

3rd Annual Forum on Aging in Rural Oregon

May 1-3, 2019 | Chinook Winds Casino Resort | Lincoln City



Save the Date for these Upcoming ORH Events



36th Annual Oregon Rural Health Conference

The annual Oregon Rural Health Conference is the largest gathering in Oregon dedicated to sharing information and showcasing innovative approaches to health and the delivery of health care in rural Oregon. The conference brings together providers, administrators, consumers, policy makers and others to exchange ideas and share expertise.

Registration will open Summer 2019.
Information at www.ohsu.edu/ruralhealthconference
Continuing Education credits will be offered.

Contact Laura Potter
potterla@ohsu.edu | (503) 494-5244

October 2-4, 2019 | The Riverhouse on the Deschutes | Bend

2020 Forum on Aging in Rural Oregon



May 27-29 | The Riverhouse on the Deschutes | Bend

www.ohsu.edu/forumonaging



2019 Forum on Aging in Rural Oregon

OREGON OFFICE
ORH
of RURAL HEALTH

Welcome

The 3rd Annual Forum on Aging in Rural Oregon is presented by the Oregon Office of Rural Health with the generous support of the following partners: Cambia Health Foundation, Greater Oregon Behavioral Health, Inc., PeaceHealth; Healthy Oregon Workforce Training Opportunity Grant Program, Oregon Cascades West Council of Governments, Samaritan Health Services and the State of Oregon-State Unit on Aging, and the OHSU Hartford Center of Gerontological Excellence. We are proud to have so many outstanding sessions this year. Don't miss these highlights:

Wednesday, May 1, 2019

Residential Treatment of Individuals Who Have Experienced Brain Injury: Understanding, Managing, and Changing Challenging Behaviors — Caregivers, whether family or professional, are invited to attend this training just before the conference.

Reflection, Connection, Community: Introducing the Health Humanities as a Strategy to Support Aging in Rural Oregon — Incorporating content and approaches from the increases opportunities for reflection and connection, deepening the sense of community and improving quality of life.

The Experience of Grief and Loneliness — Learn how to recognize loneliness and social isolation in older people, with an emphasis placed on cultural/ethnic, gender, and age differences.

Thursday, May 2, 2019

Positive Approaches to Care—Normal Aging/Not Normal Aging — Based on Teepa Snow's Positive Approach to Care (PAC) caregiver education series, certified PAC trainers will lead the audience through "Normal Aging, Not Normal Aging," the first in a series of trainings now available in some rural communities.

Healthy Aging through Community and Exercise: A Case-Study of Strong Women Programs in the Columbia River Gorge — This session will address the topics of supporting and developing community programs for older adults and caregivers, as well as lifestyle, nutrition, and wellness for older adults.

Hospice in Lincoln County, Oregon — Learn about the services that are offered and not offered through hospice, including goals of care and the appropriate time to utilize hospice.

Friday, May 3, 2019

Blue Zones Project -Purpose Workshop (2-part session) — Learn how elders throughout the five "Blue Zones" are able to articulate their purpose later in their life and how to encourage elders to maintain their own sense of purpose into their later years.

Clinical Considerations for Cannabis Use — Learn about the evidence-based therapeutic uses for THC and CBD, as well as pharmacodynamic drug-drug interactions with THC and pharmacokinetic drug-drug interactions of CBD.

We extend a warm welcome and hope you enjoy yourself at this year's Forum!

2019 Forum on Aging in Rural Oregon

Wednesday, May 1

Track Key

Track 1: Social Services (SS)

Track 2: Community Approaches to Support Aging (CA)

Track 3: Clinical (C)

Pre-Forum Workshop for Caregivers

8am – 12:15pm

Nehalem/
Mikonotunne

Residential Treatment of Individuals Who Have Experienced Brain Injury: Understanding, Managing and Changing Challenging Behaviors

Sherry Stock, ABD/PhD, MS, CBIST, Executive Director – Neurogerontologist, Brain Injury Alliance of Oregon

Forum

1 – 1:55pm

Nehalem/
Mikonotunne

Welcome, Opening Remarks & Introductions

Robert Duehmig, Interim Director, Oregon Office of Rural Health

Rose Locklear, Field Services Program Manager, Oregon Office of Rural Health

Plenary Session

2 – 3pm

Nehalem/
Mikonotunne

Reflection, Connection, Community: Introducing the Health Humanities as a Strategy to Support Aging in Rural Oregon

Lois Leveen, PhD, Humanities for Healthcare

Medical treatment today allows people to live longer. Yet many patients, physicians, nurses, and other healthcare practitioners feel a decreased sense of well-being. This problem can be especially profound for older patients, and for patients (or practitioners) who are geographically and socially isolated. Incorporating content and approaches from the humanities (literature, art, history, philosophy, anthropology, and related fields) increases opportunities for reflection and connection, which deepens a sense of community and improves the emotional quality-of-life for patients, families, and healthcare practitioners.

3:05 – 4pm

Track 1 (SS)

Sixes

Concurrent Sessions

The Experience of Grief and Loneliness

Patrick Arbore, EdD, Director and Founder, Elderly Suicide Prevention & Grief Related Services at the Institute on Aging

This session will explore ways to recognize loneliness and social isolation in older people, with an emphasis placed on cultural/ethnic, gender, and age differences. While both isolation and loneliness impair quality of life and well-being, efforts to reduce social isolation are likely to be more relevant to mortality. The negative outcomes of loneliness and social isolation, including grief, physical illness, depression and premature death, will be discussed.

2019 Forum on Aging in Rural Oregon

Wednesday, May 1

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3:05 – 4pm

Track 2 (CA)

Takelma

Oregon’s Medically At-Risk Driver Program

Kristopher Kyes, Medical Programs Coordinator, Oregon Department of Motor Vehicles (DMV)

This presentation will provide an overview of Oregon’s At-Risk Driver program. By the end of the session attendees will have an understanding of: Different ways at-risk driver reports are received; how the DMV handles reports; warning signs for healthcare providers, drivers, and those concerned about the driving of others; and resources available for those no longer able to drive.

Track 3 (C)

Shasta

Supporting the Long-Term Care Workforce: The Use of the Project ECHO Model to Build Knowledge and Skills in Nursing Home Staff

Maggie McLain McDonnell, MPH, Senior Program Manager, Oregon Echo Network
Nirmala Dhar, LCSW, ACSW, Older Adult Behavioral Health Services Coordinator for Oregon Health Authority's Health Systems Division

This session will explore the Project ECHO model and its application in front-line nursing home staff to build knowledge and skills. Implemented in Oregon in March 2018, the Nursing Facility Behavioral Health (NFBH) ECHO program has had over 100 participants from 19 facilities. Presenters will describe the historical successes and development of this long-term care geriatric mental health ECHO program and share how the program was developed in Oregon including, implementation and analysis (pre-, post, and per-session results).

4 – 5:30 pm

Networking & Light Refreshments

Thursday, May 2

8 – 8:50am

Breakfast, Announcements

8:50 – 9am

Break

9 – 10am

Plenary Session

**Nehalem/
 Mikonotunne**

Depression, Suicide, & Aging in Rural Communities

Patrick Arbore, EdD, Director and Founder, Elderly Suicide Prevention & Grief Related Services at Institute on Aging

As a society we’re experiencing exponential growth in the number of those age 65 and over, along with a rise in the rate of socially isolated older adults. This presentation focuses on the Interpersonal Theory of Suicide and how it might explain suicide ideation and protective factors which can reduce suicide rates. Concerted efforts of intervention will be needed if we are to make an impact on the rates of suicide in older adults. Connection, compassion, public education campaigns to highlight the issue and promotion of expertise on social isolation in health-care professionals are powerful approaches to address social isolation.

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Thursday, May 2

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10 – 10:30am **Break**

10:35 – 11:30am **Concurrent Sessions**

Track 1 (SS)

Takelma

Introduction to Older Adult Mental Health First Aid

Lois Orner, LCSW, Clackamas County Social Services Volunteer Connection Program Manager

This presentation will follow the evidence based Older Adult Mental Health First Aid (MHFA) curriculum. MHFA provides people with understandable, supportive, de-stigmatizing information and tools so that they may assist people facing mental health challenges and facilitate the transition to professional help. MHFA is analogous to a regular first aid course for physical health issues.

Track 2 (CA)

Shasta

The Online Doctor Will See You Now: Health Resources for Rural Elders

Michele Spatz, MS, All of Us Research Program Community Engagement Coordinator, National Network of Libraries of Medicine, PNW Region, University of Washington

Are you stymied when an elder asks for health or medical information? Do you have one “go-to site” that you hope will work for all elders’ health information requests? If WebMd is your fail-safe, your elders are missing out on a wealth of free, helpful, and carefully curated health information. Presenters will discuss evidence-based health resources support elders’ need for current, trustworthy health information recommended by a long-time librarian with expertise in providing health information to both patients and the general public. In this workshop you will hear about and see demonstrations of a range of resources that go beyond the basic. Attendees who have a laptop or iPad can have an interactive experience at this session.

Track 3 (C)

Sixes

Navigating Rural Healthcare for Advanced Age Patients in the Years to Come

Michael Knower, MD, HMDC, FAAHPM, St. Charles Hospice

Chris Kelley, RN, MHL. Mt. Bachelor Memory Care

Care of the advanced age patient is often complex. This presentation will focus on the current and anticipated needs of elders in rural Oregon, including the supply of and demand for housing and residential care communities and the anticipated increased need for professional, ancillary, and informal caregivers. The existing channels and resources for future care providers and strategies for closing these projected gaps will also be explored.

11:30 – 11:45am **Break**

11:45am – 1pm **Lunch & Roundtable Discussions**

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2019 Forum on Aging in Rural Oregon

Thursday, May 2

1:05 – 2pm

Concurrent Sessions

Track 1 (SS)
 Takelma

The Aging and Disability Resource Connection (ADRC) of Oregon: Connecting You to Community Resources

Monica Sandgren, Oregon DHS-APD, Community Services & Supports

Lacey Hanson, ADRC Program and Technical Specialist

The Aging and Disability Resource Connection (ADRC) of Oregon will discuss local public and privately paid options for those seeking information about services to address aging or disability needs. This presentation will provide an overview of the ADRC and a demonstration of the public website with tips on how to use the website to search for local, state, and national resources. A panel discussion with local ADRC staff who provide information & referral and person-centered options counseling will follow the presentation.

Track 2 (CA)
 Sixes

Independence, Rural Communities, and the Stigma of Social Services

Rebecca Arce, MPP, DHS Aging & People With Disabilities

Ashley Carson Cottingham, JD, Director, DHS Aging & People With Disabilities

DHS Aging and People with Disabilities strives to serve all of Oregon's elders with dignity, respect, and equity. With the distribution of resources centered in Western Oregon and the spirit of independence and self-determination embedded in communities throughout Eastern Oregon, there may be a disconnect in service delivery. In this session we will seek to understand the perceptions that rural Oregonians have of state workers and social services to develop tools for collaboration and partnerships with the communities who may not actively seek social services.

Track 3 (C)
 Shasta

Empowering Advocates and Navigators to Facilitate POLST Discussions in Their Community

Valerie Jimenez, Executive Director, Oregon POLST Program

This session will empower patient advocates and navigators to support end-of-life care conversations with elders in their community. Participants will learn when to talk about POLST (and when it is too soon), what tools to use to start the conversation, and how to use the POLST form in different care settings.

2:05 – 3:05pm

Concurrent Sessions

Track 1 (SS)
 Sixes

Positive Approaches to Care—Normal Aging/Not Normal Aging

Janet Holboke, MSW, LCSW, Older Adult Behavioral Health Specialist,

Greater Oregon Behavioral Health, Inc

Rod Harwood, MDiv, MA, BCC, Older Adult Behavioral Health Specialist,

Greater Oregon Behavioral Health, Inc

Based on Teepa Snow's Positive Approach to Care (PAC) caregiver education series, certified PAC trainers will lead the audience through "Normal Aging, Not Normal Aging," the first in a series of trainings now available in some rural communities. Participants will see Teepa Snow "on the big screen" demonstrating the normal changes we all experience as we grow older. Participants learn how the brain changes as dementia progresses and have an opportunity to practice a few key skills when working with someone living with dementia.

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2:05 – 3:05pm

Concurrent Sessions

Track 2 (CA)

Takelma

Healthy Aging through Community and Exercise:

A Case-Study of Strong Women Programs in the Columbia River Gorge

Lauren Kraemer, MPH, Assistant Professor of Practice, Oregon State University, Strong Women Ambassador & Master Trainer

Claire Culbertson, Strong Women Leader & Oregon State University Extension Service Community Volunteer

Ann Dow, Strong Women Leader & Oregon State University Extension Service Community Volunteer

This presentation will address the topics of supporting and developing community programs for older adults and caregivers, as well as lifestyle, nutrition, and wellness for older adults. Discussion will include the history and background of the Strong Women Program from its development by researchers at Tufts University through its dissemination across the country via the Extension Service. Program leaders will discuss the value of the program demonstrated through case studies; the importance of providing accessible, affordable exercise and social programs in a rural environment; and results of a recent survey of the Columbia Gorge programs. Attendees of this session will have the opportunity to practice a few of the balance exercises and learn more about joining a program in their own community as well as the steps for getting a program started if one doesn't exist.

Track 3 (C)

Shasta

MOVE-ing Toward Person-Centered Care: Practical Tools for Caregivers

Leah Brandis, Lead project manager for the Oregon Nursing Home Resident Safety Collaborative at Health InSight Oregon

Serena Hasworth, MPH, Research assistant and project manager in the Portland State University Institute on Aging

Everyone says they are providing it but what does it really mean to provide person-centered care? How can caregivers be sure they are doing it? This session, hosted by MOVE (Making Oregon Vital for Elders), Oregon's coalition for culture change in long-term care, will explore the components of person-centered care and tools for incorporating person-centered care into your care routines. Presenters will highlight a new web-based training tool for caregivers and how it can be used to support person-centered care in multiple settings, including adult foster homes, assisted living and residential care, memory care, and nursing homes.

3:05 – 3:35pm

Networking & Light Refreshments

3:35 – 4:30pm

Concurrent Sessions

Track 1 (SS)

Takelma

A Hidden Crisis – The Rise of Grandparents Raising Grandchildren in Oregon

Keren Brown Wilson, PhD, Jessie F. Richardson Foundation CEO

Stephanie Hooper, Jessie F. Richardson Foundation, President

An in-depth look at the dramatic increase of grandparents raising grandchildren; the surprising numbers, not so surprising causes, and unique challenges for aging older adults parenting a second time around. Additionally, presenters will discuss new resources, tools, and legislation that is emerging and in place to support Oregon's grand-families.

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3:35 – 4:30pm

Concurrent Sessions

Track 2 (CA)

Hospice in Lincoln County, Oregon

Sixes

Jerry J. Robbins, MD, Assistant Director of Hospice, Samaritan Healthcare
Warren Sparks, MD, Hospice Medical Director, Samaritan Healthcare

This session will explore hospice services in Lincoln County, Oregon. Topics will include: the services that are offered and not offered through hospice; goals of care; and the appropriate time to utilize hospice. Other aspects such as: rural geography; hospice inclusion in a hospital system, Samaritan Health Services; a small but growing service volume despite a large percentage of elderly in our service area and how this impacts providers/staff employment.

Track 3 (C)

Empowering Communities through the LiveWell Method™

Shasta

Barbara Kohnen Adriance, Founder of The Malden Collective

Lisa McKerlick, MSN, RN, RN Facilitator/Lead Trainer, Providence Portland Medical Center

The LiveWell Method is an innovative approach to long term care service and support. From 2016 to 2018, LiveWell was rolled out to 40 communities, and the response was overwhelmingly positive. Communities that used the tools ended up with more engaged staff, fewer falls, and a much better understanding of problems like medication errors and overuse of antipsychotic and antibiotic medications. Most of all, they learned how to improve outcomes for their residents. LiveWell is a “bottom up, top enabled” method that honors the people doing the work and the culture that they have already created. It is a “how” program that enables any community to achieve the improvements it desires.

Friday, May 3

8 – 8:45am

Breakfast, Announcements

8:50 – 9:50am

Concurrent Sessions

Track 1 (SS)

When a Guardian is Appointed: What Happens Next? The Role of a Fiduciary

Takelma

Jerry Rainey, Certified National Guardian, and cofounder of Cornerstone Services

Attendees will learn how family members or professionals become the substitute decision makers for an older adult, the difference between laws and standards, and how to approach the complicated decisions guardians face in the day-to-day life of a protected person. The role of a professional fiduciary will be covered and how they can help people working in the social services sector, including mental health workers, adult protective services, hospitals, and more. The session will explain how guardians can partner with a professional fiduciary: what is required to be appointed on cases as conservator or guardian; and what options are available to social workers and families to coordinate services for vulnerable individuals. Best practices, practical ideas, and resources will be provided.

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Track 2 (CA)

Shasta

Blue Zones Project -Purpose Workshop—Part I

Jessie Hecocta, Relationship Manager, Blue Zones Project, Klamath Falls

This is part one of this two-part session. The Blue Zones Project® has a strong focus on maintaining meaning in life and have found that many elders throughout the five “Blue Zones” are able to articulate their purpose later in their life. This session will assist attendees in their work within the elder population and how they can encourage elders to maintain their own sense of purpose into their later years, after retirement and beyond.

Track 3 (C)

Sixes

Pruning the Pills: A Deprescribing Strategy for Addressing Polypharmacy

Lisa Honsvik, RN, DNS, Willowbrook Terrace

Michael Knowler, MD, HMDC, FAAHPM, St Charles Hospice

Fifty percent of the Medicare population is taking five or more prescription medications. Expenditures on pharmaceuticals create a financial burden for elders on fixed incomes. As additional prescriptions are added, the potential for adverse drug-drug interactions increases exponentially. Polypharmacy is a significant risk factor for emergency department visits, hospitalizations, and premature death. Presenters will explore the dynamics of polypharmacy and present a practical, evidence-based, non-judgmental approach that we have found effective in our community. While presenters will draw on their experiences in long-term care and end-of-life care, this strategy is applicable across all health care venues.

9:55– 10:55am

Concurrent Sessions

Track 1 (SS)

Takelma

Community-Based Palliative Care in Rural Oregon

Donna Becker, MSW, PeaceHealth Peace Harbor Palliative Care

Stephen Kerner, DO, PeaceHealth Peace Harbor Palliative Care

This presentation will explore the ways that the community of Florence, Oregon has managed to develop and sustain a Palliative Care program in a rural setting. Presenters discuss techniques for other communities wishing to implement a Palliative Care program or enhance an existing program.

Track 2 (CA)

Shasta

Blue Zones Project -Purpose Workshop—Part II

Jessie Hecocta, Relationship Manager, Blue Zones Project, Klamath Falls

This is part two of this two-part session.

Track 3 (C)

Sixes

Clinical Considerations for Cannabis Use

Danielle Backus, PharmD, BCGP, Pacific University

John Begert, PharmD, Pacific University

This presentation will summarize the evidence-based therapeutic uses for THC and CBD. Discussion will include two patient scenarios to identify potential benefits and determine most evidence-based products. Lastly, the pharmacodynamic drug-drug interactions with THC and pharmacokinetic drug-drug interactions of CBD will be addressed.

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Friday, May 3

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11am – 12pm
Nehalem/
Mikonotunne

Plenary Session

Every Brain Needs Music

Larry S. Sherman, PhD, Professor in the Division of Neuroscience at the Oregon Primate Research Center

This talk focuses on insights into some of the most exciting brain research in recent years - the connection between music, brain development, and the ways music can prevent or delay brain aging and help patients with damage to the brain. In this multi-media experience, Dr. Sherman mixes musical performances, humor, and neuroscience to reveal the amazing connection between music and human brain function.

12pm

Forum Wrap Up

Greater Oregon Behavioral Health, Inc. (GOBHI) is proud to sponsor the 2019 Forum on Aging in Rural Oregon.



OABHI GOBHI

*Supporting Rural Partnerships
in Older Adult Behavioral Health*

GOBHI is an innovative behavioral health care organization that serves and supports communities across Oregon. We provide visionary leadership to give better care and improve health in rural counties throughout the state.

GOBHI's Older Adult Behavioral Health Initiative was created to better meet the needs of older adults and people with disabilities by improving access to care, and by making sure that providers work together to provide coordinated, high-quality physical and behavioral health care.

401 E. 3rd St., Suite 101 | The Dalles, OR 97058 | 541-298-2101 | gobhi.org

Ruby Partner



Live well

The Cambia Health Foundation is dedicated to advancing patient- and family-centered care for all. By strategically investing in philanthropy, we're transforming the way you and your loved ones experience health care, from birth to natural completion of life.

We're proud to support the 3rd Annual Forum on Aging in Rural
Ruby Partner

“Caring for our rural residents is my mission.”



Built to serve Oregon

Rural communities face a combination of factors that create disparities in health care. PeaceHealth embraces opportunities to serve the unique rural populations of Oregon as both a critical access provider as well as a provider of regional/tertiary services:

- Engaging in the development of rural health systems as a proud partner of the Oregon Rural Health Association
- Being the first in Oregon to participate in an Accountable Care Organization (ACO) in collaboration with Lower Umpqua Hospital
- PeaceHealth Cottage Grove Community Medical Center nationally recognized for the third year in a row as one of the Top 100 Critical Access Hospitals
- PeaceHealth Peace Harbor Medical Center Level IV trauma center serving the Central Oregon coast for more than 25 years
- PeaceHealth Sacred Heart Medical Centers in Eugene and Springfield for coordinated care of patients who require intensive or highly specialized services – Level II trauma center; cardiology, cardiac electrophysiology and cardiac surgery; neurosciences; primary stroke center; pediatric surgery and pediatric cardiology; inpatient and outpatient behavioral health, and more



peacehealth.org/medpro
(for medical professionals)

Ruby Partner

Healthy Oregon Workforce Training Opportunity Grant Program

Are you a community-based educational institution or health care service organization?

Do you have an idea for an innovative health care workforce training initiative?

Do you need funding to help launch your idea?

Then, **HOWTO** is for you.

Accepting proposals through May 24, 2019.

Learn more and apply at www.ohsu.edu/howto.

HOWTO

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Emerald Partner

Continuing Education

The Oregon Office of Rural Health is pleased to offer continuing education credits at the 3rd Annual Forum on Aging in Rural Oregon.

OHSU School of Medicine designates this live activity for a maximum of 10.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The OHSU School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Other providers who can accept *AMA PRA Category 1 Credits*[™]:

- Nurse Practitioners and Registered Nurses
- Physician Assistants
- Certified Nurse Midwives
- Licensed Social Workers

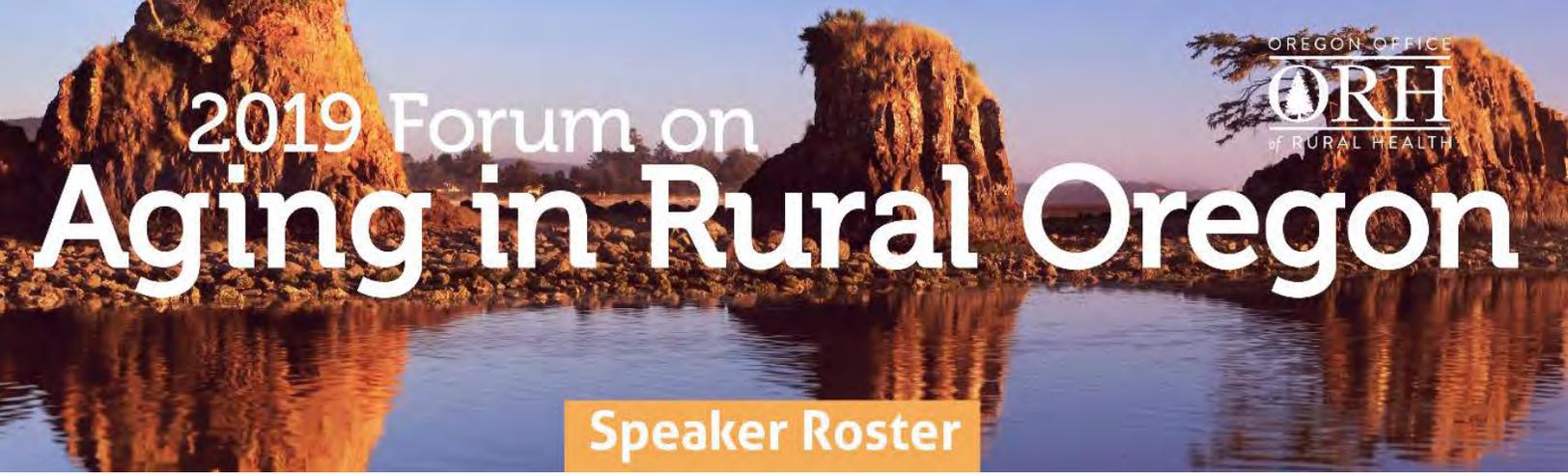
If you have any doubts whether an activity will qualify for CE, contact your Board.

There is no need for you to check in with our staff as long as you registered for CE when you registered for the Forum, and as long as you paid the \$30 fee at that time. If you did not do so, but now wish to receive CE credit, you can pay the fee at the registration desk and we will alter your registration for you.

You will receive the evaluation via email at the end of the Forum and you will have the opportunity then to identify the sessions you attended and the time you attended each session (for instance, if you had to miss part of a session, you would adjust your hours accordingly). If you are claiming CE credit, you must provide your name and email address on your evaluation. If you would also like to give anonymous feedback, our staff are happy to accept handwritten remarks.

You should receive your certificate from the OHSU CME office approximately a month after the Forum, regarding the CE credits you earned. Again, our staff are happy to help if you have questions.





2019 Forum on Aging in Rural Oregon

Speaker Roster

Barbara Kohnen Adriance, MPP

Founder

The Malden Collective, LLC

barbara.maldencollective@gmail.com

Barbara's business provides consulting services for organizations seeking to make transformational changes in health and wellbeing. Formerly Senior Business Leader for Learning and Innovation at CareOregon, she led the IdeaLab, which used human centered design to develop promising ideas into programs that impact people's health. Barbara worked in public policy, education, and international development in Latin America and Washington, DC, before joining CareOregon in 2009.

Patrick Arbore, EdD

Director and Founder

Elderly Suicide Prevention & Grief Related Services at the Institute on Aging

PArbore@ioaging.org

Dr. Patrick Arbore is the founder of the Center for Elderly Suicide Prevention which provides the only nationally accredited hotline/warm-line for people age 60 and older, as well as younger disabled people who are depressed, isolated, lonely, bereaved, substance abusers, and/or suicidal.

Rebecca Arce, MPP

Program Equity Manager

Department of Human Services, Aging and People with Disabilities

rebecca.e.arce@state.or.us

Rebecca Arce is the Program Equity Manager for DHS Aging and People with Disabilities. She holds a master's degree in Public Policy. Her work focuses on understanding the racial and pioneer history of Oregon in order to provide equitable access to services for elders and people with disabilities in minority and rural communities across Oregon. She is a graduate of Oregon State University.

Danielle Backus, PharmD, BCGP

Assistant Professor of Pharmacy Practice | Pacific University Oregon

Clinical Pharmacist | Providence ElderPlace

DanielleMBackus@pacificu.edu

Dr. Danielle Backus is faculty at Pacific University School of Pharmacy. She teaches within the rural and underserved learning track for students interested in this practice area, as well as courses in pharmacotherapeutics. Dr. Backus completed post-graduate residency training in the area of geriatrics and is a board-certified geriatric pharmacist. Her clinical focus is working with Providence ElderPlace patients who manage their own medications.

Donna Becker, MSW

Palliative Care Social Worker
PeaceHealth Peace Harbor Medical Center
dbecker@peacehealth.org

Donna Becker graduated with a Bachelor of Social Work degree from Moorhead State University in Minnesota and has been working in the field of Medical Social Work ever since. She went back to graduate school in 2013 and earned a Master of Social Work (MSW) degree in June 2016. Donna has worked in the field of hospice for 10 years and has been in her current Palliative Care Social Work position since December 2016.

John Begert, PharmD

Assistant Professor of Pharmacy Practice | Pacific University Oregon
Clinical Pharmacist | Virginia Garcia Memorial Health Center
john.begert@pacificu.edu

Dr. John Begert is faculty at Pacific University School of Pharmacy, teaching within the rural and underserved learning track for students interested in this practice area. He also teaches the pharmacotherapeutics and skills courses. Dr. Begert completed post-graduate residency training in the area of ambulatory care. His clinical focus is working with Virginia Garcia in the management of chronic disease states, particularly diabetes.

Leah Brandis

Senior Project Manager
Health InSight Oregon
lbrandis@healthinsight.org

Leah Brandis has been dedicated to serving older adults since 2003. She has been a volunteer since 2008, and is now chair of Oregon's culture change coalition, Making Oregon Vital for Elders (MOVE). Leah had an active role in the development of MOVE's *Let's Get Real*, online training modules on person-centered care. She worked as a registered dietitian nutritionist and dietary manager of a nursing home for 11 years. As a member of the culture change committee she contributed to projects that: transitioned food service from tray service to family style with select menus; improved bathing; and established a therapy garden. She is currently the lead project manager for the Oregon Nursing Home Resident Safety Collaborative at HealthInsight Oregon and is nearing completion of a Master of Public Health at Portland State University.

Ashley Carson Cottingham, JD

Director
Department of Human Services, Aging and People with Disabilities
ASHLEY.B.CARSON-COTTINGHAM@dhsosha.state.or.us

Dr. Ashley Carson Cottingham holds a law degree from Vermont Law School and an undergraduate degree from University of Oregon. Before returning to Oregon, Ashley worked as the staff director for the Subcommittee on Primary Health and Aging of the Health, Education, Labor and Pensions Committee at the U.S. Senate. Ashley was the Executive Director of the national non-profit organization, the Older Women's League, where she highlighted the issues that impact women as they age – including retirement security, access to health care, and other quality of life issues. Most recently, Ashley worked as the Director of Policy and Advocacy for Compassion & Choices, an organization dedicated to improving care and expanding choices at the end of life. In this role, she led the development of a new policy department and also a consumer-driven campaign to end unwanted medical treatment.

Clair Culbertson

Strong Women Leader

Oregon State University Extension Service Community Volunteer

claireculbertson@gmail.com

Claire Culbertson spent most of her career working for Area Agencies on Aging in Wisconsin and moved to the Gorge to retire. She is an avid volunteer and community advocate. She is working hard to make her new home a healthy place to age.

Nirmala Dhar, LCSW, ACSW

Older Adult Behavioral Health Coordinator

Health Systems Division of the Oregon Health Authority

nirmala.dhar@dhsosha.state.or.us

Nirmala Dhar is a Licensed Clinical Social Worker with a Master's in Social Work from Washington University St. Louis, Missouri, and Bombay University, India. She is the Older Adult Behavioral Health Services Coordinator for Oregon Health Authority's Health Systems Division. She has 30 years of experience working in the public sector of behavioral health in Missouri, New Jersey, and Oregon.

Ann Dow

Strong Women Leader

Oregon State University Extension Service Community Volunteer

anndow@me.com

Ann Dow spent her career in public service and moved to the Columbia Gorge to retire. She has been a Strong Women leader for four years in the rural community of Mt. Hood. Ann has cultivated deep connections and provided support to innumerable women through the Strong Woman group she leads.

Lacey Hanson, CRS, CIRS

Program and Technician Specialist

The Aging and Disability Resource Connection (ADRC)

lacey.hanson@multco.us

Rod Harwood, MDiv, MA, BCC

Older Adult Behavioral Health Specialist

Greater Oregon Behavioral Health, Inc (GOBHI)

rod.harwood@gobhi.net

Rod Harwood is an Older Adult Behavioral Health Specialist with GOBHI, serving much of Eastern Oregon. In this role he promotes enhanced collaboration and coordination among the agencies serving older adults and ensures that the people who care for elders are well trained. He provides training on a host of topics relating to older adult issues. One of the ways he does this is as a certified Positive Approach to Care (PAC) Trainer. Rod has 30 years of healthcare experience providing clinical support in hospital, mental health, and hospice settings.

Serena Hasworth, MPH

Project Manager

Portland State University Institute on Aging

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Serena Hasworth holds a master's degree in public health and is a project manager at the Portland State University Institute on Aging. She has been serving older adults since working in a nursing home in high school. Serena contributed to several projects with the Aging and Disability Resource Connection (ADRC), including consumer satisfaction surveys, an evaluation of the ADRC Mental Health Project, and a person-centered dementia care training series. She is currently working to validate a measure of person-centered

care for people living in long-term care facilities. Serena recently joined the Making Oregon Vital for Elders (MOVE) steering committee.

Jessie Hecocta

Relationship Manager
Blue Zone Project, Klamath Falls
jessie.hecocta@sharecare.com

Jessie Hecocta has been with the Blue Zones Project®-Klamath Falls for the past three years and works directly with employers, schools (pre-k thru college), restaurants, and grocery stores. She has been trained to facilitate Purpose Workshops throughout the community and within individual organizations. Over 800 community members within the Klamath Basin have been positively impacted through participation in this workshop.

Janet Holbrooke, MSW, LCSW

Older Adult Behavioral Health Specialist
Greater Oregon Behavioral Health, Inc (GOBHI)
janet.holboke@gobhi.net

Janet Holbrooke earned her master's degree in social work from Portland State University with a specialty in geriatrics. She provided social work and counseling services for older adults in nursing facilities and community mental health before serving as the Enhanced Care Services Coordinator for the Office of Mental Health and Addiction Services (now Oregon Health Authority). Janet joined GOBHI in 2015 at the beginning of Oregon's Older Adult Behavioral Health Initiative. She serves Tillamook, Columbia and Clatsop counties as well as providing clinical consultation throughout GOBHI's rural and frontier communities. Janet serves as a faculty member for the Behavioral Health in Nursing Facilities ECHO project through the Oregon ECHO Network and is a certified PAC (Positive Approach to Care) trainer.

Lisa Honsvik, RN, DNS

Director of Nursing
Willowbrook Terrace
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Lisa Honsvick began her nursing career in a rural community in southern Idaho. Since then, she has worked as a Resident Care Manager and Clinical Coordinator for skilled nursing communities, as well as the Director for an assisted living community. It is because of her unique understanding of the rural geriatric population, and the continuum of their healthcare-related needs, that her passion grew towards providing high quality acute, skilled, long-term, and end-of-life services to what she describes as "the stoic populations of rural Oregon."

Stephanie Hooper

President
Jessie F. Richardson Foundation
shooper@jfrfoundation.org

Stephanie Hooper has 20 years of experience working in private and nonprofit sectors. Beginning in 2001 at the American Red Cross as Director of Health & Safety Services, one of her achievements was reinvigorating and expanding the offering of life-saving skills training and products across Oregon. She is a Senior Fellow of the American Leadership Forum of Oregon, as well as a volunteer and board member for organizations focused on education, LGBTQ services, leadership development and services to older adults.

Valerie Jimenez

Executive Director
Oregon POLST Program
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Valerie Jimenez is the Executive Director for the Oregon POLST Program and the Oregon POLST Coalition. She serves as the primary point of contact for all patients, families, and health care professionals interested in more information about the Oregon POLST Program.

Chris Kelley, RN, MHL

Mt. Bachelor Memory Care
Christina_kelley@alumni.brown.edu

As an experienced nurse leader, Chris has a multitude of experience and knowledge from her years of working in acute care hospitals, multispecialty clinics, home health, hospice and community-based care settings. She is an experienced medical consultant specializing in medical legal, medical disability, and workplace health. Chris also helped develop care coordination and case management models in multiple healthcare settings. Her interests include telehealth, patient safety, data and population health, care coordination, and national health policy.

Stephen Kerner, DO

Hospice & Palliative Medicine
PeaceHealth Peace Harbor Medical Group
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Dr. Stephen Kerner graduated from the College of Osteopathic Medicine of the Pacific in Pomona, California. He attended 2 years of an Anatomic and Clinical Pathology Residency at Cedars-Sinai Medical Center in Los Angeles, California and then completed his Internship/Family Practice Residency at West Virginia Osteopathic School of Medicine at Alleghany Regional Hospital in Low Moor, Virginia. Dr. Kerner has been employed as an Attending Physician Family Practice with PeaceHealth Peace Harbor Medical Group since November 2006. He is a member of the American Medical Director Association, the American Osteopathic Association, the American College of Osteopathic Family Physicians, and the American Academy of Hospice and Palliative Medicine Pain Society of Oregon.

Michael Knowler, MD, HMDC, FAAHPM

St. Charles Hospice
meknowler@stcharleshealthcare.org

During his thirty years in Prineville, Dr. Knowler has served as a family physician with a predominantly geriatric office and hospital practice, as well as a hospice physician caring for community elders as they approach end of life. Over the past twenty-five years he has been recognized as "that rural guy" within the American Academy of Hospice and Palliative Medicine, and has been instrumental in launching and leading the Rural Special Interest Group and serving as the rural voice on the Membership & Communities Strategic Coordinating Committee and the Hospice Medicine Council Leadership Committee.

Lauren Kraemer, MPH

Assistant Professor of Practice, Strong Women Ambassador & Master Trainer
Oregon State University Extension Service
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Lauren's research and program interests include chronic disease prevention and health promotion through interventions in nutrition and physical activity. She believes in the development of policies, systems, and environmental shifts to enhance health equity and improve social determinants of health.

Kristopher Kyes

Medical Programs Coordinator

Oregon DMV

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Kristopher Kyes is the Medical Programs Coordinator for the Oregon DMV. He spent six years as a medic in the United States Air Force, and nine years as a Forensic Scientist with the Oregon State Police in the Toxicology discipline, focused primarily on DUI enforcement related to drugs other than alcohol. After working in varied inpatient and outpatient healthcare positions, he now applies his experience and knowledge as a Medical Programs Coordinator for the Oregon Department of Motor Vehicles.

Lois Leveen, PhD

Humanities for Health

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Dr. Lois Leveen serves on the board of the Northwest Narrative Medicine Collaborative and the editorial board of *Medical Humanities: Criticism and Creativity*. She holds degrees from Harvard University, the University of Southern California, and UCLA. Dr. Leveen frequently leads public health humanities seminars that allow medical practitioners, patients, and patients' families to connect and reflect through discussions of literature and visual art. She has given workshops and presentations at the Health Humanities Consortium annual conferences, the American Cancer Society, Stanford University's MedX, the Hippocrates Conference on Poetry and Medicine, and the International Conference on Physician Health.

Lisa McKerlick, MSN, RN

RN Facilitator & Lead Trainer

Providence Portland Medical Center

lisa.mckerlick@gmail.com

Lisa McKerlick is a nurse educator. In her most recent position as RN Clinical Trainer/Developer for CareOregon, she co-authored and developed the LiveWell Method™, a quality assurance and performance improvement curriculum. She specializes in creating and implementing healthcare industry training programs designed to improve community culture, training all skill levels, care settings and departments to ensure teamwork and collaboration. Lisa was an RN in hospital inpatient settings as well as urgent and outpatient care until becoming RN Facilitator/Lead Trainer at Providence Portland Medical Center in 2012.

Maggie McLain McDonnell, MPH

Senior Program Manager

Oregon Rural Practice-Based Research Network (ORPRN) | Oregon ECHO Network

mclainma@ohsu.edu

Maggie McDonnell is the Senior Program Manager of the Oregon ECHO Network. The Oregon ECHO Network is a statewide utility for ECHO programs and services and is hosted at the Oregon Rural Practice-Based Research Network within Oregon Health & Science University. Maggie earned a master's degree in Public Health and Bachelor of Business Administration degree from The George Washington University in Washington, DC. She has over 10 years' experience in public health, physical activity, and wellness.

Lois Orner, LCSW

Volunteer Connection Program Manager

Clackamas County Social Services

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Lois Orner is a Licensed Clinical Social Worker and a certified Mental Health First Aid Instructor. Lisa had 19 years of experience as a medical social worker, including 16 years working with children and youth via educational settings in the non-profit sector, and nearly four years with Clackamas County Social Services, managing six programs that provides services to older adults and people with disabilities. Lois has been

instrumental in getting all staff and volunteers trained in Mental Health First Aid, aided by a grant from the Corporation for National and Community Service.

Gerald (Jerry) Rainey

Cornerstone Services, Inc.

www.oregoncsi.com

Jerry Rainey is a graduate of California State University of Sacramento, California with a bachelor's degree in business administration. Jerry started his career in banking, moving into the credit union industry. He spent almost thirty years working as a senior manager for four credit unions. He left the industry in 2001 and joined his wife, Rikki, with forming Cornerstone Services, Inc., and Cornerstone Care, Inc. to offer professional fiduciary services throughout the state.

Jerry Robbins, MD

Assistant Director of Hospice

Samaritan Healthcare

robbinsj@samhealth.org

Dr. Robbins graduated from medical school at Case Western Reserve University. His residency was in Internal Medicine at Children's Hospital and Adult Medical Center, San Francisco, California. He became board certified in Internal Medicine in 1976, practiced general internal medicine in Newport, Oregon from 1977 to 2006, and then became hospitalist in Newport, Oregon from 2006 to 2016. In addition, he was Co-Director of Hospice from 1995 to 2006, and Assistant Director of Hospice from 2006 to present.

Monica Sandgren

Policy Analyst

Oregon Department of Human Services and People with Disabilities, Community Services and Support Unit

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Larry Sherman, PhD

Professor of Neuroscience

Oregon National Primate Research Center | Oregon Health & Science University

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Dr. Sherman is a Professor of Neuroscience at the Oregon National Primate Research Center and at the Oregon Health & Science University. He is also President of the Oregon and Southwest Washington Chapter of the Society for Neuroscience. He serves on several U.S. and international scientific review panels for the U.S. National Institutes of Health, the U.S. Congressionally directed Medical Research Programs, and others. He has made numerous television appearances discussing topics such as the neuroscience of pleasure and love, music and the brain, the neuroscience of racism, and the neuroscience of concussions. The Oregon Museum of Science and Industry and Portland Monthly Magazine recognized Dr. Sherman as one of the "People who are changing our world."

Warren Sparks, MD

Hospice Medical Director

Samaritan Healthcare

warsparks@samhealth.org

Dr. Warren Sparks attended medical school at University of Texas Southwestern. He is board-certified in emergency medicine and family practice. Dr. Sparks has had academic appointments in Albuquerque and Denver, and rural practices in Western Colorado, Kauai, and Western Oregon. He was a nursing Home Medical Director from 2013 to 2017 and has been Hospice Medical Director since 2015.

Michele Spatz, MS

Research Program Community Engagement Coordinator
National Network of Libraries of Medicine, University of Washington
mspatz@uw.edu

Michele Spatz serves as the All of Us Community Engagement Coordinator for the National Network of Libraries of Medicine, Pacific Northwest Region, at the University of Washington, Seattle. Michele is an alumnus of the University of Illinois, Urbana, where she earned both her B.S. and M.S. (in Library and Information Science) degrees. In 1991, she established the Planetree Health Resource Center, a community-based consumer health library, for Mid-Columbia Medical Center in The Dalles, OR. She spent five years on staff at Planetree, Inc., an international non-profit health organization, educating and coaching healthcare staff on demystifying the patient experience and creating innovative approaches to patient-centered care.

Sherry Stock, ABD/PhD, CBIST

Executive Director - Neurogerontologist
Brain Injury Alliance of Oregon
sherry@biaoregon.org

Sherry Stock is the Executive Director of the Brain Injury Alliance of Oregon (BIAOR), the only statewide, nonprofit organization dedicated to the mission of creating a better future for people with traumatic brain injury (TBI) and their families through prevention, research, education, and advocacy. Sherry's educational highlights include: ABD/PhD in Systems Science, focusing on applying Chaos Theory to epidemics and international aging; Master's degrees in Medical Sociology, International Gerontology, and Neuro-Gerontology, with minors in Biostatistics, Hospital Administration, Epidemiology and Health Science; and Certified Brain Injury Specialist Trainer with the Academy of Certified Brain Injury Specialists. She was appointed by the Governor of Oregon to The Traumatic Brain Injury Task Force (GTFTBI), the Oregon Disabilities Commission, Oregon WINGS (Working Interdisciplinary Network of Guardian Stakeholders), Medicaid Long Term Care Quality and Reimbursement Advisory Council (MLTCQRAC), the Traumatic Brain Injury Advisory Council for both Oregon and Idaho, and the Oregon Reintegration Team working with returning military.

Keren Brown Wilson, PhD

Founder & CEO
Jessie F. Richardson Foundation
kwilson@jfrfoundation.org

Dr. Keren Brown Wilson serves as CEO of the Jessie F. Richardson Foundation (JFRF). The JFRF focuses on underserved older adults in resource constrained communities using asset-based community development techniques. A major focus has been the development of service learning and fieldwork academic programs to support work with underserved adults. Under her leadership the Foundation also has a major initiative focused on training for low literacy adults in the provision of direct care and management of chronic disease and conditions of older adults. Other initiatives are focused on intergenerational efforts, particularly grandparents raising grandchildren and affordable housing with services for older adults in rural areas.

2019 Forum on Aging in Rural Oregon

May 1-3 | Chinook Winds Casino Resort | Lincoln City

Facility Disclosure Information

In accordance with the requirements of the Standards for Commercial Support of the Accreditation Council for Continuing Medical Education, each instructor and member of the planning committee has been asked to disclose any relevant financial relationships with commercial interests (defined as: any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients). The information disclosed for this activity is listed below.

In addition, the planners and instructors listed have agreed that all recommendations involving clinical medicine will be based on evidence that is generally accepted within the profession as adequate justification for their indications and contraindications in the care of patients; that all scientific research used in support or justification of a patient care recommendation will conform to the generally accepted standards of experimental design, data collection and analysis; and that material to be presented will be made available for advance peer review if requested.

Instructors/Moderators

Patrick Arbore, Ed.D	Nothing to disclose
Ashley Carson Cottingham, JD	Nothing to disclose
Tina Castanares, MD	Nothing to disclose
Claire Culbertson, MPH	Nothing to disclose
Nirmala Dhar, MSW	Nothing to disclose
Ann Dow, MS	Nothing to disclose
Robert Duehmig, BA	Nothing to disclose
Lacey Hanson	Nothing to disclose
Rod Harwood, M. Div., MA	Nothing to disclose
Serena Hasworth, MPH	Nothing to disclose
Jessie Hecocta, BS	Nothing to disclose
Janet Holboke, LCSW	Nothing to disclose
Lisa Honsvick, RN	Nothing to disclose
Stephanie Hooper, BA	Nothing to disclose
Angela Jensen, MSW	Nothing to disclose

Valerie Jimenez, BS	Nothing to disclose
Christina Kelley, MHCL	Nothing to disclose
Stephen Kerner, DO	Nothing to disclose
Michael Knower, MD	Nothing to disclose
Barbara Kohnen Adriance, MPP	Nothing to disclose
Lauren Kraemer, MPH	Nothing to disclose
Kristopher Kyes, BA	Nothing to disclose
Marie Laper, MSW	Nothing to disclose
Lois Leveen, PhD	Nothing to disclose
Rosalee Locklear, MPH	Nothing to disclose
Amber Mcllwain, MS	Nothing to disclose
Lisa McKerlick, MSN	Nothing to disclose
Maggie McLain McDonnell, MPH	Nothing to disclose
Jennifer Mead, MPH	Nothing to disclose
Jan Molnar-Fitzgerald	Nothing to disclose
Randi Moore	Nothing to disclose
Lois Orner, MSW	Nothing to disclose
Laura Potter, JD	Nothing to disclose
Gerald Rainey, BCBS NCG	Nothing to disclose
Jerry Robbins, MD	Nothing to disclose
Monica Sandgren	Nothing to disclose
Marilyn Sanguinetti, BS	Nothing to disclose
Larry Sherman, PhD	Nothing to disclose
Marita Somerville, MS NCG	Nothing to disclose
Warren Sparks, MD	Nothing to disclose
Michele Spatz, MS	Nothing to disclose
Sherry Stock, ABD/PhD CBIST	Nothing to disclose
Brittany Willson, MA	Nothing to disclose
Keren Brown Wilson	Nothing to disclose

Planning and Review Committee

Kris Boler	Nothing to disclose
Tina Castanares	Nothing to disclose
Jennifer Mead	Nothing to disclose
Marilyn Sanguinetti	Nothing to disclose
Sherry Stock	Nothing to disclose
Britta Willson	Nothing to disclose
Amber Mcllwain	Nothing to disclose
Randi Moore	Nothing to disclose
Marie Laper	Nothing to disclose
Jan Molnar-Fitzgerald	Nothing to disclose

2019 Forum on Aging in Rural Oregon

May 1-3 | Chinook Winds Casino Resort | Lincoln City

The Oregon Office of Rural Health believes that rural Oregon communities have the potential to be ideal places to age. Rural and frontier challenges require homegrown solutions, and this Forum brings people together to create those solutions.

We would like to extend a huge thank you to our Planning Review Committee, for working hard to make this event possible:

Kris Boler, Older Adult Behavioral Specialist, Greater Oregon Behavioral Health Inc.

Tina Castañares, Retired Physician, La Clinica Del Carino Family

Marie Laper, Older Adult Behavioral Health Initiative, Lincoln County

Amber McIlwain, Program Director of the Graduate certificate in Gerontology, Pacific University

Jennifer Mead, Healthy Aging Coordinator, Oregon DHS Adults & People with Disabilities Community Services & Supports

Jan Molnar, Executive director North End Senior Solution (NESS)

Randi Moore, Program Director, Senior and Disability Services Oregon Cascades West Senior & Disability Services

Marilyn Sanguinetti, Project Administrator, Hartford Center of Gerontological Excellence at OHSU

Sherry Stock, Executive Director, Brain Injury Alliance of Oregon

Britta Wilson, Providence Hood River

2019 Forum on Aging in Rural Oregon

May 1-3 | Chinook Winds Casino Resort | Lincoln City

Our mission is to improve the quality, availability and accessibility of health care for rural Oregonians.

Oregon Office of Rural Health Staff

Robert Duehmig, Interim Director

Rose Locklear, Program Manager, Field Services

Rebecca Dobert, Program Manager, Field Services

Stacie Rothwell, Program Manager, Field Services

Emerson Ong, Data/GIS Analyst

Bill Pfunder, Program Manager, Incentive Programs

Stacey Reed, Program Manager, Recruitment and Retention

Annalee Venneri, Workforce Services Coordinator

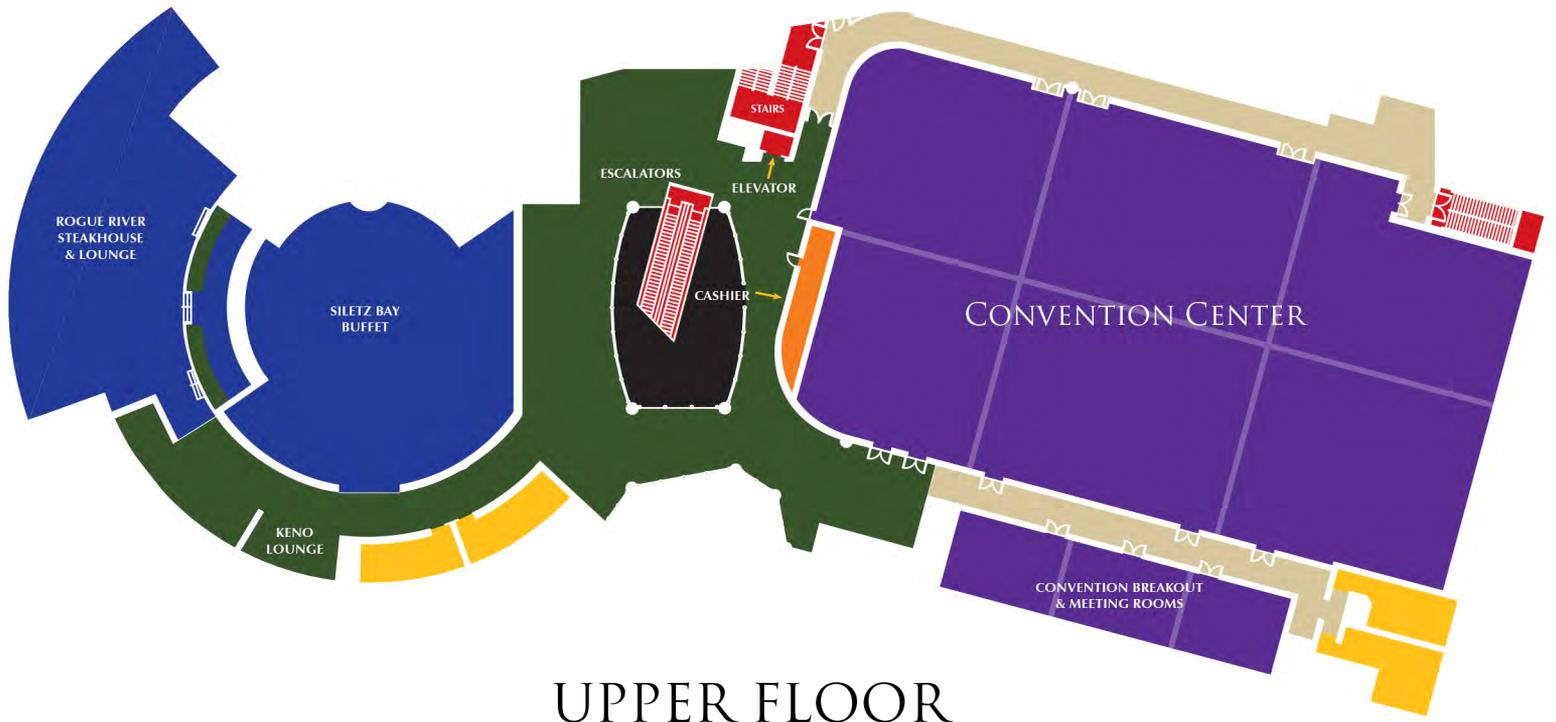
Laura Potter, Administrative Manager

Eric Jordan, Administrative Coordinator

Kate Hubbard, Administrative Assistant

Staff whose names appear in **bold** are onsite at the Forum and available to assist you. You can identify them by their orange lanyards, and someone will always be at the registration desk.

GROUND FLOOR



UPPER FLOOR

