

WASHINGTON STATE ASSOCIATION OF

WSASC

SENIOR CENTERS

To enhance, educate, and support professionals working with the aging population.

Annual Conference June 4-6, 2019

Join us in
Wenatchee for



At the Coast Wenatchee Center Hotel
and the Wenatchee Convention Center

Our sponsors:



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Navigating North of 50

Washington State Association of Senior Centers

Annual Conference - June 4-6, 2019

All activities take place at the Wenatchee Convention Center and surrounding area

Tuesday, June 4, 2019

12:30pm Conference Check in

12:45pm Welcome

Dave Tosch

Orchard South

1:00pm Pre-Launch Introductions
Navigation Networking

Kristy Dunn/Sheri McConnaughey

1:45pm Break

2:00pm Keynote Speaker

Leif Hansen

Orchard South

Navigating: Time to Get Real

What does it mean to live a truly meaningful and purposeful life, especially in the context of this unique time in our human story? While this is a fundamentally personal question, one that each of us gets to spend a lifetime answering and living out, it is also a question we can't fully answer alone. Many of us tend to put off the "big questions," postponing our deepest dreams and "bucket list" plans for the infamous "someday," a day that may or may not ever arrive. For this keynote Leif will be reclaiming that "someday," as "now." Engaging us in his signature interactive style, Leif will inspire us to imagine and courageously play forward our most meaningful futures, both for ourselves and for our senior program participants. Thankfully "North of 50" is an excellent time to get real and dive deep, so let's get this party started!

*Founder of Spark Interaction, **Leif Hansen** is a nationally recognized speaker facilitator and leadership coach who has been working with groups for over 25 years. His passion is helping people to activate their leadership capacity by creatively expressing their most authentic selves in ways that make this world a more caring, inspiring and fun place to live.*

3:30pm Break

3:45pm

Orchard South

Playformation: Test Drive the Future

Leif Hansen

Leif will start by warming up the group through a variety of playful ice melters and inter-activities designed to help participants make more meaningful connections. He'll then help you imagine and "test drive" new scenarios, boosting your creative confidence, and helping you generate meaningful and innovative possibilities for your senior program participants. You can look forward to a "future party," "goal-plays," and perhaps even a "make it so" bonus challenge.

Golden Apple

Set Sail! Moneyball & Senior Centers

Jeff Rothberg

How many of the available seniors in your market are you reaching? What programs are most effective in drawing the most seniors? Are you reaching the different cultural groups in your community? Have Boomers changed the way you operate? Is lunch still worth serving? We'll tackle these questions and provide some predictions for the future of senior centers. The importance of treating the senior center like a business and using data to make hard decisions will also be shared.

*For two decades **Jeff Rothberg** has been the director of sales for the software firm, **MySeniorCenter.com**, working with senior centers, active older adults and families in a variety of roles. With a Masters of Business Administration, Jeff has held a number of sales, marketing and leadership roles in healthcare, technology, and non profit sectors.*

4:45pm Hotel Check-in

6:30pm **Dinner at Pybus Market**

8:30pm **Hospitality Suite**

Rooms TBD

Wednesday, June 5, 2019

Breakfast on your own

8:30am **Crew Overboard! 90 Second Problem Solving** **Debbie Little**

Orchard South
Some days at the senior center it seems like the whole ship is sinking or one of your "crew" has abandoned ship! Share your particular issue, problem or concern in this audience participation workshop, and get ideas, answers and understanding from your peers and professionals in the field of senior services.

9:30am **Break**

9:45am **Meet Your Fleet: Peer to Peer Brainstorming & Problem Solving**

Orchard South
This is your opportunity ONCE A YEAR to meet your peers in the senior services profession. Facilitated by peer staff for each group, this workshop will allow plenty of opportunity to meet your peers in the profession, share frustrations, great ideas, great programs, travel destination ideas for your center and MORE!!

Facilitators: *Megan Mummert- Coordinators and Specialists; Radine Lozier- Supervisors and Directors; Donna Elzenga- Board members & Volunteers*

10:45am **Break**

11:00am **Set Your GPS to 48.62.65-110** **Judith Bendersky, SHIBA**

Orchard South
Judith Bendersky will highlight why senior centers are a key to helping protect consumers from Medicare fraud, scams and confusion about health care options.

Judith Bendersky, Field Supervisor for the SHIBA program through the Office of the Insurance Commissioner, came to "south" Washington (from Alaska) after a career in public health, including 10 years guiding people through Medicare. She holds a Masters in Public Health and is certified in Health Education and Gerontology and she is a Community Resource Specialist in Aging and Disability.

Golden Apple **Blustery Winds: The Opioid Epidemic & Its Impact On Seniors** **Dr. Malcom Butler**

In the 1990's opioids were recommended for the management of chronic pain. Today they are considered cruel and barbaric (similar to blood-letting in the 18th century.) What has changed over the past 25 years? This session will help senior center professionals educate their participants on appropriate use of prescription opioids; why they are risky and not the first medicine to use for pain; how prescription opioids contribute to the current opioid epidemic; how grandkids, friends and more access our opioids; how to dispose of unused opioids, and more.

Dr. Malcom Butler is a board certified Family Physician and has been the Director at Columbia Valley Community Health since 1995. He has lectured frequently on topics ranging from provider compensation to managing difficult patients to chronic pain and opioid use. In 2005, Dr Butler was named Washington State Family Medical Physician of the year, and in 2012, he received national recognition for leadership in opioid reduction efforts.

12:15pm **Lunch** **SHIBA presentation**

Orchard South **Collette Travel presentation**

1:00pm **Chart Your Course! Selling Your Senior Center to Electeds** **Mayor Nancy Backus**

Orchard South
Nancy Backus, Mayor of Auburn will share with us her Aha! moment when she knew that supporting the senior center and its staff was critical for an economically strong, healthy, age friendly community. Mayor Backus will also share words of wisdom regarding how to sell your elected officials on support of your center, participants, programs and services 110%!!

Elected to her first term in 2014, Mayor Nancy Backus is the first female to hold office in Auburn's 125 year history. Prior to mayor, she served 10 years as a council member. Mayor Backus has worked for Boeing for 25 years as a financial manager.



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1:00pm
Golden Apple

Full Speed Ahead! Making the Most of Your Social Media

Russ Alman

The Baby Boomers have begun to retire! As this group moves into the next phase of their lives, they will rely increasingly on digital communications, whether it's to shop on-line, manage investments, read the news, or keep in touch with their extended family through social media. This will be the first generation of tech-savvy seniors and this will offer unique opportunities for senior centers to accommodate and leverage digital communications tools. This session will look at ways senior centers can incorporate digital communications technologies into their activities to encourage seniors to stay connected with YOUR center!

With over 25 years experience in computer support and digital marketing, Russ Alman runs a one-stop shop for businesses and non-profits in everything related to digital marketing, from photography and video production to social media management and website design. He has provided services to senior centers in Springfield, OR and here in Wenatchee for the Wenatchee Valley Senior Activity Center. He has a B.A. in communications from Western Michigan University and an M.A. in digital communications from Michigan State University.

2:00pm
2:15pm
Orchard South

Break

Safe Harbor: Making the Case for Being an Age-Friendly City

Linda Henry

Quality of life for older adults also requires the support of the entire community and a different view of aging. Andrew Scharlach, former associate dean and professor of social welfare at University of California, Berkeley

This interactive presentation will focus on how communities can address making their communities livable, not just for older adults, but for residents of all ages. Highlights include: Benefits of becoming an age-friendly city

National speaker on aging issues, Linda Henry is a freelance writer who writes a column for 3rd Act Magazine and is the co-author of several books, including Transformational Eldercare from the Inside Out and Strengths-Based Strategies for Caring. Her volunteer work includes leadership roles within the United Methodist Church and the Puyallup (WA) Area Aging in Community Committee (PAAICC). She and the PAAICC have been actively involved with the City of Puyallup as it received the distinction of becoming the first AARP/WHO-Age Friendly City in Washington State.

Golden Apple

Stormy Seas: Homelessness Issue for Public Facilities

Captain Edhar Reinfeld Jr.

Public facilities, including senior activity centers, can be locations where homeless persons gather. While senior citizen homeless persons may fit into the services provided at these centers, other homeless persons may not. Issues to be covered in this session include dealing with drug paraphernalia, drug use, abandoned vehicles, bio-hazardous waste, and squatters who may try to take up residence. Methods to deal with these issues will be covered focused on safety and cooperation with local law enforcement to ensure safety for all users.

Captain Edhar Reinfeld Jr. is with the Wenatchee Police Department

3:15pm

Experience Wenatchee

Meet in Hotel Lobby for either a: River Walk w/Arborist
Self guided walking Wine Tasting

5:15p **Silent Auction & Social Hour**

Orchard South

6:30p **Auction and Awards**

8:00p **Banquet Trivial Pursuit**

9:00p **Hospitality Suite**

Rooms TBD

Thursday, May 24, 2017

8:00a **Breakfast & WSASC Meeting**

Orchard South

Kristy Dunn

Sheri McConnaughey

9:00a **Break**

9:15a **Finding Your Bearings**

Orchard South

Conducting a Senior Center Needs Assessment

Erika Rhett, AICP

Older adult populations are growing in numbers and their needs are getting more complex. Expectations and demands are increasing while resources seem to be shrinking. Enmeshed in the daily operation of your programs, it may be hard to see the big picture. That is where a community needs assessment can help align community needs with programs goals, implementation steps, and funding resources. This session will help you better understand what a community needs assessment is, how it can help you, and how to go about doing one.

Erika Rhett, AICP, loves working with communities. As a land use planner, she has spent the last 17 years working on a variety of issues such as neighborhood revitalization, shoreline master programs, and community needs assessments. Currently she works as the Senior Associate with BERK Consulting, a firm with a passion to "help communities and organizations create their best futures" by working in the public interest to help public and non-profit agencies address complex challenges and position themselves for success. In the last year she has helped the cities of Shoreline and Tukwila with senior services needs assessments.

Golden Apple

Lifeline! Property Tax Relief for Seniors

Deanna Walter, Chelan County Assessor

An overview of Washington State Senior and Disabled Person Exemption Program to include recent legislative changes and what reductions to expect.

Deanna Walter has been the Chelan County Assessor since 2011. She has two Bachelor's degrees in Actuarial Science and Urban/Regional Planning. She is the past president of County Assessors, Certified Public Officials, Accredited Appraiser, and holds a National Certification for Land Use (AICP)

10:15a **Break**

10:30a **Follow the Good Winds: Go to Where the Opportunities Lead You** **Dr. Gene Sharratt**

Orchard South

Recruiting and retaining participants is key to organizational success for senior centers. This Thursday morning keynote will share "best-practice" strategies for attracting and retaining senior center participants.

Dr. Gene Sharratt is currently the Executive Director of the Professional Learning Network. Prior to this position, Dr. Sharratt served as the Executive Director of the WA. Student Achievement Council. Gene spent ten years as a clinical associate professor for WSU. He served thirty years as a K-12 teacher, principal and superintendent. During his career, Gene was recognized with the Outstanding Teacher, the WA. State Superintendent of the Year, and the National Education Administrator of the Year awards. Gene is the author of Keeping on Your Feet an inspirational book of how to overcome challenges in a positive and meaningful manner.

11:30a **Road Kill Auction/Evaluations**

50/50 Raffle Drawing - must be present to win

SEE YOU NEXT YEAR!!

Scholarship Opportunities

WSASC 2019 Conference Scholarship Application

Apply for this scholarship if you have exhausted all other funding sources. If your city or organization is willing to pay for the conference but not the lodging apply for partial-scholarship.

The Washington State Association of Senior Centers awards full and partial scholarships to successful applicants. Scholarships are to be used for attending the current WSASC Annual Conference.

Selection Criteria and Process:

Application Requirements

- Current WSASC Member
- Currently employed in the field of older adults in Washington State or currently enrolled in a college/university in the field of parks, recreation, leisure services, gerontology or any related field.
- Scholarships must be used for the current year's conference.

Scholarship Application Process

- Candidate completes application form
- Application forms must be returned no later than April 30, 2019
- Scholarship Review Committee reads applications and makes scholarship awards
- Scholarship recipients will be informed no later than May 6, 2019

Scholarship Recipient Expectations

- All award recipients are expected to volunteer *before and/or during* the conference.
- Recipients will be expected to attend all aspects of the conference.
- All recipients will be expected to share a room; there will be no single person room for participants receiving a scholarship.

If you have any questions or *have not received a confirmation regarding your scholarship application by April 30, 2019* please call or email Kristy Dunn at 206-812-4722 or kristyd@burienwa.gov.

Thank you,

Kristy Dunn, Recreation Supervisor
City of Burien
14700 6th Ave SW
Burien, WA 98166
206-812-4722

Scholarship Application for Professionals and Students

Section I: (required information)

Name: _____ Email Address: _____

Home Address: _____

City _____ State _____ Zip _____

Current Employer or School: _____

Employment Title: _____ Or Year in School: _____

Work or School Address: _____

Home Phone: _____ Work/School Phone: _____

Major: _____ Anticipated Graduation Year: _____

Section II: (required information)

Using a separate sheet of paper be sure to include your name. Please only use one (1) sheet to respond to the following questions.

Describe how this scholarship will benefit or contribute to your educational and/or professional goals?

Describe your involvement and contributions to WSASC, WRPA, your community and/or school.

If awarded a partial scholarship, would you and/or your organization be able to pay the difference of the conference fee?

Have you ever received a scholarship from WSASC organization for any event or conference? If so, when?

Section III: (required information)

In addition to this application, please provide a current resume and/or transcript. You are welcome to submit any additional supporting document that specifically demonstrates your contributions to WSASC, WRPA, your community and/or school. (Including the applications, respondents cannot send more than five (5) pages.

Signature: _____ Date: _____

Please return application by April 30, 2019 via mail, fax or E-mail to:

Kristy Dunn, Recreation Supervisor

City of Burien

14700 6th Ave SW, Burien, WA 98166

206-812-4722

2019 WSASC Awards Nomination Form

Each year the Washington State Association of Senior Centers honors outstanding individuals and organizations at our Conference. Award categories are as follows:

Professional Leadership Award

A nominee for this award will have held a senior center position for more than five years and demonstrate through their work efforts, performance and concern that clearly excel beyond their daily responsibilities. These extra efforts can be demonstrated in the area of legislation, professional or community involvement, creative programming, etc.

Rising Star Award

The nominee should embody the essence and spirit of their predecessors, be determined to inspire a change or make a difference in the industry. Intended for individuals who have worked in the senior services arena less than five years, the nominee will exhibit a tremendous amount of energy and possess a great rapport with clients, while working in unison with others.

Community Connection Award

An agency, organization or individual nominated in this category will be a community entity that has provided assistance at their local senior center. This organization or individual will have clearly demonstrated support for their senior population and center by going beyond normal volunteer activities. Community support should be highly valued by their senior center staff, participants and the community.

Service Recognition Award

A program, service or event nominated in this category is creative, meets a specific community need, was on the cutting edge of a recent trend, solved a community problem or highlighted the special uniqueness of the community, the center or the older adults it served.

The following nomination form must be complete and returned by April 30, 2019

Please mail, fax or email your nomination for to:

Kristy Dunn, Recreation Supervisor

City of Burien

14700 6th Ave SW, Burien, WA 98166

206-812-4722 office, 206-243-2784 fax

kristyd@burienwa.gov

2019 WSASC Awards Nomination Form

Category: (Select One)

Professional Leadership Award

Community Connection Award

Rising Star Award

Service Recognition Award

Candidate Name: _____

Address: _____

City/State/Zip: _____

Organization Name: _____

Nominated By: _____

Telephone: _____ Email: _____

Briefly describe the efforts of your nomination or impact on behalf of your Senior Center's services, programs or participants. (Attach one additional sheet if needed)

Please describe why you believe these efforts or impact is worthy of recognition? (Attach one additional sheet if needed)

Grant Application Form

WSASC wants to make a difference at your center in 2019!

Grant Criteria:

1. The total grant amount is \$1000. Centers are encouraged to use the funds to increase or enhance programs.
2. Depending on the requests, more than one grant may be awarded.
3. Funds must be used for the benefit of the senior center directly.

How to apply:

1. Attach a one-page explanation detailing the purpose, benefit and use of the funds granted.
2. Include pictures, if appropriate.
3. Application deadline: June 28, 2019. Recipient(s) will be notified of awarded grant following the WSASC Board Retreat in late summer

Applicants Name: _____ Senior Center Name: _____

Phone Number: _____ Email Address: _____

Address: _____

City: _____ Zip Code: _____

Have you received a WSASC Grant within the last 2 years? Yes No

Funds Requested for: _____

Specific criteria, outline, proposed budget, supplies etc: _____

Estimated Cost: _____

If you have any questions please contact Kristy Dunn by phone, 206-812-4722 or email at Kristyd@burienwa.gov
Send completed grant applications to:

Kristy Dunn
City of Burien
14700 6th Ave SW, Burien, WA 98166
Or FAX 206-243-2784



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Name: _____ Email Address: _____

Sr. Center/Organization _____

Title: _____ Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

First time attendee? Yes No

If yes, would you like us to assign you a roommate to receive the double occupancy rate? Yes No

WSASC: Member Non-Member

Roommate preference (Name & Agency) _____

WSASC Member Conference Fees	WSASC Non-Member Conference Fees
Registration received on or before May 8, 2019 <input type="checkbox"/> \$349 Shared <input type="checkbox"/> \$499 Private	Registration received on or before May 8, 2019 <input type="checkbox"/> \$399 Shared <input type="checkbox"/> \$549 Private
Registration received after May 8, 2019 <input type="checkbox"/> \$399 Shared <input type="checkbox"/> \$549 Private	Registration received after May 8, 2019 <input type="checkbox"/> \$449 Shared <input type="checkbox"/> \$599 Private
Daily Rate: \$150 per day <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday	Daily Rate: \$200 per day <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday

Please note: If you are not a member, but are in the process of becoming a member, you must send your membership dues prior to May 8, 2019.

Experience Wenatchee choice: River Walk w/Arborist Self-guided Walking Tasting Tour

Pybus Italian Buffet: Regular Pasta Gluten Free

Banquet Dinner choice: Bourbon Glazed Salmon Filet of Beef Tenderloin Vegan Risotto Cakes

**For special dietary needs contact Cindy Robinson at 253-856-5162 or crobinson@kentwa.gov

Please indicate any special needs.

Mobility: Wheelchair Access Limited stairs Close to meeting rooms

Other _____

Total Amount Enclosed: \$ _____

Make Checks payable to:

Washington State Association of Senior Centers

Pay by Credit Card:

Cardholder Name: _____

Card Number: _____

Expiration Date: _____

Billing Zip-Code: _____

You will be contacted for your 3 digit security code to complete your registration payment.

Send registration with payment to:

WSASC

c/o Cindy Robinson, Kent Senior Center

600 E Smith St, Kent, WA 98030

253-856-5162 • crobinson@kentwa.gov

Scholarships: Scholarships are available. Please apply. Applications are available on the WSASC web site www.wsasc.org.

Important information: If your conference registration will not be received by the May 8, 2019 deadline, please call Cindy Robinson at 253-856-5162 or email crobinson@kentwa.gov

Board committee members or others from the same agency and/or center may register at the member rate provided they accompany a staff member who is a WSASC member from the same agency/center. For additional information on conference lodging please contact Cindy Robinson at crobinson@kentwa.gov

Non-conference Participant: If you have reserved a private room please let us know if you will be sharing with someone not attending the conference. Additional meals, at a cost, are available upon a 2 week prior reservation. Contact Cindy Robinson, 253-856-5162 or crobinson@kentwa.gov

Our Sponsors:

- Liturgical Publishing Incorporated (LPI)
- WA Homeownership Resource Center
- Collette
- SHIBA
- My Senior Center

Is your City or Agency a member of WA Cities Insurance Agency?

WCIA will reimburse one WSASC Conference registration per WCIA Member, per year.

WCIA reimbursement funding is available upon program completion.

Visit: www.wciapool.org/education-training/reimbursement.

Scroll to the bottom for WSASC and instruction for reimbursement.

Lodging & Location

Wenatchee

The area's natural beauty and abundance of recreational opportunities are two of the many reasons people come to the Wenatchee Valley. With an urban area consisting of 80,000 people, the region offers the perfect balance of larger city amenities with the relaxed and friendly environment of a smaller town. Residents and visitors enjoy the Apple Capital Loop Trail, a pedestrian and bicycle path that meanders along the banks of the Columbia River; Pybus Public Market, a community gathering place with an excellent source of locally grown fruits and vegetables complimented by a quality selection of artisan and ethnic products: and adjacent to the waterfront is beautiful historic downtown Wenatchee, home to numerous unique shopping and dining opportunities

Lodging Information

Coast Wenatchee Center Hotel

201 North Wenatchee Avenue, Wenatchee, WA 98801

Coast Wenatchee Center is located right at the entrance to historic downtown Wenatchee, within walking distance of great entertainment and shopping as well as loads of riverfront activities, including the new Pybus Public Market, and our sky bridge will take you right to the Wenatchee Convention Center.

Conference Site

Wenatchee Convention Center

121 North Wenatchee Ave., Wenatchee, WA 98801

Located in the heart of Downtown Wenatchee, the Wenatchee Convention Center facility is a favorite of statewide organizations which utilize Wenatchee's central location, beautiful climate and desirable amenities to provide ideal conventions, meetings and event opportunities for individuals located throughout Washington.

