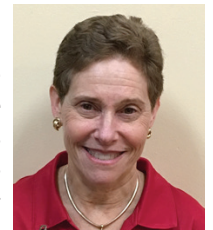
THE CHINESE COMMUNITY CENTER'S CAREGIVER SUPPORT

GROUP started over ten years ago as a place for seniors to receive support as they began their journey in caregiving. Monthly, participants come to learn about various topics that affect caregivers including but not limited to: health and wellness, building a safe environment, and various technical skills including proper lifting and first aid. In addition to gaining skills and knowledge, the support group promotes self-care for the caregiver. By teaching participants how to best take care of themselves, they are able to effectively care for their loved ones. Since October 2017, members from the **UKULELE KIDS CLUB**, specifically Mr. Kevin Griffin, started working with our Caregiver Support Group to provide participants ukulele lessons. Learning to play a music instrument has been used as a tool to offer stress reduction and as mental engagement for our group members. Starting as a monthly engagement and now meeting weekly, Kevin has taught our participants basic chords, building up to playing simple songs like "Twinkle Twinkle, Little Star." With Kevin's assistance, our Caregiver Support Group members have found a new self-care tool through music and the ukulele.

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 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 Insurance's. 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!



ELENA DINKIN worked in a hospital setting on an interdisciplinary team to provide counseling and resources to older adult patients when she began her career. Elena has worked for the YMCA of Greater Houston for the past 8 years providing programming for Active Older Adults both in our YMCA buildings and in various settings including travel, community, and more. She was selected as the 2017 Texans Plus Champions for the difference I make in the lives of seniors and served on the ESPN, Elder Services Provider Counsel of the United Way of Greater Houston for 6 years. She finds it so rewarding to offer seniors a variety of programs so that they can enjoy their lives and continue to feel productive and stimulated.



SPENCER GRANGER resides in Houston. He graduated from Victoria High School and attended Victoria College. Spencer is very active in baseball, track and football. In 2002 Spencer was in an auto accident, which resulted in T.B.I. extended hospital and rehabilitation. He is still in rehabilitation. His past employer was the Houston Astros for 6 years. He currently works at Goodwill of Houston, and has been painting abstract art for a year.



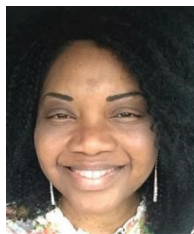
ADRIANE GRIFFEN, DRPH, MPH, MCHES is the Senior Director of Public Health and Leadership with the Association of University Centers on Disabilities. She develops and oversees capacity building efforts of AUCD's state network centers to improve the health and wellness of people with disabilities in public health programs; connect expertise of AUCD centers with public health partners, such as the CDC create and facilitate AUCD's community of practice on oral/dental health; oversee staff efforts for community of practice on tobacco developed and oversaw partnership with FDA Office of Women's Health to include original audience research on safe medicine use among women with a disability and creation of materials based on these findings (Use Medicines Wisely and My Medicines) •facilitate partnership with The Arc's HealthMeet initiative, including development of two online tutorials (www.iddhealthtraining.org) •collaborate and advise on AUCD's strategic planning process; created a work plan flow model based on action learning principles •direct development of national public health capacity building resource, Public Health is for Everyone (www.phetoolkit.org), enhancement in tobacco, physical activity, obesity, emergency preparedness, and health promotion and healthcare access; direct supporting social media efforts.



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 accessible housing resources for the agency. These resources are then used to help clients find the best quality housing options that meet their needs. 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.



YOLANDA GUDE has 20 years' experience working with at-risk youth and individuals with intellectual and developmental disabilities. She taught in Spring ISD for over 10 years where she also served as a member of the Safe and Drug Free Schools Board. She has been PASRR Supervisor and Diversion Coordinator for Tri-County Behavioral Health Care for well over 3 years and is very passionate about this population of individuals. She has a Bachelor of Science degree in Human Development & Family Studies and a Paralegal Degree, both from the University of Houston. She may someday pursue a Law Degree, but her real dream is to someday run a marathon.



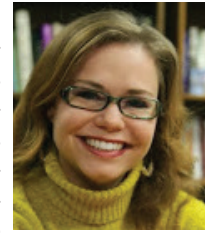
JANET IKPEME worked in the Human Services for 36 years, the first 33 years with the Texas Health and Human Services Commission and, the last 3 years with the Area Agency on Aging under the Houston Health Department. Her passion is to serve those in need by assisting them to obtain services that improve their quality of life.



ANNA KING is the Administrator of IDD Intakes and Enrollments with Tri-County Behavioral Healthcare. She received her undergraduate degree from Sam Houston State University and has been working in behavioral health for over 8 years. In her current role, she leads the intake, enrollment, and continuity of services team with the Intellectual Developmental Disabilities Authority department at Tri-County as well as the PASRR department which serves individuals with both intellectual developmental disabilities and mental illness.



JULIE KUTAC, MA, PHD is a Professional and Education Research Specialist at the Alzheimer's Association-Houston & Southeast Texas Chapter. Dr. Kutac prepares and delivers education programs to health care providers across the Houston area. She also liaises with the scientists studying Alzheimer's disease in the Texas Medical Center. With 15 years of experience in higher educational, medical school, and non-profit settings, including a two year National Institute of Aging Pre-Doctoral Fellowship. She has done extensive experience collaborating with multiple, diverse communities to achieve strategic goals and builds a rapport quickly and easily, ensuring mutually beneficial client relationships. She is also known for curriculum development and engaging, enthusiastic, and informative teaching style with a scholarly focus on elder care and the improvement of practitioner-patient relationships. Julie Kutac, MA, PhD received her BS in Molecular Biology with a minor in Theology from Texas Lutheran University, her MA in Religious Studies from Rice University and her PhD in Medical Humanities from the University of Texas Medical Branch.



MELANIE LAWSON, an award-winning journalist, is a proud Houstonian and a product of Houston schools. Journalism has always been in Melanie's blood. She started first as a full-time general assignments reporter at Channel 13, then went on to become the co-anchor of Live at 5 and Channel 13's midday show, Eyewitness News at 11am. Melanie also hosts a weekly Community Affairs program called "Crossroads", focusing on issues and events around our city. Melanie has had a varied and exhilarating stint at Channel 13. She has covered virtually every city, state and national election during her career. She has traveled to Cuba, Panama and Africa, among other places. She's won numerous awards for her reporting, including an Emmy for her coverage of President Clinton's visit to South Africa, the only local reporter in the nation to make that trip. And Melanie has interviewed a wide range of notables, including three U.S. Presidents, Henry Kissinger, the Dalai Lama, poet Maya Angelou, Grammy Award winners Destiny's Child, former heavyweight champion boxer George Foreman, director Spike Lee, legendary journalist Barbara Walters, evangelists Joel and Victoria Osteen, Hall of Famer Magic Johnson and actors



Lily Tomlin, Shirley McLaine and Denzel Washington. But Melanie's favorite stories are those about Houston's rich, multi-ethnic community - especially stories about children and those quietly working to make a difference in their lives. Melanie's involvement in the Houston community is far reaching. She is on the board of numerous community organizations including the Houston Ballet, SHAPE Community Center, the National Multiple Sclerosis Society, Volunteer Houston, and the Houston Association of Black Journalists. She also belongs to the Houston Chapter of the Links, Alpha Kappa Alpha sorority, and the American Leadership Forum. She is also a member of the Texas Lone Star Chapter of Emmys and Women in Film and Television. Melanie has also been honored as the YWCA's "Outstanding Women of the Year", a "Women of Distinction" by the Crohn's and Colitis Foundation, and the Ben and Julie Rogers Ecumenism Award from the Anti-Defamation League. She received her undergraduate degree in Politics from Princeton University and a joint degree in Law and Journalism from Columbia University. Melanie worked at a Wall Street law firm for three years before returning to Houston. She is admitted to both the Texas and New York State Bars. Last, but certainly not least, she is a proud member of the church founded by her parents, Wheeler Avenue Baptist Church.

STEVE JIMENEZ MA has a Masters in Information Systems and Operations. He studied at Texas A&M University with a BA in Sociology and later obtained his MS degree from the Naval Postgraduate School. Steve is an Entrepreneur and Philanthropist; owner of Hands on Solutions, Founder of Veterans Initiative for Prosperity, Co Founder of Hives for Heroes, and serves as Board of Directors for Texas For Heroes.

MARY MCNEIL is a Senior Counselor with Harris County Area Agency on Aging. She leads a team providing Medicare beneficiaries, their families and caregivers with, education and all aspects of resources, including, benefit counseling and services. and holds the Master of Science in counseling degree from Grand Canyon University. Mary is no stranger to working with persons who are older and persons with disabilities, having spent 10 years as a mental health administrator and a safety correctional officer, where she worked in partnership with clients and multidisciplinary treatment team for treatment plan development and implementation. Provide case management, resources, education and psychosocial rehabilitation services via individually or in small groups. Daily, Mary provides comprehensive information to Medicare beneficiaries, their families and caregivers that assist in making informed decisions when selecting Medicare plans, prescription drug coverage, and connecting them to resources that are beneficial to their overall health and daily living .

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. 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.



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 educational background is in family education counseling, and present she is completing her Bachelor of Science in Human Service. In her tenure with Care Connection Aging Disability Resource Center, Mrs. Offord 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. Mrs. Offord states her educational background has given her a wealth of knowledge which she uses to navigate obstacles and help consumers find the resources they are seeking.

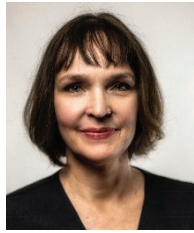


JAMEE PAYNE is the Administrator of IDD Authority Services with Tri-County Behavioral Healthcare. She received her undergraduate degree from Grambling State University and her Masters of Arts from Prairie View A&M in Counseling. She has been working in behavioral health for over 17 years serving individuals with both mental health Diagnosis and /or In-



tellecual developmental diagnosis. Jamee has a unique way of educating the community about behavioral health services that inspire thought process to include comprehension of behavioral health.

CRISTEN CARSON REAT is the co-founder and program coordinator of BridgingApps, a program of Easter Seals Greater Houston. BridgingApps is a program of Easter Seals Greater Houston that provides resources, education, and information on apps and mobile devices to help people with disabilities target and improve skills and reach their highest levels of physical, social, and cognitive development. Cristen holds a M.A. degree from the University of Texas at Austin, graduated from the Defense Language Institute in Monterey, California, and is certified through the Assistive Technology Applications Program at California State University. She has worked in education for the last sixteen years, most of that time at an educational non-profit. She has written articles on apps for special needs populations that have appeared in National Down Syndrome Communicator, TechEdge Magazine, Parenting Special Needs Magazine, and Toca Magazine. She is the mother of two sons, one of whom has Down syndrome.



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.



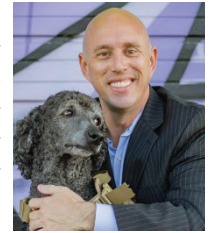
HOLLY RILEY is the manager of the Texas Health and Human Services, Aging Services Coordination (ASC) office. The ASC office coordinates and promotes the states aging services and programs to ensure older Texans and communities are provided with information that will help them prepare for aging issues. ASC also administers programs and special projects designed to enhance the quality of life for older Texans including the Aging Texas Well initiative, the Age Well Live Well campaign and the internationally recognized Texercise program. Holly's work includes policy and planning development, working with local communities to build program capacity, marketing, public speaking, and support to the agency's outreach efforts. She plays a key role in marketing and public-private partnership development to help grow the states wellness offerings for older Texans.



PETER STRANGES, PHD, serves as the Public Health Preparedness Planner. Peter has worked in the field of refugee resettlement since the mid 1990s, helping diverse populations of newcomers adjust to life in the United States. Before coming to the Houston Health Department, I worked for Catholic Charities' Refugee Resettlement Program and served as the agency's Compliance Officer. At the Houston Health Department, he is involved with the Cultural and Linguistic Competency initiative to provide immigrant and refugee populations with access to services through the use of certified video remote interpreters. He also serves on the team of the Health Department's Harvey response, working out of the City's Emergency Operations Center during and after the storm.



TIMOTHY STROUD is a former combat medic in the United States Army. He served his country on active duty with deployments to Kosovo, Kuwait and Iraq, through Operation Iraqi Freedom (OIF). During these years, Tim learned volumes about team building, leadership, and camaraderie and was quickly promoted to a Non Commissioned Officer. He also sought out a mentor during his transition back into civilian life and began a seven-year relationship with leadership expert Mr. Paul J. Meyer. Tim excelled as a non-traditional student at Grand Canyon University, finishing his education by utilizing his Post-9/11 GI Bill. He graduated with Academic Honors with a Bachelor of Science in Applied Management from the Ken Blanchard College of Business and quickly followed it with a Masters in Leadership from the same program. Volunteering in the community, Mr. Stroud worked in collaboration with the State of Texas, NAMI, SAMSHA, and BEITZ to better understand the early signs of Post Traumatic Stress and how to successfully get veterans and family members connected with resources. This led Tim to become one of the first Peer to Peer Support Facilitators in Texas and helping start the support groups in Central Texas. Tim resides in Houston, Texas and continues to champion several causes for veterans and their families. He is a recipient of the 2017 Humanitarian Award from Latino Learning Center in Houston, recognized as a Harvey Hero from the Lone Star Veterans Association and as one of the top All Time Blood Donors by the Robertson Blood Center on Ft. Hood. He continues to work with veterans and their families through Easter Seals of Greater Houston to help veterans with mental health services. One of the avenues is through providing trained service dogs for deserving veterans. Tim has two daughters, aptly nicknamed The Hurricane and The Tornado that keep him grounded. His Service Dog Colton is not only amazing but has more Instagram followers than he does!



SONIA THOMAS is currently the Nurse Facility Surveyor/Liaison for Health and Human Services, (HHS) Regulatory Services Division for Region 6. She helps to improve the care for individuals who live in nursing facilities, assisted living facilities, and day activity health facilities by enhancing communication between facility staff, regulatory services, and Ombudsman. She establishes an ongoing dialogue between these groups by assisting in identifying goals, issues and problems for which joint efforts could be beneficial in achieving improved resident care and services. She meets regularly with providers to discuss issues and concerns that pertain to regulations and survey practices. In addi-



tion, she clarifies state and federal regulations, and creates an environment for the sharing and discussion of best practices and promotion of Senate Bill 1839. Her experience with HHSC also includes positions as a Joint Provider trainer with Education Services, and a state surveyor. She has worked for HHSC for 14 years.

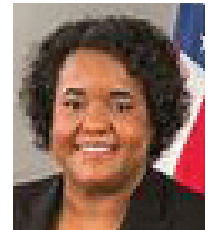
MAYOR SYLVESTER TURNER Elected in December 2015, Sylvester Turner is serving his first four-year term as Houston's 62nd mayor. Since taking office, Mayor Turner eliminated a \$160 million budget shortfall in record time; led the city's remarkable rebound from Hurricane Harvey; championed historic pension reform; cheered on the 2017 World Series-winning Houston Astros; hosted a successful Super Bowl LI; expanded municipal investments in renewable energy and led the winning bid to host the World Petroleum Congress in 2020. As the head of the energy capital of the world and the most diverse city in the nation, Mayor Turner has brought a performance-driven approach to the job, creating more responsive, streamlined and efficient delivery of city services while shoring up Houston's financial future. Thanks to his leadership, the Texas Legislature and local voters approved the pension reform package that reduces the city's liability by billions of dollars and provided a "fix" that had eluded the city for 17 years. One of the mayor's signature initiatives is Complete Communities, which aims to improve the quality of life for residents in all neighborhoods. The mayor's other priorities include filling more than 90,000 potholes on city streets, implementing a six-point holistic plan for addressing homelessness, reducing flooding and improving drainage. Mayor Turner's civic leadership has been nationally recognized through his service as a member of the U.S. Conference of Mayors Transportation and Communications Standing Committee, vice chair of the National Climate Action Agenda, member of the C40 and Global Covenant for Mayor's for Climate and Energy and an advisory board member of the African American Mayors Association. He is also the recipient of the Ohtli Award, the Mexican government's highest honor. Turner has been featured in publications and news outlets such as 60 Minutes, MSNBC, CNN, CNBC, FOX News, Wall Street Journal, Black Enterprise Magazine, Cuba Today Magazine, Ebony, New York Times, Washington Post and USA Today. Prior to his election as mayor, Turner served for 27 years in the Texas House as the representative for District 139. He worked on the House Appropriations Committee for 21 years and served as Speaker Pro Tem for three terms. He was appointed to several Budget Conference Committees to help balance the state's budget and served on the Legislative Budget Board. Mayor Turner is a life-long resident of Houston and lives in the Acres Homes community where he grew up with eight siblings. He is a graduate of the University of Houston and earned a law degree from Harvard University. He began his law practice at Fulbright & Jaworski L.L.P. and later founded the Barnes & Turner Law Firm. Mayor Turner is the proud father of First Daughter Ashley Turner, who is continuing the family tradition of public service in the healthcare field.



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.



SHONDRA E. WYGAL is an Associate State Director of Outreach and Advocacy in Houston, Texas. As Associate State Director, Shondra manages AARP's educational campaigns and outreach efforts in the greater Houston and surrounding areas. Shondra has more than ten years of advocacy and campaign experience and has spent countless hours working on issue and political campaigns. Her experience ranges from local/county, statewide including several national issue campaigns. She is a trained mediator and an active member in her community. Shondra was appointed by Mayor Annise Parker to serve on the City of Houston's Public Safety Advisory Committee and Keep Houston Beautiful Commission. She represents AARP on the Area Planning Advisory Council of the Harris County Area Agency on Aging. She is a native of Houston, graduate of Jack Yates Sr. High Magnet School of Communications in Houston's Third Ward. She also holds B.A. degree in Politics and Government and Women's Studies from Ohio Wesleyan University.



PROGRAM

Thursday, May 3, 2018

Master of Ceremony

Clemelia Richardson, PhD, LCSW, Administration Manager, Houston Health Department

8am **Registration and Beverages Only**

9am [Welcome](#)

Mayor Sylvester Turner

9:25am [Empowered to Give](#)

Melanie Lawson, Channel 13 News

10:25am Break

10:40am Door Prizes

10:50am [Medicaid Managed Care & Solving Problems](#)

Dennis Borel, Executive Director, Coalition of Texas with Disabilities

11:50am Lunch Provided

1:15–2:25pm Breakout Session I:

[Arts Stage: Demonstrating the Arts to Showcase Healthy Lifestyles*](#)

Facilitator: Julie Kutac, PhD, Alzheimer's Association

- Ukulele players - Chinese Community Center
- Veteran Singer – Steve Jimenez
- Visual Artist – Spencer Granger

[Aging Service Coordination: Helping Texas Communities Build Collaborative Bridges](#)

Holly Riley and Will Armstrong Health and Human Services Commission Austin

[Long Term Services and Supports Program Updates](#)

Trelisha Brown, Attorney, Texas Legal Services Center

[Redefining Old Age: The Changing Financial Picture and Family Structure of Today's Older Adults](#)

Tammy Mermelstein, JD, MSW, Jewish Community Center

[At Your Service: A Quick Guide to Service Dogs in the Workplace](#)

Tim Stroud, Easter Seals of Greater Houston

[Virtual Dementia Tour](#)

Terri Coleman, Cleveland Healthcare Center and Karen Buck, Nursing Home Administrator

2:25-3pm Exhibit Hall | Room 371

3-4:15pm Breakout Session II

[United Way Mission United - Navigating Resources for Veterans](#)

Cornelius Blackshear, United Way 211 Helpline

[Top Design Ideas for Aging in Place – A Photographic Study](#)

Shondra Wygal, AARP and Dan Bawden, Houston Home Builders Association

[Understanding the New CMS Long-Term Care \(LTC\) Survey Process](#)

Sonia Thomas, Health and Human Services Commission

[Virtual Dementia Tour](#)

Terri Coleman, Cleveland Healthcare Center

[This Ain't your Grandpa's Dementia: Issues Specific to Younger – Onset*](#)

Julie Kutac, PhD, Alzheimer's Association

PROGRAM

Friday, May 4, 2018

Master of Ceremony

Clemelia Richardson, PhD, LCSW, Administration Manager, Houston Health Department

8am **Registration and Breakfast**

8:30am **Welcome and Champion Award**

Stephen L. Williams, MEd, MPA, and Council Member Dwight Boykins

9am **Improving the Health and Well-Being of People with Disabilities, Plus Older Adults, Veterans too!**

Keynote Speaker: Adriane Griffen, DrPH, MPH, MCHES, University Center on Disabilities

10-11:15am: Breakout Session I

Mobile Technology for All Abilities*

Cristen Reat – Easter Seals of Greater Houston

Keep Calm and PASARR On*

Jamee Payne, Anna King, Yolanda Gude, Tri-County Services

Fall Prevention: We All Have a Role to Play*

Zaida Janet Ikpeme, HCAAAA, Sarah Betancourt, MPH, Memorial Hermann, Elena Dinkin, YMCA Houston

Creative Housing Strategies

Maggie Green, Housing Navigator, Care Connection Aging Disability Resource Center

Spot That Scam: A Consumer Education Presentation Featuring Special Advisor for Senior Texans

William Carpenter, Office of Attorney General

Integrating Zika Education and Prevention Activities into Service Delivery Models

Peter Stranges, PhD, Public Health Preparedness Planner, Division of Disease Prevention and Control, Houston Health Department

John Fleming, MPA, PHP Bureau Chief, Office of Surveillance and Public Health Preparedness Houston Health Department and

11:15am **Exhibit Hall Showcase and Networking Opportunities**

Navigating Resources and Networking Exhibit Hall Game (Door Prizes given)

11:45am **Return to General Session for Door Prizes and Closing Remarks**

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

** Licensed Nursing Facility Administrators (LNFA), and Ethics CEU approved*

BREAKOUT SESSIONS

THURSDAY, MAY 3, 2018

1:15-2:25pm: Breakout Session I:

[Arts Stage: Demonstrating the Arts to Showcase Healthy Lifestyles \[LNFA CE approved\]](#)

Room 372 General Session Area Attendees will learn how they can develop and implement arts programs in their organizations to enhance the lives of consumers who utilize their services, and learn beneficial techniques to use to develop low-cost, effective arts activities and programs.

Julie Kutac, PhD, Facilitator

- Ukulele players - Chinese Community Center
- Veteran Singer – Steve Jimenez
- Visual Artist – Spencer Granger

The stage will be facilitated by Julie Kutac, PhD with the Alzheimer's Association and will demonstrate how older adults, people with disabilities, and veterans participate in the arts.

[Aging Service Coordination: Helping Texas Communities Build Collaborative Bridges](#)

Holly Riley and Will Armstrong Health and Human Services Commission Austin

Room 370A Attendees will learn about older adult demographics, needs, and emerging trends in the state of Texas.

[Long Term Services and Supports Program](#)

Trelisha Brown, Attorney, Texas Legal Services Center

Room 370B Attendees will understand what long-term care services and support programs (LTSS) are available in Texas and identify strategies using resources provided to help navigate LTSS programs.

[Redefining Old Age: The Changing Financial Picture and Family Structure of Today's Older Adults](#)

Tammy Mermelstein, JD, MSW, Jewish Community Center

Room 370C Attendees will gain a better understanding of why some older adults are more well-off compared to past generations while at the same time a growing number cannot make ends meet.

[At Your Service: A Quick Guide to Service Dogs in the Workplace](#)

Tim Stroud, Easter Seals of Greater Houston

Room 370D Participants will learn about the Americans with Disability Act (ADA) guidelines and regulations for Service Animals (canines).

[Virtual Dementia Tour \(No CEs provided\)](#)

Terri Coleman, Cleveland Healthcare Center and Karen Buck, Nursing Home Administrator

Room 370E and F 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.

3-4:15pm Breakout Session II

[United Way Mission United](#)

Cornelius Blackshear, United Way 211 Helpline

Room 370A Attendees will learn how to navigate veteran resources with an experienced military resource provider with experience from the Army, Navy, Air Force, Coast Guard and Marine Corps. We will navigate Military Installations, National Guard, and Reservist resources in the Gulf Coast Region.

[Top Design Ideas for Aging in Place – A Photographic Study](#)

Shondra Wygal, AARP and Dan Bawden, Houston Home Builders Association

Room 370B Attendees will learn about design ideas that create safety and independence for homeowners of all abilities.

BREAKOUT SESSIONS

[Understanding the New CMS Long-Term Care \(LTC\) Survey Process](#)

Sonia Thomas, Health and Human Services Commission

Room 370C Attendees will be able to list the phases in LTC survey implementation deadlines and their components.

[This Ain't your Grandpa's Dementia: Issues Specific to Younger – Onset \[Includes 1.25 CEs of Ethics\] and \[LNFA CE approved, and 1.25 CEs of Ethics approved\]](#)

Julie Kutac, PhD, Alzheimer's Association

Room 370D Participants will identify the emotional and physical impact of younger-onset (Y-O) dementia.

[Virtual Dementia Tour \(No CEs provided\)](#)

Terri Coleman, Cleveland Healthcare Center

Room 370E and F Attendees will be able to identify with, and better understand, the behaviors and needs of those with dementia. You can also use the Virtual Dementia Tour to spread awareness of the impact of dementia on everyday life of our seniors.

FRIDAY, MAY 4, 2018

10-11:15am: Breakout Session I

[Mobile Technology for All Abilities \[LNFA CE approved\]](#)

Cristen Reat – Easter Seals of Greater Houston

Room 372 General Session Area Participants will learn about how to target specific skills for successfully integrating apps into the lives of older adults, people with disabilities and veterans as a tool for greater independence.

[Keep Calm and PASARR On \[LNFA CE approved\]](#)

Jamee Payne, Anna King, Yolanda Gude, Tri-County Services

Room 370A Attendees will understand the transition process for individuals from nursing facilities into the community.

[Fall Prevention: We All Have a Role to Play \[LNFA CE approved\]](#)

Zaida Janet Ikpeme, HCAAA, Sarah Betancourt, MPH, Memorial Hermann, Elena Dinkin, YMCA Houston

Room 370B Attendees will gain awareness of the ways to prevent falls focusing on evidence-based programs and community collaboration.

[Creative Housing Strategies](#)

Maggie Green, Housing Navigator, Aging Disability Resource Center

Room 370C Attendees will gain awareness of creative strategies to address challenges faced accessing and securing affordable housing for seniors, people with disabilities and the general population.

[Spot That Scam: A Consumer Education Presentation Featuring Special Advice for Senior Texans](#)

William Carpenter, Assistant Attorney General, Texas Office of Attorney General

Room 370D Attendees will learn the most common consumer scams toward senior Texans, learn how to recognize scams and fraud, and learn the appropriate response in reporting.

[Integrating Zika Education and Prevention Activities into Service Delivery Models](#)

Peter Stranges, Public Health Preparedness Planner, Houston Health Department and John Fleming, MPA, PHP Bureau Chief, Office of Surveillance and Public Health Preparedness, Houston Health Department

Room 370E Attendees will learn how community stakeholders can integrate Zika education and prevention activities into their service delivery. In addition, how HHD and Houston-area refugee resettlement agencies have developed a model for providing such services to vulnerable populations and it can be adapted to serving the elderly and people with disabilities will be discussed.

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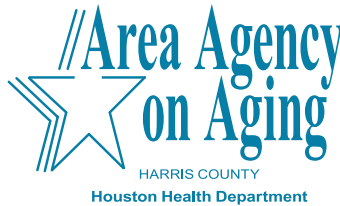
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- VISITING PHYSICIANS ASSOCIATION
- WEMED WELLNESS AND PHYSICAL CENTER
- ZIKA PREPAREDNESS PHOTO BOTH

Section 370 Breakout Rooms A-E and Green Room F
 Section 371 Exhibitor Area
 Section 372 General Session Area

