

WARREN-HAMILTON COUNTIES  
**OFFICE FOR THE AGING**  
1340 STATE ROUTE  
LAKE GEORGE, NEW YORK 12845

CHRISTIE SABO  
DIRECTOR

TEL: (518) 761-6347  
FAX: (518) 761-6344

**HUMAN SERVICES COMMITTEE MEETING**  
**MONDAY, SEPTEMBER 27, 2010**  
**OFFICE FOR THE AGING AGENDA**

- I. Committee meeting called to order by Chairman Dave Strainer
- II. Motion to approve minutes of July 23rd meeting
- III. Action Agenda
  - a) Authorization to attend a Unity in Diversity conference for Deb Coalts, Nutrition Services Coordinator
- IV. Old business/pending items- none known
- V. Current business- not applicable

**AUTHORIZATION TO ATTEND MEETING OR CONVENTION**

I hereby authorize Deborah Coaltz to attend  
Unity in Diversity (New York State Association of Nutrition  
(Name of meeting or organization) and Aging Services Program)  
at Genesee Grand Hotel - 1060 East Genesee St, Syracuse  
(Address)  
on October 13 - 14  
(Dates)

Mode of transportation to be used \_\_\_\_\_  
(County Vehicle or Mass Transportation)

If the mode of transportation is **not** a county vehicle or mass transportation, please explain:  
Using own car

Dated 9/27/10  
Filed \_\_\_\_\_  
Chairman  
9/27/10  
Administrator

Please refer to the Warren County Travel Policy and County Vehicle Use Regulations for general policy guidelines.

\*\*\*\*\*

**REQUEST FOR USE OF FLEET VEHICLE FOR IN-STATE TRAVEL AUTHORIZED BY DEPARTMENT HEAD**

I have authorized \_\_\_\_\_ to attend  
\_\_\_\_\_  
(Name of meeting or organization)  
at \_\_\_\_\_  
(Address)  
on \_\_\_\_\_  
(Dates)

I request use of a fleet vehicle.

Date: \_\_\_\_\_  
Department Head

# UNITY IN OUR DIVERSITY PRESENTS



## "Thriving, Not Just Surviving in Difficult Times"

October 14 & 15, 2010

### Genesee Grande Hotel

1060 East Genesee Street

Syracuse, NY 13202

[www.geneseegrande.com](http://www.geneseegrande.com)

**Continuing Education  
Credits Available**

**ROOM RATE** for Wednesday 10/13 or Thursday 10/14

**Standard Room: Single/Double \$ 109.00**

Check with the hotel if you are using tax exempt form!

**GUARANTEED UP TO SEPTEMBER 30, 2010**

**Reservations may be made by:**

**Calling Hotel at 1-800-365 - 4663**

**Request the "Unity in our Diversity" rate**

### **CONFERENCE PRICING**

**Includes All Training Sessions & Meals**

*Option #1: Full Conference:*

\$115.00 members

\$140.00 non members

*Option #2: One Day Conference (THURS):*

**\$85.00**

*Option #3: One Day Conference (FRI):*

\$35.00

*Option #4: Dinner only (THURS. Evening):*

\$35.00

### **DIRECTIONS**

Traveling from Albany on I-90 thruway - take exit 34A to merge onto I-481 S toward Syracuse. Take exit 3W to merge onto E. Genesee St./NY-5/NY92 toward Dewitt. Continue to follow E. Genesee St./NY-92. Hotel is on the left.

Traveling from Buffalo on I-90 thruway - Take exit 39 from thruway. Merge onto I-690 E toward Syracuse. Take the exit onto I-81 S toward Binghamton. Take exit 18; merge onto Harrison St. Turn right onto S. Townsend St. Turn right at E. Genesee St./Rte-92. Hotel is on the right.

### **WHO IS UNITY IN OUR DIVERSITY?**

Meals on Wheels Association of America/New York State Chapter (MOWAA/NYS) is a professional organization that represents those who provide congregate and home-delivered meal services to people in need. Its mission is to provide visionary leadership and professional training, and to develop partnerships that will ensure the provision of quality nutrition services.

New York State Association of Nutrition and Aging Services Programs (NYSANASP) is a professional organization dedicated to the enhancement of nutrition and support services for older adults. NYSANASP promotes specialized training for those servicing the older adults, facilitates the exchange of innovative practices to improve program quality and engages in advocacy to expand and strengthen nutrition programs for older New Yorkers.

Aging Services Dietitians of New York State (ASDNYS) is a professional organization whose members act collectively and permit informed and considered action between the nutrition program dietitians as a positive force to improve the food, nutrition, health and well being of older persons in our society. ASDNYS is a vehicle for the exchange of information on policy making and training programs between Federal, NYSOFA and Area Aging Agencies.

**Thursday October 14, 2010**

**8:00 - 9:00 AM**            **REGISTRATION & CONTINENTAL BREAKFAST**

**9:00 - 9:30 AM**            **WELCOME & OPENING SESSION**

*Donna Barrett, Conference Co-Chair; Joan Rogus, RD, Conference Co-Chair & President ASDNYS; Phil Shippers, President, MOWAA/NYS;  
Rebecca Blum, Vice President, NYSANASP; Tom Marullo, VP/CFO, Meals On Wheels Association of America*

**9:30 - 10:15 AM**            **KEYNOTE**

**Welcome to AGEPOWER and The Possibilities of Active Aging:** *Mary Pagán, Gerontologist, Syracuse University*

**10:15 - 10:30 AM**            **BREAK**

**10:30 - 12:00 AM**            **WORKSHOPS**

**The LiveWELL Program: Wellness Approaches for the 50+ Population:** *Mary Pagán, Gerontologist, Syracuse University*  
**Optimal Protein Intake and the RDA:** *Michelle Easterly, MA, RD, Director of Nutrition Education, New York Beef Industry Council*  
**Emerging Volunteer Issues:** *Rhonda M. Butler, Manager of Volunteer Services, Upstate Medical University*

**12:00 - 1:30 PM**            **NETWORKING LUNCH/GENERAL SESSION:** *Gary Malys, Asst. Director, New York State Office for the Aging*

**1:30 AM - 3:00 PM**            **WORKSHOPS**

**Technology:Applying It To Your Program:** *Steve Szubinski, Managing Partner, The PCA Group, Inc.*  
**Optimal Protein Intake and the RDA, cont.:** *Michelle Easterly, MA, RD, Director of Nutrition Education, New York Beef Industry Council*  
**Creative Menus for Seniors:** *Richard Knapp, Asst. Director, Food & Nutrition Services, Greater Rochester Chapter of the American Red Cross*

**3:00 - 3:15 PM**            **BREAK**

**3:15 - 4:45 PM**            **ROUNDTABLES - (20 minute Presentations conducted to rotating groups)**

**Successful Congregate Programs:** *Julie Fleck, Senior Adult Director, Jewish Community Center (JCC)*  
**Are We All On The Same Page Feeding Our Seniors?:** *Kent Goben, RD, Certified Exercise Specialist, Nutrition Services Coordinator*  
**Emerging Volunteer Issues:** *Rhonda M. Butler, Manager of Volunteer Services, Upstate Medical University*  
**Technology:** *Steve Szubinski, Managing Partner, The PCA Group, Inc.*

**5:00 - 6:30 PM**            **COCKTAIL HOUR**

**6:30 PM**            **DINNER /BASKET RAFFLE (Hospitality Suite to follow dinner)**



**Friday October 15, 2010**

**7:30 - 8:30 AM**            **BREAKFAST AND ASSOCIATION MEETINGS**

**8:30 - 8:45 AM**            **BREAK**

**8:45 - 10:15 AM**            **WORKSHOPS**

**Emergency Preparedness:** *Phil Shippers, Director, Meals on Wheels, Visiting Nurse Services, Rochester, NY*

*"Being prepared to respond to and recover from an emergency is one of the best ways that Meals On Wheels (MOW) programs have of ensuring that essential program services can continue and that critical client needs can continue to be met during and after emergency events. The MOWAA EP Standards establish the minimum requirements for an emergency plan prepared by a MOW program. Emergency Preparedness for Meals On Wheels Program Professionals is designed to train Meals On Wheels program directors and managers in the use of the MOWAA EP Standards and Implementation Guidelines, including the process for preparing an emergency plan that meets the MOWA EP Standards."*

**10:15 - 10:30 AM**            **BREAK**

**10:30 PM - 12:00 PM**            **Emergency Preparedness - (Continued)**

**12:00 PM - 12:15 PM**            **WORKING LUNCH**

**12:15 PM - 1:30 PM**            **Emergency Preparedness - (Continued)**

**1:30 PM**            **CONFERENCE CLOSE**