

HEALTHY AGING  
VIRTUAL CONFERENCE  
MAY 4 & MAY 11, 2021



## Session 1: May 4, 2021

**12-2:30pm ET (9am PT, 10am MT, 11am CT)**

### **Enhancing Access to Affirming Care for LGBT Older Adults**

**Speaker: Sean Cahill, PhD**

*At the conclusion of this session, participants will be able to:*

- Define how the life course perspective informs older LGBT people's attitudes toward and experiences with health care, elder services, and other institutions.
- Describe how stigma and discrimination shape LGBT health disparities and access to care.
- Implement steps as providers to support and affirm LGBT people and welcome them in your practice.

*Competencies: 1.1.3, 3.1.2, 4.2.2, 8.2.1*

### **Health Disparities Solutions and Policy**

**Speaker: Charanya Sundar, MS, RDN, LD**

*At the conclusion of this session, participants will be able to:*

- Compare and contrast senior food security and food access before and after the pandemic.
- List contributing factors of food insecurity in seniors.
- Describe federal and DC policy response to the pandemic in regard to programs and assistance available to food insecure seniors.

*Competencies: 8.4.1, 12.1.1, 7.2.3, 12.2.3, 12.4.1*

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## Session 2: May 11, 2021

12-2:30pm ET (9am PT, 10am MT, 11am CT)

### **Optimizing Nutrition by Addressing Barriers to Physical Activity**

**Speaker: Patrick Berner, PT, DPT, RDN, CEAS**

*At the conclusion of this session, participants will be able to:*

- Debate functional mobility and the effects on nutritional intake.
- Analyze barriers to safe and functional physical activity.
- Identify patient needs for improved mobility and when to pursue interdisciplinary help.

*Competencies: 8.2.4, 9.6.1, 8.3.6, 4.1.5*

### **Aging as an Asian American: Providing Culturally Appropriate Nutrition Care**

**Speaker: Manju Karkare, MS, RDN, LDN, FAND**

*At the conclusion of this session, participants will be able to:*

- Examine the ethnic trends in aging population and health disparities faced by the aging Asian population.
- Apply patterns of social, cultural traditions surrounding food and nutrition to clinical practice.
- Incorporate culturally relevant nutrition counseling tips.

*Competencies: 3.1.2, 9.1.2, 2.1.2, 1.3.5, 1.3.9*

### **Innovative Access Solutions: A Problem Solved**

**Speaker: Melanie Betz, MS, RD, LDN, CSG**

*At the conclusion of this session, participants will be able to:*

- Describe programs that have been successful in addressing food insecurity and health disparities in older adults.
- Utilize program success points to develop effective programs and activities.
- Positively impact client/customer health and food disparities.

*Competencies: 8.1.4, 12.1.1, 3.3.4, 12.1.2, 12.2.6*