TUESDAY WORKSHOP DESCRIPTIONS

This day is generously sponsored by SKA Marin

Each day of the conference, attendees can choose from one of four workshops being offered from 10:30am-12:00pm. Please read through the below workshop descriptions, and register for one (1) workshop via the Attendee Access webpage.

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**[W5] | The Stories We Tell About Our Health**

*Workshop generously sponsored by: Etain*

**Speaker:** Anna J. Allen, MS, Executive Director & Co-Founder | Say Ah!, Inc.; Derek McCracken, MS, MA, Narrative Medicine Educator | Say Ah!, Inc.; Oluwatomisin Sontan, MS, Narrative Competency Lead | Say Ah!, Inc.

**Description:** There are three main narratives that frame the way we understand our health: Quest, Chaos and Restitution. These narratives overlap and interact with health literacy to influence the way patients, clients and community members manage their health. This workshop will provide an overview of Narrative Health, including the main themes listed above; discuss how narrative impacts health literacy; and use exercises that enhance the ability of participants to identify themes in patient, client and community-facing conversations.

**Level:** Introductory (Assumes little or no prior knowledge of information being covered)

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**[W6] | Life Planning Documents for Low-Income Seniors**

**Speaker:** Alyssa Villareal, Esq., Staff Attorney | Volunteers of Legal Service (VOLS); Josias Carrion, Esq., Staff Attorney | Volunteers of Legal Services (VOLS); Jessica Penkoff, Esq., Staff Attorney | Volunteers of Legal Service (VOLS)

**Description:** Current events have made it more important than ever to make sure financial, legal, and health-care decisions are protected. Come to navigate through the importance and function of life planning documents (includes wills, powers of attorney, health care proxies, living wills, and control of remains forms), take the stigma out of discussing end-of-life planning, and connect the community to VOLS Elderly Project & Veterans Initiative, a free legal resource specialized in providing life planning documents to low-income seniors in NYC.

**Level:** Introductory (Assumes little or no prior knowledge of information being covered)
[W7] | Witness Theatre in New York: Processing Trauma through Intergenerational Bonds*

*CE Credit Available

Workshop generously sponsored by: RAIN

Speaker: Eve Udesky, LMSW, Program Director for Witness Theater | Selfhelp Community Services, Inc.; Adeena Horowitz, LMSW, Managing Director, Holocaust Survivor Program | Selfhelp Community Services, Inc.; Jessica Asch, MA, RDT, LCAT, Drama Therapist for Witness Theater

Description: Selfhelp Community Services' Witness Theater Program offers an opportunity to dialogue between generations and across cultures through the lens of the Holocaust and the personal stories of the survivors on the issue of discrimination, war, loss, trauma and the power of human resilience. Witness Theater Program is a unique year-long program for Holocaust survivors and high school students designed to help them survivors reflect on and process their past while at the same time instill the memory of the Holocaust in the next generation. Participants will learn how the Holocaust or other traumatic events in older adults' lives impact their emotional and physical well-being, the benefits of therapeutic theater for individuals with a history of trauma, and how the Witness Theater is bridging cultural and generational divides and healing trauma.

Level: Intermediate (Assumes a general knowledge of the information being covered)

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[W8] | Community Care Connections: Integrating Health and Community-Based Services

Workshop generously sponsored by: Community Agency for Senior Citizens (CASC)

Speaker: Ann Marie Cook, MPA, President/CEO | Lifespan of Greater Rochester

Description: The integration of aging services and the healthcare system plays a key role in improving the healthcare delivery system for older adults. Lifespan has taken on this challenge and has led work in integrating aging services with several health systems to address the social determinants of health. Join Lifespan as they discuss the opportunities and challenges of integration, how to measure the success of health care and community-based integration, and
what community-based services made the biggest difference in decreasing health care utilization.

Level: Intermediate (Assumes a general knowledge of the information being covered)