

7TH ANNUAL DISABILITY & AGING SUMMIT

OCTOBER 5-7, 2021



JOIN US ON ZOOM!!

REGISTER HERE:

www.aktclms.org/Training/Class/104489

TOPICS INCLUDE:

- A motivational keynote from Loretta Claiborne, Chief Inspiration Officer for Special Olympics
- Elder Advocacy and Justice, Healthy Brains Build Resiliency and Social Support - A key to wellness at any age!
- Elder Panel, Legislative Panel and more!

VIRTUAL COFFEE

- Join us early on Wednesday and Thursday 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 discussion and networking.



PRESENTED BY:
THE ALASKA DISABILITY AND AGING COALITION

7TH ANNUAL DISABILITY & AGING SUMMIT

HOSTED BY THE ALASKA DISABILITY AND AGING COALITION

Tuesday, October 5		
9:15 AM	Welcome and VIP Video	Disability and Aging Coalition
9:30 AM	Keynote: Positivity and Aging	Loretta Claiborne, Chief Inspiration Officer, Special Olympics
11:00 AM	Break (15 minutes)	
11:15 AM	Social Support - A key to wellness at any age!	Michele Girault, Hope Community Resources ED
12:15 PM	Lunch (on your own)	
1:00 PM	MH, Wellness and Resiliency During COVID-19	Disability and Aging Coalition
2:15 PM	Break (15 minutes)	
2:30 PM	Healthy Brains Build Resiliency	Dr. Adam Grove, Naturopathic Physician

Wednesday, October 6		
9:15 AM	Virtual Coffee	Disability and Aging Coalition
9:30 AM	Elder Panel	Facilitator: Sheila Shinn Panelists: Marion Brown, Bernard Gatewood, Amy Modig and Joe Pichler
11:00 AM	Lunch (on your own)	
12:00 PM	ARA Mind Aerobics Program	Ken Helander, Alzheimer's of Alaska
1:00 PM	Break (15 minutes)	
1:15 PM	Elder Advocacy and Justice	Davyn Williams, Alaska Legal Services

Thursday, October 7		
12:00 PM	Virtual Coffee and VIP Video	Disability and Aging Coalition
12:30 PM	Legislative & Community Panel on Aging and Disabilities	Facilitator: Michele Girault Panelists: Sen. David Wilson, Rep. Ivy Sponholz, Teresa Holt (AARP), Mike Abbot (AMHTA)
2:30 PM	Break (15 minutes)	
2:45 PM	Special Olympics Alaska Senior Program	Joanna Paris and Joe Pichler
3:00 PM	AADSP Video and DSP Interview Videos	Alaska Association on Developmental Disabilities
3:15 PM	Closing Remarks and Evaluations	Disability and Aging Coalition

7TH ANNUAL DISABILITY & AGING SUMMIT PRESENTERS

**Title: Positivity, Wellness and Aging**

Presenter: Loretta Claiborne, Chief Inspiration Officer, Special Olympics

Presenter Bio: In Loretta's words, she is "just one of God's children;" but to all who know her, she is an inspiring woman who has changed the lives of many. Loretta Claiborne, a Special Olympics athlete since 1970, is a woman of faith who shares her life story which carries a heart-felt message of acceptance, hope, and tolerance for all people around the world. Born in 1953 with a physical and intellectual disability, Loretta did not walk or talk until the age of four. In 1956, doctors told her mother that Loretta belonged in an institution because she would never be able to survive in the "regular" world. Her mother refused to institutionalize Loretta and chose to raise her the same as her other children. Despite her different abilities, which led to years of being bullied, teased, and negative retaliation, she learned to persevere and credits Special Olympics as her positive force that turned her life around.

Loretta discovered a passion for running early in her life and has completed 26 marathons. In addition to running, she holds a 4th degree black belt in karate, is an avid tennis player, and continues to be a multi-sport competitor in Special Olympics. Loretta is a celebrated athlete who was honored in 1996 with ESPN's ESPY-Arthur Ashe Award for Courage. Further, she is the subject of a Disney movie (also DVD), *The Loretta Claiborne Story* which still airs on The Lifetime Channel.

She is an invited motivational speaker who travels the world meeting with international leaders, teachers, and students promoting inclusion and respect for people with different abilities. As an invited speaker, Loretta has shared her message with Nelson Mandela, Pope Francis, The Royal Crown Prince of Abu Dhabi, leaders of the United Nations, Warren Buffett, Oprah, Dr. Oz, and presidents Ronald Reagan, George H.W. Bush, Bill Clinton, George W. Bush, and Barack Obama, just to name a few. Loretta also holds three honorary doctorate degrees: from Quinnipiac University, Villanova University, and York College of Pennsylvania. Her life's contributions are immeasurable.

**Title: Social Support - A key to wellness at any age**

Presenter: Michele Girault, 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.

Title: Mental Health, Wellness and Resiliency During COVID-19

Presenter: coming soon

Bio: coming soon

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PRESENTERS

**Title: Healthy Brains Build Resiliency**

Presenter: Dr. Adam Grove, Naturopathic Physician

Presenter Bio: Dr. Adam Grove is a Naturopathic Physician practicing family-medicine and specializing in children and adults with brain challenges. He practices in Anchorage, Alaska at Head to Toe Holistic Healthcare LLC. He emphasizes an individualized, whole-person focus with attention to accurate diagnosis and holistic treatment for brain-based issues. He works with people of all ages experiencing symptoms of ADD/ADHD, Autism, Brain injury, age-related cognitive decline and other brain-based disorders. He is also very active at the state level in advocating for those with brain injuries. He is a certified Brain Injury Specialist and has served for many years on the Board of Directors for the Alaska Brain Injury Network.

**Title: ARA Mind Aerobics Program**

Presenter: Ken Helander, ARA

Presenter Bio: Ken Helander is 73 years old, and is not shy about his age. For more than forty-four of those 73 years, Ken has been a keen observer of aging, focusing his professional career on gerontology and helping older people and their families through both challenges and opportunities of later life. He has worked in geriatric mental health, long term care, home and community-based services, advocacy, and caregiver support. Besides professional expertise, Ken was privileged to spend eight years seeing his own parents “to the door.” Currently, Ken is managing a new project at Alzheimer’s Resource of Alaska, called Mind Aerobics.

**Title: Elder Advocacy and Justice**

Presenter: Davyn Williams

Presenter Bio: Davyn Williams is a Supervising Attorney at Alaska Legal Services Corporation (ALSC). Prior to that, she oversaw ALSC's elder law and family caregiving programs and worked in consumer protection at the Alaska Attorney General's Office. Davyn is a member of the Alaska Bar Association.

**Title: Special Olympics Alaska Senior Program**

Presenter: Joanna Paris

Presenter Bio: Joanna Paris is the Director of Initiatives for Special Olympics Alaska, overseeing the activities of the Healthy Communities Program, Health Messenger Program, Senior Program, and Young Athletes Program. Joanna is also a member of the Aging Athlete Task Force with Special Olympics North America.

**Title: Special Olympics Alaska Senior Program**

Presenter: Joe Pichler

Presenter Bio: Joe Pichler is currently an office assistant and a senior Health Messenger 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 2001. As a senior himself, Joe is passionate about advocating for senior services for people w/ IDD.

7TH ANNUAL DISABILITY & AGING SUMMIT

ELDER PANEL



FACILITATOR: SHEILA SHINN - Bio: Sheila Shinn is the former Director of Geriatrics & Gerontology Initiatives with the Center for Human Development at UAA. After many years teaching and training the future workforce in Alaska in a variety of topics in geriatrics, she decided to leave UAA and put her training into practice as a Court Visitor with the State of Alaska Office of Public Advocacy and the Alaska Court System. Ms. Shinn holds a bachelor's degree in Sociology and a master's degree in Gerontology from the University of Central Oklahoma and a master's degree in Public Health from the University of Alaska Anchorage.



PANELIST: BERNARD GATEWOOD - Bio: Bernard Gatewood lives in Fairbanks, AK and is a retired Juvenile Correctional Superintendent having worked for the State of Alaska over 30 years. Additionally, he spent 8 years on the Fairbanks City Council and has remained active in various civic activities such as a trustee on the Greater Fairbanks Hospital Foundation board, treasurer of the Golden Valley Electric Association GoodCents board and a member of the statewide board of Psychologists and Psychological Examiners. He is also chair of Bright Futures Fairbanks, a subsidiary of the Fairbanks North Star Borough School District and a member of the Alaska Community Foundation board of directors. He attended Howard University where he obtained a BA in Sociology and he also earned an MS in Counseling from the University of LaVerne. Bernard is married to the lovely Traci Gatewood, a small business owner in Fairbanks specializing in Human Resource related issues. They are the proud parents of two adult children and grandparents to two very active baby girls.



PANELIST: MARION BROWN - Bio: Marion has been a resident of Alaska since 1972. She received her Bachelor of Social Work degree from the University of Alaska, Anchorage. Marion has worked in the non-profit world for all her professional career including working with teens, women and children, and individuals who experience disabilities. She has worked for Salvation Army – Clitheroe Center and the Alaska Women's Resource Center. During her professional career, Marion developed start of the art programs featuring best practices for women who experienced addictions. Marion also worked for Hope Community Resources as a program director for 10 years before she retired. After her retirement, Marion focused her attention on community service through her church, where she served on the foundation board for three years. When she isn't taking classes on essential oils, Spirituality and cooking, Marion participates in book study groups. During the past year, Marion assisted her grandchildren with virtual school, marveling at how quickly they adapted to Zoom and other learning platforms. As she learned the "new" third grade math and sat through Zoom preschool story times, she could be heard muttering that we really don't pay teachers enough. When she retired, her father told her to focus on the following mantra: Monday-Saturday, do nothing, do it real slow and on Sunday- rest. She is still working on that.



PANELIST: JOSEPH PICHLER - Bio: Joe Pichler is currently an office assistant and a senior Health Messenger 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 2001. As a senior himself, Joe is passionate about advocating for senior services for people w/ IDD.



PANELIST: AMY MODIG - Bio: Amy Modig is a Deg Hit'an Athabascan of Shageluk and Holikachuk by birth and Tanacross by adoption. She recently retired from RurAL CAP and continues a 37 year commitment to the statewide Rural Providers' Conference with her husband Doug. She has worked in the fields of education, alcohol treatment and prevention, conference coordinating, newsletters, grant writing and program development. In her past, she has been a waitress, a maid, postmistress, carpenter's helper, industrial painter, and driver. With her husband she is in the process of developing a curriculum for Alaska Native development and healing. She supports her community with conducting talking circles and workshops as needed. Amy is a proud grandmother of 5 and enjoys taking care of the family's supply of fish for the winter.



PANELIST: KEN HELANDER - Bio: Ken Helander is 73 years old, and is not shy about his age. For more than forty-four of those 73 years, Ken has been a keen observer of aging, focusing his professional career on gerontology and helping older people and their families through both challenges and opportunities of later life. He has worked in geriatric mental health, long term care, home and community-based services, advocacy, and caregiver support. Besides professional expertise, Ken was privileged to spend eight years seeing his own parents "to the door." Currently, Ken is managing a new project at Alzheimer's Resource of Alaska, called Mind Aerobics.

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LEGISLATIVE & COMMUNITY PANEL



Facilitator: Michele Girault, Hope Community Resources

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.



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: Teresa Holt, AARP

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.



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

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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ALASKA DISABILITY AND AGING COALITION

Alaska Association on Developmental Disabilities (AADD)	Lizette Stiehr
Alaska Long Term Care Ombudsman	Stephanie Wheeler
Alaska Training Cooperative (UAA Center for Human Development)	Lisa Cauble
Alaska Training Cooperative (UAA Center for Human Development)	Diana Carpenter
Alaska Training Cooperative (UAA Center for Human Development)	Riki Chapman
Alaska Training Cooperative (UAA Center for Human Development)	Bekah Meyer
Alzheimer's Resource of Alaska (ARA)	Kay Papakristo
Governor's Council on Disability & Special Education (GCDSE)	Lanny Mommsen
Cindy & Vic's	Terry Cunningham
Hope Community Resources	Michele Girault
Special Olympics Alaska	Sarah Arts
Special Olympics Alaska	Joanna Paris
Special Olympics Alaska	Joseph Pichler
The Arc of Anchorage	Caryn Brunello
Past Presenter	Cathy Colwell

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