

## REGISTRATION

Pre-registration cost: \$35.00 Before April 27th  
At the door \$45.00 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 Link: [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=E8YEZZ5ZVD6MC](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=E8YEZZ5ZVD6MC)

After 4/27/18 Link: [https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted\\_button\\_id=V7GJK5WG59YM8](https://www.paypal.com/cgi-bin/webscr?cmd=s-xclick&hosted_button_id=V7GJK5WG59YM8)

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, 2018**

### **Payment must accompany registration**

Lunch and refreshments included

Questions: Contact Beth Aura Miller @  
[bethaura.miller@ct.gov](mailto: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: (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: Learning, Protecting, Saving, and Relaxing!”**



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 4, 2018**

8:30 am -3:30 pm

*Keeney Center, Wethersfield, Conn.*



### Morning Panel

#### **“Technology to Live With!”**

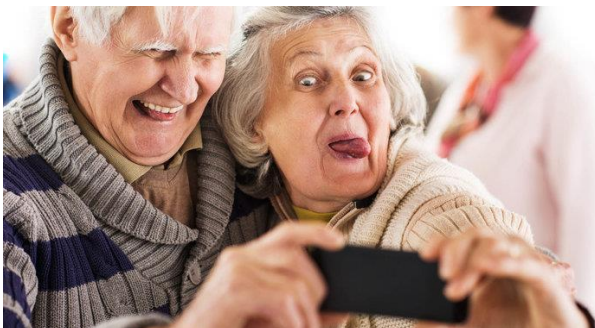
Facilitated by: Carol Grabbe, DDS Self Advocate Coordinator and Siobhan Morgan, DDS Waiver Director

Our panel members will share their expertise on the exciting ways technology is making a difference in supporting people as they age.

Embracing technology can be scary but the more you know, the more you can support greater independence!

Panel Representatives include:

- Mid State ARC
- Tech Act – Arlen Lugo
- MFP/DSS – Paul Ford
- NEAT Market



# Conference Schedule

8:30 am - 9:00 am

#### **Registration**

9:00 am – 9:30

#### **Opening Remarks**

Commissioner Jordan Scheff, DDS  
Commissioner Amy Porter, DORS

#### **Morning Panel:**

##### **“Technology to Live With”**

Facilitated by Carol Grabbe and Siobhan Morgan

CT Leads in promoting Assistive Technology to promote Aging in Place and fostering Independence and autonomy to CT seniors. Learn about the resources right here in CT. Learn the support options available through technology from low tech to high tech smart homes.

11:30 am – 12:30 pm

#### **Lunch and Networking**

#### **Afternoon Sessions:**

##### **“Who’s In Your Wallet?”**

Presented by Nancy Lisee

An informative presentation to help you protect your vital personal information, including the latest scams intended to steal your identity!

##### **“Senior Savings in CT!”**

Presented by News 8’s Laura Hutchinson  
What are the best deals in CT? Laura will share new and different ways to save money every day.

##### **“Take A Breath!”**

Presented by Chris Gaynor

As we age, the art of breathing can decrease our stress, elevate our mood, and maybe even improve our life where it matters!

**DON'T**  
*be a victim*



### Afternoon Sessions

#### **“Who’s In Your Wallet?”**

Presented by: Nancy Lisee  
Director of Education and Training  
Senior Resources Agency on Aging  
Norwich, CT

Seniors can become targets for fraud or scams which can happen by phone, mail, in person or on occasion, the internet. According to the Federal Trade Commission, studies show con artists are more likely to target seniors than any other age group.

#### **“Senior Savings in CT!”**

Presented by News 8’s Laura Hutchinson  
Laura Hutchinson is the co-anchor of Good Morning Connecticut alongside Keith Kountz. Laura digs around to find the best deals to save Connecticut families’ money! You can catch her “Stretch Your Dollar” segments in the 5:00 p.m. weekday newscasts.

#### **“Take A Breath!”**

Presented by: Chris Gaynor,  
Kripalu Yoga Teacher RYT 500  
Breathing correctly is not only important to help deal with stress and elevate mood, but also has been tied to living longer. Explore a variety of breathing techniques to use daily that can improve the quality of life for yourself and others

