



AGING MATTERS: “DON’T WORRY, BE HAPPY”

2020 Aging Conference four-part virtual series

September is *Promote Healthy Aging* month and this year’s Conference on Aging will offer presenters sharing perspectives and tips on a variety of topics relevant to living well amidst challenging circumstances. With a focus on wellbeing and happiness, a new topic will be featured remotely each Wednesday from 10am to 11am. This year’s registration will be available free to all participants, though early registration is recommended due to limited capacity. The sessions will be recorded and posted on the National AAIDD website BUT this link will not be sent out until after all the sessions are complete – October release!

September 9
Stay Connected

September 16
Mindfulness

September 23
**Connecting to
My Community**

September 30
**You’ve got the
Power**

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

This past year has brought a lot of focus to the simple act of breathing. How you breathe can help keep your mind and body in shape by lowering blood pressure, relieving stress, and promoting feelings of calm. Except for Sept 9, Registered Yoga Teacher Chris Gaynor will join each session and will include a different breathing and movement experience to bring into your daily wellness toolkit.

9/9/2020 10-11 am [Register here](#)

Stay Connected – Arlene Lugo, CT Tech Act Project, Patricia Richardson ADS, and Amy Norton

- What is Assistive Technology (AT) & how to identify the right AT match
- CT Tech Act Project services
- Importance of training and support
- Use of technology to stay connected and reduce isolation
- The CARES Act “Stay Connected” initiative

9/16/2020 10-11 am [Register here](#)

Mindfulness - Daniel Belonick LCSW, MDiv Director of Counseling Services, LiveWell

Mindfulness is often understood as clearing one's mind, or meditating alone; however, mindfulness is about attending to the present moment, on purpose, and without judgment. Learn how mindful practice can cultivate greater inner wisdom and choice in how to navigate the challenges of life. Geared for caregivers, this session will blend teaching and practice to offer participants a strong base for further exploration.

9/23/2020 10-11 am [Register here](#)

Connecting to Community -Dianne Stone, President of CT Association of Senior Center Personnel and Alana Kroeber, United Way of CT

- Resources, remote programming and options to stay connected with local community
- Options for older adults without internet connections
- How to find resources in your local community through 211
- Storing and saving frequently used resources within the 211 website
- Information people are searching for during COVID-19 – what the data reveals

9/30/2020 10-11 am [Register here](#)

You've Got the Power- Sandra Trionfini and Carol Grabbe; Kristopher Thompson, NEAT Center at Oak Hill and Patricia Richardson, ADS

Part 1 – Personal Legal Rights

As people with disabilities continue to thrive as productive and fully integrated members of our neighborhoods, there is an increasing recognition that lesser restrictive fiduciary relationships are often most beneficial in supporting community integration. People expect and deserve to retain decision-making abilities within their own lives, to the greatest extent possible. Nationally, this is being reflected in new legal relationships, including supported decision-making agreements (SDM agreements), and the increasing use of legal documents such as advanced directives and Powers of Attorney. Where fiduciary relationships are necessary, guardianships and conservatorships are being designated on a more limited basis, reflecting the intention to preserve personal autonomy and decision-making wherever possible. Sandra Trionfini and Carol Grabbe will

briefly describe the continuum of these relationships with the hope that they help individuals retain autonomy and reflect the environments which most encourage autonomy and the retention of personal legal rights.

Part 2 -Telehealth

- Preparing for a telehealth visit to make the most from your telehealth visit
- How Assistive Technology can improve access to telehealth services
- Considerations when opting for telehealth medical care

Registration questions, please contact – aiddct@gmail.com