



**48<sup>th</sup> Annual Governor's Conference on Aging  
and the  
Home & Community Based Services  
Conference  
Presents**



**Monday, September 12**

**3:00 PM – 7:00 PM Registration**

**5:00 PM – 7:00 PM Vendor set up - have assigned vendor tables**

**Tuesday, September 13 (Day 1)**

**HCBS Preconference Provider Training**

**8:00 AM – 11:00 AM**

**HCBS Preconference Provider Meeting/Training- Ballroom**

**This Pre session is designed for HCBS Case Managers, CFC Plan Facilitators, and CFC-PAS provider agencies. Michael Smull, The Learning Center for Person Centered Practices will provide in depth training during this session.**

**CONFERENCE AGENDA**

**7:30AM-5:00PM Conference Registration and Coffee**



**8:30AM-9:15AM -- Opening Session – Governors Conference  
Welcome and Opening Ceremonies**

- **Joan Taylor**, Chairman of the Governor's Council on Aging



## 9:15AM-10:30AM - General Session Room

### ***The Fast Moving Train: How Families Can Get Ahead of Care Choices***

#### **Keynote Co- Speakers:**



**Lance Robertson, Director, DHS Aging Services, State of Oklahoma**

**Whitney Bailey, PhD, Associate Professor and Bryan Close Professor in Adulthood & Aging, Oklahoma State University**



Despite decades of progress in caregiving policies and services, more than 80% of caregivers continue to report additional needs for information and training when initially confronted with a caregiving situation. This session will be dedicated to understanding gaps and overlaps in care systems, placing a particular focus on opportunities to improve care support within family systems and state networks. Emphasis will be placed on caregiving in the home and community based context and at all stages of care. Attendees will be challenged to embrace the role of advocate and to always be prepared to help caregivers navigate choices.



## **10:30AM-11:15AM Mini Walk in to End Alzheimer's Event**

*Join the Alzheimer's Association Walk in Event in the Lobby by the Madison Room.*

*You are invited to take part in this fun, inspiring break as we come together in a display of combined strength and dedication in the fight against this devastating disease.*



*\*\*We ask that attendees clear the general session room and take all of your personal items so that we may set up and seat the Centenarians and their families first for the Centenarian Luncheon event.*

## **11:30AM-1:15PM Centenarian Luncheon Honoring Montana's Centenarians**

#### **Address/presentation of certificates:**

Governor Steve Bullock will speak at this luncheon to honor Montana's Centenarians.



## **1:15PM-1:45PM Break – Visit the Vendors**

*\*\*We ask that you clear the room and take your personal belongings with you so that we may set up for the afternoon Keynote session*

**1:45PM -3:15PM - General Session**

**Having Positive Control Over Your Life**

**Keynote Speaker: Michael Smull; Chair,  
The Learning Community for Person Centered Practices**



How can you facilitate decisions for individuals and family members for current and future living arrangements? How do we ensure a quality of life for our loved ones? Michael will talk about the importance of person centered practices in working with not only those we care about in critical life decisions but empowering them to make their own choices.

**3:15PM-3:30PM Refreshment Break – Visit the Vendors**



**3:30PM-5:00PM Breakout Sessions**

Topic /Room	Session Presenter(s) and Description
<p><b>Guardianship Panel Presentation</b></p>	<p><b>Gary Connelley; Attorney-at-Law, Jennifer Webber; Attorney-at-Law, Bernie Franks-Ongoy; Attorney-at-Law</b></p> <p>The panel presentation will address issues involved with guardianship. Participants will learn the legal process and implications of guardianship, when it can and should be used as an effective legal tool to assist an individual and when it may be ineffective. Panel members will bring their unique backgrounds and perspectives on legal and ethical issues involved in guardianship. Participants will come away with a better understanding of Montana statute as it relates to guardianship and what is being done on a local and state level to address related issues such as standards of practice, training of guardians, who are responsible for oversight etc.</p>
<p><b>Person Centered Practice: Working with Seniors &amp; Adults with Disabilities</b></p>	<p><b>Michael Smull; The Learning Community for Person Centered Practices</b></p> <p>Individuals want real choices and the responsibility to choose the best possible lifestyle for them with the support they need. Michael will share person-centered thinking tools that give attendees an opportunity to support consumers to lead the lives they want. These tools provide practical ways for case managers, Options counselors, SHIP counselors and other professionals to gather information and assist with decision making support and action steps that make a real difference.</p>
<p><b>Fair Housing</b></p>	<p><b>Pam Bean; Montana Fair Housing</b></p>

	<p>This session promises to an interactive, fun presentation that will cover Fair Housing topics such as protected classes, prohibited practices, nondiscrimination laws, requests for reasonable accommodations and modifications, and the new criminal history guidance, protections for domestic violence victims, occupancy standards, and disparate impact.</p>
<p><b>Suicide Among the Elderly: Facts, Figures, and Formulas for Prevention</b></p>	<p><b>Karl Rosston, LCSW, Suicide Prevention Coordinator, Montana DPHHS</b></p> <p>With specific attention towards our elderly population and Montana, the presentation covers national and Montana data, demographics of a suicidal person, warning signs, risk assessment, training on how to intervene with a suicidal person, evidenced-based practices, and available resources.</p>
<p><b>The Importance of Civic Engagement</b></p>	<p><b>Julie Beckett, Co-founder of Family Voice, Parent Consultant and Author</b></p> <p>This presentation will discuss the importance of sharing your family member with the larger community and how to solicit their help. Grassroots to grass-tops approach letting others join in your knowledge.</p>
<p><b>You Can Make a Difference: Advocacy and Testimony</b></p>	<p><b>Tim Summers, State Director, AARP Montana, Erin McGowan, Smith &amp; McGowan, Inc., &amp; Bea Ann Melichar, Executive Director, The Adult Resource Alliance</b></p> <p>A must attend session for everyone who depend on county, state or federal funds to support your programs and services. Get up to date information on the issues that are affecting senior citizens and their families across the State of Montana. Then learn how to present your points quickly and clearly when you are giving testimony during the legislative session.</p>

**5:30PM- Ballroom - HCBS Scholarship Banquet –*By Invitation Only***

**Wednesday, September 14 (Day 2)**

**8:00AM-9:00AM Coffee and Registration**

**8:30AM-9:45AM – General Session Room**

***Navigating on the Highway to Health... Choices, Crossroads & Consequences***

**Keynote: Dr. Pam Roberts, Journey to Wellness, Kalispell Regional Medical Center**



As Yogi Berra once said, *“When you come to a fork in the road, take it.”* Every day we make numerous lifestyle choices affecting our health, happiness and overall longevity. So often we do not realize the consequences of our choices, or that a choice is even being made. In this keynote, Dr. Pam Roberts, Coordinator of Kalispell Regional Medical Center’s Journey to Wellness program, will share both her own life experiences and professional success stories of patients along with current scientific research to help all attendees make smart-health decisions at every turn in the road. Through a combination of engaging anecdotes, activity demonstrations, colorful PowerPoint images and easy-to-understand research findings, participants will be able to navigate a healthier life course by tweaking their lifestyles with small changes in physical activities, nutrition, rest & relaxation habits and more positive outlooks on life.

**9:45AM – 10:15AM REFRESHMENT BREAK – VISIT THE VENDORS**

**10:15AM – 11:45AM BREAK OUT SESSIONS**

Topic /Room	Session Presenter(s) and Description
<p><b>Understanding and Addressing Senior Hunger in Montana</b></p> <p><b>Little Missouri</b></p>	<p><b>Panel – Minkie Medora, Lorianne Burhop, and Shawna Donaldson, Montana Food Bank Network</b></p> <p>These presenters will discuss the status and data on Senior hunger in the state, the impact of hunger on seniors’ physical and mental health and well-being and challenges seniors face in daily life. They will share solutions through resources such as increasing participation in the SNAP Program, access to food and nutrition available through other food programs including the Senior Nutrition programs – Congregate Meals and Home Delivered Meals, programs through the Montana Food Bank Network, increased access to Senior Commodity program, Senior Farmer’s Markets, and other resources.</p>
<p><b>Motivating People Facing</b></p>	<p><b>Dr. Pam Roberts, Journey To Wellness, Kalispell Reg. Med. Ctr.</b></p>

<p><b>Limited Mobility Challenges to Move More</b></p>	<p>Even the smallest, incremental improvements in movement can have a very positive impact on physical, mental, emotional and spiritual health. Through live demonstrations, learn a wide variety of hands-on activities customized for special populations that will improve mobility, balance, flexibility, strength, energy, hope and overall health. <i><b>*Note, this session is appropriate for both caregivers and persons with limited mobility challenges</b></i></p>
<p><b>PEER SUPPORTS Panel Presentation</b></p>	<p><b>Jim Hanjy, Executive Director and Recovery Coach; Montana's Peer Network, Marcia Armstrong; Program Officer, DPHHS, Addictive &amp; Mental Disorders Division, Severe Disabling Mental Illness Waiver (SDMI)Traci Clark; Project Director, DPHHS, Money Follows the Person Grant</b></p> <p>Peer Support Services have recently been added as a Medicaid waiver service under the SDMI waiver and have been developed as demonstration service under the Money Follows the Person Grant. This session provides an overview of the Montana Peer Network's effort, in collaboration with Addictive and Mental Disorders Division, to create peer support services. This session is relevant to anyone wanting to learn more about peer support services and to potential providers of peer support services. The objective is to educate the audience about the availability of these important services and to educate providers who are interested in providing this service</p>
<p><b>Update on Montana Alzheimer's State Plan</b></p>	<p><b>Dr. Patricia Coon; MD and Miranda Meunier, GNP-BC</b></p> <p>This presentation will examine the status of Alzheimer's disease and other related dementias in Montana, the status and the importance of the Montana State Plan for Alzheimer's disease</p>
<p><b>Lifespan Respite Overview and Caregiver Panel It Really is OK to Need It, Want It and Get It!</b></p>	<p><b>Facilitators: Vicki Clear, DEAP and Kerrie Reidelbach, Mt. Office on Aging</b></p> <p>This presentation will provide a brief overview of the Lifespan Respite Voucher Program, available resources and stories by a caregiver panel, who will share their caregiving experiences and how respite makes a difference.</p>
<p><b>Protecting the Elderly from Abuse, Fraud and Scams</b></p>	<p><b>Panel Presenters: Bill Mercer; Former US Attorney; Chair – Elder Protections Task Force; Holland &amp; Hart Law Firm, Denise Armstrong; Director Big Sky Senior Services, Alex E. Ward CPP; State President – Montana AARP, State President – Montana Crime Prevention Association, and Rene Labrie-Shanks, Missoula Aging Services</b></p> <p>Most people don't realize how fast Montana is aging, and with that comes opportunities for people to be taken advantage of. Confidence Criminals are getting better at getting through people's</p>

	<p>defenses and taking their money and valuables. People don't realize how easy it is to use information to purchase products or even get medical treatment using stolen information. This panel will lay out the problems of fraud in Montana. It will also touch on elder abuse and especially financial exploitation. This panel has exceptional expertise in this area and should be able to answer difficult questions people may have on the subject.</p>
--	---

<p><b>11:45AM – 12:00Noon Break – Visit the Vendors</b></p>
<p><b>12:00PM – 1:30PM Luncheon – Mini-Grant Awards</b></p> <p><b>Guest Speaker: Darren Larsen, Community Relations Coordinator –Consumer Direct Care Network</b></p> <p><b><i>September 12-16 is Direct Support Professionals Week</i></b></p> <p>Darren will share details about events that will be occurring, caregiver appreciation program and what it means to him to have caregiver support.</p>

**1:30PM- 3:00PM –BREAK OUT SESSIONS**

Topic /Room	Session Presenter(s) and Descriptions
<p><b>Understanding the Federal Governments Role in Native Communities</b></p>	<p><b>Lynnette Tubbs Verlanic, FTO Northern Cheyenne Field Ops and Rocky Mountain Regional Office and Erin Harris-Church, IIM Coordinator BIA Social Services</b></p> <p>This session will discuss the social services roles of Office of the Special Trustee (OST) and BIA, financial literacy efforts, exploitation on the Reservation and OST's partnership with the State of Montana and AAA Legal Services to provide assistance with Indian Wills on Montana Indian Reservations</p>
<p><b>Board Governance: Roles and Responsibilities Part I</b> <i>(This is the first of a three part session)</i></p>	<p><b>Peggy Owens; Sage Solutions, Nonprofit Consulting, LLC</b></p> <p>Take your board to a new level with this refreshing session focused on board roles and responsibilities. Just about every board needs to refocus on its role governing the organization. This workshop will reinvigorate your board, helping each member find the ideal role, build new skills and contribute personal vision to your organization. This session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships. Participants will be revitalized and gain knowledge, understanding,</p>

	<p>and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together.</p>
<p><b>Montana Medicaid Expansion</b></p>	<p><b>Rebecca Corbett; Medicaid Expansion Program Officer</b></p> <p>This presentation discusses how an individual can qualify and apply for the HELP Plan or Standard Medicaid through Medicaid Expansion, What health benefits are included in the HELP Plan and Standard Medicaid and where providers should submit claims for the HELP Plan and Standard Medicaid.</p>
<p><b>TAI-CHI: The Gentle Exercise For Everyone</b></p>	<p><b>Mark Cassell; RN</b></p> <p>Tai Chi exercises have been practiced for over 900 years in the Far East. By practicing this exercise your journey for health improvement can begin by increasing endurance, developing improved balance and improving the body's ability to control chronic pain." Come join Mark for this interactive but relaxing session</p>
<p><b>You Can Make a Difference: Advocacy and Testimony</b> <i>(Repeat Session)</i></p>	<p><b>Tim Summers; State Director, AARP Montana, Erin McGowan; Smith &amp; McGowan, Inc. and Bea Ann Melichar, Executive Director, Adult Resource Alliance of Yellowstone County</b></p> <p>A must attend session for everyone who depend on county, state or federal funds to support your programs and services. Get up to date information on the issues that are affecting senior citizens and their families across the State of Montana. Learn how to present your points quickly and clearly when you are giving testimony during the legislative session.</p>
<p><b>Dementia Conversations: Driving, Doctor Visits, Legal &amp; Financial Planning</b></p>	<p><b>Dr. Charlotta Eaton, MD</b></p> <p>Conversations with family members who are showing signs of dementia can be challenging and uncomfortable. The fear or lack of awareness that may accompany these conversations can result in delays that have serious consequences for the entire family. Common difficult discussions include going to the doctor, when to stop driving and making legal and financial plans. This evidence based presentation offers helpful tips to assist families in having honest and caring conversations with family members about dementia, the need to plan ahead, building a supportive care team and connecting families to resources in effort to reduce stress that accompanies caring for a person with dementia.</p>

**3:00PM-3:30PM REFRESHMENT BREAK – VISIT THE VENDORS**

**3:30PM – 5:00PM BREAKOUT SESSIONS**

<p>Understanding</p>	<p>Lynnette Tubbs Verlanic, FTO Northern Cheyenne Field Ops</p>
----------------------	---

<p><b>the Federal Governments Role in Native Communities (repeat session)</b></p>	<p><b>and Rocky Mountain Regional Office and Erin Harris-Church, IIM Coordinator BIA Social Services</b></p> <p>This session will discuss the social services roles of Office of the Special Trustee (OST) and BIA, financial literacy efforts, exploitation on the Reservation and OST's partnership with the State of Montana and AAA Legal Services to provide assistance with Indian Wills on Montana Indian Reservations</p>
<p><b>Board Governance: Roles and Responsibilities Part II:</b></p>	<p><b>Peggy Owens, Sage Solutions; Nonprofit Consulting, LLC</b></p> <p>This is a continuance (Part II) of a three part session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships. Participants will be revitalized and gain knowledge, understanding, and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together.</p>
<p><b>Mental Health 101</b></p>	<p><b>Kenny Bell, Community Program Officer, Addictive and Mental Disorders Division and Vicky Varichak, Community Program Officer, Addictive and Mental Disorders Division</b></p> <p>Mental Health 101 provides an introductory overview of mental health and especially benefits direct service staff who work with individuals with mental illness. Attendees will learn about the DSM V and diagnosis; recovery; stages of change; thinking errors; and professional boundaries. This session will provide fundamental information about mental illness with the desired outcome for service providers to more effectively work with and understand individuals with mental illness.</p>
<p><b>Train Your Brain: Cognitive Enhancement Activities To Maximize Memory Ability</b></p>	<p><b>Nanette Whitman-Holmes, Life Enrichment Director, Touchmark</b></p> <p>Come hear about what current trends in neuroscience are recommended for adult brains to age successfully. Take charge of your brain health by learning what you can do to stay sharp well into old age. Research is showing that doing certain activities will help improve memory and brain function in everyone. Maintaining good memory and cognitive abilities requires a holistic and multifactorial approach that includes many factors, some that we can't control, but some that we can! The different kinds of memory</p>

	<p>will be discussed as well as practical ideas that anyone can do to improve their overall brain health. The focus of the program will be how to keep the body and brain working together at optimal levels.</p>
<p><b>Hope For The Best, Plan For The Worst: Making Your Home Aging-Friendly With Assistive Technology</b></p>	<p style="text-align: center;"><b>Mindy Renfro – MONTECH</b></p> <p>Participants will examine the design and function of their own home along with considerations of their own abilities/needs to allow them to age-in-place successfully in the home of their choice. Review of possible home adaptations, changes in living environment, and/or addition of assistive technology will be introduced. Participants will leave with the AARP HomeFit Guide and the CDC’s Check for Safety for their personal and/or professional use. We will quickly look at Personal Emergency Response Systems (PERS), sensor technology, automated medication dispensers, various ADL assistive devices, use of robots, home medical monitoring and other new technology systems that improve independence and self-efficacy.</p>
<p><b>14 Healthy Habits Of Aging</b></p>	<p style="text-align: center;"><b>Dr. Pam Roberts, Journey To Wellness, Kalispell Reg. Medical Center</b></p> <p>Add years to your life and life to your years by making small lifestyle tweaks in the areas of movement, nutrition, humor and social bonding, emotional and spiritual wellness, positive/optimistic thinking and humanitarianism. Also, learn great ways to enhance brainpower with special activities and exercises to improve thinking and memory. Leave this workshop with your own personal plan for a healthier, happier life and more motivation for lifelong learning.</p>

**6:00 – HCBS AWARDS DINNER – General Session Room**

**Thursday, September 15 (DAY3)**

**8:30AM-10:00AM – BREAKOUT SESSIONS**

<p><b>Board Governance: Roles and Responsibilities Part III:</b>  <i>(*NOTE: this will be a one hour session starting at 9AM)</i></p>	<p style="text-align: center;"><b>Peggy Owens, Sage Solutions; Nonprofit Consulting, LLC</b></p> <p>This is a continuance of a three part session, designed for both management and board members, explores how to form and maintain a governing body that promotes a healthy and successful nonprofit organization. Critical governance, leadership, and management issues will be examined including: strategic to action planning; organizational culture; board roles and legal responsibilities; effective oversight and budgeting strategies; recruiting and maintaining an active board; effective committee structure; and executive director/board relationships                  Participants will be revitalized and gain knowledge, understanding,</p>
---	--

	<p>and resources necessary to lead their organization to mission fulfillment. They will receive a toolkit of templates they can utilize in their organization. Executive staff and board members are encouraged to attend this workshop together.</p>
<p><b>Impacts of Family Involvement in Legislation</b></p>	<p><b>Julie Beckett, Co-founder of Family Voice, Parent Consultant and Author</b></p> <p>This session will review how families have changed federal policies for their children at all levels. Discussion will include IDEA, EPSDT, Title V and others.</p>
<p><b>Success Stories: Partnering For Success</b></p>	<p><b>Panel Discussion</b></p> <p>The panel members and case managers will share their personal experiences on how the Medicaid programs have assisted the member to live independently in their homes and provide for health and safety in the home and community. The discussion will focus on what worked and made their partnership a success. .</p>
<p><b>When Grandparents ARE the Parents: Offering Support, Education and Resources to Montana’s Grandparents Raising Grandchildren</b></p>	<p><b>Deborah Albin, M.S. Program Manager, Montana Grandparents Raising Grandchildren Project</b></p> <p>In Montana, more than 6,600 grandparents have the sole responsibility of raising their grandchildren outside of the state foster-care system. These families are formed due to a family crisis such as parental substance abuse, mental or physical health problems, death, incarceration, and teen pregnancy, and they often receive few services and little support.</p> <p>When “parenting the second time around”, grandparents and other kinship caregivers often experience negative emotions, struggle physically and financially, encounter difficulties working with social service organizations and the legal system, and are unfamiliar with parenting in the 21<sup>st</sup> century. Participants of this session will gain a greater understanding of grandfamilies, both in Montana and nationally, and the challenges they face. Additionally, national and Montana-specific information on legal (custody &amp; guardianship), financial (TANF, SNAP, Medicaid), parenting (discipline, teens), and mental and emotional (depression, stress, grief) challenges will be shared. LOTS of information and materials to share and take home!</p>
<p><b>Snap Outreach And Application Assistance</b></p>	<p><b>Lorianne Burhop - Mt Food Bank Network</b></p> <p>SNAP is one of our most important and underutilized programs to ensure that seniors have access to adequate, nutritious food. Fewer than 1 in 3 eligible Montana seniors participate in the program. This session will include a basic overview of SNAP, ideas to address common barriers, and strategies to incorporate SNAP outreach and application assistance into the services you already</p>

	provide. Important information for counselors and general public.
--	---

## **10:00AM- 10:30AM REFRESHMENT BREAK**

**10:30AM-11:45AM General Session**

### **ONE FAMILY'S AMAZING JOURNEY: ONE PERSON CAN MAKE A DIFFERENCE**

**KEYNOTE – Julie Beckett;  
Co-founder of Family Voice, Parent Consultant and Author**



Julie's daughter, Katie, was the first HCBS waiver person in the country had already lived an unbelievable life. As her family kept positive and active for other children living this life, Katie became a symbol of what could happen and has happened for many children living with special health care needs. How their communities embraced them and learned from them! Join the journey with Julie as she shares her personal story and how imperative our advocacy is for our loved ones.

## **11:45AM- 12:00 Noon Closing Remarks**

**Joan Taylor, Chair, Governors Advisory Council on Aging**

**Final Door Prizes and 50-50 Drawing: Need to be present to Win!!!!!!!**

## **12:00 Box Luncheon**

.....  
**CLICK HERE TO REGISTER [Governor's Conference Registration](#)**