



# **PERSPECTIVES**

## **ON NUTRITION & AGING**

*A National Summit*

## ABOUT THE NATIONAL RESOURCE CENTER



In October 2011, the U.S. Administration on Aging (AoA) entered into a cooperative agreement with the Meals On Wheels Association of America (MOWAA) to establish a new National Resource Center on Nutrition and Aging.

The National Resource Center's primary role is to serve as an incubator for innovative ideas related to nutrition and aging in the United States. It will house a comprehensive online library comprised of up-to-date resources and research findings on these issues. Additionally, by connecting states and local communities with online training, webinars and platforms for information exchange, the National Resource Center will encourage organizations nationwide in thinking differently about and preparing for the future in the context of a rapidly aging society.

## CONTACT INFORMATION

Email Address: [resourcecenter@mowaa.org](mailto:resourcecenter@mowaa.org)

Phone Number: 703.548.5558

## ONLINE RESOURCE LIBRARY

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

*The project described was supported by Grant Number 90NU0001/01 from the Administration On Aging. This project is financed with 74% Federal funds and 26% non-governmental sources.*

**Welcome** to *Perspectives on Nutrition and Aging: A National Summit*, a celebration of the 40th Anniversary of Older Americans Act Nutrition Programs — and the beginning of a dialogue that will let us prepare for the next 40 years.

Today, there are nearly 60 million adults over the age of 60 in the United States. Over the next four decades that number will double. We have only just begun to recognize the tremendous impact this will have for our nation, our communities and even our individual households.

In the coming years, we will face a number of challenges. The number of older adults facing hunger, obesity and chronic medical conditions such as heart disease and diabetes will increase, and our systems for providing health services and community support must be ready. Funding from the government and philanthropic sectors cannot keep pace with current needs, much less with the coming increase in demand, and service providers must re-imagine their revenue models if they are to survive.

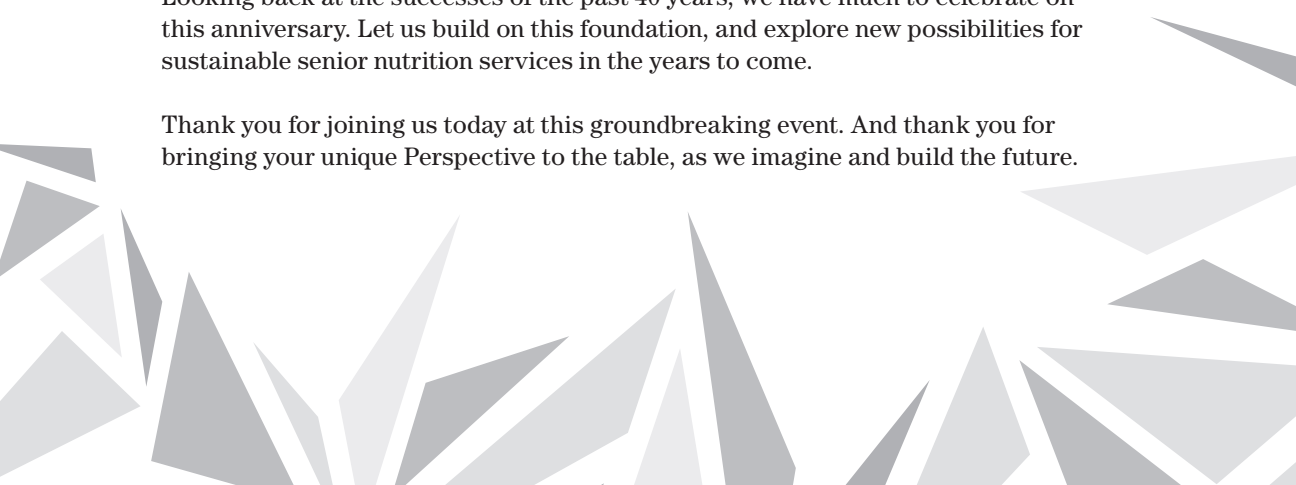
But the next decades will also be full of opportunity. The seniors of tomorrow will be more diverse, informed and engaged than ever before, and they will expect more control and more choices in the services they receive. Innovation in technology, transportation and food science will allow us to serve and engage a broader audience and overcome barriers imposed by physical and geographic limitations.

We know that nutrition services will be a critical factor in building the future—but to face these challenges and capitalize on the opportunities, we must adapt, evolve and collaborate with partners outside the traditional sector and industries boundaries.

Throughout the day, you will hear from a wealth of diverse voices, discussing emerging trends, practices and possibilities. We hope that these presentations will be a spark of inspiration for you—that you will find new ideas to explore. That you will start a new conversation. That you will look at the world from a new Perspective.

Looking back at the successes of the past 40 years, we have much to celebrate on this anniversary. Let us build on this foundation, and explore new possibilities for sustainable senior nutrition services in the years to come.

Thank you for joining us today at this groundbreaking event. And thank you for bringing your unique Perspective to the table, as we imagine and build the future.



## THURSDAY, AUGUST 23, 2012

9:00 A.M.

MARYLAND BD

### **Welcome and Opening Session**

#### **Newtrition: Health, Food, Hunger and Seniors in 2012 and Beyond**

#### **Keynote Speaker**

- » **The Honorable Kathy Greenlee**, Administrator, Administration for Community Living and Assistant Secretary for Aging

9:30 A.M.

MARYLAND BD

### **Perspectives that Shaped the Present:**

#### **Celebrating 40 Years of OAA Nutrition Programs**

Since the landmark addition of the Nutrition Program to the Older Americans Act in 1972, thousands of community-based Senior Nutrition Programs across the United States have served over 8 billion nutritious meals and helped millions of seniors maintain their independence.

The National Summit will celebrate this 40th Anniversary by examining the rich history of Senior Nutrition Programs through the eyes of former Assistant Secretaries for Aging who will discuss past milestones as a launching pad for predicting the future of senior nutrition services.

#### **Panelists**

- » Jeanette C. Takamura, PhD, MSW, former Assistant Secretary for Aging
- » Josefina G. Carbonell, former Assistant Secretary for Aging
- » Carol V. O'Shaughnessy, MA, Principal Policy Analyst, National Health Policy Forum

10:30 A.M.

MARYLAND BD

## **Your Perspective:**

### **New Challenges and Opportunities, Part I**

Hear about transformative new “best practices” and “best possibilities” for the future of nutrition and aging. Presenters were selected as part of a national challenge issued to leaders in all communities.

#### **Presenters**

- » Anthony Cirillo, Fast Forward Consulting, Huntersville, NC
- » Carlene Russell, Iowa Department on Aging, Des Moines, IA
- » Margaret Ernst, Mayor’s Office of Civic Engagement and Volunteer Service, Philadelphia, PA
- » Jennifer Fralic, LifeCare Alliance, Columbus, OH
- » Marci Harnischfeger, ShopWell, Palo Alto, CA

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## **Perspectives on Senior Hunger in America:**

### **An Annual Report**

The Great Recession caused extreme hardship for many families in the United States, and senior Americans were no exception. This special Perspective, by one of the principal researchers of “Senior Hunger in America 2010: An Annual Report” (released May 2012 by The Meals On Wheels Research Foundation) will provide an overview of the distribution and extent of food insecurity among seniors – and the unanticipated challenges ahead.

#### **Video Presenter**

- » James P. Ziliak, PhD, University of Kentucky Center for Poverty Research

11:30 A.M.

MARYLAND BD

## Perspectives on Aging:

### Critical Trends in a Changing World

Unprecedented demographic shifts are already having an impact on the fundamental structure of our healthcare system and economy – and our collective understanding of home and community. A panel of experts will examine the future from three perspectives: business strategy, technology and health policy. Together, they will shed light on the emerging opportunities and challenges that will shape the senior nutrition services of tomorrow.

#### Panelists

- » Mary Jane Koren, MD, MPH, Vice President, The Commonwealth Fund
- » David Lindeman, PhD, Director, Center for Technology and Aging, Public Health Institute
- » Ginger Zielinskie, MBA, Executive Director, Benefits Data Trust
- » Robyn I. Stone, DrPH, Senior Vice President for Research, LeadingAge

12:30 P.M.

MARYLAND AC

## Networking Lunch

1:15 P.M.

MARYLAND AC

## Food as Medicine That Will Actually Go Down!

### Keynote Speaker

- » **Dr. David Katz**, Director & Co-Founder, Yale Prevention Research Center

We have known for 20 years or more that feet (physical activity), forks (dietary patterns) and fingers (that do or don't hold cigarettes) are the master levers of medical destiny. Good use of these levers could, as Archimedes told us, move the whole world; they could eliminate 80% of all chronic disease. But despite our wishful thinking, knowledge is not power. And platitudes to the contrary, will is not the way. The road to health must be paved—not only with good intentions—but with good intentions in the form of programs, policies and practices that empower us to get there from here.

**2:15 P.M.**

**MARYLAND BD**

## **Your Perspective:**

### **New Challenges and Opportunities, Part 2**

#### **Presenters**

- » Samantha Powell, Meals On Wheels, Inc. of Tarrant County, Fort Worth, TX
- » Bernadette Latson, University of Texas Southwestern School of Health Professions, Dallas, TX
- » Nancy Tanquary, Johnson County Area Agency on Aging, Olathe, KS

#### **Video Presenter**

- » Jennifer Goggin, FarmersWeb, New York, NY

**2:45 P.M.**

**MARYLAND BD**

## **Perspectives on Nutrition:**

### **Connecting Food, Health and the Future**

The evidence is clear: proper nutrition improves the health, self-sufficiency and quality of life of seniors. Yet, many questions remain. How can we best respond to the simultaneous increases in both obesity and hunger? How can we promote healthy food choices among seniors with increasingly diverse needs and expectations? In this capstone panel, we will look to build on the 40 years of groundwork set by Older Americans Act Nutrition Programs by exploring cutting-edge research and new directions in senior nutrition.

#### **Panelists**

- » Gordon L. Jensen, MD, PhD, Professor and Head, Department of Nutritional Sciences, Pennsylvania State University
- » Robert M. Russell, MD, Professor Emeritus of Medicine and Nutrition, Tufts University
- » Robert C. Post, PhD, MEd, MSc, Deputy Director, USDA Center for Nutrition Policy and Promotion
- » Linda D. Myers, PhD, Director, Food and Nutrition Board, Institute of Medicine

2:45 P.M.

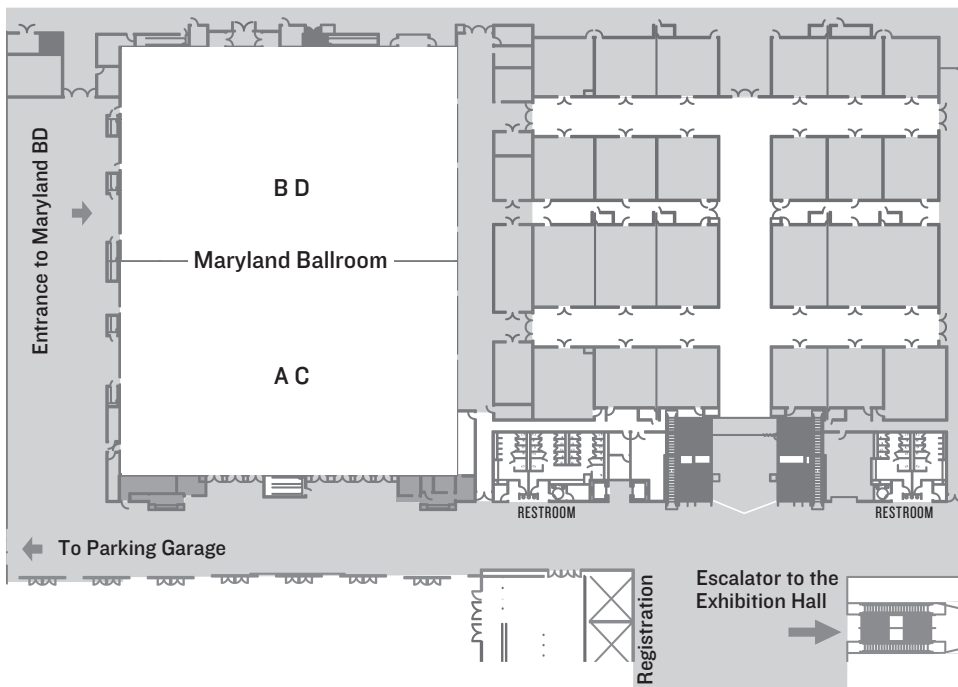
MARYLAND BD

## Closing Session:

### Perspectives from the National Resource Center

We are standing at the precipice of a new era, shaped by the needs of our nation's aging population. Today, we highlighted several new opportunities, challenges and solutions that will help us prepare for this new future.

The National Resource Center will offer our own “best practice” Perspective: launching a new online library and resource center that will be a platform for ongoing exchange and collaboration. In our vision of a “best possible” future, we charge all Summit attendees with helping us keep this cross-sector, cross-industry dialogue moving forward as we work together to build the future of senior nutrition.





## THE 40TH ANNIVERSARY OAA NUTRITION PROGRAMS



Today, we celebrate the 40th anniversary of the inclusion of Senior Nutrition Programs in the Older Americans Act (OAA).

Since 1972, Older Americans Act Nutrition Programs have served over 8 billion meals to our nation's seniors—helping older adults across the country to remain active and independent in their homes and communities.

Meals and related services provided in congregate settings, such as senior centers, or delivered directly to homes through Meals On Wheels are authorized by the OAA and are an integral part of the broader home and community-based services network funded by federal, state and local resources. The meals served meet current evidence-based nutrition standards, which link healthy eating with improved health outcomes, including managing the risk of chronic disease and increased functionality. OAA programs help keep loved ones at home and avoid more costly and restrictive institutional settings.

From the beginning, Senior Nutrition Programs were designed to help reduce hunger and malnutrition: for many seniors, the meal they receive from the OAA Nutrition Program is their only meal of the day. As Americans live longer, as the baby boomer generation reaches retirement age and as the number of seniors facing hunger increases, these programs are more important than ever.

For the past 40 years, the U.S. Administration on Aging, State Units on Aging, Area Agencies on Aging and local providers have formed a far-reaching network that serves millions of seniors – and have touched countless lives in households and communities across the country.

The AoA-MOWAA National Resource Center on Nutrition and Aging is grateful to those who built the foundations of the nutrition and aging network 40 years ago, and especially to all those whose continued dedication and hard work have helped make the OAA Nutrition Program a success.

*"Dear Nutrition Center: I wish to thank you for being there, caring and cooking a wholesome meal, not only for my mother, but other elderly people as well...[it] relieves my mind knowing someone will be knocking on her door and be of help if needed."*

*– A caring child of a 91-year-old Meals On Wheels recipient*

# KEYNOTE SPEAKERS



## **THE HONORABLE KATHY GREENLEE**

Kathy Greenlee serves in the dual roles of Administrator of the Administration for Community Living and Assistant Secretary for Aging. She believes that people with functional support needs should have the opportunity to live independently in a home of their choosing, receiving appropriate services and supports, and she is committed to building the capacity of the national aging and disability networks to better serve older persons, caregivers and individuals with disabilities.

Assistant Secretary Greenlee served as Secretary of Aging in Kansas, and before that as the Kansas State Long Term Care Ombudsman. She also served as the general counsel of the Kansas Insurance Department and served as chief of staff and chief of operations for then-Governor Kathleen Sebelius.

Assistant Secretary Greenlee is a graduate of the University of Kansas with degrees in business administration and law.



**DAVID L. KATZ, MD, MPH, FACPM, FACP**

Dr. Katz is the founding director of Yale University's Prevention Research Center. Dr. Katz is known internationally for his expertise in nutrition, weight management and chronic disease prevention. He remains active in patient care and directs the Integrative Medicine Center at Griffin Hospital in Derby, CT.

Dr. Katz is editor-in-chief of the journal *Childhood Obesity*, president-elect of the American College of Lifestyle Medicine and founder and president of the nonprofit Turn the Tide Foundation. He has been recognized three times by the Consumers Research Council of America as one of the nation's top physicians in preventive medicine.

Dr. Katz received his BA from Dartmouth College, his MPH from the Yale University School of Public Health, and his MD from the Albert Einstein College of Medicine.

# PANEL SPEAKERS & MODERATORS



## **JOSEFINA CARBONELL**

Ms. Carbonell is senior vice president of long-term care and nutrition at Independent Living Systems, a healthcare management services company. Previously, Ms. Carbonell served as the Assistant Secretary for Aging from 2001 to 2009 and as president and CEO of Little Havana Activities & Nutrition Centers in Dade County, FL, an organization she helped establish in 1972. She received her BA from Florida International University and a Certificate Degree for State and Local Senior Executives from Harvard University.



## **MARY JANE KOREN, MD, MPH**

Dr. Koren is vice president for the Picker-Commonwealth Fund Long-Term Quality Improvement Program and the Dual Eligibles Initiative at the Commonwealth Fund. Dr. Koren has given invited testimony to Congressional committees on nursing home quality, future implications for health care, and senior hunger and the Older Americans Act. Dr. Koren began her career in geriatrics at Montefiore Medical Center, where she started the geriatric fellowship program. She has served on the faculty of the Mount Sinai School of Medicine.



## **GORDON L. JENSEN MD, PhD**

Dr. Jensen is professor and head of the department of nutritional sciences at the Pennsylvania State University and former director of the Vanderbilt Center for Human Nutrition. Dr. Jensen's research interests have focused largely on geriatric nutrition concerns. He is board certified in nutrition and internal medicine and is currently serving his second term as a member of the Institute of Medicine's Food and Nutrition Board. Dr. Jensen received his PhD in nutritional biochemistry and MD from Cornell University.

**DAVID LINDEMAN, PhD**

Dr. Lindeman is the director of the Center for Technology and Aging and co-director of the Center for Innovation and Technology in Public Health at the Public Health Institute. These institutions promote the development, adoption and scaling of technologies to improve health. Dr. Lindeman has worked in the field of aging and long-term care for 30 years as a health services researcher and administrator. He received his BA from SUNY Binghamton and his MSW and PhD from the University of California, Berkeley.



**LINDA D. MEYERS, PhD**

Dr. Meyers is the director of the Food and Nutrition Board at the Institute of Medicine. She is responsible for a portfolio that includes nutrient requirements, obesity prevention and food safety. Previously, Dr. Meyers served as senior nutrition advisor, deputy director and acting director in the Office of Disease Prevention and Health Promotion, U.S. Department of Health and Human Services. She received her BA from Goshen College, her MS from Colorado State University and her PhD from Cornell University.



**CAROL V. O'SHAUGHNESSY, MA**

Ms. O'Shaughnessy is a principal policy analyst at the National Health Policy Forum, George Washington University. Prior to joining the Forum, Ms. O'Shaughnessy spent 27 years at the Congressional Research Service as a social legislation specialist. Her work focuses on aging services, including Older Americans Act and Medicaid home and community-based services and long-term care. Ms. O'Shaughnessy received her undergraduate degree from Dunbarton College and Master's degree in medical sociology from the Catholic University of America.



# PANEL SPEAKERS & MODERATORS



## **ROBERT C. POST, MED, MSC, PhD**

Dr. Post is deputy director of the USDA Center for Nutrition Policy and Promotion, where he has overseen the development of the 2010 Dietary Guidelines for Americans, the USDA Nutrition Evidence Library, the Healthy Eating Index and the USDA Food Plans. Dr. Post has 30 years of experience in food and agriculture public policy, food production and processing, nutritional science and public health communications. Dr. Post holds a MSc, MEd and PhD from the University of Maryland.



## **ROBERT M. RUSSELL, MD**

Dr. Russell is professor emeritus of medicine and nutrition at Tufts University, immediate past president of the American Society for Nutrition, a specialist-advisor to the National Institutes of Health and staff physician emeritus at Tufts University Medical Center. He has served on many advisory boards including the USDA Human Investigation Committee, the FDA, United States Pharmacopoeia Convention, the World Health Organization, UNICEF and the American Board of Internal Medicine. Dr. Russell received his MD from Columbia University.



## **ROBYN I. STONE, DR PH**

Dr. Stone is senior vice president for research at LeadingAge and executive director of the LeadingAge Center for Applied Research. She served as Deputy Assistant Secretary for Disability, Aging and Long-term Care Policy and Assistant Secretary for Aging in 1997. A noted researcher, her work focuses on areas including long-term care policy and quality, chronic care for the disabled, aging services workforce development and family caregiving. Dr. Stone holds a doctorate in public health from the University of California, Berkeley.

**JEANETTE C. TAKAMURA, MSW, PhD**

Dr. Takamura is dean and professor of gerontology and social policy of the Columbia University School of Social Work. She served as Assistant Secretary for Aging from 1996 to 2001, and has held senior positions in the state government of Hawaii. She received the Lucy Stone Award from the White House for her advocacy and the enactment of the National Family Caregiver Support Program. Dr. Takamura earned her BA and MSW from the University of Hawaii and her PhD from Brandeis University.



**GINGER ZIELINSKIE, MBA**

Ms. Zielinskie is the executive director of Benefits Data Trust (BDT), a national nonprofit organization committed to transforming how people in need access public benefits. Under her leadership, BDT has successfully completed over 300,000 benefit applications on behalf of people in need through the use of data-sharing strategies to target outreach and streamline benefits application assistance. Ms. Zielinskie also serves as a commissioner on the City of Philadelphia's Mayor's Commission on Aging. She earned her undergraduate degree from Skidmore College and her MBA from Brandeis University.



## MASTER OF CEREMONIES

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### LAURA LAWRENCE, MHSA, MBA, LTCP

Ms. Lawrence is director of the Office of Nutrition and Health Promotion Programs at the Administration on Aging (AoA). She supervises staff who administer AoA's largest program: the nutrition services program for older adults (Title III-C of the Older Americans Act). Previously, she was the senior advisor for retirement and benefits at the U.S. Office of Personnel Management. Ms. Lawrence has a BS degree from James Madison University and holds both an MBA and MHSA from the University of Michigan.

## HOST

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### MARGARET (PEGGY) INGRAHAM, MA

Ms. Ingraham serves as MOWAA project manager of the AoA-MOWAA National Resource Center on Nutrition and Aging and has over 30 years of public policy experience related to these issues. She earned a BA from Vanderbilt University, an MA from Georgia State University and pursued doctoral studies at the University of North Carolina.

**The National Resource Center on Nutrition and Aging** would like to express our appreciation to the *Gaylord National Resort & Convention Center* for helping to underwrite today's keynote lunch and for their commitment to ensuring the health and independence of the seniors of the future.



## WEBCAST

This Summit will be webcast live to a virtual audience. An archived version of the webcast will be available to all participants.

*Please note that by participating in this Summit, you consent to be photographed and recorded. The photographic and audio/video record of this event may be published online by the National Resource Center on Nutrition and Aging as part of the proceedings and for other archival purposes.*

## Q&A AND ONLINE DISCUSSION

Each of the three panel sessions has time built in for audience Q&A. We strongly encourage you to share your thoughts, comments and ideas and to ask questions throughout the Summit.

Due to the size of this event, and to ensure everyone (including our virtual attendees) has the chance to participate, we will be taking all questions electronically. You can submit questions and comments in one of three ways:

1. **Text/SMS:** Send a text message to 571-402-4464 (571-40-AGING).
2. **Email:** Send questions to Summit@mowaa.org. Please put your primary question in the Subject line. *(Both the subject and body of your email will be visible to the moderator and participants.)*
3. **Twitter:** Tweet your question using the hashtag #NutritionDC12



#NutritionDC12

If you do not have a smartphone with you, we encourage you to collaborate with others at your table to provide your questions and comments.

**Questions will be published publicly at <http://nutritionandaging.tumblr.com>.**

Please note that we will remove the originating email address (for emails) or phone number (for text messages) prior to posting your question online.

## NAME BADGES

Your name badge is your ticket for entry to the Summit. Please ensure your *Perspectives on Nutrition and Aging* name badge is visible at all times.

## MEALS

Lunch will be provided for all participants. Vegetarian and other special options are only available for those who made this request during registration. If you requested a special meal, you will find a green card inside your name badge – please place this card next to your plate at lunchtime.

## SUMMIT MATERIALS AND HANDOUTS

The reports and other handouts provided to you during this Summit are also available in electronic format. They can be downloaded at <http://summit.nutritionandaging.org/handouts>.

On this page you will also have access to additional materials from our speakers, including slide decks and supplemental articles.

## SUMMIT PROCEEDINGS

The formal Summit Proceedings will be published in the weeks following the Summit. The proceedings will include recordings of the Summit sessions and supplemental materials. Also included in the Proceedings will be a number of additional Perspectives Challenge submissions, selected by the Steering Committee for publication.

As a Summit participant, you will receive an email announcement when the Summit Proceedings are available for download.

## CONTINUE THE DIALOGUE

The Summit is only a single day, but we sincerely hope that the dialogue initiated at this Summit will continue well into the years ahead.

Please visit [www.nutritionandaging.org](http://www.nutritionandaging.org) for more information about ways to stay in touch, stay engaged and take a deeper dive into the emerging trends, practices and possibilities uncovered during this Summit.

We look forward to building the future with you.

## STEERING COMMITTEE

Thank you to the following individuals, representing the Perspectives of key organizations and constituencies within the aging network, for their valuable guidance in the planning of this Summit and National Resource Center initiatives.

### ***Steering Committee Chair***

Carol O'Shaughnessy  
Principal Policy Analyst  
National Health Policy Forum  
George Washington University

### **AARP**

Larry White  
Senior Legislative Representative,  
Department of Government Affairs

### **Asociación Nacional Pro**

**Personas Mayores**  
**(National Association**  
**for Hispanic Elderly)**  
Dr. Carmela G. Lacayo  
President and CEO

### **Academy of Nutrition** **and Dietetics (AND)** **(formerly the American** **Dietetic Association)**

Mary Pat Raimondi, MS RD  
Vice President, Strategic  
Policy and Partnerships

### **National Asian Pacific Center** **on Aging (NAPCA)**

Scott Allen Peck  
Director of Policy

### **National Association of Area** **Agencies on Aging (n4a)**

Sandy Markwood  
Chief Executive Officer

### **National Association of** **Nutrition and Aging Services** **Programs (NANASP)**

Robert Blancato  
Executive Director

### **National Association of** **States United for Aging and** **Disabilities (NASUAD)**

Martha Roherty  
Executive Director

### **National Caucus and Center** **on Black Aged, Inc. (NCBA)**

Karyne Jones  
President and CEO

### **National Council on Aging (NCOA)**

Kelly D. Horton, MS, RD  
Policy Director, Center  
for Healthy Aging

### **Services and Advocacy for** **Gay, Lesbian, Bisexual and** **Transgender Elders (SAGE)**

Catherine Thurston, LCSW  
Senior Director for Programs

### ***Ex Officio***

### **Meals On Wheels Association** **of America (MOWAA)**

Margaret Ingraham  
Executive Vice President



**Host of the 2012 Summit:**

