

# 3rd Annual Disability & Aging Summit REGISTRATION PACKET

## SPECIAL OLYMPICS ALASKA

3200 Mountain View Dr.  
ANCHORAGE, ALASKA  
OCTOBER 12-14, 2017



### Keynote address by Karrie A. Shogren, PhD.

Dr. Shogren is a Professor at the University of Kansas and Director of the Kansas University Center on Developmental Disabilities. She will address self-determination, systems of support, and supported decision-making.

### For more information contact:

Nicolle Egan, Special Olympics Alaska

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or

Dr. Britteny Howell, Hope Community Resources

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### Topics include:

Supported decision-making

IDD and hospice care

Successful aging and Indigenous peoples

Influence of exercise and nutrition

Elder law and generational issues

Medicare 101

Inclusive sports design for seniors w IDD

*This activity has been submitted to the Montana Nurses Association for approval to award contact hours (CEs). The Montana Nurses Association is accredited with distinction as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

Presented by:

**Alaska Disability & Aging Coalition and Special Olympics Alaska**

## **AGENDA & Registration Packet**

*3<sup>rd</sup> Annual Disability & Aging Summit  
Hosted by the Alaska Disability and Aging Coalition*

*October 12, 13 & 14, 2017*

*Special Olympics Alaska Sports, Health & Wellness Center  
3200 Mountain View Dr.  
Anchorage, Alaska*

### **Thursday, October 12**

6:00 p.m. - 7:30 p.m. Special Olympics Alaska Family Forum Anne Applegate  
*Supported decision-making frameworks in Alaska*

### **Friday, October 13**

8:00 a.m. Registration/Check-In  
8:30 a.m. Welcome Jim Balamaci  
8:45 a.m. Keynote: Supported decision-making Dr. Karrie Shogren  
10:00 a.m. Break  
10:15 a.m. IDD and hospice care: Person-centered planning Bianca Rauch &  
at the end of life Teresa Holt  
11:15 a.m. Special Olympics Alaska inclusive senior program Jim Balamaci  
12:00 p.m. Lunch on site  
1:00 p.m. The role of generativity in health & wellbeing Dr. Jordan Lewis  
of Alaska Native elders  
2:00 p.m. Medicare 101 Nila Morgan  
3:00 p.m. The good, the bad, the necessary: Legal Ilona Besseney  
documents for your peace of mind  
3:45 p.m. Closing remarks Lanny Mommsen

### **Saturday, October 14**

8:00 a.m. Registration/Check-In  
8:15 a.m. Welcome LynnAnn Tew  
8:30 a.m. Keynote: Self-determination Dr. Karrie Shogren  
9:30 a.m. Influences on exercise & nutrition in Anchorage Dr. Britteny Howell  
10:00 a.m. *Break*  
10:15 a.m. Legal perspectives on alternatives to Anne Applegate  
guardianship: What's next for Alaska?  
11:00 a.m. Supporting older adults with declining cognitive Pam Kelley  
capabilities  
11:45-noon Closing remarks Jim Balamaci

*With great appreciation to several generous sponsors listed below, there is no fee to attend this event.*

#### **SPONSORS**

Special Olympics Alaska  
Hope Community Resources  
Alaska Native Tribal Health Consortium  
Alaska Regional Hospital  
Alaska Mental Health Trust Authority

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August 1, 2017

**Title: Supported decision-making  
Self-determination**

**Presenter:** *Karrie A. Shogren, Ph.D., Professor and Senior Scientist, University of Kansas & Director, Kansas University Center on Developmental Disabilities*

**Description:** The self-determination presentation will discuss the role of self-determination in the lives of people with disabilities, highlighting how assessing and intervening to promote self-determination can lead to meaningful changes in the quality of life and outcomes of people with disabilities.

The supported decision-making presentation will discuss supported decision-making and emerging work that is occurring to integrate supported decision-making into the lives of people with disabilities. Specifically, how supported decision-making can be used by support teams to promote the self-determination of people with disabilities by understanding the most effective supports for decision making will be discussed.

**Presenter bio:** Karrie A. Shogren, Ph.D. is a Professor in the Department of Special Education and Director of the Kansas University Center on Developmental Disabilities at the University of Kansas. Dr. Shogren's research focuses on self-determination and systems of support for students with disabilities. She has published over 100 articles in peer-reviewed journals, is the author or co-author of 10 books, and is one of the co-authors of *Intellectual Disability: Definition, Classification, and Systems of Support*, the 11th Edition of the American Association on Intellectual and Developmental Disabilities' seminal definition of intellectual disability (formerly mental retardation) as well as the Supports Intensity Scale-Children's and Adult Version. Dr. Shogren has received grant funding from several sources, including the Institute of Education Sciences (IES) and National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). Dr. Shogren is co-Editor of *Inclusion* and *Remedial and Special Education*, and Associate Editor of *Research and Practice for Persons with Severe Disabilities*. Dr. Shogren has presented nationally and internationally on topics related to self-determination and systems of supports.

**Title: IDD and hospice care: Person-centered planning at the end of life**

**Presenters:** *Teresa Holt, Alaska State Long Term Care Ombudsman & Bianca Rauch, Providence Hospital Hospice Care*     *Bianca Rausch, Providence Hospital Hospice Chaplain*

**Description:** Learn about end of life care with relevant information for individuals with intellectual and developmental disabilities. Learn the difference between Palliative and Hospice Care. Learn when to seek Hospice care. Understand the end of life resources available to Alaskans and some specific resources for individuals with intellectual and developmental disabilities (IDDs).

**Presenter bios:** Teresa Holt is a long time Alaskan who has worked in the social service field for 30 years. She started at the Arc of Anchorage as a recreational therapist. After 6 years at the Arc, she began working for the Disability Law Center of Alaska. While at DLCA, she worked with individuals with IDD, advocated with families for special education services for their children, and supported individuals with mental health disabilities to advocate for their rights. She also worked at the Alaska Governor's Council on Disabilities and Special Education where she was a program coordinator, planner, and eventually executive director. Currently Teresa is the state Long Term Care Ombudsman for Alaska, assisting residents in nursing facilities and assisted living homes to advocate for their rights and resolve issues. She loves the outdoors and spends her weekends with her husband, skiing in the winter and kayaking in the summer.

**Title: Special Olympics Alaska inclusive senior programming**

**Presenter:** *Jim Balamaci, President & CEO, Special Olympics Alaska*

**Description:** In Alaska, nearly one in four adults has experienced a disability. People with disabilities experience more health disparities than people without disabilities, and these disparities are similar to those reported by other minority groups. This crisis becomes more critical as Alaskans with intellectual disabilities begin experiencing the health related challenges of an aging population. Research has shown that individuals with intellectual disabilities are living longer and experiencing the challenges of age related functional decline. Learn about the Special Olympics Alaska Unified Senior Program that focuses on providing physical activity and sports opportunities while addressing the individual dynamics that come with aging. This program includes seniors with IDD as well as their senior peers, family, care providers and DSPs who do not have IDD.

**Presenter bio:** Jim Balamaci has been involved in Special Olympics since 1980 and has been the President and CEO of Special Olympics Alaska since 1996. He is on the Special Olympics North America Aging Athlete Committee addressing how to ensure Special Olympics is providing programming that meets

the needs of athletes with IDD as they age. Jim is a nationally recognized leader and advocate for people with IDD.

**Title: The role of generativity in health & wellbeing of Alaska Native elders**

**Presenter:** *Jordan P. Lewis, Ph.D., Associate Professor, WWAMI School of Medical Education, University of Alaska Anchorage*

**Description:** This presentation will reinforce the positive aspects of aging and emphasize the value of Alaska Native elders' teachings on how to live healthy, productive lives. Dr. Lewis will review the successful aging literature and present his research on how Alaska Native elders define healthy aging in terms of spirituality, emotional wellbeing, community engagement, and physical health. Lastly, this presentation will outline some of his other research on the important roles of sobriety, recovery, optimism, and generativity – a state of development in later life in which elders give personal resources to others to improve the quality of society.

**Presenter bio:** Jordan Lewis is Aleut from the village of Naknek in Bristol Bay. The pivotal role of family and Elders led him towards a career path in successful aging of indigenous peoples, rural health, and cultural resilience. He received his Bachelor of Social Work degree from UAF, his Master of Social Work at Washington University in St. Louis, and his PhD in the Resilience and Adaptation program from UAF. Dr. Lewis currently serves as the director of the UAA National Resource Center for Alaska Native Elders and is Associate Professor for the WWAMI School of Medical Education.

**Title: Medicare 101**

**Presenter:** *Nila Morgan, Master Certified Medicare Counselor, Medicare Fraud Educator, Medicare Minute Program Coordinator for the Medicare Information Office at the Anchorage Senior Activity Center.*

**Description:** In this presentation you will learn about the many facets of Medicare. We will discuss enrollment periods and processes as well as Medicare benefits including benefits for which there is not charge. This presentation will also cover the different Medicare providers and how to access them. You will also hear how to avoid penalties and how to protect yourself from Medicare fraud

**Presenter bio:** Nila Morgan is a Master Certified Medicare Counselor. She is also educates people about Medicare Fraud and how to avoid it. She is the program coordinator for the Medicare Minute program – a program that recruits, trains, and supports volunteers to speak to established groups on a monthly basis about different facets of Medicare. Nila worked in the healthcare field for 20 years as a nurse, many of those years working with geriatrics. She also has worked in the Social Service field working for a non-profit organization that focused on food and clothing distribution and providing transitional housing for homeless men. She has worked with Medicare through the Anchorage Senior Activity Center since May of 2012. She is a columnist for the Senior Voice newspaper writing about Medicare.

**Title: The Good, the Bad, the Necessary: Legal Documents for Your Peace of Mind**

**Presenter:** *Ilona Besseney, Besseney & Van Tuyn LLC*

**Presenter bio:** Ilona Besseney focuses her practice on Elder Law for Alaska's families. As an Elder Law attorney, she addresses the unique needs and issues facing the elderly, the disabled and their families. Ilona is an active member of the National Academy of Elder Law Attorneys, Eldercounsel and Lawyers With Purpose, a 27 year member of the Alaska Bar Association and the Chair of the Elder Law Section of the Alaska Bar Association.

**Title: Influences on exercise & nutrition in Anchorage**

**Presenter:** *Britteny M. Howell, Ph.D., Research and Development, Hope Community Resources*

**Description:** This presentation is based on research that includes interviews, questionnaires, and body measurements collected from diverse Alaskans aged 65+. This anthropological study addresses the role of the media, cultural identity, friends, family, and other social supports on maintaining healthy body weight as we age and increasing the likelihood of practicing healthy aging behaviors. This presentation also addresses the complex issues facing aging individuals with disabilities, and the recommendations for everyone to maintain wellbeing as they age.

**Presenter bio:** Britteny M. Howell, Ph.D. is coordinator of Research and Development at Hope Community Resources and faculty of anthropology at Northern Kentucky University, where she has taught for over a

decade. Dr. Howell is a commissioner on the Anchorage ADA Advisory Commission and Review Board Member for the *Review of Disabilities Studies: An International Journal*. Dr. Howell has previously worked as a researcher for the Alaska Governor's Council on Disabilities and Special Education, the University of Kentucky, and Cincinnati Children's Hospital Medical Center. Dr. Howell has received research funding from the National Science Foundation and has published more than 20 peer-reviewed articles and book chapters. She has also presented her research nationally and internationally on the cultural context of aging, health, and disability within frameworks of community-based participatory research (CBPR).

**Title: Legal perspectives on alternatives to guardianship: What's next for Alaska?**

**Presenter:** *Anne Applegate, Program Coordinator, Alaska Governor's Council on Disabilities & Special Education*

**Description:** In this presentation, we will discuss the legally recognized alternatives to full guardianship that are currently available in Alaska, and how developments in our state are moving toward the creation of a new legal alternative, Supported Decision-Making Agreements.

**Presenter bio:** As a law student, Anne Applegate interned at Disability Rights Wisconsin and was a non-governmental organization delegate to the UN World Conference on Human Rights in Vienna. She was admitted to practice law in Wisconsin in 1994 and in Alaska in 2000. Anne has been a judicial clerk, a sole practitioner, an associate in a general practice firm, and a staff attorney for the Disability Law Center of Alaska (DLCA). Anne has taught Disability Law and Ethics at the University of Alaska Anchorage as an adjunct instructor and joined the staff of the Governor's Council on Disability and Special Education as a Program Coordinator II in March of 2017.

**Title: Supporting older adults with declining cognitive capabilities**

**Presenter:** *Pamela R. Kelley, JD, Education Director, Alzheimer's Resource of Alaska*

**Description:** This presentation is focused on meeting the informational needs of individuals living with Alzheimer's disease and related dementias (ARD) across the course of their illnesses, and improving communication through disease stages to promote autonomy and well-being.

**Presenter bio:** Pamela Kelley is the Education Director at Alzheimer's Resource of Alaska. As a retired attorney, she has worked in support of Alaskans affected by ARD for more than eight years and is particularly interested in emerging professional practices for assessing situational capacity for those experiencing profound memory loss.

**Registration**

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October 12, 13 & 14, 2017**

*Special Olympics Alaska Sports, Health & Wellness Center  
(3200 Mountain View Dr.)*

*Thanks to several generous sponsors, there is no fee to attend.*

**Please submit Registration by October Friday October 1, 2017**

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Agency/Organization/Affiliation: \_\_\_\_\_

Occupation/Title: \_\_\_\_\_

Area of interest: \_\_\_\_\_

Email: \_\_\_\_\_

Phone: \_\_\_\_\_

Mailing address: \_\_\_\_\_

Registering for (circle all that apply):  
Thursday (*Family Forum, 6-7:30 p.m.*)  
Friday (Sessions & Lunch)  
Saturday (Sessions)

*This activity has been submitted to the Montana Nurses Association for approval to award contact hours (CEs). The Montana Nurses Association is accredited with distinction as an approver of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.*

**Please submit this registration to:**

Nicolle Egan, Vice President/COO  
Special Olympics Alaska  
3200 Mountain View Dr.  
Anchorage, AK 99501  
[nicolle@specialolympicsalaska.org](mailto:nicolle@specialolympicsalaska.org)  
Fax: 907-222-6200  
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How did you learn about this event? \_\_\_\_\_

Are you interested in becoming a member of the Alaska Disability and Aging Coalition? YES