



## WORKSHOP DESCRIPTIONS

Each day of the conference, attendees will have the opportunity to choose from multiple concurrent workshops. Please read through the below descriptions and decide which interests you in each of the workshop session time slots. If you have any questions, please contact Andrea Stewart at [astewart@liveon-ny.org](mailto:astewart@liveon-ny.org).

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Wednesday, January 31 | 9:30-11:00 am

### Workshop #1 | Federal Policy Round-Up: Critical National Updates that Impact Aging Programs in New York

#### Speakers:

- **Amy E. Gotwals**, Chief, Public Policy and External Affairs, USAging
- **Megan O'Reilly**, VP Health and Family AARP
- **Patricia M. D'Antonio**, BSPHarm, MS, MBA, BCGP, Vice President, Policy and Professional Affairs, The Gerontological Society of America, Executive Director, National Center to Reframe Aging
- **Moderator: Andrea Cianfrani**, Associate Executive Director, LiveOn NY

**Description:** 2024 brings proposed changes to the Older Americans Act, national elections and rapidly changing aging demographics across the country. This workshop will explore the national political landscape and policies and the impacts on aging programs in New York, as well as key advocacy initiatives you can get involved in to ensure aging is elevated as a priority in 2024 and beyond.

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### Workshop #2 | Conflict Resolution & Mediation: Navigating Difficult Conversations\*

*\*Eligible for 1.5 Continuing Education Contact Hours for Licensed Social Workers*

#### Speakers:

- **Ayanna Behin**, Director of Training & Conflict Consulting, New York Peace Institute
- **Ruby Phillips**, Coordinator in Restorative Justice, Youth Programs & Training, New York Peace Institute
- **Rachel Bai**, Coordinator in Training & Conflict Consulting, New York Peace Institute
- **Moderator: Kim Lerner**, LMSW, Director of Benefits Outreach, LiveOn NY

**Description:** Join the [New York Peace Institute \(NYPI\)](#) in this workshop to learn more about mediation, identifying potential points of tension, and the skills necessary to successfully navigate difficult conversations. We'll also learn more about the different services NYPI offers, and how they might be beneficial for your team. You won't want to miss this engaging session.

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### **Workshop #3 | Creating a Shared Community: Bringing Together Diverse Cultures in Community Settings**

**Speakers:**

- **Darcy Connors**, Executive Director of SAGEServes, SAGE (Advocacy & Services for LGBTQ+ Elders)
- **Vasundhara Kalasapudi**, M.D., Executive Director, India Home
- **Ariana Elezaj**, MPA, Former Deputy Director, Lenox Hill Neighborhood House
- **Ines De La Nuez**, Older Adult Center Director, Grand Street Settlement
- **Moderator: Shyvonno Noboa**, Associate Executive Director for Older Adult Services, Sunnyside Community Services

**Description:** Older Adult Centers, NORCs and other community aging programs in New York serve a diverse network of older New Yorkers from many cultures. The beauty lies in this diversity, and creates both opportunities and challenges as community programs work to both honor many different traditions and cultures in their services, while also creating a shared community within their settings. This workshop will explore strategies and ideas to build community in our programs.

*This workshop is generously sponsored by [Carter Burden Network](#).*

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**Wednesday, January 31st | 1:00-2:30pm**

### **Workshop #5 | Using the Arts to Support Dementia Care\***

*\*Eligible for 1.5 Continuing Education Contact Hours for Licensed Social Workers*

**Speakers:**

- **Nettie Harper**, Co-Founder, Inspired Memory Care, Inc.
- **Kelly Gilligan**, Co-Founder, Inspired Memory Care, Inc.
- **Moderator: Kim Lerner**, LMSW, Director of Benefits Outreach, LiveOn NY

**Description:** Join Inspired Memory Care (IMC) as we explore the role of arts and recreation in cognitive care. How are memory, creativity, and identity linked? What are the benefits of arts-based engagement for the person living with dementia and their care partner(s)? IMC will utilize interactive exercises to explore the side effects of leveraging the arts as treatment, side effects like evoking memories, enabling people to communicate about experiences, and strengthening relationships. IMC will also highlight opportunities for advocacy around including the arts as a treatment for individuals living with cognitive change.

*This workshop is generously sponsored by [New York Foundation for Eldercare](#).*

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## Workshop #6 | Innovations in Intergenerational Programming: Stories and Impact from the Field and Lessons Learned for Success

### Speakers:

- **Terry Kaelber**, Director, Institute for Empowered Aging, United Neighborhood Houses of NY
- **Nancy Miller**, LMSW, Executive Director/CEO, VISIONS/Services for the Blind and Visually Impaired
- **Kerly Serrano**, Director, Older Adult Center, Sunnyside Community Services
- **Lucy Mansilla**, N.I.C.E. Program Coordinator, Queens Community House
- **Moderator: Jenna Gladfelter**, Director of Membership, LiveOn NY

**Description:** Join us and learn how intergenerational programs enrich the lives of older people, enliven adult centers, combat social isolation and ageism, thereby expanding social networks that help older people age in place, all while improving the health and well-being of participants. Hear how three organizations achieve these results and discover key steps for how to launch intergenerational programming in your organization.

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Thursday, February 1st | 9:30-11:00am

## Workshop #7 | Holding Space for Meaningful Storytelling; Lessons in Listening from StoryCorps

### Speakers:

- **Emily Janssen**, Director of Learning & Engagement, StoryCorps
- **Chapin Montague**, Facilitator, StoryCorps
- **Moderator: Long Ho**, Senior Client Service Coordinator, LiveOn NY

**Description:** Discover the power of personal stories and explore how to infuse it into your own work in this interactive StoryCorps workshop. StoryCorps believes that everyone has an important story to tell and everyone's story matters. In this workshop, participants will be introduced to the national nonprofit StoryCorps and how we leverage the power of stories to strengthen and build the connections between people, increase understanding, and build empathy, one conversation at a time. StoryCorps staff will take you deeper into the how of StoryCorps, including best practices for listening and tips from our facilitators and producers to elicit great stories, with opportunities to practice and share together. Staff will also share insights from StoryCorps' Legacy and Memory Loss Initiatives, and examples of how organizations can incorporate storytelling into their programs.

After participating in this session, attendees should be able to:

- Summarize three key components of the StoryCorps model of collecting and sharing stories.
- Practice active listening techniques and demonstrate the use of follow-up questions to support meaningful conversations.

Use the StoryCorps tools to record and preserve your own story, or introduce it to your community.

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## Workshop #8 | Providing Trauma-Informed Care\*

\*Eligible for 1.5 Continuing Education Contact Hours for Licensed Social Workers

### Speakers:

- **Abigail Nathanson**, LCSW, DSW, APHSW-C, ACS, Trauma Therapist and Part-time Faculty at New York University
- **Anderson Torres**, PhD, LCSW-R, President & CEO, R.A.I.N Total Care, Inc.
- **Erica Sandoval**, LCSW, SIFI, CEO & Founder, Sandoval CoLab
- **Moderator: Kim Lerner**, LMSW, Director of Benefits Outreach, LiveOn NY

**Description:** Join us in this session to learn about Trauma-Informed Care (TIC) – a broader paradigm of care for helping clients in crisis – and how trauma impacts us on the micro, mezzo, and macro levels. We'll also learn the differences between TIC and trauma therapy, the impacts of “shared trauma”, and how you can organize and offer TIC within your program to make it more accessible for your clients.

*This workshop is generously sponsored by [Hamilton-Madison House](#).*

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## Workshop #9 | Elevate Your Workplace Relationships

### Speaker:

- **Melissa Shillingford**, Make Ideas Work, Director of Learning & Engagement
- **Moderator: Jenna Gladfelter**, Director of Membership, LiveOn NY

**Description:** Join us for a transformative workshop where you'll discover the art of building extraordinary relationships at work using the power of DiSC, a proven personality assessment tool.

Through personalized DiSC assessments, you'll gain a deep understanding of your unique communication style and those of your colleagues. This powerful framework will help you:

- Embrace your strengths and leverage them to enhance your communication effectiveness
- Motivate and inspire team members based on their unique motivators
- Build rapport with colleagues, fostering trust and collaboration

Join us and experience the transformational power of DiSC!

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Thursday, February 1st | 1:00-2:30pm

## Workshop #10 | Press 101: How to Up your Game and Engage Your Work with External Audiences with Confidence

### Speakers:

- **Camille Rivera-Westin**, Partner, New Deal Strategies
- **Lekha Sunder**, Press Assistant, New Deal Strategies
- **Emma Hernando**, Communications Manager, New Deal Strategies
- **Moderator: Andrea Cianfrani**, Associate Executive Director, LiveOn NY

**Description:** Creating systems change in the aging field will require us all to Speak Up and Speak Out about our critical work, and the issues that we face in order to push for meaningful change and investments in aging. This workshop will explore strategies and tips for engaging

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### **Workshop #11 | Elder Law for Caregivers\***

*\*Eligible for 1.5 Continuing Education Contact Hours for Licensed Social Workers*

#### **Speakers:**

- **Jaime Lewis**, Founding Partner, Birnbaum Lewis, PLLC
- **Michele Greco**, Senior Program Director, Alzheimer's Association, NYC Chapter
- **Moderator: Kim Lerner**, LMSW, Director of Benefits Outreach, LiveOn NY

**Description:** This session will examine the multiple areas of law that impact each of us as we age, with a focus primarily on those issues of importance to caregivers of older New Yorkers. We will cover the advance directives needed for caregivers to act on another's behalf as well as a brief look at wills and inheritance and how they connect. We will also discuss the basics of New York's Medicaid program and some of the popular planning tools to access the Medicaid program in the context of long term care planning.

*This workshop is generously sponsored by [InLight Risk Management](#)*

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### **Workshop #12 | Open for Business: Best Practices for Getting People in the Door on Plant Based Meals Day**

#### **Speakers:**

- **Shahenaz Hamde**, Program Director, HANAC Ravenswood Older Adult Center
- **Sylvia Johnson**, Director, Regional Aid for Interim Needs, Inc (R.A.I.N)
- **Bonnie Lumagui, LCSW**, Assistant Executive Director Older Adults & Community Services, Hamilton-Madison House
- **Roxana Morales**, Director, Diana H. Jones Older Adult Center, RiseBoro Community Partnership
- **Margie Schustack**, Director, Communications and Programs, RSS Center for Ageless Living
- **Moderator: Anya Herasme**, Associate Commissioner, Bureau Of Community Services, NYC Department for the Aging (DFTA)

**Description:** Older Adult Centers and NORCs are vibrant community hubs that provide critical services all under one roof. The pandemic, wide-scale demographic and population shifts, contractual requirements, and other factors have impacted how we continue to design our programs to get people in the door. This interactive session will provide forward-looking ideas, strategies and practices around that have worked to bring older New Yorkers back to our programs.

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*\*Council of Senior Centers and Services, Inc. d/b/a LiveOn NY, SW CPE is recognized by New York State Education Department's (SED) State Board for Social Work as an approved provider of continuing education for licensed social workers #0414.*