

 **NEW JERSEY
FOUNDATION FOR AGING**
21ST ANNUAL CONFERENCE

The  
"How To"s



for
Aging Well



Tuesday, June 4, 2019
National Conference Center
399 Monmouth St., East Windsor, NJ

Sponsors and Partners:
Parker Health Inc
The Silver Century Foundation
The Robert Wood Johnson Foundation
The Henry and Marilyn Taub Foundation
Johnson and Johnson
AARP-NJ
Horizon NJ Health
Felician University Institute of Gerontology



**NEW JERSEY
FOUNDATION FOR AGING**
145 West Hanover Street Trenton, NJ 08618

www.njfoundationforaging.org

21st Annual Conference
The "How To"s for Aging Welle

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399 Monmouth Street

East Windsor, NJ 08520



Who SHOULD ATTEND

Leaders and professionals in direct practice, in public and private community-based programs serving caregivers and/or older persons including: senior centers, senior housing, adult day care programs, respite programs, home health, hospitals, assisted living and nursing home settings.

Elected officials, advocates, planners and policy makers in housing, local planning, program development, legislation, health, aging and social programs.

Educators and Grantmakers interested in making a difference in the lives of older adults.

Conference Goals

The goal of the conference is to provide educational opportunities for professionals in the aging network, to advance new approaches for serving seniors and professional ethics to enhance quality services, and to promote healthy lifestyle choices.

Conference Objectives

The conference objectives are to:

- Identify innovative approaches for health and wellness to improve outcomes.
- Discover best practice/service models to enable older adults to live with independence and dignity in their community.
- Learn about successful advocacy strategies and policy work.
- Learn how demographic trends are impacting services to assist seniors, caregivers and providers.

SCHEDULE FOR THE DAY

MORNING KEYNOTE

Age-Friendly Community Initiatives: New Avenues for Advocacy Among Aging Services Providers in New Jersey

Dr. Emily Greenfeld

Dr. Emily Greenfeld is an Associate Professor at Rutgers, The State University of New Jersey. Since joining the Rutgers faculty in 2007, her research, teaching, and administrative service has focused on fostering leadership for an aging society. She is a research expert on age-friendly community initiatives, aging-in-place supportive service programs, civic engagement in later life, and the long-term health effects of social inequalities in childhood. For the past four years, Dr. Greenfeld has been leading a community-partnered research project on the development of age-friendly community initiatives in northern New Jersey. Dr. Greenfeld's keynote presentation will address why long lives matter in New Jersey and how local communities matter in people's experiences of later life. Her research highlights how age-friendly community initiatives provide a "package" for increased responsiveness to population aging and the implementation of highly cross-disciplinary age-friendly solutions that go beyond aging. Furthermore, Dr. Greenfeld will discuss how the development of age-friendly community initiatives in New Jersey provide a unique leadership opportunity for aging services providers and address how aging services providers can become involved through professional affiliations, as well as through their private lives. Because of funders, age-friendly leaders, and the work of Dr. Greenfeld, there is a growing network in New Jersey to support individuals who are engaged in this work.



LUNCHEON KEYNOTE

Panel: How to Combat Ageism

Jeanne Koller, Rutgers, the State University

Christine Newman, AARP NJ

Jenny Dunkle, Stockton University

Our panelists will define ageism and provide examples of movements set on dismantling this pervasive "ism." The panel discussion will include a definition of terms, discussion of media images of aging, and the implications and influence of the beauty industry and "anti-aging products." How ageism impacts men and women differently will also be discussed as well as unique ways ageism impacts the LGBTQ community.

- 8:00AM – Registration and Continental Breakfast
- 9:00AM – Welcoming Remarks from the NJ Foundation for Aging (NJFA)
- 9:15AM – Morning Keynote
- 10:30AM – Break and Visit with the Exhibitors
- 10:45AM – Concurrent Morning SESSIONS
- 12:00PM – Break and Exhibitors
- 12:15PM – Lunch and Afternoon Keynote
- 1:30PM – Break and Visit with the Exhibitors
- 1:40PM – Concurrent Afternoon SESSIONS

THE "HOW TO'S" FOR AGING WELL

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

MORNING SESSIONS

- ### 1 HOW TO BUILD PARTNERSHIPS FOR AGE-FRIENDLY COMMUNITY SUCCESS

Katie York, Ann Lippel, Elizabeth Davis, Colleen Diskin, Jeanne Martin, Jodi Murphy
This session will expand upon the keynote address by highlighting the diversity of age-friendly community initiatives and their leadership. We will discuss age-friendly advocacy in the roles of age-friendly community leaders, other professionals, and citizens.
- ### 2 HOW TO BETTER SERVE LGBTQ OLDER ADULTS

Carolyn Bradley, Monmouth University Bianca Mayes, Garden State Equality Amy Simon, Green Hill
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 LGBTQ older adults in the conversation. An overview will be provided of how recruit and engage stakeholders and the use of focus groups.
- ### 3 HOW TO UNDERSTAND MENTAL HEALTH

Mental Health Players, Mental Health Association in NJ
The NJ Mental Health Players (NJMHP) is a highly successful, interactive community education program and 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 be a talk-back and open discussion with the audience facilitated by a moderator.
- ### 4 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. The tools learned here can be used to address desires to transition from supported living to independent living.
- ### 5 HOW TO ADDRESS FINANCIAL HEALTH

Kim Cole, NJPSA/MVJPO/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.

AFTERNOON SESSIONS

- 6 HOW TO BUILD PARTNERSHIPS FOR AGE-FRIENDLY COMMUNITY SUCCESS
- 7 HOW TO BETTER SERVE LGBTQ OLDER ADULTS
- 8 HOW TO UNDERSTAND MENTAL HEALTH
- 9 HOW TO USE SMART HOME TECHNOLOGY
- 10 HOW TO ADDRESS FINANCIAL HEALTH

DIRECTIONS

The National Conference Center at the Holiday Inn of East Windsor, New Jersey is conveniently located at 399 Monmouth Street in East Windsor, midway between New York and Philadelphia, just off Exit 8 of the NJ Turnpike.

FROM NJ TURNPIKE NORTH/SOUTH
Take Exit 8. After the toll, follow signs for Rt. 33 Hightstown/Freehold. Bear left and follow signs for Rt. 33 West. At the first traffic light, turn left onto Rt. 33 West. At the next traffic light, turn right onto Monmouth St. The hotel will be on your right.

FROM PHILADELPHIA
Take I-276/PA Turnpike East to the NJ Turnpike Extension. Merge onto the NJ Turnpike North. Follow directions above for NJ Turnpike.

FROM TRENTON
Take Rt. 206 or Rt. 29 South to I-195 East. Take Exit 6 for the NJ Turnpike North. Follow directions above for NJ Turnpike.

FROM PRINCETON AREA
From Rt. 1 take Washington Rd to Rt. 571 East (Princeton-Hightstown Rd). Continue on Rt. 571 East for nearly 5 miles. Take Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

FROM ROUTE 130 NORTH/SOUTH
Take Rt. 130 to Rt. 133 East toward Freehold. At the first traffic light, turn right onto Rt. 33 West. Turn right at Woodside Avenue. The hotel will be directly in front of you.

FROM FREEHOLD/POINTS EAST
From Rt. 9, the Garden State Parkway, or Rt. 537, pick up Rt. 33 West. Follow it into East Windsor. Turn right onto Woodside Avenue. The hotel will be directly in front of you.

REGISTRATION

TUESDAY, JUNE 4, 2019

Register online at: www.njfoundationforaging.org or fill in the form below.

NAME _____

ORGANIZATION _____

ADDRESS _____

TOWN / STATE / ZIP _____

PHONE _____

EMAIL _____

Concurrent Session Selections

Choose one for the **MORNING** from Sessions 1–5 at 10:30AM

AM CHOICE _____

Choose one for the **AFTERNOON** from Sessions 6–10 at 1:40PM

PM CHOICE _____

Please Select Your Entrée Choice

Pasta Primavera Lemon Chicken Ginger Salmon

Registration Fees

Single Registrant* \$100 per person
NJ Government representative* \$ 80 per person

*CEU/Letter of attendance is included in the cost of registration.

Total \$ _____

*For Any Refund: Cancellation MUST be received 2 weeks prior to the conference.
Caution: Walk-ins on the day of the conference may not be accommodated.*

P Credit Card Payment

(Visa/Mastercard Only)

Name (as appears on card): _____

SEC (3 digits on back): _____ Exp Date: _____ Billing Zip Code: _____

Card #: _____

4.5 CEU hours are being requested for the program.

Please check the desired certificate:

LNHA/CALA* Social Work
 Activity/Recreation Letter of Attendance

P Check/Voucher Payment

Make Check/Voucher Payable to: NJ Foundation for Aging
Mail this form to: 145 West Hanover Street, Trenton, NJ 08618
or Fax form to: 609-421-2006
Tax ID# 22-3569599

*Note: no confirmation will be sent. Dietary or special needs: 609-421-0206.
NJFA is an approved provider of LNHA/CALA continuing education credits in accordance with N.J.A.C. 8:34-7.3(a). This program will award LNHA/CALA, 4.5 credits.