

REGISTRATION

Pre-registration cost: \$35.00 Before April 28th
At the door \$45.00 Or after April 28th

Name

Address

City, State Zip

Phone

Make checks payable to: **CT AAIDD**

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

Early registration (prior to 4/28/17: https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=PVH7JXPXM9S86

Registration after 4/28/17: https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=6C5GTS3SVFNHS

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 28, 2017

Payment must accompany registration

Lunch and refreshments included

Questions: Contact Beth Aura Miller @
bethaura.miller@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: (203) 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: Live Life and Get Connected!”



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

May 5, 2017
8:30 am -3:30 pm

Keeney Center, Wethersfield, Conn.

Conference Schedule

Morning Panel

“Getting Connected and Navigating Aging Supports and Services in CT”

The panelists will share their expertise and provide examples of connecting, accessing, navigating, and understanding the various resources available to individuals as they age.

The panelists include:

Dawn Lambert - Manager of the Community Options Strategy Group within DSS – CFC

Cindy Kozak, RD, MPH, CDE - Diabetes Prevention and Control Program Coordinator for the CT Department of Public Health. She is a registered dietitian and certified diabetes educator.

Sarah Gauger, MPH, Prevention and Wellness Coordinator for CT State Department on Aging She is the Statewide Coordinator for the Chronic Disease Self-Management Program and other evidence-based health promotion programs

Diane Stone – Director of the Newington Senior and Disabled Center. She will be providing an overview of the supports and services provided by the Senior Centers in CT and specifically what the Newington Senior and Disability Center offers to its community.

Dr. Beverly Kidder -Director of the Aging & Disability Resource Center at the Agency on Aging of South Central CT. She has worked in CT, in the fields of aging, disability services and healthcare for the past 53 years.



stay active
as you age!

8:30 am - 9:00 am

Registration

9:00 am – 9:30

Opening Remarks

Acting Commissioner Jordan Scheff
Department of Developmental Services

Commissioner Elizabeth Ritter
Department on Aging

Morning Panel:

“Getting Connected and Navigating Aging Supports and Services in CT”

Facilitated by Maureen McIntyre -Executive Director of the North Central Area Agency on Aging.

Panel:

Community First Choice – Dawn Lambert
Evidence Based Programs – Cindy Kozak and Sarah Gauger

Senior Centers – Dianne Stone

Area Agency on Aging – Dr. Beverly Kidder

12:00 am – 1:00 pm

Lunch and Animated Shorts

Afternoon Sessions:

“Movin’ as We Age”

Mary Root – Director of Exercise and Fitness Therapy at UCONN Powerful Aging

Session will be experiential while promoting the importance of exercise and fitness as we get older.

Got Chi?

A Taste of Qigong and Taijiquan (T'ai-Chi) Move, Balance, Live

Bill Banick

Taijiquan is an ancient Chinese martial art based on internal energy or “chi”. It uses slow flowing and connected movement to integrate the mind and body and generate flexibility, strength and wellbeing.

Experience this revolutionary mind/body modality with a teacher who has practiced for over 27 years.



Afternoon Sessions

“Movin’ as We Age”

Mary Root – UCONN Powerful Aging
Mary is the Director of exercise and fitness therapy at the UCONN Powerful Aging Center She is enthusiastic and excited to share her 40 years of training and teaching about the importance of exercise as we age. She teaches individuals with various needs including Parkinson’s, Alzheimer’s, individuals with various abilities, and seniors of all ages! She uses her extended experience from swimming, yoga, line dancing, tai chi, Zumba and whatever keeps you moving!

“Got Chi?”

A Taste of Qigong and Taijiquan (T'ai-Chi)

Move, Balance, Live

Bill Banick, T'ai-Chi Ch'uan Teacher, 500 E-RYT, Bill Banick is the founder of Long River TaijiTherapeutics and co-founder of BigFaceLove Yoga. Bill instructs individuals and groups of all experience levels and has adapted yoga and T'ai-Chi classes and series to meet the needs of children, autistic and special needs children, Seniors and people with Multiple Sclerosis (M.S.), Parkinson’s and other challenges. Bill teaches taijiquan and yoga classes at Yale, and is a regular instructor for Hamden Adult Education, Woodbridge Recreation Department and Your Community Yoga Center.

