

## **Session Descriptions**

**Six Workshops in the morning [1 to 5] and [6 to 10] repeated in the afternoon include:**

### **Session 1 and 6**

#### **The Importance of Sleep Health**

Callum Dupre, DO, Capital Health Systems

Dr. Dupre is the Lead Physician and Sleep Center Medical Director at Capital Health Systems in Hamilton.

The session will cover a broad overview of sleep, specifically intending to cover why sleep is important, what can go wrong with it and what we can do to fix it.

### **Session 2 and 7**

#### **Understanding the Rights of Disabled Clients**

Joseph Zesski NorthEast ADA Center and Mary Ciccone Disability Rights NJ

The session will describe the basic history, design, and impact of the Americans with Disabilities Act. Part of the session will also focus on the NJ Law Against Discrimination and the protections it offers individuals in NJ and how it differs from the Americans with Disabilities Act.

### **Session 3 and 8**

#### **It Takes a Village- How to Run a Senior Village**

Julie Dalton, Gramatan Village and Tina Serota, Village by the Shore

The National Village Movement is a growing nationwide trend of grassroots organizations that develop creative strategies to address local needs. The session will address the various village movement program models, highlight the key steps to establishing a village and will present the lessons learned from nearly 10 years of village operation.

### **Session 4 and 9**

#### **Housing Policy Updates and Recommendations**

Katie York, Lifelong Montclair; Pascale Leone, Corporation for Supportive Housing and

Diane Riley, Supportive Housing Association of NJ

This session will focus on the efforts of a broad group of stakeholders convened by NJFA to discuss and explore resources needed for the development of new affordable housing units and supportive services for low-income seniors, disabled persons and those who are chronically homeless.

### **Session 5 and 10**

#### **Guardianship Issues and Models for Solutions**

Helen Dodick, Esq. Acting Public Guardian

This session will provide attendees with a definition as well as the basic principles of guardianship. The presenter will answer questions about NJ specific issues and laws pertaining

to guardianship. The course will also cover the need for guardianship and specifics of guardianship for the elderly.