

# COUNCIL ON AGING Annual Conference 2008



**Tuesday, May 6, 2008  
8:30 am – 3:00 pm**

Levine Senior Center  
1050 DeVore Lane  
Matthews, NC 28105

[www.charmeckcoa.org](http://www.charmeckcoa.org)

*It's YOUR Future...  
Make sure it's senior-friendly!*



Every May, in honor of Older Americans Month, Council on Aging hosts its Annual Conference. These conferences provide topics and speakers from national, state and local levels of special interest to Charlotte-Mecklenburg's aging population.



This year's theme, **It's YOUR Future...** ***Make sure it's senior-friendly!*** is in honor of Council on Aging's new focus and commitment...transforming Charlotte-Mecklenburg into a senior-friendly community through education and advocacy. It also complements the national theme for Older Americans Month 2008 – *Working Together for Strong, Healthy and Supportive Communities.*



# WELCOME TO

# COUNCIL ON AGING Annual Conference 2008

## KEYNOTE ADDRESS

**Elinor Ginzler**, keynote speaker and Senior Vice President, Livable Communities Strategies, Office of Social Impact, is AARP's lead spokesperson for independent living and caregiving. She also spearheads efforts on housing, community services, and transportation options. Ms. Ginzler has been featured on The Today Show, The Early Show, Good Morning America, CNN and CBS Evening News. She holds a BA from the University of Pennsylvania and did graduate work at the University of Maryland.

*Special thanks to AARP for making Ms. Ginzler's participation possible.*



*Elinor Ginzler*

## MONROE T. GILMOUR VOLUNTEER AWARD

Council on Aging annually presents the **Monroe T. Gilmour Volunteer Award** to a retired older adult in our community who selflessly devotes his or her time volunteering for others in the Charlotte-Mecklenburg community.

This award was established by Council on Aging in 1993 in memory of Dr. Monroe T. Gilmour, a Charlotte physician who devoted much time and effort after his retirement from active practice to take care of those in need in the community.

The first award was presented to Dr. Gilmour's widow, Nash Gilmour, at Council on Aging's Annual Conference in 1993.

## PAST RECIPIENTS

1993	Nash Gilmour	2000	Danny Romaine Powell
1994	Janie Harrell	2001	Mildred D. Swift
1995	Gerson and Daisy Stroud	2002	Evelyn S. Berger
1996	Dr. David Citron	2003	Julian Underwood
1997	Ruth and Dick Gault	2004	Aaron McKeithan, Jr.
1998	Myrtle Perry	2005	Michael Sullivan
1999	Dr. Chris Folk, Dr. Alberto E. Herrera-Thompson, and Evelyn Newman	2006	Eileen and Mickey Paquin and Lloyd Lancaster
		2007	Dwight Butterfield



“Livable Communities are places where people of all ages and abilities have housing, mobility options and supportive community features that meet their needs to be safe and comfortable and to get to where they need to go. American communities, however, face significant challenges as they prepare for the aging of their populations. Many cities, counties and towns are unprepared, lacking both the physical infrastructure and array of services that will be crucial if their constituents are to age successfully.”

*...Elinor Ginzler, AARP, Senior Vice President,  
Livable Communities Strategies, Office of Social Impact*



“When a community is ‘senior-friendly,’ it really serves the interests of everyone, because it includes increased access to many amenities for families, children, singles and seniors alike. It is a safe community, where people care about each other, and watch out for each other.”

*...Jennifer Roberts, Chair, Mecklenburg County Commission*



“Senior-friendly to me is a community that supports the growing number of seniors with not only transportation, health care and housing, but quality of life leading to lifelong fulfillment.”

*...Susan Burgess, Mayor ProTem, Charlotte City Council*



“A livable community is one that has affordable and appropriate housing, supportive community features and services, and adequate mobility options, which together facilitate personal independence and the engagement of residents in civic and social life.”

*...Livable Communities: An Evaluation Guide, AARP Public Policy Institute*

## PROGRAM AGENDA

8:30 AM Registration/Continental Breakfast

– *Please visit our exhibitors located in the Multipurpose Room.* –

9:30 AM Welcome, **Mayor R. Lee Myers**, Town of Matthews

9:45 AM **Ted Rast**, Chair, Board of Directors, Council on Aging

10:00 AM Keynote Address

**Elinor Ginzler**, Senior VP, Livable Communities  
Strategies, Office of Social Impact, AARP

11:00 AM Break

– *Please visit our exhibitors located in the Multipurpose Room.* –

11:15 AM \*Morning Breakout Sessions

12 Noon Lunch

Monroe T. Gilmour Volunteer Award

Presentation by: **Donald C. Sanders**, Board of Directors, Council on Aging

Panel Discussion: *Senior-Friendly...The Importance to  
Charlotte-Mecklenburg's Aging Population.*

Moderator: **Dr. Dena Shenk**, Gerontology Program, UNC Charlotte

Panel: **Susan Burgess**, Mayor Pro Tem, Charlotte City Council

**Trena Palmer**, Executive Director,  
Charlotte-Mecklenburg Senior Centers

**Jennifer Roberts**, Chair, Mecklenburg County  
Commission

**Debora Sparks**, Executive Director, Council on Aging

1:15 PM \*Afternoon Breakout Sessions

2:00 PM Break

– *Please visit our exhibitors located in the Multipurpose Room.* –

2:15 PM Call to Action

2:45 PM Closing Comments, **Iris DeVore**, key leader in the  
development of Levine Senior Center

\*Morning/Afternoon Breakout Sessions

(The same sessions will be offered morning and afternoon.)

## BREAKOUT SESSION A

### **HOUSING: It's more than just a roof over our head!**

#### **What are the components of livable homes and communities?**

**Richard Duncan, Executive Director, Housing Works – Universal Design Institute** has over 24 years experience on community design for aging households and people with disabilities. He is the 2003 Icons of the Industry Award recipient from the Senior Housing Council, National Association of Homebuilders. Mr. Duncan is a graduate of Tufts University and the Department of City and Regional Planning, UNC Chapel Hill, planning program.



*Richard Duncan*

**Council on Aging Vision for Housing:** Appropriate, affordable, quality housing that accommodates aging-in-place for older adults as they transition through different stages of the aging process. Availability of various housing types that support differing levels of independence including:

- Single and multi-family homes;
- Assisted living, shared housing, and group homes;
- Nursing homes and continuing care retirement communities.

Other features to facilitate aging-in-place would include:

- Choices among certified and affordable home modification contractors and maintenance services;
- Local housing agencies facilitating access to subsidized home services;
- Universal design incorporated into the planning, building and/or remodeling of homes;
- Tax relief for older homeowners.

**Current Situation in Charlotte-Mecklenburg:** There are many agencies providing subsidies for the elderly or disabled. However, there is currently no comprehensive housing policy to accommodate aging-in-place options.



“The altered demographics of America have produced a growing need for homes and communities that better support average people’s typical activities and are more accommodating as our abilities change. While individual homes can greatly benefit from a universal approach, it is insufficient for universal housing to be limited to the occasional home. If we want to maintain households’ community integration over time, we need whole neighborhoods full of better housing, located in communities designed for lifespan utility.”

– *Richard Duncan, Housing Works-Universal Design Institute*

## BREAKOUT SESSION B

### **CAREGIVING: Understanding and meeting the needs...today and tomorrow.**

**Karen Knutson, Director of Clinical Services, SeniorBridge,** provides administrative and clinical leadership in geriatric care management and licensed home care. Currently editor-in-chief of The National Geriatric Care Management Journal, Ms. Knutson also presented at the White House Conference on Aging in Charlotte. She has her Masters of Business Administration from the University of Illinois and a Masters of Science in Nursing from Indiana University.



*Karen Knutson*

**Council on Aging Vision for *Caregiving*:** Supportive services that provide caregivers access to resources, readily available quality assistance and respite to enable them to continue to provide quality care for their older loved ones. Choices would include:

- Easy access to health services meeting the needs of older adults that accept Medicare/Medicaid;
- Adult day care and respite opportunities;
- Choices of specialists in geriatric care;
- Affordable home health care services;
- Support groups;
- A senior registry available that accounts for frail and/or homebound older adults who may need assistance in the event of an emergency;
- Socialization;
- Mental health services.

**Current Situation in Charlotte-Mecklenburg:** A large number of fee-based home health care agencies are available to provide in-home medical and non-medical aid. Mecklenburg County Department of Social Services (DSS) provides in-home aid for qualified individuals as well as caregiver services. Adult day care programs do exist but additional funding is needed to provide more facilities and programs necessary to meet the increasing needs of caregivers. Support groups are available through community organizations. Mecklenburg County DSS and Western Carolina Alzheimer's Association are offering a pilot program for caregivers, Project CARE (Caregiver Alternatives to Running on Empty). Caregiver support services are also offered through Mecklenburg County DSS.



“Family caregivers are the backbone of the long-term care system in the United States. They provide about 80 percent of the care for people who need help with daily activities such as bathing and dressing, taking medications, and paying bills.”

*...AARP Fact Sheet, Family Caregiving and Long Term Care*

## BREAKOUT SESSION C

### **TRANSPORTATION: Making sure it's safe, easy and senior-friendly!**



*Danny Pleasant*

**Danny Pleasant, Interim Director, Charlotte Department of Transportation**, oversees a range of services ensuring Charlotte's future transportation needs. For over 25 years, he has been dedicated to building quality communities using thoughtful transportation planning and investment strategies. He is affiliated with Walkable Communities, Inc., American Institute of Certified Planners, Institute of Transportation Engineers (Fellow), Urban Land Institute, and Congress for New Urbanism and has a Bachelor of Science degree from NC State and a Masters of Urban Planning from Texas A&M University.

**Debra Campbell, Director, Charlotte-Mecklenburg Planning Department**, leads a joint City County Planning Agency that provides services for Charlotte-Mecklenburg. The 63-member Planning Department is responsible for efforts such as rezoning, historic district designation, subdivision processes, annexation, business corridors and capital needs assessments. With over 20 years experience, Ms. Campbell is dedicated to public policy that will make Charlotte-Mecklenburg an eminently livable community. Ms. Campbell has a Bachelor of Science and a Masters in Public Administration from Middle Tennessee State University.



*Debra Campbell*



*Bill Coxe*

**William (Bill) S. Coxe, Transportation Planner, Town of Huntersville**, began working with Huntersville in 1998 after much experience in and around the Charlotte-Mecklenburg region. Work history includes the Mecklenburg County Engineering Department and a role as staff on a Human Services Transportation Study performed under the State of NC guidance. Current work oversees Huntersville's approach to transportation emphasizing a "multi-modal and traffic dispersion philosophy."

Bill is a graduate of UNC Charlotte and professional affiliations include the Urban Land Institute, Institute of Transportation Engineers, and Transportation Research Board. He owns various forms of transportation including cars, a motorcycle, bicycles, canoes and sneakers.

**Council on Aging Vision for *Transportation*:** Coordinated transit services, affordable, easily-accessed public transportation and well-designed streets (with safely designed sidewalks and crosswalks) that enable older adults to remain independent and safely travel to their destinations. Features include:

- Well-designed, affordable and easily-accessible public transportation;
- Special transportation services;
- Flexible and frequent routes;
- Special rates and passes;
- Large print and well-marked transit schedules;
- Transit stops that are easy to reach, have seating and adequate lighting, sheltered and ADA access;
- Safely designed and well-lit roads and streets;
- Large print and well-marked road/street signs;
- Safe driving training opportunities for older drivers.

**Current Situation in Charlotte-Mecklenburg:** Charlotte Area Transit System (CATS) and Department of Social Services (DSS) provide transportation for the elderly or disabled to medical appointments, pharmacies, and general purpose needs. Discounted bus fares for seniors are also available through CATS. AARP also offers Driver Safety Courses in partnership with local organizations.



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“Mobility recommendations include a signage program to enhance the ability of seniors to safely travel the streets while making the community more pedestrian friendly with special attention to the special needs population through better coordination among transit providers.”

...2005 Status of Seniors Initiative  
Strategic Planning Report

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“Most importantly, it should be recognized that the integration of land use and transportation is essential to any successful attempt to accommodate travel needs in a community. Linking people more closely with their destinations and acknowledging that 80% of the daily travel demand is not due to the work trip, begins to address this issue.”

...Bill Coxe, Transportation Planner, Town of Huntersville

**Thanks to our Sponsors:**



**Mecklenburg Medical Group**  
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*Uncompromising Excellence. Commitment to Care.*

**Presbyterian** ORTHOPAEDIC HOSPITAL

**Moore & Van Allen**



**Healthy@Home**  
Carolinas Medical Center



Formerly known as **HOSPICE at Charlotte**



**Community Partners:**



Council on Aging is pleased to partner with Charlotte AHEC to facilitate Annual Conference 2008.



**Special Thanks to:**

**Levine Senior Center, SeniorBridge, The Duke Mansion**

## EXHIBITORS

**Please be sure to visit exhibitors participating in Annual Conference 2008 – all are offering more ways for creating a *senior-friendly* Charlotte-Mecklenburg!**

AARP

All for Seniors

Atria Merrywood

Avante at Charlotte

Better Business Bureau Consumer Foundation

Carriage Club of Charlotte

Carolinas Medical Center / Healthy @ Home

Central Piedmont Community College – Corporate Continuing Education

Lifelong Learning Institute

ComForcare Senior Services

Garrity & Gossage, LLP

Home Instead Senior Care

Homewatch CareGivers

Hospice & Palliative Care Charlotte Region

The Ivey

Legal Services for Southern Piedmont

Liberty Nursing and Rehabilitation Center/

Liberty Homecare and Hospice

Maxim Healthcare Services

Mecklenburg County Caregiver Support & Just 1 Call

Mecklenburg Medical Group

Partners In Care

Presbyterian Orthopaedic Hospital

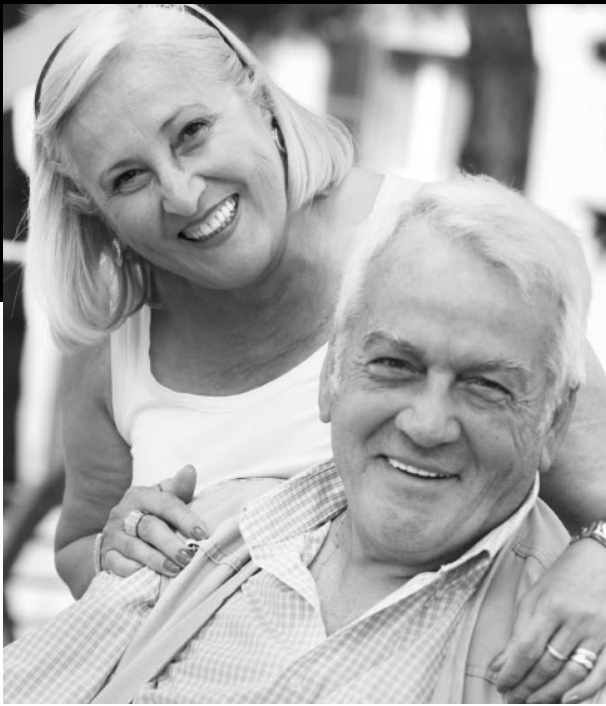
Regency Retirement Village

Senior Living Guide

Stormie Benfield – Keller Williams Realty

UNC Charlotte, Gerontology Program

Visiting Angels



*Imagine a  
community...*

Where the aging process is recognized as natural and considered desirable;

Where older adults are respected, protected and can live fully with dignity and grace;

Where public policy is consistently developed with consideration of the impact on the aging population;

Where older adults can expect to experience the best possible quality of life, the best physical and mental health through easy access to nutrition, socialization, exercise, health care, recreation, and independence enabled by mobility and a *senior-friendly* design.

**That's the community Council on Aging envisions for all aging adults in the Charlotte-Mecklenburg area and is dedicated to transforming Charlotte-Mecklenburg into a *senior-friendly* community through education and advocacy.**



# COUNCIL on AGING

YOUR SOURCE AND VOICE ON SENIOR ISSUES

**Please make a donation today  
for YOUR *senior-friendly* tomorrow!**

*yes!* I want a *senior-friendly* community.  
Here's my donation for \$ \_\_\_\_\_

Name \_\_\_\_\_

Company/Organization \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone (home) \_\_\_\_\_ Phone (work) \_\_\_\_\_

Email \_\_\_\_\_

Check (payable to Council on Aging)

Credit Card \_\_\_\_\_ Visa \_\_\_\_\_ MC

Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Please mail your contribution to:

**Council on Aging  
3205 Freedom Drive, Suite 29  
Charlotte, NC 28208**

Or you may conveniently make a donation online at

**[www.charmeckcoa.org](http://www.charmeckcoa.org)**

704-391-5216 phone

704-391-5217 fax

*Thank you!*

Council on Aging is a private 501 (c)(3) nonprofit organization supported by donations from committed and caring individuals, corporations, organizations, foundations, bequests and local government.

*Remember... Each of us is an older adult "under construction." Let's ensure that our community is where we want to live when we reach "older" and one that understands and meets the needs of our older friends, neighbors and family members today!*



## **Staff**

Debora Sparks, Executive Director  
Kellie Visker, Education/Advocacy Manager  
Katie Kutcher, Program Assistant  
Abby Phagan-Byrum, Administrative Manager  
Carole Clark, Marketing/Development Manager  
Jeanne Cabillis, Accounting Services  
Karel Joyce D. Kalaw, Graduate Assistant, UNC Charlotte  
Ricky Johnson, I/T Project Manager, Mecklenburg County Department of Social Services (DSS)  
Eric Young, Management Analyst, Mecklenburg County Department of Social Services (DSS)

## **Board of Directors**

T. Edmund Rast, Chairman  
Millard McCluney, Vice Chair  
Gerald Fox, Treasurer  
Maryann Gilmore, Secretary  
Evelyn Newman, Past Chair

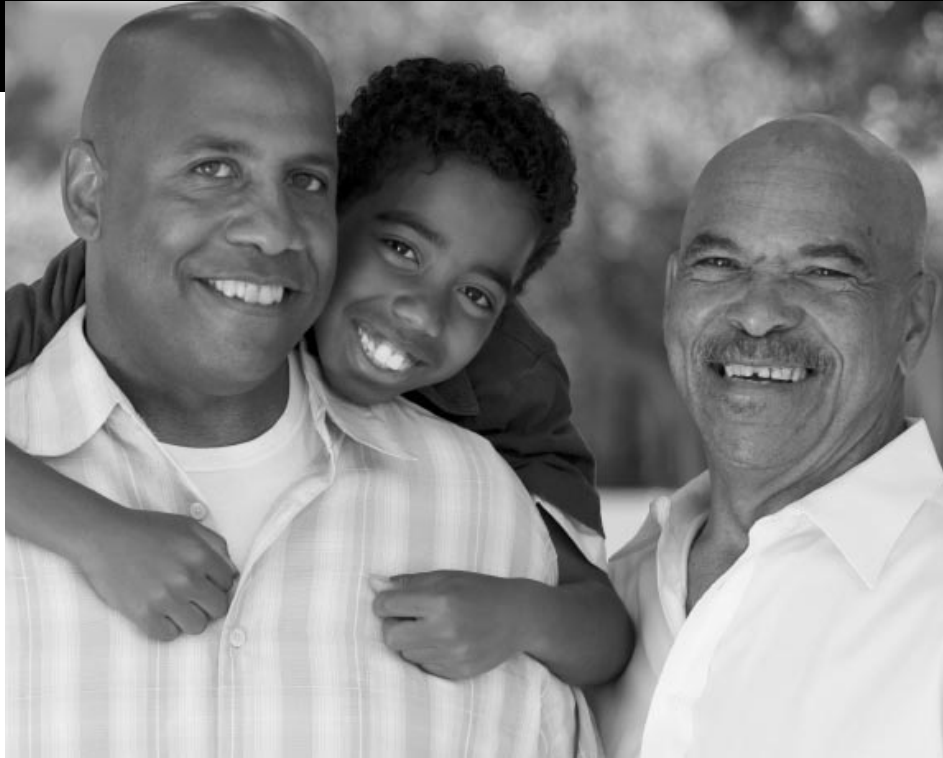
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Dr. E. K. Fretwell, Jr.	Sarah E. Privette
Jennefer Cross Garrity	Donald C. Sanders
Dr. Cynthia R. Hancock	Marie Shook
John Highfill	Dr. C. Don Steger
Peter Keber	Anja Workman
John Klevins	

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**Statistics:**

**In the next 20 years,  
Mecklenburg County  
will experience a 260%  
growth in the adults  
over age 60. That's  
around 250,000 people  
60 or older**

*...2005 Status of Seniors  
Initiative Strategic Planning  
Report*

**The mission of Council on Aging is to transform Charlotte-Mecklenburg into a senior-friendly community through education and advocacy.**



*It's YOUR Future...  
Make sure it's senior-friendly!*



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