

REGISTRATION

Pre-registration cost: \$35.00 Before April 26th
At the door \$45.00 After April 26th

Name _____

Address _____

City, State _____ Zip _____

Phone _____

Email _____

Make checks payable to: **CT AAIDD**

"Please copy this link into your browser to register through PayPal."

Early Registration Link: https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=35XE44L247PZG

After 4/27/18 Link: https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=QL23PBK3MKUPN

Send Registration Form to:

Don Miller
137 Kenyon St
Hartford, CT 06105
aaiddct@gmail.com

Seating is limited.

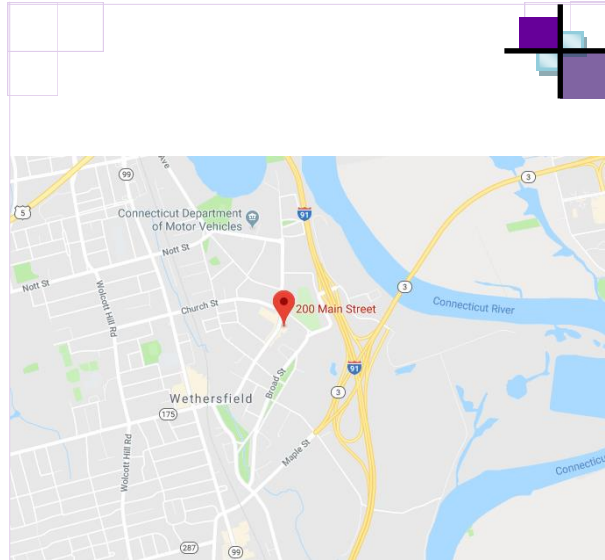
Please register early and return this form no later than
April 26, 2019

Payment must accompany registration

Lunch and refreshments included

Questions: Contact Lisa Spear @ lisa.spear@ct.gov

During registration Danish, coffee and juice will be served
Lunch included – Catered by The Cove Deli



DIRECTIONS
Keeney Center
200 Main Street
Wethersfield, CT
Telephone: (860) 529-7161

From I-91 North: Take Exits 25-26. Bear right and take Exit 26 (Old Wethersfield). Turn left at the end of the exit ramp and follow signs to Marsh Street. Turn left and follow Marsh Street to Main Street. Turn left on Main Street. The Keeney Center is the third building on the left.

From I-91 South: Take Exit 26. Turn right and go to Marsh Street. Turn left and follow Marsh Street to Main Street. Turn left on Main Street. The Keeney Center is the third building on the left.

“Aging Matters: Creating My Bucket List!”

What's on
your
**BUCKET
LIST?**



Presented by:
**Connecticut Coalition
on Aging and Developmental
Disabilities,**
**The CT Department of
Developmental Services.**
DORS CT State Unit on Aging,
&
**The CT Chapter of the
American Association on
Intellectual
and Developmental
Disabilities**

May 3, 2019

8:30 am -3:30 pm

Keeney Center, Wethersfield, Conn.

Morning Sessions

The Best Is Yet To Come!™®

Stefan Deutsch

As long as people believe that aging is basically a DECLINING experience, the general population will not be inspired sufficiently to learn, grow and take better care of themselves.

The solution must be to redefine the aging process as an ever upward arcing experience, with the Best Always Ahead of Us. Mr. Deutsch will present a theory of aging as a continuous movement toward personal growth and greater power.

Stefan Deutsch is a NYS Certified Psychotherapist, Philosopher of Human Development, Co-founder of Creative Aging, Inc. a 501(c)3 non-profit, Founder of Impact On Hunger, Inc. a 501(c)3 non-profit, and Founder & President of THDC.org - An educational, research non-profit 501(c)3 – International Renown Speaker and Author, whose book Love Decoded has been translated into a dozen languages.



NEAT – I want to live in a Smart Home!

Oak Hill's New England Assistive Technology (NEAT) Center connects people with the latest assistive technology, helping them effectively perform many tasks independently, overcome obstacles, and enhance their quality of life.

New smart home tools can provide a unique level of support and access to the world for people with disabilities and those 50 and over, and they can be the lifeline that helps someone remain in their home, or age in place. The NEAT Center offers education and training on these devices so that anyone can incorporate them into their everyday lives. The NEAT Center is proud to offer the Smart Home on Wheels (SHOW), a mobile demonstration center where individuals and groups can learn more about how technology can support independent living.

Conference Schedule

8:15 am - 9:00 am
Registration and continental breakfast

9:00 am – 9:30 am
Opening Remarks
Commissioner Jordan Scheff, DDS
Commissioner Amy Porter, DORS

Moring Sessions:

9:30 am – 10:30 am
The Best Is Yet To Come!
Stefan Deutsch

10:30 am – 10:45 am BREAK

10:45 am – 12:00 pm
New England Assistive Technology

NEAT – I want to live in a Smart Home!

Noon – 1:30 pm
Lunch and Networking

Check out the NEAT Smart Home on Wheels

Afternoon Sessions:

1:30 pm – 2:30 pm
Aging with Grace and Style
Janet G. Ragno

2:30 pm – 3:00 pm
Zumba For Seniors: Get Moving
Stacie Silva-Gordon

Afternoon Sessions

Aging with Grace and Style

Janet G. Ragno, LCSW, Lead Primary Therapist for Older Adult Program

Windham Hospital Center for Healthy Aging

As George Burns said, "If I knew I was going to live this long I would have taken better care of myself." We laugh when we hear this because it hits home! We are living longer and we need to start taking care of ourselves RIGHT NOW. If you are a caregiver taking care of others, you may have put yourself and your self-care needs second to others. The time to start is now.

This presentation "Aging with Grace and Style" addresses self-care needs, setting priorities and managing challenges. Put your life in balance using physical, psychological and spiritual self-care.



Zumba For Seniors

Stacie Silva-Gordon

Active older adults are participating all over the country in modified Zumba® classes that recreates the original moves at a lower-intensity. Participants will be introduced to easy-to-follow choreography that focuses on range of motion, cardiovascular, muscular conditioning, flexibility, balance and coordination. Have fun while being empowered to live stronger as we age!

