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# MONDAY, DECEMBER 8

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## 8 – 9 a.m. Registration

### 8 a.m. Exhibit Hall Opens

(remains open until 6:30 p.m.)

## 9 – 11:45 a.m. Opening Session

Welcome and Opening Remarks

Unveiling of the 2015 March Disability Awareness Month campaign poster

### Champions of Community

Celebrate the contributions of Indiana's community champions. We will recognize the 2014 Community Spirit Award Winners, including the Distinguished Leadership Award and Disability Awareness Campaign Award.

## 10 a.m. Assistive Technology Lab Opens

(remains open until 6:30 p.m.)

## 10:30 – 11:45 a.m. Keynote Session

### Case Study: Oklahoma City is a Role Model for Transforming Ourselves, Together

The world is taking notice of Oklahoma City's remarkable renaissance and its popular mayor, Mick Cornett. During this session, Cornett will tell the story of how the people of his city are working together toward a healthier community. You will leave feeling empowered to transform your own communities and receive key takeaways that will make it possible for you to do so.

## 11:45 a.m. – Noon Break/Exhibit Viewing

## Noon – 1:20 p.m. Lunch

## 1:20 – 2:15 p.m. Plenary Session

### Violence as a Health Issue

Violence in our communities has grown to epidemic proportions. Families are affected every day by school and online bullying, among other issues. During this session, Mary Paterson, Ph.D., will provide a wide-angle look at the role violence has on public health, the impact on families and communities, and the need for everyone to take collective action.

## 2:15 – 3 p.m. Reactor Panel

### An Indiana Perspective: Violence and Health

Panelists from various sectors – law enforcement, health care, government, faith-based community – will respond to Dr. Paterson's comments from a state perspective.

## 3 – 3:15 p.m. Break/Exhibit Viewing

## 3:15 – 4:30 p.m. Concurrent Workshops

### Legal Requirements: End-Of-Life Planning

Learn the legal requirements of an advance directive and discuss the legal and ethical dilemmas that may be involved in creating and executing an advance directive. A local expert will also discuss Indiana's new Physician Orders for Scope of Treatment (POST) laws.

### Pathways to Health: Task Force on Disability and Health

Many chronic illnesses, such as diabetes and cardiovascular disorders, are lifestyle-related, and people with disabilities are often at higher risk. This workshop will discuss health disparities and action steps to address these conditions. Work undertaken by the new Indiana State Department of Health's Disability and Health Task Force will be highlighted.

### Crosswalks to Health: Complete Streets

Complete Streets, and access to affordable and reliable mass transit, is crucial for residents of all ages and abilities to travel easily and safely. Learn where our nation and Indiana rank on these vital issues, and how to advocate for Complete Streets and safe routes to school in your community.

### Enriching Life through Social Interaction: Visitability

The visitability movement focuses on changing home construction practices and encouraging all new homes to offer features that make it easier for family members with disabilities to live in and visit. Come discover which features most directly impact quality of life, and how you can affect widespread policy changes.

### Art's Role in Health and Wellness: Porch Light Project

Philadelphia's Porch Light Project is a groundbreaking public art approach to achieving health and wellness. You'll leave this workshop knowing more about this unique program and how to implement one in your own community.

## 4:30 – 4:45 p.m. Break/Exhibit Viewing

## **4:45 – 6:15 p.m. Concurrent Workshops**

### **Legal Guidance: Guardianships**

Sponsored by the Indiana State Bar Association's Elder Law Section, this workshop will take a deep dive into the subject of legal guardianships. Presenters will discuss when an individual may need a guardianship, the process of obtaining one, and the roles and responsibilities of guardians under Indiana law.

### **Preventing Chronic Diseases: Healthy Communities Partnership**

In the summer of 2012, the Healthy Communities Partnership of Southwest Indiana was developed to represent the Welborn Baptist Foundation's Community Transformation Grant program. In this workshop, you will learn about the organization's plan to prevent the leading chronic disease-related causes of death and disability across the lifespan of residents and how to replicate the program in your community.

### **Roadmap to Health: Building a Healthy Community**

Health starts where you live, learn, work and play. Roadmap to Health, a collaborative project between the University of Wisconsin and the Robert Wood Johnson Foundation, provides step-by-step guides, tools and webinars to help individuals and organizations improve the health of their communities. Explore how your community can benefit from this innovative initiative.

### **Affordable Housing: Opening Your Community to All**

Families who pay excessive amounts for housing often lack funds to meet other essential needs, such as food, prescription medications, medical insurance and health care. Lack of affordable housing, strained budgets and poor health has an adverse effect on families, especially children. In this workshop, you will explore solutions for bringing affordable housing to your community, which, in turn, improves the overall health of the community and its residents.

### **Better Choices: Living a Healthy Lifestyle**

Taking steps to develop a healthier lifestyle for you and your family can reduce stress and improve overall physical health, both of which positively impact mental health. Explore the benefits of taking charge of your health through diet, exercise and balanced life activities – all tools that lead to a healthier you.

## **6:15 – 7 p.m. Break**

Use this time to freshen up and relax before the reception.

Workshop topics subject to change

## **7 – 9:15 p.m. Reception**

### **Celebrating 20 Years**

This marks the 20th year of our conference! Come celebrate Mardi Gras style with old and new friends, share experiences and accomplishments, and give yourselves a big round of applause – each of you has made a difference over the years. Enjoy refreshments, music and dancing.

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**TUESDAY, DECEMBER 9**

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## **7 – 9 a.m. Registration**

## **7 – 8:30 a.m. Breakfast Buffet**

## **8 a.m. Exhibit Hall and Assistive Technology Lab Open**

(remains open until 9:30 a.m.)

## **9 – 10 a.m. Keynote Session**

### **A Culture of Health: Cultivating a Shared Vision**

Adopting a Culture of Health requires looking at how health is linked to health care, but also extends to work, family and community life. It means focusing on the big picture of what being healthy and staying healthy means. During this session, you will hear from Julie Willems Van Dijk, Ph.D., and receive pertinent information that will equip you to get your community involved in this national movement.

## **10 – 10:30 a.m. Break/Hotel Checkout**

## **10:30 a.m. – 2:30 p.m. Town Hall Meeting**

\*box lunch provided

### **Building and Sustaining Livable Communities: A Conversation with the Indiana Governor's Council for People with Disabilities' Board of Directors**

What is essential to making a community truly livable, inclusive and accessible for all? Council board members invite you to join them in a series of round table discussions and share your ideas on topics including leadership, health care, transit, education, employment, legal justice and community supports for children and adults.

*\*If you plan to attend this session, please check the specific box on the registration form under "Information." In preparation for the session, you will be contacted and mailed materials prior to the conference date.*

# IMPROVE YOURS

## A CALL FOR HEALTHY COMMUNITIES

This year's conference, sponsored by the Indiana Governor's Council for People with Disabilities, emphasizes the critical need to ensure Indiana's communities promote health – physical, mental, cultural and social – for all citizens.

Improve Yours: A Call for Healthy Communities brings together a cross section of people of all ages and ethnicities, with and without disabilities, who represent: city and local government; architectural planners and developers; entrepreneurs and business leaders; philanthropy, academic, social service and student leaders; and the arts, health and faith communities.

Our goal is to create an avenue for attendees to explore innovative ways to create healthier communities by influencing positive changes, sharing experiences and learning from one another.

# PRESENTERS

(PARTIAL LIST)

Attend workshops and panels led by local and national experts on a variety of community-focused topics.

**Robin Bandy, J.D., M.A.**

Charles Warren Fairbanks  
Center for Medical Ethics

**Peter Ciancone**

The WILL Center

**Indiana Senator Michael Crider**

District 28

**Rebecca W. Geyer, Esq.**

Rebecca W. Geyer and Associates

**Pattie Hall**

Area IV Agency on Aging and  
Community Action Programs

**Rev. Charles Harrison**

Indianapolis Ten Point Coalition

**Andrea Hays, M.P.H.**

Healthy Communities Partnership  
of Southwest Indiana

**Kitty Jerome, M.A.**

County Health Rankings  
& Roadmaps

**Kim Irwin, M.P.H.**

Health by Design, Indiana  
Citizens' Alliance for Transit

**Steve McCaffrey, J.D.**

Mental Health America, Indiana

**Deborah McCarty**

Back Home in Indiana Alliance

**Jenna McClean, R.D.**

IU Health and Wellness Center

**Kimberly Paarlberg, R.A.**

International Code Council

**Vicki Pappas, Ph.D.**

Indiana Institute on Disability  
and Community

**Addison Pollock, M.P.A.**

Indiana Citizens' Alliance for Transit

**Director Troy Riggs**

Department of Public Safety,  
City of Indianapolis

**Ruth Smith**

Ms. Wheelchair Indiana 2014

**Phil Stafford, Ph.D.**

Indiana Institute on Disability  
and Community, Center on Aging  
and Community

**Stephan Viehweg, M.S.W.**

Riley Child Development Center,  
IU School of Medicine

**Mayor Karen Freeman-Wilson, J.D.**

City of Gary, Indiana

Partial list of presenters subject to change

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# SPEAKERS

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## **Mick Cornett**

**Mayor, Oklahoma City**

Best known for helping Oklahoma City attract an NBA franchise and putting the city “on a diet,” the world is taking notice of Mick Cornett and the city’s remarkable renaissance. Cornett led the charge to pass MAPS 3, an innovative \$800 million investment in parks, urban transit, wellness centers and infrastructure that will dramatically reshape Oklahoma City and enhance the quality of life for residents. Cornett’s impressive list of accolades includes outstanding work in urban design, health, sports and the arts. Newsweek magazine called him one of the five most innovative mayors in the country, London-based World Mayors listed him as the number two mayor in the world, and GOVERNING magazine named him Public Official of the Year in 2010.

## **Julie Willems Van Dijk, R.N., Ph.D.**

**Associate Scientist and Deputy Director,  
Robert Wood Johnson Foundation, University  
of Wisconsin Population Health Institute**

In her role at the Robert Wood Johnson Foundation, which is funded by the County Health Roadmaps program at the University of Wisconsin Population Health Institute, Dr. Van Dijk’s research focuses in the area of quality of community health improvement planning processes. Additionally, she has worked with numerous partners across the nation to use the County Health Rankings & Roadmaps tools to improve the health of communities nationwide. Prior to joining the Population Health Institute, Dr. Van Dijk worked in local public health for 21 years holding roles as a public health nurse, director of nursing, and health officer.

## **Mary Paterson, Ph.D.**

**Associate Dean, School of Nursing at The Catholic  
University of America**

An expert in health policy, Dr. Paterson has provided consultation and testimony on health care policy issues for the United States Senate, the California and Nevada legislatures, and the Maryland State Nurses’ Association, among others. She has also served as a consultant on health care programs and services to the World Bank, USAID and the World Health Organization. Previously, Dr. Paterson provided technical guidance and consultation to international health projects in more than 20 countries. She’s authored more than 30 journal articles and technical reports, and is currently preparing a book on health care financing for practitioners.

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## OTHER INFORMATION

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### MEDICAL EMERGENCY POLICY

It is important that all attendees have a plan in case of an unexpected medical emergency, including:

- The names and phone numbers of persons to be notified
- Physician names and phone numbers
- Hospital preference
- Medical history
- Health insurance card(s)
- List of prescription medications

The conference will abide by the Medical Emergency Policy of the Westin Hotel. The Council does not have the expertise or means to transport people to the hospital or other medical facilities. In the event of a medical emergency, the person will be given a choice of what services he/she requires, where to be taken and by whom to be treated. In the event the person is:

- Not conscious,
- Unable to make a decision, or
- Does not have a person to represent them regarding medical decisions, the hotel security and local emergency personnel (911) will be contacted.

### CONTINUING EDUCATION UNITS (CEUS)

The conference has been approved for continuing education units (CEUs) through the Indiana University School of Social Work. Executive education credits through the School of Environmental and Public Affairs and continuing legal education units (CLEs) are pending approval.

### EXHIBITORS AND DOOR PRIZES

Be sure to visit our exhibitors for a chance to win a door prize! Drawings for door prizes will be conducted during lunch on Monday.

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## LODGING

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### LODGING

A block of rooms at the Westin Hotel Indianapolis has been reserved at special rates. Please mention the conference when registering to receive the discounted rate. Room reservation deadline is 5 p.m., Friday, November 7. Parking rates are in addition to costs below.

### HOST HOTEL

Westin, Downtown Indianapolis  
50 S. Capitol Avenue  
Indianapolis, IN 46204  
(317) 262-8100

### RATES

Single, double – \$89/day\*  
Triple – \$109/day\*  
Quad – \$129/day\*

Self and valet parking are available.  
Rates not yet confirmed.

\*Tax rate on all rooms is 17%  
(not included in above rate)

### GENERAL PARTICIPANTS

You are responsible for your lodging reservations.

### GENERAL PARTICIPANTS NEEDING ACCESSIBLE ROOMS

For a reservation, you must contact Sandy Kite Hunt.

### SCHOLARSHIP RECIPIENTS

Submit the scholarship application form requesting accommodations.

***Do not call the hotel*** as all arrangements will be handled by Sandy Kite Hunt.

### SANDY KITE HUNT

Healthy Communities Conference Coordinator  
(317) 786-7272 (voice and fax)  
(866) 786-7272 toll-free (voice and fax)  
skh4hog@comcast.net (email)

**ROOM RESERVATION DEADLINE IS 5 P.M.,  
FRIDAY, NOVEMBER 7, 2014**