

Steering Committee

Los Angeles Alliance for Community Health & Aging



Los Angeles County Community and Senior Services

- Cynthia Banks, Director
<http://css.lacounty.gov>

Partners in Care Foundation

- June Simmons, MSW
Founding President and CEO
- Dianne Davis, MPH
Senior Director
- Karol Matson, MS, RD, CDE
Program Director
- Christy Lau, MSSW
Program Director
www.picf.org



City of Los Angeles, Department of Aging

- Laura Trejo, MSG, MPA
General Manager
www.aging.lacity.org



Office of Women's Health, Los Angeles County Department of Public Health

- Ellen Eidem, MS, Director
- Summer Nagano, Manager,
Administration & Communications
- Annie Pham, Program Manager
www.publichealth.lacounty.gov/owh



Older Adult System of Care, Los Angeles County Department of Mental Health

- Carlotta Childs-Seagle, MSW, LCSW
Deputy Director
- Kevin Tsang, District Chief
<http://dmh.lacounty.gov>



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

Health
+
Wellness
Opportunities for
Innovation and
Engagement

Monday
APRIL 25
2016
8:30 am–12:30 pm

LOCATION
The California Endowment
1000 N Alameda Street
Los Angeles, CA 90012

Sponsored by the
**LA County
Commission for
Women and
Kaiser Permanente**

Hosted by



Sponsored by



For more information about the Alliance, contact LAACHA@picf.org

Health + Wellness

Opportunities for Innovation & Engagement

Welcome and Introduction

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

Cynthia Harding, MPH, Interim Director
Los Angeles County Department of Public Health

Keynote Speaker

Enjoying the Aging Process

Laura Mosqueda, MD, Associate Dean of Primary Care,
Professor of Family Medicine and Geriatrics, Department of
Family Medicine, USC Keck School of Medicine

Plenary Panel 1: INNOVATION

*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*

Creating Age-Friendly Communities

Adriana Mendoza, MSW, Associate State Director
AARP California

Innovative Models of Chronic Disease Prevention

Tony Kuo, MD, MSHS, Acting Director, Division of
Chronic Disease and Injury Prevention, LA County
Department of Public Health

Improving Health with Today's Technology

Davis Park, MA, Director, Front Porch Center for
Innovation and Wellbeing

Q & A Session

Tabletop Activity

*Facilitator: Anna Avdalyan, MBA, Program Manager, Area Agency
on Aging, LA County Community and Senior Services*

"If you were to design a new technology app, what app would
you create to improve the health of the population you serve?"

Davis Park, MA, has been Executive Director of the Center for Innovation and Wellbeing, Front Porch since 2011. Mr. Davis' career includes technology integration and deployment to senior, low-income, and other underserved communities. He is the former director of Community Technology Programs at the Little Tokyo Service Center, where he developed and advocated for initiatives that promoted technology access, training, and adoption for multiple communities. Davis earned a bachelor's degree in anthropology from UC Berkeley and a master's degree from UCLA's Urban Planning Program.

Antonia M. Rouff is a Fitness Facilitator and Arthritis Foundation Partner. She specializes in programs specifically for seniors, as well as individuals with Parkinson's, multiple sclerosis, and stroke recovery. She has been the lead trainer for the Special Needs Network, Inc.'s South LA Gets Fit: WALK. RUN. WIN., which introduces families to healthy lifestyles. She implemented a sobriety fitness program for Anne Douglas Center for Women at the Los Angeles Mission, and Tai Chi to children with developmental disabilities. She has successfully worked with Hispanic, Jewish, Korean, Russian, and Chinese participants. Ms. Rouff has been certified in many evidence-based programs. She served on the Los Angeles County Commission for Women Health Committee for four years.

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.

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 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. ☘

Thank You for Joining Us Today!

*Please stop by the **Resource Table** to pick up
informational materials from conference attendees*

increasing age. In her role at Beach Cities Health District, Ms. Lawson has the opportunity to develop and support community programming focused on health promotion, successful aging, and building resiliency across the lifespan. She is a licensed clinical social worker and holds a master's degree in gerontology.

Kate Lorig, DrPH, is the Director of the Stanford Patient Education Research Center and Professor of Medicine in the Stanford School of Medicine. She earned her bachelor's degree in nursing at Boston University, and her master's degree and doctorate of public health in health education at the University of California, Berkeley. She came to Stanford in 1979 while a graduate student at Cal to develop and research an educational program that emphasized self-help skills for people with arthritis. This program became the Arthritis Self-Help Course and was the prototype for the Chronic Disease Self-Management Program, the Diabetes Self-Management Program, the Positive Self-Management Program for HIV/AIDS, the Cancer: Thriving and Surviving Program, the Building Better Caregiver's Program, and others. She has authored several books and many articles about arthritis, chronic disease in general, health education and behavioral science. She travels extensively at the invitation of organizations concerned with patient care and academic research.

Adriana Mendoza, MSW, serves as Associate State Director for AARP California and its over 3 million members. Before joining AARP 14 years ago, she worked for former Congressman Esteban Torres in his District office; she also worked for AltaMed Health Services Corporation, a leading national Latino health services organization in East LA. With more than 15 years' experience in gerontology and community organizing, Ms. Mendoza specializes in diversity and aging issues, caregiving, long-term care and outreach to multicultural populations. She holds bachelors' degrees in Spanish and in Public Policy and Administration from California State University, Bakersfield, and a master's degree from UCLA in Social Welfare. She is also a graduate of the American Society on Aging's New Ventures in Leadership program and alumni of the Geriatric Social Work Education Consortium. In addition, Ms. Mendoza has been a guest lecturer at the University of Guadalajara's Department of Public Health in Jalisco, Mexico.

Laura Mosqueda, MD, is a professor of Family Medicine and Geriatrics at the Keck School of Medicine of the University of Southern California. She directs the National Center on Elder Abuse which provides information regarding policy, research, training, and resources related to neglect and exploitation for policymakers, professionals, and the public. Dr. Mosqueda has worked on building collaborative models that assist with the evaluation and interventions for complicated cases of suspected elder abuse. She is devoted to caring for older adults by bolstering interprofessional teamwork and enhancing the education of healthcare professional students. Dr. Mosqueda has written and lectured extensively on topics in the area of elder care and has been published in leading scientific journals and textbooks.

~ Physical Fitness Activity ~

Antonia M. Rouff
Fitness Facilitator

BREAK

*Speaker Introduction: **June Simmons**, MSW
President and CEO, Partners in Care Foundation*

Featured Speaker

Kate Lorig, DrPH, Director, Stanford Patient Education Research Center and Professor of Medicine, Stanford School of Medicine

Plenary Panel 2: ENGAGEMENT

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

Community Engagement: The Village Model

Grace Cheng Braun, MSPH, President and CEO,
WISE & Healthy Aging

Community Engagement: Setting the Scene for Living Well

Scott Kaiser, MD, Chief Innovation Officer,
Motion Picture & Television Fund

Community Engagement Across the Lifespan

Kerianne Lawson, LCSW, MSG, Director, Lifespan Services,
Beach Cities Health District

Q & A Session

Invitation to Join the Los Angeles Alliance for Community Health and Aging (LAACHA)

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

Concluding Remarks and Thank You

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

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



Speaker Biographies

Alphabetical Order by Last Name

Anna Avdalyan, MBA, is Program Manager for the Area Agency on Aging, Los Angeles County Community and Senior Services, where she manages a variety of programs for the older adult and disabled population. In addition, she oversees the Los Angeles County Commission for Older Adults. She has been recognized locally and nationally for her work on aging issues, implementation of innovative programs, and best practice approaches. In total, she has served as a manager with Los Angeles County for over 17 years. Prior positions include those at the Los Angeles County Department of Public Social Services and Blue Shield of California. She holds a bachelor's degree in Health Science and an MBA degree in Business Administration and Health Care Management.

Grace Cheng Braun, MSPH, joined WISE Senior Services in July 2005 as the organization's President and CEO. In November 2007, the then 35-year-old organization merged with the Center for Healthy Aging to become WISE & Healthy Aging. The Santa Monica-based nonprofit organization administers the City and County of LA Long-Term Care Ombudsman Program and Elder Abuse Prevention Services. It also offers adult day care, care management, mental health services, peer counseling, benefits enrollment, congregate meals, transportation, and senior recreational programming. Ms. Cheng Braun holds a master's degree in health planning and policy from UCLA and a bachelor's degree in psychology from UC Riverside. Prior to joining WISE Senior Services, she was vice president for Marketing and Public Relations at Cedars-Sinai Health System, and has served as Associate Director of Business and Organizational Development at UCLA Medical Center, Santa Monica. She also teaches graduate-level courses in the International Public Policy and Management Program at USC.

Carlotta Childs-Seagle, MSW, LCSW, is employed by the LA County Department of Mental Health as Deputy Director, 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 age groups.

Ellen Eidem, MS, is the Director of the Office of Women's Health, LA County Department of Public Health. The Office seeks to decrease health disparities and improve the health of women in LA County working at the individual, community, and system levels through education, advocacy, 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 California Family Health Council). Prior to this, Ms. Eidem was an administrator and instructor at Planned Parenthood Alameda/San Francisco and the Berkeley Women's Health Collective.

Cynthia Harding, MPH, is the Interim Director of the LA County Department of Public Health, overseeing a budget of more than \$900 million and more than 39 distinct programs that promote and protect health, and prevent disease in LA County. She has worked in the Department of Public Health for over 30 years in a variety of different public health programs, including Maternal, Child and Adolescent Health; Tobacco Control; Childhood Lead Poisoning Prevention; Tuberculosis Control; and AIDS Prevention. Ms. Harding is fluent in Spanish and Portuguese and taught as a visiting professor at the National School of Public Health in Brazil. She received her Master of Public Health degree from UCLA, and a Certificate of Management from USC's Center of Excellence in Health Care Management.

Scott Kaiser, MD, is a practicing geriatrician and Chief Innovation Officer at the Motion Picture & Television Fund (MPTF), which provides services, support and assistance to the entertainment industry community. In this role, Dr. Kaiser leads efforts to improve population health and well-being through social and community-based interventions. Dr. Kaiser received his medical degree from the USC Keck School of Medicine. He trained as part of the Lawrence Family Medicine Residency, a program dedicated to the care of underserved populations. He then joined the Harvard Geriatric Medicine Fellowship, where he refined his clinical skills and began to apply his interest in health promotion to an older adult population while initiating research exploring the psychology of health behavior change. To further his expertise in this field, Dr. Kaiser returned to Los Angeles and joined the UCLA/VA Primary Care and Health Services Research Fellowship, where he served as a Health Media Fellow.

Tony Kuo, MD, MSHS, is the Acting Director for the Division of Chronic Disease and Injury Prevention and Director of the Office of Senior Health in the Los Angeles County Department of Public Health. He is also an Adjunct Associate Professor in the Department of Epidemiology at the UCLA Fielding School of Public Health and Health Sciences Associate Professor in the Department of Family Medicine at the UCLA David Geffen School of Medicine. Dr. Kuo received his medical degree from the University of Utah School of Medicine and his master's degree in Health Services from the UCLA Fielding School of Public Health. He is boarded in Family Medicine, with more than 10+ years of clinical experience, having worked in urgent care clinics, the emergency department, and homeless care shelters.

Kerianne Lawson, LCSW, MSG, is the Director of Lifespan Services for the Beach Cities Health District. She began her career with a passion for assisting older adults and their families as they face the developmental changes that come with