

REGISTRATION

Pre-registration cost: \$35.00 Before April 27th
At the door \$40.00 Or after April 27th

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 April 27, 2016):

https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=LY62AG7J5VRGG

Registration after 4/27/16: https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=B3L33DR24SRQG

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 27, 2016**

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: Living Life!"



Presented by:
**Connecticut Coalition
on Aging and Developmental
Disabilities,**

**The CT Department of
Developmental Services
&**

**The CT Chapter of the
American Association on
Intellectual
and Developmental
Disabilities**

May 6, 2016

8:30 am -3:30 pm

Keeney Center, Wethersfield, Conn.

Conference Schedule

Morning Sessions

“Navigating Money Follows the Person and Where We Are in CT” - Julie Robison, PhD.,

Associate Professor, Medicine
UCONN Health, Center on Aging

This session will review the national initiative of the Money Follows the Person program and its status in Connecticut.



Making Your Home Senior Friendly

Lory Nurenberg, LCSW – Social Work Supervisor,
VITAS Healthcare – Stratford

In order to maximize quality of life, it is important to be proactive in adapting and maintaining a safe environment as we age. We will address the topic of safety for seniors in any type of home setting.

“Thinking Ahead: My Way, My Choice, My Life At the End” - End of Life Decisions

California’s Guide and
Sandra Trionfini, Attorney at Law
Connecticut Legal Services

8:30 am - 9:00 am

Registration

9:00 am – 9:30

Opening Remarks

Commissioner Morna Murray
Department of Developmental Services
Commissioner Elizabeth Ritter
Department of Aging

Morning Sessions:

“Navigating Money Follows the Person and Where We Are in CT”

Julie Robison

“Making Your Home Senior Friendly”

Lory Nurenberg

“Thinking Ahead: My Way, My Choice, My Life At the End” - End of Life

Decisions - A look at California’s Guide and a review of CT’s End of Life Decision Making with Sandra Trionfini

12:00 am – 1:00 pm

Lunch

Afternoon Sessions:

“Me - Stressed? Care Giver Stress”

Gayle Kataja

“Be Here Now: The Art of Being Present In The Midst of Chaos”

James Osborne and Chris Gaynor



Afternoon Sessions

Me-Stressed? Caregiver Stress – Gayle Kataja, RNC,MS,CMC – Director of Community Integration & Partnerships for CCCI

The myths and realities of the so-called Sandwich Generation. Are you a wrap, open-faced, club or traditional? Regardless of whether you are a professional or care partner you will learn the facts, the options available, and coping mechanisms for yourself or to share with others.

“Be Here Now: The Art of Being Present In The Midst of Chaos”

James Osborne, MS, LPC, BCPC,
Psychotherapist, and Chris Gaynor, RYT 500
Kripalu Yoga Teacher

As caregivers, we search for ways to reduce and manage stress and anxiety, and to regain a sense of calming presence in our everyday lives. In this session we will explore and experience a variety of tools that can bring mindfulness and mindful awareness to our daily actions and interactions.