



# Nutrition and Aging Resource Center

## Howdy, Partner! How to Make Partnerships Work for You. Innovations in Nutrition Programs and Services Grantee Annual Conference Recap

May 23-24, 2023  
Des Moines, IA

Creating and maintaining partnerships are keys to success when it comes to grant projects. The Nutrition and Aging Resource Center hosted the 2023 Innovations in Nutrition Programs and Services (INNU) Grantee Annual Conference with 2020, 2021 and 2022 INNU Grantees in attendance. As the theme focused on partnerships, the goals were for grantees to network, learn how to create strong partnerships for grant projects, and sustain the relationships for future collaboration, opportunities and funding.

The INNU Conference hosted incredible speakers. The invaluable content included creating partnerships in an innovative fashion, sustainability and fundraising, an impact writing workshop, and digging deeper into relationship building. Additionally, grantees walked through a workplan workshop and participated in speed networking to learn more about grantees' projects and to gain successful tips.

Lightning talks were captured with five INNU Grantees as a way to share more about the work they are doing. The Lightning Talks will be posted on the Nutrition and Aging Resource Center Website and social media when completed.

The 2023 INNU Conference was a success; here is to meeting again in 2024!

### Thank you to our keynote speakers!

Creating Partnerships That  
Disrupt Innovation  
*Darcy Swon*

The Sustainability Question: Is  
Fundraising the  
Action or the Result?  
*Trace Hoekstra*

Impact Writing Workshop  
*Sara Delheimer*

Relationships: The Original  
Currency  
*De'Amon Harges*



# INNU GRANTEE annual conference

MAY 23-24, 2023  
DES MOINES, IOWA

## PARTNERSHIPS!

"Older adults are **NOT** just numbers."



PARTNERSHIPS  
move communities  
**FORWARD**

## FUNDRAISING:

is it the **ACTIVITY** or the **RESULT?**



"SUSTAINABILITY is an ONGOING activity."  
-Trace Hoekstra



## ENTREPRENEURIAL MINDSET CHARACTERISTICS:

- Take initiative
- adapt to change
- see challenges as opportunities
- find creative solutions
- think outside the box
- comfortable with risk

NON-MONETARY NEEDS FOR SUSTAINABILITY  
PARTNERSHIPS PEOPLE  
VOLUNTEERS POLICY  
TRUST OUTCOMES

the PROGRAM ECOSYSTEM

- Do good work
- Document impact
- Share outcomes
- Fund good work

## DISRUPTIVE CHANGE:

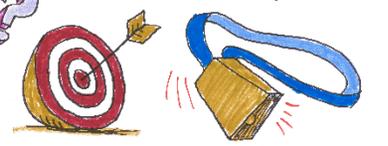
MAJOR TRANSFORMATION THAT TAKES PLACE WITHIN AN ORGANIZATION OR INDUSTRY



failure = FIRST ATTEMPT AT LEARNING

CHANGE can be triggered by a number of different factors

"KEEP ASKING WHY NOT?"



POTENTIAL BREAKDOWNS:

- No communications plan
- Not communicating outcomes
- Gaps
- Technical assistance orgs

PARTNERSHIP KEYS to support funder engagement

1. KNOW YOUR GOAL + THEIRS
2. CONNECT WITHOUT REQUESTING MONEY
3. ASK GOOD QUESTIONS

PARTNERSHIPS are FUNDAMENTAL for the ability to DO GOOD WORK.

## RELATIONSHIPS are the ORIGINAL CURRENCY



impact writing workshop

SMART goals

Nutrition and Aging Resource Center

#INNU2023

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## Thank you to all of our 2020 INNU Grantees!

### Open Hand Atlanta

- Laura Samnadda, MS, RDN, LD: Director of Nutrition Services
- Dr. Miranda Cook, PhD: Research and Evaluation Manager
- Aleta McLean: Senior Director of Client Services and Outcomes Tracking

### Apostle Group

- Harlivleen (Livleen) Gill, MBA, RD, LDN, FAND: President and CEO, Bethesda NEWtrition and Wellness Services
- Heather Engelman, MS, RD, LD: Manager of Nutrition Services, Bethesda NEWtrition and Wellness Services

### Georgia State University, University Foundation, Inc.

- Jordan Westcott, PhD, NCC: Virginia Tech

### Kentucky Cabinet for Health and Family Services

- Marnie Mountjoy: Director for the Division of Aging and Physical Disabilities, Kentucky Department for Aging and Independent Living

### New York City Department for the Aging

- Agnes Mak, LMSW: Senior Director of Aging Wellness, New York City Department for the Aging

### The Oasis Institute

Emir Kandzetic, MPH: Program Manager

### AgeOptions

- Paul H. Bennett, PhD, MSW: Manager of Advocacy, Evaluation and Planning
- Emma Kidder, MPD, MSW: Program Coordinator

### Project Open Hand

- Erika Tribett, MPH: Manager, Program Design; Nutritionist

### Iowa Department on Aging

- Bambi Press, RD, LD: Healthy Aging Director

### North Carolina Center for Health and Wellness at the University of North Carolina Asheville

- Natasha Vos, MPH, RD: Senior Project Manager

### Extra Thank You to:

- [Allora Café](#): Networking Dinner
- Wellness Break: Kiki Curtis, Certified Yoga and Silver Sneakers Fitness Instructor
- [World Food Prize Hall of Laureates](#): Group Tour
- [Graphic Notetaker](#): Nathan T. Wright



► Learn more about the Nutrition and Aging Resource Center. Subscribe to the newsletter and follow us on social media!

