



**2019 Annual Conference**

**“Sex, Drugs, & Walk ‘n’ Roll: Promoting Healthy Aging for All”**

Friday, October 25, 2019

Keizer Community Center  
930 Chemawa Rd NE, Keizer, OR 97303

**Detailed Program**

<b>8:30 am – 8:45 am</b>	<b>Registration (Lobby) and Breakfast (Iris Room)</b>
<b>8:45 am – 8:55 am</b>	<p><b>Welcome (Iris Room):</b></p> <p><i>Margaret B. Neal, PhD, OGA President and Professor Emerita, and Ruby Haughton-Pitts, Director, AARP Oregon, Presenting Sponsor</i></p>
<b>8:55 am – 9:55 am</b>	<p><b>Morning Keynote Address:</b></p> <p><b>Iris Room</b>      <i>Healthy Aging Through the Naturopathic Lens</i></p> <p><b>Alethea Fleming, ND</b></p> <p>This talk presents a unique look at working with our elders in naturopathic medicine. The focus will be on the primary pillars of good health and how they change with age; including sleep, exercise, food, and joy. Dr. Fleming will intersperse key elements of naturopathic practice throughout with emphasis on treating the whole person, minimizing medications, least force interventions and how medicine is evolving to encompass a truly holistic approach.</p> <p>Learning Objectives: To understand...</p> <ul style="list-style-type: none"> <li>• Changes in sleep with aging and appropriate natural treatment.</li> <li>• The role of natural therapeutics as a bridge for decreasing polypharmacy.</li> <li>• Best choices for nutritional density and improving digestion.</li> <li>• Strategies for avoiding sarcopenia.</li> </ul>
<b>9:55 am – 10:10 am</b>	<b>Break – Exhibits (Iris Room) &amp; Poster Session (McNary Room)</b>

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**10:10 am – 11:30 am Concurrent Session 1 (choose one of two):**

**Iris Room**

**Panel Presentation: *Cannabis, Opioids, and Alcohol, Oh My!***

**Rebecca White, RN, BSN; Paul Coelho, MD; John McIlveen, PhD, LMHC; & Adam Jones, MSW**

This multidisciplinary panel of speakers, composed of a nurse, a physician, a researcher/mental health counselor, and a social worker/alcohol and drug counselor, will address substance use and addictions among older adults, in particular, the use and abuse of cannabis, opioids, and alcohol. The potential benefits and dangers associated with each substance will be described for older adults in general as well as for specific ethnic and cultural sub-populations.

Learning Objectives:

- To learn about the responsible use of cannabis, which was legalized in Oregon in 2014.
- To become aware of the context for and extent of use of opioids for pain management among older Oregonians and ways in which opioid harm may be reduced.
- To gain knowledge about the healthy and disordered use of alcohol among older adults in Oregon and treatment options available throughout the state.

**Claggett Creek Room**

**Movement for Healthy Aging**

**Part A: *Movement Matters for All Aging Humans***

**Magz Boyd, LMT**

How we move affects how we act, think and feel. Movement matters at all ages, but sometimes how and when to move can become more challenging as we age. Luckily, it's never too late! This talk will discuss the science behind how movement matters and address how to incorporate mindful movement, such as dance and restorative exercise, into the everyday life and habits of people at all ages to stimulate the mind-body connection and improve whole health.

Learning Objectives:

- Understand the importance of movement and dance for all and why changing how one moves can change how one feels.
- Employ mindful movement practices to embrace how mindfulness with movement can create wellness physically, mentally, and emotionally.
- Learn simple techniques to use for oneself and those being cared for to incorporate mindful movement daily, even for those who may be out of practice.

**Part B: Stronger, Faster, Smarter – Exercise Strategies to Improve Balance and Cognition in Older Adults**

**Sue Scott, MS**

Physical activity can enhance multiple dimensions of older adults' health and their quality of life. This workshop will explore current and emerging research supporting combinations of cardiovascular, sensorimotor and agility training to reinforce motor skills, balance systems and enhance cognition. Great ideas come in all sizes and price ranges; fun, engaging and functional physical activities and equipment will be presented. Participants will be excited to try a few new ideas and will leave inspired by both the research and the new toys.

Learning Objectives: Participants will be able to...

- Describe findings from existing and emerging literature highlighting the kinds of physical activities that bolster cognition, motor skills and balance in older adults.
- Discuss appropriate physical activities and equipment that can enhance posture, strength, agility, balance and cognition.
- Build better, more comprehensive and multi-modal programs that enhance function and quality of life in older adults.

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**11:30 am – 12:00 pm**    **Poster Session, Lunch Pick-Up (McNary Room) & Exhibits (Iris Room)**

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**12:00 pm – 1:00 pm**    **Luncheon Keynote Address:**

**Iris Room**                    ***Radical Resilience: A Key Component of Healthy Aging***

**Alice U. Scannell, PhD (Vicki Schmall, PhD)**

Healthy aging requires the ability to work through the challenges of aging in such a way that our sense of self, though it may change, is not diminished. But the aging process generally brings on changes that take us into a new reality, and we realize that we can't go back to living the way we used to live. Radical Resilience skills are attitudes and behaviors for managing change and adversity in ways that help us learn and grow. Radically resilient people consciously develop attitudes and behaviors that help them respond to difficult challenges in positive ways and protect them from being overwhelmed by stress. I call these attitudes and behaviors "skills" because we get better at them as we use them in our daily lives. In this talk, I'll share an example of Radical Resilience versus resilience, describe the ten Radical Resilience skills I discuss in the book, and mention some obstacles to Radical Resilience.

Learning Objectives: By the end of the talk, attendees will be able to...

- Describe why Radical Resilience is a key component of healthy aging.
- Identify at least three Radical Resilience skills and briefly describe them.
- Name at least one obstacle to Radical Resilience.

<b>1:00 pm – 1:05 pm</b>	<b>Transition to next session</b>
<b>1:05 pm – 2:05 pm</b>	<b>Concurrent Session 2 (choose one of three):</b>
<b>Claggett Creek Room</b>	<b><i>Strength &amp; Flexibility for Older Adults: Lessons Learned from Tirana to Portland</i></b>

**Perparim Ferunaj, MS**

During the normal aging process, our bodies change. Muscles, tendons and ligaments have adaptive traits and can respond to strength and flexibility training. Older adults, in particular, can benefit from a combination of Qigong, Tai Chi and strength training. The goal of this interactive workshop is to offer an international perspective on strength and stretching for older adults, to provide evidence and best practices in order to motivate and promote the importance of strength training and flexibility to professionals in the aging network, and to engage session activities in strength and flexibility at the conference for those who work in the field of aging. The program will include a short introduction of the instructor and his experiences as an athlete, coach and professional (10 min), the scientific evidence and best practices related to Tai Chi and other strength and flexibility training (10 min), and a group activity – together we will practice a combination of Tai Chi and other strength and flexibility exercises (30 min).

Learning Objectives:

- Learn about evidence-based approaches to strength and flexibility for older adults.
- Understand global approaches to strength and flexibility that have been applied in Albania and Portland, Oregon.
- Take away exercises that can be applied in home and community-based settings.

<b>Chemawa Room</b>	<b><i>Music Therapy in Senior Care</i></b>
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**Emilie Wright, MT-BC**

Music is ever present in everyone’s lives, but have you ever thought about how it might actually be changing your brain? Music therapy can help with memory recall, positive changes in mood, relaxation, social interaction, and an increased sense of empowerment over one’s own life. Music therapy creates an inclusive milieu where all abilities are welcomed and celebrated. Attendees will explore what music therapy is, how it benefits older adults, and how it can carry over into everyday life. We will walk through an interactive sample music therapy session with a focus on active engagement and quality of life. You’ll walk away with a sense of community and a toolbox full of ideas for using music in day-to-day living.

Learning Objectives:

- Participants will come away with a greater understanding of music therapy and how it pertains to older adults.
- Participants will take away new ideas for using music as a community-building tool in everyday life.

**Iris Room**

***Healthy Aging & Nutrition: Optimizing Digestion in an Aging Population***

**Pera Gorson, ND**

This talk will guide you through the intricacies of a normal functioning digestive system and then describe common issues that the aging population faces in relation to gut health. Tools will be provided that will be directly implementable to your patients/clients that will encourage normal digestion, decrease post-prandial discomfort, and boost enjoyment!

Learning Objectives:

- Participants will learn the normal physiology of the digestive system along with common pathology/disease.
- Participants will learn easy and simple recommendations for improving gut health in older adults.

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**2:05 pm – 2:20 pm**

**Break – Exhibits (Iris Room) & Poster Session (McNary Room)**

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**2:20 pm – 3:20 pm**

**Concurrent Session 3 (choose one of two):**

**Chemawa Room**

***Let's Talk About Sex, Baby: How to Get the Conversation Rollin'***

**Raven Weaver, PhD**

Older adults are “still doing it” well into their 80s, yet the lack of education and social normalcy surrounding sex in later life negatively affects the health and social care received by older adults. Additionally, assumptions and/or discomfort held by healthcare professionals may contribute to missed opportunities to discuss sexual health/health behaviors. To enhance the quality of care provided to older adults, it is time to normalize the conversation about sex and aging. Through this workshop, participants will reflect on their own biases and knowledge about sexual health and behaviors among older adults. Participants will discuss diverse scenarios and develop strategies to initiate conversations about sex and consider the role (and need for) policies that address sexual health screenings, counseling for older adults, and privacy.

Learning Objectives:

- Provide the practitioner with detailed information regarding the importance of initiating conversations with older adults about sexual health education and behaviors.

Specifically, a professional will:

- Develop strategies and promising practices that support health professionals in navigating difficult conversations to enhance the health and wellbeing of older adults.
- Explore the role of policy, or lack thereof, regarding sexual behaviors among older adults living in senior living communities and identify promising practices to implement in their workplace.

**Claggett Creek Room** ***The Knowledge, the Energy, the Connecting: The SHARP Approach to Social Engagement for African American Brain Health***

**Raina Croff, PhD**

African Americans have increased risk of Alzheimer’s and of gentrification that disrupts social networks for successful aging in place. The Sharing History through Active Reminiscence and Photo-imagery (SHARP) Study aims to increase social engagement, social networks, and physical activity for better brain health. African Americans (n=40) aged >55, including mildly cognitively impaired individuals, engaged in 72 walks over 6 months in Portland’s historically Black neighborhoods, guided by the SHARP application. Location-triggered “Memory Markers,” local Black history images, sparked conversational reminiscence during walks. Recorded narratives are paired with brain health information on the SHARP website to render content more meaningful. 91.6% were extremely likely to recommend SHARP to friends/family. Participants ranked program aspects as “extremely” and “very” motivating 3.5 times more than “somewhat” and “not motivating.” 93.3% reported improved mood. Decreased blood pressure and statistically significant baseline to end-study improvements in cognitive assessment scores are promising. Culturally celebratory approaches situate personal health within the individual-community-history dynamic, significantly influencing participant motivation for improved health outcomes.

Learning Objectives:

- To learn how employing a research design that dually addresses individual and community priorities can impact participant motivation.
- To understand the impact of gentrification on African Americans and innovative ways to address social networking.

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**3:20 pm – 3:30 pm**      **Conference Closing & Prize Drawings (Iris Room)**

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