



WESTERN CONNECTICUT
LEADERSHIP PROGRAM

Aging & Livable Communities Session September 26, 2016

Goals & Objectives

- ❖ To better understand the aging of our state and how we might help our communities respond
- ❖ To connect with state, local and nonprofit leaders who are developing options and opportunities for the aging population
- ❖ To explore programs and services that enable older adults to age in their communities and remain socially engaged

Important Session Information

Session Leaders Eileen W. Resnick, Murray Haber, Susan Magee, Susan Markert

Advisor Deborah Stein, Program Officer, *Connecticut Community Foundation*

Suggested Attire Casual, the day will involve speaker panels and limited walking

Venues **Gunn Memorial Library – The Wykeham Room**
5 Wykeham Road (p. 860.868.7586)
Washington, CT 06793

Parking There are several options for free parking in the Gunn Library area. **We ask you to please leave the four (4) spaces closest to the library front door for library patrons.** Please refer to the map on the following page for details.

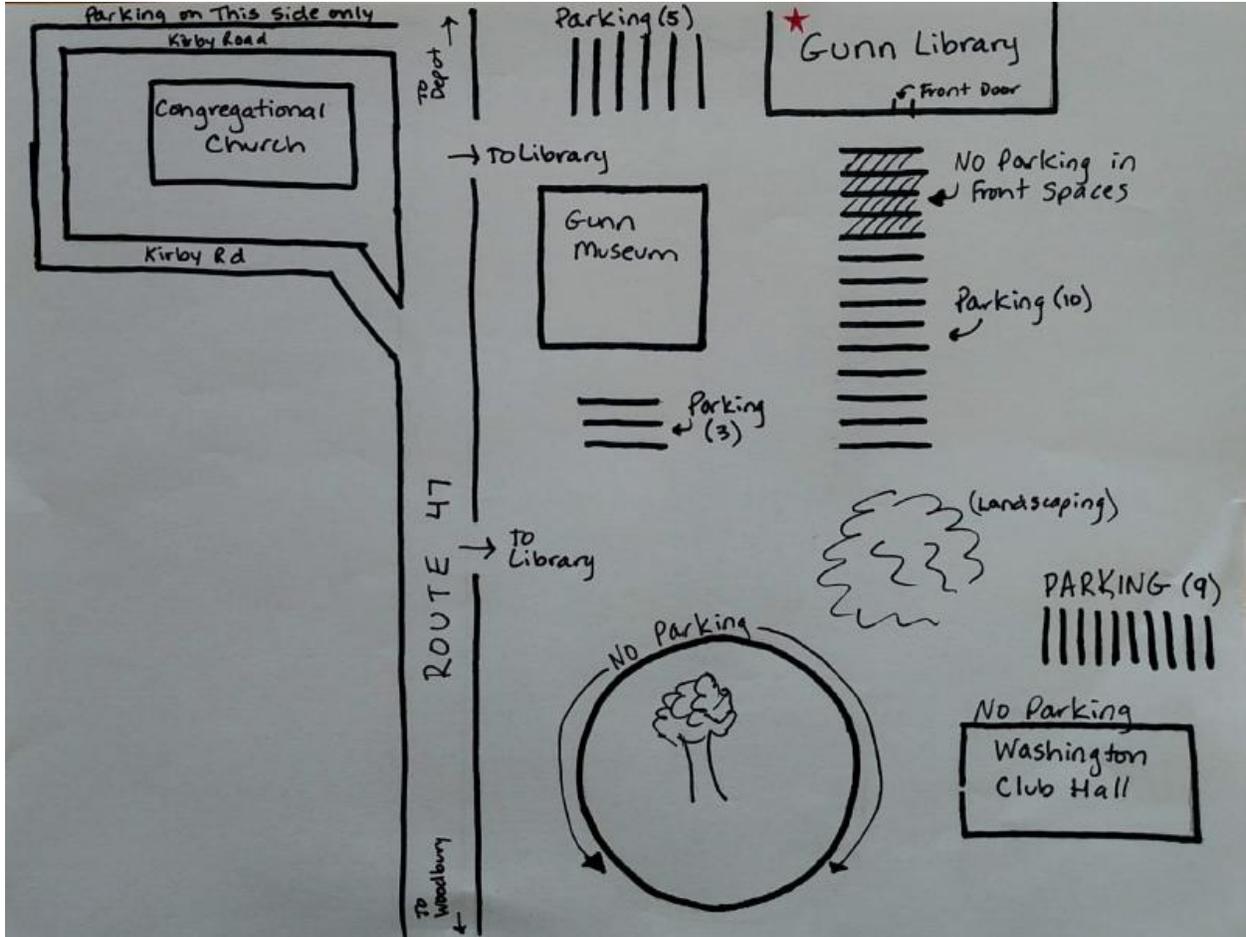
Washington Club – this lot is adjacent to the Library lot. Please park in the spaces to the left of Club Hall, which face the library.

First Congregational Church of Washington – Parking is available around the church and on some parts of Kirby Road.



matching need with know-how

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Agenda

- 8:30 – 9:00 Arrival and Light Breakfast
- 9:00 **Welcome**
Eileen W. Resnick, *2016 WCL Planning Team & 2015 WCL Class Participant*
- 9:00 – 10:15 **Aging in Connecticut Today**
Julia Evans Starr, *Aging, Disabilities and Health Policy Consultant*
- 10:15 – 10:30 Break
- 10:30 – 11:45 **Critical Issues for Aging in Our Communities**
David Berto, President, *Housing Enterprises, Inc.*
Molly Rees Gavin, Title, *Connecticut Community Care*
- 11:45 – 12:45 Lunch
- 12:45 – 2:00 **The Village Model of Aging in the Community**
Frances “Bitsie” Clark, Executive Director, *Home Haven*
John Flaxman, Founder/President, *Community Caring in Bridgewater*
Barb Achenbaum, Executive Director, *Staying Put in New Canaan*
- 2:00 – 2:15 Break
- 2:15 – 3:30 **Staying in our Communities as We Age**
Loryn Ray, Director of Elderly Services, *Town of Woodbury*
Carolyn Haglund, Director of Senior Services, *Town of New Milford*
Thea Gruber, Program Coordinator, *Wheels Program of Greater New Milford*
- 3:30 – 4:00 **Wrap Up**
Brief Review of the Day & Preview of Civic Engagement Day



Speaker Biographies

Julia Evans Starr

Aging, Disabilities and Health Policy Consultant

Julia Evans Starr, MSW, has earned the distinction of being a leading authority on issues affecting the growing and diverse population of older adults. Her work transcends the branches of government (Executive, Legislative and Judicial) as well as municipalities. Julia led Connecticut's Commission on Aging for over twenty years and now serves as an aging policy consultant. Through her work she identifies emerging trends, promotes best practices and seeks responsible solutions. She prepares and delivers expert testimony at critically important Connecticut General Assembly public hearings and serves as a credible, objective source of information for legislators, decision-makers in all levels of government and the private sector. Among other recent legislative gains, she worked with the Connecticut General Assembly to pass comprehensive reforms to prevent elder abuse and established and implement a Connecticut for Livable Communities initiative.

One of her most influential achievements has been building, leading and energizing influential statewide coalitions toward a collective impact - to improve the quality of life for older adults and persons with disabilities. Through these critical partnerships, common goals are defined and achieved.

A frequent keynote speaker and panelist, Evans Starr hosts a regular WTIC-AM radio program, regularly guest-spots on WNPR and television shows and contributes to newspaper, magazine and blog articles on topical issues. She is also an Adjunct Professor at Smith College and UConn School of Social Work. Ms. Evans Starr earned her Master's Degree at the George Warren Brown School of Social Work at Washington University in St. Louis.

Contact info: julia.evans.starr@gmail.com

David Berto

President, Housing Enterprises, Inc.

David Berto created Housing Enterprises, Inc. 22 years ago to provide creative solutions to housing development and to preserve historic structures. Prior to this he was a nuclear engineer. Housing Enterprises assists small nonprofit groups and others in all aspects of developing and sustaining all types of affordable, mixed income and mixed use housing projects in Connecticut and other parts of the country. They work with each organization to



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develop quality projects that strengthen neighborhoods and provide housing where families and individuals can feel proud to call home.

Contact Info: dberto@housingenterprises.com, www.housingenterprises.com

Molly Rees Gavin

President, *Connecticut Community Care*

Molly Rees Gavin is president of Connecticut Community Care, Inc (CCCI), a statewide nonprofit organization that identifies choices and provides services to help people of all ages, abilities and incomes to live at home. CCCI is the pioneering access agency for the CT Home Care Program for Elders and Persons with Disabilities and a significant contributor to the state's Money Follows the Person (MFP) Program.

Molly is a Diplomate in Clinical Social Work and earned her MSW from Rutgers, the State University of New Jersey. In addition to her leadership role with CCCI, Molly is vice president of the Board of Directors of the Alzheimer's Association CT Chapter and a member of the Board of Directors of Qualidigm.

Molly has been named a Remarkable Woman in Business by the Hartford Business Journal, 2011; a Connecticut Advocacy Champion, 2011 and National Association of Social Workers (NASW) CT Chapter Social Worker of the Year, 1996. Molly has "walked the walk" not just "talked the talk" caring for both her parents until their deaths at 93 and 103.

Contact Info: mollyg@ctcommunitycare.org,
<https://www.ctcommunitycare.org/default.asp>

Frances Clark

HomeHaven

Frances "Bitsie" Clark is the Executive Director of HomeHaven since 2011, an organization that helps people remain in their own homes as they get older. She was the Executive Director of the Arts Council of Greater New Haven from 1983 until she retired in 2002. She was elected to the Board of Aldermen for the City of New Haven representing the downtown ward in 2003 and served for the next eight years. She came to New Haven in 1956 and worked for the local Girl Scout Council for 10 years, training volunteer Scout Leaders and Directing Camp. Upon her retirement from the Girl Scout staff she was elected to the Council Board of Directors and between 1978 and 1982 served as President of the Connecticut Trials Council. She has a Bachelor's Degree in Political Science from Vassar



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College, holds an Honorary Degree of Dr. of Humane Letters from Albertus Magnus College and is an Associate Fellow of Branford College at Yale University. She has two children and five grandchildren under the age of 14.

Contact info: ervclark@gmail.com, <http://www.eastrockvillage.org>

John Flaxman

Producer/Writer

John Flaxman has been active in virtually every phase of the entertainment field including motion pictures, television, theater, opera and musical charity benefits. He has collaborated with Directors Hal Prince, Paul Newman, Robert Altman, Ellis Rabb, Jack O'Brien, John Turturro, and Rob & Kathleen Marshall; Writers Erich Segal (Love Story) Herman Wouk (The Caine Mutiny Court Martial) Hugh Wheeler (Something For Everyone) and Alan Trustman (Bullitt & The Thomas Crown Affair). His Benefit Shows have been written & produced for such charities as NFL/United Way, The Children's Foundling Hospital, and The Partnership for the Homeless.

In addition he has been a volunteer resident advocate for 17 years at the Village Crest Health & Rehabilitation Center, and Founder/President of Community Caring In Bridgewater, a nonprofit partnered with the New Milford Visiting Nurse Association and the New Milford Hospital dedicated to keeping Bridgewater's elderly residents healthy & happy in their own homes.

Contact Info: jpfloxman@aol.com, <http://www.ccbriidgewater.org/>

Barb Achenbaum

Executive Director, *Staying Put in New Canaan*

Barb Achenbaum joined Staying Put in New Canaan as Executive Director in May 2014. Considered the premier suburban village model, Staying Put was launched in 2008 and today provides over 5000 services (including 4000 rides) to its 300 members each year. A staff of four and a cadre of 150 volunteers help ensure that members stay safely at home and actively engaged in the community as they age. Services include safety checks, health consultations, tech support, handyman assistance, vendor referrals, and friendly calls and visits. The organization also provides 70 social and cultural events for its members each year.



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Staying Put is an integral part of an extensive support network serving seniors in New Canaan. The organization has developed strategic partnerships with the local CCRC, the Town-sponsored transportation service, and is participating in a pilot Telehealth Project, part of an innovative government initiative. Staying Put was a founding member of the Village to Village Network, and Barb frequently supports emerging Villages in informal mentoring activities, as well as strategic and operational guidance.

Barb's experience includes two decades in management positions in marketing and corporate communications, extensive experience in non-profit development, a term as Executive Director of Lekotek, a non-profit agency in Chicago supporting families of children with special needs, as well as numerous volunteer leadership roles, including Director of the New Canaan Community Foundation.

Contact Info: barb@stayingputnc.org, <http://www.stayingputnc.org/>

Loryn Ray

Town of Woodbury

Loryn Ray, is Director of Elderly Services for the Town of Woodbury at the Woodbury Senior Center. Loryn, a Midwestern girl at heart, is as happy leading an exercise or cooking class as she is planning new initiatives to better meet the needs of the older adults in the community or working with families. She's worked in the field of aging for 30 years, and holds an MPH degree with a specialization in health promotion and a BM degree in music therapy. She is a classic member of the sandwich generation, with 3 aging parents in different parts of the country as well as 2 college age kids and a younger son at home. Loryn is active in the arts, performing as a vocal soloist and with the Connecticut Choral Society. She believes that the keys to a good life include continuous learning, setting challenges, and giving back to the community. To that end, she earned her first and second degree black belts in Tang Soo Do at the age of 49 and 52, is currently learning to play the cello, and serves on the board of two arts organizations.

Contact info: lray@woodburyct.org, <http://woodburyseniorcenter.blogspot.com>

Carolyn Haglund

Director of Senior Services, Town of New Milford

Carolyn has been associated with the New Milford Senior Center (NMSC) since 2006, and the Director since 2011. The New Milford Senior Center is designated as a Focal Point by the Western Connecticut Area Agency on Aging, and provides social, recreational,



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educational, fitness and benefit advisement to older adults in the community. The Center administers the Elderly Nutrition Program, providing congregate lunches and Meals on Wheels. Also under her direction are two municipal agents, who are advocates and advisors to the elderly. The NMSC operates the senior and ADA certified client transportation system with two town owned buses. Carolyn has secured various grants for programming, health and wellness activities, and the CT Department of Transportation grant for operations and acquisition of buses. She was also involved with the transfer of the WHEELS Program of Greater New Milford from the American Red Cross into its own 501(C)(3) corporation.

Carolyn's philosophy has always been to consider seniors first. She and her team work together to improve and develop new and innovative ways to meet the diverse needs of their consumers. This is done by offering a broad spectrum of programs and activities, cultivating partnerships and forming community liaisons.

Carolyn holds a Master's in Business Administration, is a Registered Dietitian, and is a candidate member of the Society of Certified Senior Advisors. She currently resides in New Milford and is experiencing the joy of an empty nest with her husband Mark, while her two children are away at college.

Contact info: cmhaglund@newmilford.org, <http://www.newmilford.org>

Thea Gruber

Program Coordinator, *Wheels Program of Greater New Milford*

Thea Gruber is the Program Coordinator for The Wheels Program, a volunteer organization that provides non-emergent transportation to seniors and citizens with disabilities in the Greater New Milford area. Although she has over 30 years of business experience, she is new to the non-profit world. After a short period of volunteering for WHEELS, she began writing grants and was quickly appointed to her current position. Thea realized working for a program that helps people is much more satisfying than the business sector. By attending workshops and seminars, Thea has expanded her knowledge of grant writing, fundraising and senior transportation issues facing our community. With aging in-laws in the area, this is subject that resonates strongly with her. She resides with her husband, Andy and 2 rescue Bassett Hounds in New Milford.

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