

# 6TH ANNUAL DISABILITY & AGING SUMMIT

OCTOBER 5-9, 2020



## LOCATION

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**JOIN US ON ZOOM!!**

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## TOPICS INCLUDE:

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- COVID-19: Aging Persons with Intellectual Developmental Disabilities presented by Dr. Seth Keller.
- Building Natural Supports, Aging in Place and Changing Guardianship
- Elder Panel, Legislative Panel and more!

## VIRTUAL COFFEE

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- Join us early to connect with other self advocates and professionals in the field.
- Upon joining the Zoom meeting, you will be placed in a breakout room for small group discussion and networking.



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**PRESENTED BY:  
THE ALASKA DISABILITY AND AGING COALITION**

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## AGENDA

### Monday, October 5

12:30 p.m.	Virtual Coffee	
12:50 p.m.	Welcome	Disability & Aging Coalition
1:00-2:30 p.m.	COVID-19:Aging Persons w/IDD	Dr. Seth Keller, Neurologist
2:30-3:00 p.m.	Health Disparities:Aging w/IDD	Dr. Britteny Howell, UAA Assistant Professor

### Tuesday, October 6

12:30 p.m.	Virtual Coffee	
1:00-2:00 p.m.	Building Natural Supports	Michele Girault, Hope Community Resources ED, Robin Siverson, Hope Corporate Culture Dir.
2:00-3:00 p.m.	Changing Guardianship	Teresa Holt, AARP Alaska State Director

### Wednesday, October 7

12:30 p.m.	Virtual Coffee	
1:00-2:00 p.m.	Elder Panel	Dr. Deborah, Agnes Sweetsir, Joseph Pichler Rev. Anna Frank and Julie Schmidt
2:00-3:00 p.m.	Aging in Place	Debbie Chulick, Alzheimer's Resource of Alaska

### Thursday, October 8

12:30 p.m.	Virtual Coffee	
1:00-2:30 p.m.	Legislative and Community Panel	Sen. David Wilson, Rep. Ivy Sponholz, Rep. Tiffany Zulkosky, Mike Abbott (MHTA), Kristin Vandergriff (GCDSE)
2:30-3:00 p.m.	We Are Never too Old to Exercise!!!	Vicki Tilley PT- ElderFit In Home Rehab

### Friday, October 9

12:30 p.m.	Virtual Coffee	
1:00-2:00 p.m.	But What If They Can?	Kim Champney and Mystie Rail
2:00 p.m.	Conclusion	Disability & Aging Coalition

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## PRESENTERS

**Title: COVID-19: Aging Persons with IDD**

**Presenter:** Dr. Seth Keller

**Presenter Bio:** Seth M. Keller, MD, a board-certified neurologist in private practice with Neurology Associates of South Jersey. He specializes in the evaluation and care of adults with Intellectual and Developmental Disabilities (IDD) with neurologic complications. He cares for individuals with IDD both in the community as well in New Jersey's ICF/DD centers. Dr Keller is on the Executive Board of the Arc of Burlington County as well as on the board for The Arc of New Jersey Mainstreaming Medical Care Board. Dr Keller is the Past President of the American Academy of Developmental Medicine and Dentistry (AADMD). Dr Keller is the co-chair of the National Task Group on Intellectual Disabilities and Dementia Practices (NTG).

Dr. Keller is also the chair of the Adult IDD Section with the American Academy of Neurology. He is actively involved in national and international I/DD health education as a speaker and webinar and workshop participant. He is a co-author on a number of articles and book chapters relating to aging and dementia in those with IDD. Raised in Philadelphia, PA, Keller received his bachelor's degree from Temple University, earned his medical degree from The George Washington University School of Medicine in 1989, and completed his neurology internship and residency at Bethesda Naval Hospital. He also served as a neurologist at the U.S. Naval Hospital in Okinawa, Japan.

**Title: Health Disparities: Aging with IDD**

**Presenter:** Dr. Britteny Howell, UAA Assistant Professor

**Presenter Bio:** Britteny M. Howell, PhD is a medical anthropologist, a Credentialed Professional Gerontologist (CPG), and a Certified Dementia Practitioner (CDP) at the University of Alaska Anchorage in the Division of Population Health Sciences. She teaches courses on aging, health promotion, health program planning, and health behavior change theory and practice. She is the founder and director of the UAA Healthy Aging Research Laboratory where she runs several projects to reduce health disparities of older adults in the Circumpolar North.

**Title: Building Natural Supports**

**Presenters:** Michele Girault and Robin Siverson, Hope Community Resources

**Presenter Bio:** Michele began her career as a Direct Support Professional, not by "plan", but as a result of a friend who thought she might enjoy the work. She fell in love with people and the opportunity to serve so a "temporary job" after college transitioned into a career spanning decades. Michele has worked at Hope Community Resources for 36 years in varying positions, and currently serves as CEO. She is a long term member of the Key Coalition of Alaska and Friends of Pets serving currently as the Vice-President of the Board of Directors for both organizations. Her educational background is in Human Development and Organizational Management.



**Presenter Bio:** Robin Siverson began her career in disabilities services as a Direct Support Professional at Hope. Throughout her career she has performed most roles in service delivery from live-in direct support to program director. Robin has a straightforward, empathetic approach to direct supports which has proven invaluable in getting to the heart of what is important to a person. Robin has been mentored over the years by three of Hope's executive directors and currently serves as Hope's Corporate Culture Director. This role functions as an independent advisor for service delivery to ensure adherence personal and agency values in all areas, especially in times of challenge and change.

**Title: Changing Guardianship**

**Presenter:** Teresa Holt

**Presenter Bio:** Teresa Holt has been the State Director for AARP Alaska since last fall. Previously, she was the State Long Term Care Ombudsman for 5 years. Before that, she was the Executive Director of the Governor's Council on Disabilities and Special Education, worked for the Disability Law Center and at ARCA. She has worked in the social services field for 30 years focusing on advocacy and systems change for elders, in the developmental disability community, and on special education issues. She spends her free time gardening, backcountry skiing and kayaking.

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## PRESENTERS CONTINUED

**Title: Aging in Place**

**Presenter:** Debbie Chulick, BA, CDP

**Presenter Bio:** Debbie is a Certified Dementia Practitioner through the National Council of Certified Dementia Practitioners (CDP #232844); a Positive Approach to Care™ Certified Dementia Trainer; a certified TimeSlips Facilitator; and an Education Specialist/Dementia Educator working at Alzheimer's Resource of Alaska. She has been a Dementia Educator for more than 5 years. Before that, she was the Activity Director at a large assisted living facility. Debbie graduated from the Alaska Pacific University with her degree in Human Services. She has more than 14 years of experience working with elders, those with dementia, their families, and other professionals. Originally from the Cleveland, Ohio, area, Debbie has lived in Anchorage for the past 16 years. She is passionate about empowering individuals with dementia, families, and professional caregivers to provide exceptional care for those experiencing dementia.

**Title: We Are Never too Old to Exercise!!!**

**Presenter:** Vicki Tilley, PT, GCS

**Presenter Bio:** Vicki Tilley is a graduate of the University of Delaware and has 34 years of experience as a physical therapist. She has been a Geriatric Certified Specialist since 1997. She is currently founder and owner of ElderFit In Home Rehab, an outpatient practice that focuses on care of the older adult in their home or community setting. She has also consulted with the University of North Carolina, Geriatric Workforce Enhancement Program within the Division of Aging and Health as a Project Facilitator. Her responsibilities included working with physician practices to help them implement fall prevention initiatives. Tilley is a Global Clinical Consultant and co-founder of the FUNfitness Screening program for Special Olympics International. She is responsible for monitoring the implementation and coordination of the FUNfitness programs in the US, Canada, and the Caribbean. She has overseen screens and trained health professionals nationally and internationally since 2001. She currently serves as a member of the Special Olympic Aging Athlete Task Force and Global Fitness Task Force. Tilley has also recently been elected to serve a three year term as a Director on the American Physical Therapy Association Board of Directors.

**Title: But What If They Can?**

**Presenters:** Kim Champney and Mystie Rail

**Presenter Bio:** Kim Champney is a consultant based in Juneau. She has almost 24 years in the field of long-term services and supports. Kim has been working with the Alaska Mental Health Trust and the Alaska Association on Developmental Disabilities to support building capacity around technology and is the co-founder of Health TIE (Testbed for Innovative Enterprises).

**Presenter Bio:** Mystie Rail is the Executive Director of Assistive Technology of Alaska (ATLA), a statewide project based in Anchorage, Alaska. She oversees the only state and federally funded, comprehensive assistive technology project that provides complete wraparound services to Alaskans of all ages and abilities.



**Presentation Info:** COVID has increased the use of technology exponentially for many of us, but not for everyone. Older adults are not always included, sometimes because of assumptions about their interest in or ability to learn new things. This presentation focuses on challenging those assumptions. Hear about projects in Alaska and nationally to include older Alaskans in this technology tidal wave and helpful resources from ATLA. Be informed so you feel confident in responding, "But What If They Can?"

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## E L D E R P A N E L



### **Facilitator: Rick Benjamin**

**Facilitator Bio:** Rick Benjamin was born and raised in Anchorage Alaska. He served as pastor of Abbott Loop Community Church for 30 years. He earned a Master's degree in Social Science and Leadership from Azusa Pacific University in 2001. In 2009 Rick became the Director of Organizational and Spiritual Wellness for Hope Community Resources. Rick's role at Hope includes providing spiritual supports, leading the Ethics and Human Rights Committee, employee training, end-of-life planning and support, and oversight of Hope's wellness initiative.



### **Panelist: Dr. Deborah, EdD, MAT, MSN, RN, CCM, HTCPI, CTSP**

**Bio:** Dr. DEBORAH is an entrepreneur as a consultant, nurse educator, energy medicine instructor, wellness warrior, therapeutic sound practitioner and healing clinical practitioner within healthcare or community agencies. She worked as a Nurse Specialist in Utilization Management at Alaska Native Medical Center (ANMC) in Anchorage for 5 ½ years, serving as elected President of the Nursing Staff (May 2007-2009) and providing inpatient clinical integrative medicine consultant services. In the role as an Integrated Concurrent Reviewer at Providence Alaska Medical Center, she performed utilization reviews and coordinated continuing education, facilitated monthly community-wide case management network for over 8 years, taught Diversity classes throughout the Providence Health Care System (1996-2005) and recognized as 2001 Mission Spirit Award winner for outstanding performance.



### **Panelist: Agnes Sweetsir**

**Bio:** Agnes Sweetsir, MSW, Galena Village Tribal member, has been the administrator of the Yukon Koyukuk Elder Assisted Living Facility for 10 years and has been a volunteer elder caregiver in Galena for 4 decades; providing home based care and support for several elders and their families who were challenged to live with ADRD.



### **Panelist: Joseph Pichler**

**Bio:** Joe Pichler is currently an office assistant with Special Olympics Alaska. Before working for Special Olympics Alaska, Joe worked for the Sheraton Anchorage Hotel for 34 years. He was the first person with an intellectual disability hired by the Sheraton Corporation of America. In 1991, Joe was a recipient of the Victory Award and was recognized in Washington, D.C. As a lifelong Alaskan, Joe has been a tireless advocate for people with intellectual disabilities. He helped with hosting the People First International Self Advocacy Leadership Conference in 1998 and the Special Olympics World Winter Game in 2001s. As a senior himself, Joe is passionate about advocating for senior services for people w/ IDD.



### **Panelist: Rev. Anna Frank**

**Bio:** The Venerable Anna Frank was born in Old Minto in 1938 to Jonathan and Rosie David. She was raised living a subsistence lifestyle. Until her retirement, she served as the Archdeacon of the Interior for the Episcopal Diocese of Alaska. She was ordained to the diaconate in 1973, and to the priesthood in 1983. Anna was the first successfully ordained Indigenous woman in the world. She retired as Native Missioner from the Episcopal Diocese of Alaska December 2011, a position she held for over 15 years but served as a priest for the diocese for 39 years and still continues her priestly duties to this day. In her role as Native Missioner and priest, she traveled all over Alaska, the lower 48, and to

many parts of the world, including New Zealand, Brazil and Honduras. In the 1970s and 1980s, Anna played a dual role, working for Tanana Chiefs Conference in a variety of positions including Health Aide and Counselor, and as a deacon and then a priest. Anna has been active with prison ministry, both in-state and with Alaska Natives incarcerated out of state. Anna's work and reputation has spread nationally and internationally and she has been the recipient of many prestigious awards including the Alaska Federation of Natives President's Award for Public Service for her years of service and prison ministry outreach. Anna and the late Richard Frank were married for 57 years. They are parents of four children; Roxanne, Darrell, Parker and Robin, grandparents to eight and great-grandparents to one. In 2005, they were named Alaska Federation of Natives Elders of the Year. Since her retirement, she has been active with Denakkaanaaga, frequently serves as a teaching Elder for University of Alaska college courses and continuing education trainings, and serves on the Alaska Commission on Aging.



### **Panelist: Julie Schmidt**

**Bio:**

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## LEGISLATIVE & COMMUNITY PANEL



**Facilitator:** Anne Applegate

**Facilitator 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 and currently works at Governor's Council on Disability and Special Education as a Program Coordinator II.



**Panelist: Representative Ivy Spohnholz**

**Bio:** Representative Spohnholz was born in Nebesna, Alaska. She has a bachelor's degree in political science from the University of Washington in 1997. She earned a master's degree in public administration from the University of Washington in 2014. Spohnholz's previous job experience includes working as the Director of Development for the Salvation Army. She has worked on the boards of the Tanaina Child Development Center and the Alaska Women's Lobby. Currently, Rep. Spohnholz serves as the co-chair of the Health & Social Services Committee and serves on the Armed Services Committee, Resources Committee and Legislative Budget & Audit Committee for the Alaska House of Representatives.



**Panelist: Senator David Wilson**

**Bio:** Senator David Wilson represents Alaska's D Senate District, serves as Chairman of the Senate Health & Services Committee and is on the Senate Finance Committee. He has degrees in education and psychology and an MBA with a concentration in health service administration. Senator Wilson has traveled throughout the state of Alaska, teaching in rural communities and providing various technical assistance to Alaska's Community Health Clinics and other safety net providers. Senator Wilson's issues priorities include healthcare affordability, educational preparedness, and a stable Alaskan economy.



**Panelist: Representative Tiffany Zulkosky**

**Bio:** Representative Zulkosky was born and raised in Bethel, Alaska. She earned a B.A. in organizational communication from Northwest University, and later earned a master's degree in public administration from the University of Alaska Southeast. In her career, she was elected to serve on the Bethel City Council and was later elected mayor. After this, she was appointed to serve as rural director for U.S. Senator Mark Begich and later served as Vice President of Communications for the Yukon-Kuskokwim Health Corporation. Currently, Rep. Zulkosky serves as the co-chair of the Health & Social Services Committee and serves on the Education Committee for the Alaska House of Representatives.



**Panelist: Kristin Vandagriff, Executive Director GCDSE**

**Bio:** Kristin Vandagriff joined the staff of the Governor's Council on Disabilities and Special Education in October 2013 as a Program Coordinator. Previously she worked for the Division of Senior and Disabilities Services in the Intellectual and Developmental Disabilities Unit for over two years. Before coming to work for the State of Alaska, Kristin was employed for more than six years with Hope Community Resources, working directly with people who experience disabilities. Kristin graduated from the University of Alaska Anchorage with a Bachelor of Arts in political science as a University Honors Scholar. Her emphasis was on American Government, especially related to access and social justice issues for people with disabilities. Kristin has been involved with advocacy in the realm of people with disabilities for over 19 years and is very personally invested in this work, as her brother has an intellectual and developmental disability. She is very proud of his achievements and greatly looks forward to continuing to grow opportunities for people with disabilities in Alaska.



**Panelist: Mike Abbott, CEO Alaska Mental Health Trust**

**Bio:** Mike Abbott was hired as chief executive officer of the Alaska Mental Health Trust Authority in October 2017. The Trust serves as a catalyst for change and improvement in Alaska's mental health continuum of care through leadership, advocacy, planning and funding of services for Trust beneficiaries. Abbott has a broad career in public service. He was the Anchorage Municipal Manager from 2003 to 2009 and again from 2015 to 2017. He also previously served as the chief operating officer of the Anchorage School District. Mr. Abbott has lived in Anchorage for over 40 years and is a proud East Anchorage High graduate.

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