

**NJFA 21st Annual Conference
The “How To’s” for Aging Well**

**Tuesday, June 4, 2019
National Conference Center East Windsor, NJ**

Workshop Session Choices

Session 1 and 6

How to Build Partnerships for Age-Friendly Community Success

Panel:

Katie York, Director of Senior Services/Lifelong Montclair, Township of Montclair
Ann Lippel, Chair, Montclair Senior Citizens Advisory Committee,
Jeanne Martin, Director, Meals on Wheels North Jersey,
Jodi Murphy, Council Member, Borough of Westwood 2019
Elizabeth Davis, Executive Director, Geriatric Services, Inc,
Colleen Diskin, Journalist/Communications Consultant, Age-Friendly Teaneck

This session will expand upon the keynote address by highlighting the diversity of age-friendly community initiatives and their leadership. Presenters will discuss age-friendly advocacy in the roles of age-friendly community leaders, other professionals, and citizens.

Session 2 and 7

How to Better Serve LGBT Older Adults

Carolyn Bradley, Monmouth University, Bianca Mayes, Garden State Equality, Amy Simon, LGBT Senior Housing and Care Program

This session will address how to provide services to older adults in the LGBT community, hint-ask them! The presenters will cover the issues facing this community as well as provide information about reaching out and including them in the conversation. An overview will be provided of how recruit and engage stakeholders and the use of focus groups.

Session 3 and 8

How to Understand Mental Health

The NJ Mental Health Players, Lynette Sheard

The NJ Mental Health Players (NJMHP) is a highly successful, interactive community education program. It is the longest-running program of its type in the state. The NJ Mental Health Players performance will consist of two improvisational scenarios “Ageism Fears of Becoming

Invisible” and “Testing! Testing! – 1,2,3” -Accepting the Reality of Dementia. After each scenario there will an open discussion with the audience facilitated by a moderator.

Session 4 and 9

How to Use Smart Home Technology

Diane Vitillo, Home Heart Beats

This session will define what "Smart Home Technology" is and how it can help older adults and caregivers to control, automate and optimize functions such as temperature, lighting, security, safety, entertainment and more. Participants will learn that using any technology prior to needing it, or fully depending on it, will improve your success with it later. The presenter will also highlight how these types of products can be used by clients with mobility limitations, cognitive impairment and personal care needs. It addresses the desire to transition from supported living to independent living.

Session 5 and 10

How to Address Financial Health

Kim Cole, Navicore Solutions, Barbara O'Neill, Rutgers Cooperative Extension

This session will provide information on how to advise clients facing financial challenges. It will include an overview and discussion of available services such as credit and debt counseling, as well as a look at resources for homeowners. The presenters will provide an in-depth review of available programs and services, including reverse mortgages and help with foreclosures. The presenters will also discuss the different life events or changes that could impact the financial well-being of older adults and/or caregivers.

CE Requirements: Social workers must be in full attendance of the conference to earn CE credit, complete a session evaluation for each session attended and an overall conference evaluation. Certificates will be awarded by email within 30 business days.