

# Growing Bolder Hunger Summit

## *Reducing Senior Hunger in Iowa*

### Summit Agenda

8:30 AM - 9:00 AM	Registration
9:00 AM - 9:15 AM	Introduction
9:15 AM - 10:30 AM	Plenary
10:40 AM - 11:10 AM	Plenary
11:15 AM - 11:45 AM	Plenary
11:45 AM - 12:45 PM	Lunch
12:45 PM - 1:30 PM	Breakouts
1:45 PM - 2:30 PM	Breakouts
2:45 PM - 4:00 PM	Discussion

### Growing Bolder Mission

The statewide mission of Growing Bolder is a coalition of Iowa stakeholders who integrate work to support community-based collaborations that reduce food insecurity and provide seniors with nutritious foods to encourage healthy aging.

**Tuesday, May 9, 2017**

**9:00 AM - 4:00 PM**

**Blank Park Zoo, Discovery Center**

**7401 SW 9th St, Des Moines, IA 50315**

**9:00 AM - 9:15 AM Welcome and Introductions**

***Presented by: Linda Miller, Iowa Department on Aging and Gerd Clabaugh, Iowa Department of Public Health***

**9:15 AM - 10:30 AM Effective Paths to Alleviating Food Insecurity Among Seniors in Iowa**

***Presented by: Dr. Craig Gundersen, University of Illinois***

This session begins by exploring the extent, determinants, and consequences of food insecurity among Seniors. We will then cover what is being done and what could be done to alleviate food insecurity among seniors.

Upon completion of the presentation, participants will:

- Understand the extent, determinants, and consequences of food insecurity among Seniors
- Understand the tools that can be used to alleviate food insecurity among Seniors

**10:40 AM - 11:10 AM Working Together to Reduce Senior Hunger and Food Insecurity**

***Presented by: Karen Ehrens, Creating a Hunger Free North Dakota Coalition***

Seniors in the state of Iowa face a future with reduced risks of hunger thanks to many groups working toward a similar goal: from many, one. The benefits to working together are many, but not without risks and bumps along the way. A statewide hunger coalition leader will provide insights and lessons learned from the Creating a Hunger Free North Dakota Coalition.

Upon completion of the presentation, participants will:

- Assess their organizational and personal capacity for working with other groups as part of a statewide effort to reduce hunger and food insecurity in Iowa's older adult population
- Consider potential opportunities and threats in this work at the state and national levels
- Examine programs, silos and potential strategies for moving forward

## **11:15 AM - 11:45 AM New Research on Messaging to Seniors Regarding Healthy Eating**

***Presented by: Ann Black, AARP Iowa***

New research from the AARP national office will be reported on and discussed.

Session Objectives

- Discuss the research report from AARP
- List ideas on how to message healthy eating to seniors

## **12:45 PM - 1:30 PM Break Out Sessions**

### **A: How Iowa Food Banks are Serving Older Adults**

***Presented by: Mike Miller and Barb Prather, Iowa Food Bank Association***

An overview of how the Iowa food bank network serves hungry people and seniors in particular.

Session Objectives:

- Understand how food banks and food pantries are working together to close the Meal Gap in the state of Iowa
- Highlight specific food bank programs serving Iowa seniors

### **B: Innovative Model Reaching Food Insecure Seniors**

***Presented by: Carlene Russell, Iowa Department on Aging and Tim Getty, Heritage AAA***

This session explores new and innovative nutrition service delivery methods that were piloted by the Iowa Area Agencies on Aging during a 2015 pilot project. Participants will learn how the innovative methods were developed, implemented and how to use the lessons and opportunities learned, to develop service delivery methods to address the issue of hunger and food insecurity in older adults in local communities.

Session Objective

- Provide participants the necessary tools and resources to develop innovative nutrition service delivery methods, while also building community collaboration

### **C: Finding and Serving Isolated Seniors**

***Presented by: Jerry Horton, Warren County Public Health, Julia Tiedeman and Marj Johnston, Visiting Nurse Services of Iowa***

Learn from a Senior Volunteer with Warren County Public Health and a Senior Companion with Visiting Nurse Services and their real life experiences with isolated seniors. Learn how they locate seniors who were living in isolation and are now receiving support through outreach nutrition programs.

Session Objectives

- List two ideas on how to locate seniors who are isolated
- List at least two reasons why some seniors live in isolation

## **1:45 PM - 2:30 PM Break Out Sessions**

### **D: Promoting Awareness of the Supplemental Nutrition Assistance Program among Older Iowans**

***Presented by: Sarah Francis, WIN Program ISU Extension, Michael Christl, Drake Neighborhood Farmers Market, and Mike Miller, Iowa Food Bank Association***

Many are promoting the awareness of the Supplemental Nutrition Assistance Program (SNAP) to older Iowans. Learn about the various outreach methods being used, the challenges, and the impacts of these programs.

#### Session Objectives

- Discuss what food assistance is able to purchase
- State at least one WIN outreach activity
- Name three impacts nutrition assistance can have in the senior population
- Name two methods to increase senior awareness of nutrition assistance programs

### **E: Keeping Seniors Healthy**

***Presented by: Dr. Holly Melahoures, CareMore, and Doris Montgomery, IDPH Fresh Conversations***

Learn how a practicing physician and a public health nutritionist work proactively to keep seniors healthy and out of the hospital. The importance of looking at patient's body, mind and spirit. In doing this we must talk less and listen more to find out what our patients really need. And in doing so we will end up connecting them to the resources they need to improve their health medically, physically and mentally.

#### Session Objectives

- List two ways physicians are being pro-active about keeping seniors healthy.
- Discuss how well you listen to what people are saying how well you address what folks need.
- Share results from *Fresh Conversations*, a public health partnership with Area Agencies on Aging that promotes healthy food choices among seniors

### **F: Communities Addressing Senior Cultural Challenges**

***Presented by: Paola Michel, LaVoz and Narayan Rizal and Ann Grove, Lutheran Services of Iowa***

Two individuals, one who is native to Mexico, and one who is Bhutanese, will share their real life experiences in eating in America. They will also share ways to be more aware and sensitive to cultural challenges, particularly in seniors.

#### Session Objectives

- List one cultural challenge you learned from each speaker in working with seniors or people in general
- List two ways to begin incorporating cultural preferences in nutrition support programs

### **2:45 PM - 4:00 PM Open Discussion: Charting the Future Direction of the Growing Bolder Coalition**

***Facilitated by: Karen Ehrens, Hunger Free North Dakota Coalition***

**Registration:** There is a \$25 charge to attend the Growing Bolder Hunger Summit. To register for this training, please go to [www.trainingresources.org](http://www.trainingresources.org). Registration includes lunch. There may be an extra charge for CEUs.

**CEUs:** The following CEUs have been approved for the Growing Bolder Hunger Summit

**Dietitians:** This program complies with the standards and criteria in Chapter 82 Continuing Education for Dietitians for 5.25 contact hours.

**Social Work:** This program complies with the standards and criteria in Chapter 281 Continuing Education for Social Workers for 5.25 contact hours. Fee: \$12 Social Work CEUs.

**Summit Objectives:** Participants will

- List three measures of senior food insecurity
- List four ways to alleviate senior food insecurity, especially in Iowa
- Describe best approaches to use with seniors regarding healthy eating
- Discuss lessons learned from a North Dakota coalition including threats and opportunities to help Iowa reduce senior food insecurity

For more information contact Erin Bowers, *Event Coordinator*, at Training Resources by calling 515-309-3315 or emailing [erin@trainingresources.org](mailto:erin@trainingresources.org).

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