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Los Angeles Alliance for Community Health & Aging



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Viviana Criado, MPA
LAACHA Coordinator

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The Office of Women's Health
and the Los Angeles Alliance for
Community Health and Aging present



Bridging Generations for Healthier Communities

Tuesday

APRIL 18
2017

8:30 am – 12:30 pm

Location

The
California
Endowment

1000 N Alameda Street
Los Angeles, CA 90012

Hosted by



Sponsored by



Bridging Generations for Healthier Communities

Welcome and Introduction

Ellen Eidem, MS, Director, Office of Women's Health
Los Angeles County Department of Public Health

Barbara Ferrer, PhD, MPH, MEd
Director, Los Angeles County Department of Public Health

Keynote Speaker

Going Gray in LA
Roberto 'Bear' Guerra, Photographer & Creative Director

Plenary Panel 1: INTERGENERATIONAL MODELS

Innovative and sustainable models that unite generations

*Moderator: Margaret Lynn Yonekura, MD, FACOG
Director, Community Benefit Foundation, Dignity Health,
California Hospital Medical Center*

Jumpstart for Young Children

Christine Manley, MA, Program Director

The Youth's Movement Against Alzheimer's

Nihal Satyadev, Cofounder and CEO

EngAGE

Tim Carpenter, Executive Director

Q & A Session

Tabletop Activity

*Facilitator: Haydeh Fakhrabadi, PsyD, Clinical Psychologist II,
Los Angeles County Department of Mental Health,
Older Adult System of Care Bureau*

Collaborative Design: "Drawing inspiration from the models previously presented, work together at your table to develop a unique program idea that utilizes intergenerational strategies."

Los Angeles. She is a Stanford University Chronic Disease and Diabetes Self-Management Master Trainer. Ms. Willis is a co-investigator for the secondary stroke prevention "SUCCEED Trial," the Los Angeles Stroke Prevention/Intervention Research Program (SPIRP), and LA CAPRA Project III "Worth the Walk" intervention. Additionally, she has implemented and tested a culturally tailored Stroke Intervention curriculum and "On the Move" intervention that aimed to improve physical activity among sedentary older adults. Ms. Willis holds a master's degree in social work from California State University, Los Angeles.

Margaret Lynn Yonekura, MD, FACOG, is a board-certified obstetrician/gynecologist and a recognized expert in the fields of infectious diseases in Ob/Gyn and perinatal substance abuse. Since 1992, she has been based at California Hospital Medical Center, where she has been Director of Community Health since 2000. She is also an associate professor of clinical Ob/Gyn at both USC and UCLA Schools of Medicine. Dr. Yonekura has established comprehensive care programs to address her patients' complex needs. These initiatives include early childhood education, school readiness, family literacy, behavioral health, primary health care, after-school and academic enrichment, and other family support programs. She is currently a member of the Women's Health Policy Council of LA County's Office of Women's Health, LA County Perinatal & Early Childhood Home Visiting Consortium, Reproductive Health and the Environment Advisory Committee, Diabetes Prevention Program Community Advisory Committee, and the Preconception Health Council of California.



LAACHA Afternoon Program



Jonathan E. Fielding, MD, MPH, MBA, has served over 40 years in public health leadership positions. He served for 16 years as Public Health Director and Health Officer of Los Angeles County. Since 1979, Dr. Fielding has been a UCLA professor in the Schools of Public Health and Medicine. He is a Presidential appointee to the national Prevention Advisory Committee, chaired the HHS Secretary's expert advisory group on the 2020 Healthy People Project, and co-chairs the advisory committee for the 2030 Project, chairs the U.S. Community Preventive Services Task Force and is Editor of the *Annual Review of Public Health*. He received his MD, master's in Public Health, and master's in History of Science from Harvard University and an MBA from Wharton School of Business. He has published more than 300 original articles, commentaries, editorials, and book chapters and has been honored with many national and other awards for public health achievements, including honorary doctorates and the UCLA medal, the highest award given by that University, and the Fries Prize.

June Simmons, MSW, is President and CEO of Partners in Care Foundation. Over the past two decades, she has pioneered the development and scaling of innovative, evidence-based interventions for management of medications at home, self-management of chronic conditions, coordinated care to improve health outcomes, and care transitions. Throughout her distinguished career, she has been instrumental in envisioning, creating, funding, and operating forward-looking health and social service programs that meet the mutual needs of patient populations, health care delivery networks, and health plans. Her priority is sustainable, cost-effective, patient-driven integration of care across settings, from primary care and hospital to home and community in the 21st century.

Thank You for Joining Us Today!

program director, she oversees the team that manages the Community Corps program and six Jumpstart sites that engage college students as volunteers. She applies her background in volunteer and program management, work with diverse communities, and master's degree in Applied Theatre to her work. She is also a member of LAACHA, LAAAC, and the Senior Corps network.

Amy Phillips, MPA, is the Director of Senior Services at Little Tokyo Service Center, a nonprofit social services and community development agency in Los Angeles' historic Japantown. She has more than 15 years of experience providing services to low-income and elderly clients, starting with her roots as a bilingual case manager. Over the years, Ms. Phillips has worked to raise the visibility of needs among immigrant older adults and advocate for greater access to culturally and linguistically appropriate services. She oversees a multilingual staff that provides information and referrals, community education, care management, and counseling to older adults and their families throughout LA County. She also co-chairs the Asian & Pacific Islander Older Adults Task Force, a committee of the Asian Pacific Policy & Planning Council. She has a Master of Public Administration from California State University, Northridge, and bachelor's degree in Sociology and Anthropology from Swarthmore College.

Antonia M. Routt has been a Physical Fitness Facilitator for 10 years. She partnered with the Arthritis Foundation in 2009 and served as a member of the LA County Commission for Women's Health Committee from 2007-2010. She specializes in programs for older adults, as well as individuals with Parkinson's and recovering from stroke. She joined the White Memorial Medical Center as a contributor to the Vive Bien! Program. She was honored as "Women of the Year" in Education for her work throughout LA County with older adults. For nine years, Ms. Routt has successfully worked with participants of Oasis Older Active Adults and, for four years, has introduced families to healthy lifestyles as a coach/trainer of Special Needs Network, Inc.'s South LA Get Fit: WALK. RUN. WIN.

Nihal Satyadev is a dreamer and a change-maker. Since high school, he has worked with several nonprofits and has dedicated more than 2,000 hours to research, working primarily in the field of progressive neurodegenerative diseases. His work as a public policy intern for the Alzheimer's Association informed his realization of the larger economic implications of Alzheimer's, and he noticed the lack of youth involvement in one of the largest impending health care crises. As cofounder of The Youth Movement Against Alzheimer's (YMAA), Mr. Satyadev has created a network of young people who are motivated to make an impact in this field. Since his involvement as CEO, YMAA has expanded to 20 high schools and colleges, provided more than 2,000 hours of caregiver respite, and raised \$10,000 for undergraduate research scholarships.

Laura Trejo, MSG, MPA, is the Technical and Policy Advisor to the Mayor of Los Angeles and the City Council. In 2002, Ms. Trejo was appointed General Manager of the City of Los Angeles, Department of Aging, the first Latina to serve at this level of City government. She is a gerontologist with a master's degree in Gerontology as well as a master of public administration degree and graduate certificate in Long-Term Care Administration, all from the University of Southern California. She has consulted and trained extensively throughout the United States on the development of programs for the elderly with an emphasis on cultural competence. She has worked with both individual countries and international organizations to develop policy initiatives and programs in the areas of aging, mental health, physical health, Alzheimer's disease, and rehabilitation.

Phyllis Willis, MSW, is Director of Senior Programs with the Watts Labor Community Action Committee. She oversees more than \$2.5 million in City and County contracted services for social services and evidence-based health promotion and wellness programs in the South Los Angeles area. In 2003, she became Director of the Watts Labor Community Action Committee's Senior Programs, contracted by the City of

~ Physical Fitness Activity ~

Antonia M. Routt
Fitness Facilitator

BREAK

Plenary Panel 2: INTERGENERATIONALITY THROUGH A CULTURAL LENS

A cultural exploration through aging and generations

Moderator: Carlotta Childs-Seagle, MSW, LCSW

Deputy Director, Los Angeles County Department of Mental Health, Older Adult System of Care Bureau and Service Areas 1, 2 & 5

Aging and Asian Americans

Amy Phillips, MPA, Director of Senior Services, Little Tokyo Service Center

Aging and African Americans

Phyllis Willis, MSW, Director of Senior Programs, Watts Labor Community Action Committee

Aging and Latinos

Viviana Criado, MPA, LAACHA Coordinator, Los Angeles Alliance for Community Health & Aging

Aging and American Indian/Alaskan Natives

Rita Ledesma, PhD, LCSW, Associate Dean, Rongxiang Xu College of Health and Human Services, California State University, Los Angeles

Q & A Session

Purposeful Aging in Los Angeles

Anna Avdalyan, MBA, Program Manager, Aging & Adult Services Branch, Los Angeles County Workforce Development, Aging and Community Services

Laura Trejo, MSG, MPA, General Manager, City of Los Angeles - Department of Aging

Concluding Remarks and Thank You

Members of the Los Angeles Alliance for Community Health and Aging (LAACHA) are invited to stay for the Afternoon Program.



Speaker Biographies

Alphabetical Order by Last Name

Anna Avdalyan, MBA, has worked for Los Angeles County for over 18 years. She is currently on staff with the LA County Workforce Development, Aging and Community Services, Area Agency on Aging Division, where she is managing a variety of programs for the older adult and disabled populations. Her prior County career includes working for the Department of Public Social Services. There, she worked in programs such as Greater Avenues for Independence (GAIN), In-Home Supportive Services (IHSS), and Medi-Cal. Her achievements, commitment, and passion for the elderly population are continually recognized by the State, contractors, and her peers.

Tim Carpenter founded EngAGE in 1999 and is host/producer of *Experience Talks*, a radio show. EngAGE is a nonprofit that changes aging and the way people think about aging by transforming senior apartment communities into vibrant centers of learning, wellness and creativity. EngAGE provides life-enhancing arts, wellness, lifelong learning, community building and intergenerational programs and events to thousands of seniors and hundreds of families in California, Oregon and Minnesota. *Experience Talks* shines a light on the value of experience in society, (Sundays, 5 pm PST on KPFC 90.7 FM). He also created the Burbank Senior Artists Colony, a first-of-its-kind senior apartment community with high-end arts amenities and programs. He was awarded the Stanton Fellowship (2016-17) by the Durfee Foundation and named one of Next Avenue's 2016 Influencers in Aging.

Carlotta Childs-Seagle, MSW, LCSW, is Deputy Director of the LA County Department of Mental Health's Older Adult System of Care Bureau and Service Areas 1, 2, and 5. In this capacity, she has responsibility for the provision of mental health services to older adults countywide. In addition, Ms. Childs-Seagle has responsibility for the delivery of mental health services to all age groups in three large geographic areas: the Antelope and San Fernando Valleys, and West LA. She received a master's degree in Social Work from the University of Louisville, Kent School of Social Work, in Kentucky, and is a licensed clinical social worker with more than 30 years of social work practice, including administrative and management experience. She has been instrumental in establishing partnerships with other county departments and private entities to increase access to mental health services and improve service coordination for all ages.

Viviana Criado, MPA, is the project coordinator for the Los Angeles Alliance for Community Health and Aging (LAACHA). With over 25 years of experience in the management, development and implementation of mental health and community development programs, Ms. Criado has worked both in the public and private sectors to improve the quality of mental health care for older adults. As a private consultant, she has provided technical assistance to government and community-based organizations on cross-cultural issues and evidence-based program implementation. She holds a bachelor's degree in Psychology from Thomas Edison State College, New Jersey, and a master's degree in Public Administration from San Diego State University.

Ellen Eidem, MS, is the Director of the Office of Women's Health for the LA County Department of Public Health. The Office seeks to decrease health inequities and improve the health of women by working at the individual, community, and system levels through education, program planning and promotion, policy recommendations, and increasing access to services, especially for low-income and underserved women. Prior to 2002, Ms. Eidem served as the Director of Programs and Administration for the Los Angeles Free Clinic (now Saban Community Clinic) and as the Director of Quality Improvement for the California and Los Angeles Regional Family Planning Councils (now Essential Health Access). Prior to this, Ms. Eidem was an administrator and instructor at Planned Parenthood Alameda/San Francisco and the Berkeley Women's Health Collective.

Haydeh Fakhrebadi, PsyD, is a licensed Clinical Psychologist. She received her master's degree in Clinical Health Psychology in 2001 and graduated from Pepperdine University with a doctoral degree in Clinical Psychology in 2006. Dr. Fakhrebadi has been on staff with the Los Angeles County Department of Mental Health since 2008, and in 2011 joined the Older Adult System of Care Bureau. She works with Older Adult Prevention and Early Intervention Anti-Stigma and Discrimination and Suicide Prevention teams providing education to older adults, their support systems, and caregivers. Dr. Fakhrebadi has been involved with Co-location and Mental Health Services Act housing projects.

Barbara Ferrer, PhD, MPH, MEd, is Director of the Los Angeles County Department of Public Health. She is a nationally known public health leader with more than 30 years of professional experience as a philanthropic strategist, public health director, educational leader, researcher, and community advocate. Most recently, Dr. Ferrer served as the Chief Strategy Officer for the W.K. Kellogg Foundation, where she was responsible for developing the strategic direction for critical program-related work and providing leadership to the foundation's key program areas, including Family Economic Security; Food, Health and Well-Being; and Racial Equity. Prior to that, she served as the Executive Director of the Boston Public Health Commission. Dr. Ferrer received her PhD in Social Welfare from Brandeis University, a master's in Public Health from Boston University, a master's in Education from the University of Massachusetts, Boston, and a bachelor's in Community Studies from UC Santa Cruz.

Roberto 'Bear' Guerra is a photographer whose work addresses human rights, development, and social and environmental justice issues. His images, photo essays, and multimedia stories have been published by *The New York Times*, *The Wall Street Journal*, *The Atlantic*, *Le Monde*, the BBC, NPR, and many others; and have been exhibited widely. Bear has been a finalist for a National Magazine Award in Photojournalism, and he was a 2013-14 Ted Scripps Fellow in Environmental Journalism at the University of Colorado. He is a member of the award-winning journalism collaborative, Homelands Productions. Originally from San Antonio, Texas, Bear is currently based in Los Angeles, where he lives with his wife, journalist Ruxandra Guidi, and their daughter. Over the last year, the husband-wife team, who collaborate under the name Fonografia Collective, has been exploring the lives of a diverse population of older adults in their multi-platform storytelling project, *Going Gray in LA: Stories of Aging Along Broadway*.

Rita Ledesma, PhD, LCSW, is the Associate Dean for Diversity and Student Engagement in the Xu College of Health and Human Services, California State University Los Angeles. Previously, she served as Chair of the Department of Child and Family Studies for six years, and she is a Professor in the School of Social Work. She received a BA, MSW, and PhD from UCLA. She is a practitioner scholar with a 30-year history of professional engagement in the Los Angeles American Indian and Latino communities. She is a Licensed Clinical Social Worker with extensive experience in child- and family-focused settings, as a clinician, administrator, clinical supervisor and scholar. Her academic and culturally focused social work career has been informed by her commitment to social justice, equity, and opportunity. She is an enrolled member of the Oglala Lakota Tribe, Pine Ridge South Dakota.

Christine Manley, MA, is a Program Director for Jumpstart, a national early education nonprofit working to close the education gap for children in under-resourced neighborhoods. She began her work with Jumpstart as a site manager for the Community Corps program that engages older adults in implementing Jumpstart's research-based curriculum. Under her management, the program became a Foster Grandparent Program grantee and grew from 20 volunteers serving four preschools to 75 volunteers serving 13 preschools across LA County. Ms. Manley is passionate about helping older adults discover purpose through volunteer service. Now, as a