



Western Connecticut
Leadership

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Aging and Livable Communities Session September 25, 2017

Goals and Objectives

- ❖ To better understand the aging of our state and how we might help our communities adapt
- ❖ 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 while remaining fully engaged

Important Session Information

Session Leaders

Deborah Fuller, WCL '16
Ann Merriam Feinberg, WCL '16
Lucy Warren, WCL '16

Advisor

Deborah Stein, Program Officer, *Connecticut Community Foundation*

Suggested Attire

Casual, the day will involve limited walking

Venues

The Watermark at East Hill
611 East Hill Road (phone: 203.262.6868)
Southbury, CT 06488

Parking

Parking is available at The Watermark campus. Please follow "Event Parking" signs to the designated area. A van will transport participants to the main building and back to the parking area at the end of the program.



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Agenda

- 8:30 – 9:00 Arrival and Light Breakfast
- 9:00 **Welcome**
Ann Merriam Feinberg, WCL '16 and Vice Chair, Alumni Program
- 9:00 – 10:00 **Aging in Connecticut Today**
Christianne Kovel, Senior Policy Analyst - Aging
Connecticut Commission on Women, Children and Seniors
- 10:00 – 10:15 Break
- 10:15 -11:45 **Creating Livable Communities**
- The Village Model**
Frances “Bitsie” Clark, Executive Director, *Home Haven*
- Affordable Housing Possibilities**
Maria DeMarco, President, *DeMarco Management*
David Fink, Consultant, *Partnership for Strong Communities*
- The Assisted Living Continuum**
Samantha Nook, Director of Sales, *The Watermark at East Hill*
- 11:45 – 12:15 Tour of The Watermark at East Hill
- 12:15 – 1:00 Lunch
- 1:00 – 2:15 **Planning for the Future**
Molly Rees Gavin, President, *Connecticut Community Care*
Charles Henry, Esq., Trusts and Estates Attorney, *Henry & Federer, LLP*
- 2:15 – 2:30 Break
- 2:30 – 4:00 **Staying Active, Healthy and Engaged**
Loryn Ray, Director of Elderly Services, *Town of Woodbury*
Jonathan Draper, Interim Director, *Osher Lifelong Learning Institute*
Dennis Noel, Chair, *SCORE Northwestern Connecticut Chapter*
Deborah Stein, Program Officer, *Connecticut Community Foundation*
- 4:00 – 4:15 **Wrap up**



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Speaker Biographies

Christianne Kovel

Senior Policy Analyst - Aging, *Connecticut Commission on Women, Children and Seniors*

Christianne Kovel oversees the legislative activities for aging for the Commission and cultivates relationships with policymakers, legislative staff and partner organizations to help shape aging policy that supports older adults. She previously was the Communications Director for the former Legislative Commission on Aging where she oversaw the communications functions of the office. Additionally, she was responsible for managing the launch of the new web-based training module on elder abuse for financial agents, per legislative mandate.

Ms. Kovel provides outreach and education on aging issues in the community, guest lecturing at universities and speaking at community events. Her background includes experience in the long-term care industry in various direct-care and administrative roles. She formerly served as the Public Policy and Communications Director for the Alzheimer's Association Connecticut Chapter. She was a Leadership Fellow for LeadingAge, and has served on committees and advisory boards throughout the state. Ms. Kovel received her Master's Degree in Human Development/Gerontology from the University of Saint Joseph in West Hartford.

Contact info: Christianne.Kovel@cga.ct.gov, <https://ctcwcs.com>

Frances "Bitsie" Clark

HomeHaven

Bitsie Clark has served as 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 joined the New Haven community in 1956 and worked for the local Girl Scout Council for 10 years, training volunteer Scout Leaders and directing camp programs. 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 College, holds an Honorary Degree of Doctor 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.

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



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Maria DeMarco

President, *DeMarco Management*

Maria DeMarco is founder and president of DeMarco Management Corporation, which is a full service real estate management firm specializing in affordable housing. She started her career in the Facilities Management Department of the Aetna Insurance Company. In 1992, she was recruited to work on a project for the Redevelopment Agency of the City of Hartford and in 1993 formed her own company. Initially, DeMarco Management Corporation concentrated on redevelopment of commercial properties such as the G. Fox Building and the E. J. Corvette building in Hartford but quickly saw a need for redeveloping housing. Today, her company consists of 125 employees and manages over 1500 units of affordable housing throughout Connecticut. DeMarco Management Corporation partners with many developers to build affordable housing throughout the state. Ms. DeMarco currently serves on the board of the Connecticut Housing Coalition as secretary; she is a member of the Home Connecticut Affordability Task Force and serves on the board of the Nutmeg State Federal Credit Union.

Contact info: mdemarco@demarcomc.com, <https://www.demarcomc.com>

David Fink

Consultant, *Partnership for Strong Communities*

David Fink, formerly the Policy Director for the Partnership for Strong Communities, has transitioned to a consulting role where he advises on the strategy for the HOMEConnecticut campaign which is charting solutions to the shortage of affordable housing. David plays a role in the coordination of education and advocacy efforts that relate housing to education, transportation, energy, healthcare and other key disciplines. He has testified before the U.S. Senate Banking Committee and the Connecticut General Assembly on how housing creation relates to transportation policy and community development, and has spoken at conferences and written extensively on developing community support and strategic communications.

Mr. Fink comes to the housing field from the worlds of journalism and government. He spent 25 years as a newspaper reporter, editor and opinion writer for five newspapers, including The Hartford Courant, where he served as a legislative correspondent, government editor and associate editor of the editorial page. In 2001, he became press secretary for the Speaker of the State House of Representatives in the Connecticut General Assembly.

Contact info: david@pschousing.org, <http://www.pschousing.org>



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Samantha Nook

Director of Sales, *The Watermark at East Hill*

Samantha Nook has worked in the retirement community industry for 15 years, including two years at The Watermark at East Hill. The Watermark is a life care retirement community offering independent living, assisted living, memory care and rehabilitation/skilled nursing on a 55-acre campus overlooking the beautiful Pomperaug River Valley in Southbury. As Director of Sales, Ms. Nook enjoys educating potential residents and their loved ones about what the facility offers, including the varying levels of care available. Additionally, she conducts marketing outreach in the greater community. Ms. Nook resides in West Hartford and is a graduate of Central Connecticut State University with a degree in marketing and graphic design.

Contact info: snook@watermarkcommunities.com, <http://easthill.watermarkcommunities.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 Connecticut Home Care Program for Elders and Persons with Disabilities and a significant contributor to the state's Money Follows the Person program.

Ms. Gavin is a Diplomate in Clinical Social Work and earned her MSW from Rutgers University. She also serves as vice president of the Board of Directors of the Alzheimer's Association Connecticut Chapter and a member of the Board of Directors of Qualidigm. Ms. Gavin has been named a Remarkable Woman in Business by the Hartford Business Journal, a Connecticut Advocacy Champion and National Association of Social Workers Connecticut Chapter Social Worker of the Year. She has "walked the walk" not just "talked the talk," caring for both her parents until their deaths at ages 93 and 103.

Contact Info: molly.rees.gavin@ctcommunitycare.org, <https://ctcommunitycare.org/>

Charles Henry, Esq.

Trusts and Estates Attorney, *Henry & Federer, LLP*

Charles Henry began his practice with the firm of Gager, Henry & Narkis in 1976 where he was a partner in its estate planning and trust administration department. In 1990 Mr. Henry founded the firm of Kernan & Henry and in 2010 the firm of Henry & Federer, LLP.



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For over twenty years, he has been AV Preeminent rated by Martindale Hubbell. In his practice Mr. Henry represents individuals, families and owners of family corporations in their personal, financial and tax planning matters. He specializes in counseling families to achieve successful transfer of business and wealth responsibilities to the next generation.

Mr. Henry is past Secretary of the Chase Collegiate School and past President of the Connecticut Community Foundation. He serves on the Board of Directors of White Deer Rock Land Corporation, The Eastern Company and numerous privately held manufacturing companies in the area. Charlie was born and raised in Middlebury, Connecticut and is now a long time resident of Woodbury.

Contact Info: chenry@henryfederer.com, <http://www.henryfederer.com/>

Loryn Ray

Director of Elderly Services, *Town of Woodbury*

Loryn Ray is Director of Elderly Services for the Town of Woodbury at the Woodbury Senior Center. A Midwestern girl at heart, Ms. Ray 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 a Masters of Public Health degree with a specialization in health promotion and a Bachelor of Music degree in music therapy. She is a classic member of the sandwich generation, with three aging parents in different parts of the country as well as two college age kids and a younger son at home. Ms. Ray 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://www.woodburyseniorct.org/home.html>

Jonathan Draper

Interim Director, *Osher Lifelong Learning Institute*

Jonathan Draper currently serves as Interim Director of the Osher Lifelong Learning Institute at the University of Connecticut. He earned a Bachelor of Arts in Psychology and Urban and Community Studies from the University of Connecticut. He is now in his final semester of graduate studies at Central Connecticut State University, pursuing a Master of Science in (Organizational) Communication. Jon joined UConn's Osher Institute in 2012 while pursuing his undergraduate degree. He has served as the institute's Interim Director



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since January 2016. Jon maintains an emphasis on intergenerational and community-responsive programming as crucial elements to the Osher Institute's success.

Contact info: jonathan.draper@UConn.edu, <http://olli.uconn.edu/>

Dennis J. Noel

Chair, *SCORE Northwestern Connecticut Chapter*

Dennis Noel has been a volunteer with SCORE (Service Corp of Retired Executives) since retiring in 2010 and currently serves as the Chair of the Northwest Connecticut Chapter. Dennis is also Principal of DJN Business Alliance Consulting, LLC which he formed in 2015 at the urging of former business associates.

Prior to retirement, Dennis had a successful 42 year career in the manufacturing industry working for two "Fortune 500" companies. During his professional career he held a number of executive positions including Director of Global Business Alliances and serving as a director on the boards of ten different business alliances in seven different countries.

Contact info: dennisjnoel@yahoo.com, <https://northwestconnecticut.score.org>

Deborah Stein

Program Officer, *Connecticut Community Foundation*

Deborah joined the Foundation in 2011 and serves as the program officer for the grantmaking programs that benefit older adults. Her responsibilities include oversight of grants and collaborations with nonprofits, municipal agencies, state groups and other funders to enhance services for our region's rapidly aging population.

Deborah previously worked for the town of Manchester as a case management supervisor in elderly and family services, and then as director of senior, adult and family services. Additionally, she has provided consultation services to a variety of nonprofit organizations. She holds a master's degree in rehabilitation counseling from Springfield College and a graduate certificate in gerontology from University of Connecticut School of Family Studies. Deborah is licensed as a professional counselor by the State of Connecticut.

Contact Info: dstein@conncf.org, <http://conncf.org>



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Opportunities for exploration and further engagement

Coming of Age in Aging America

This thought-provoking one hour documentary explores the ramifications of the dramatic age transformation. What are the implications for individual lives, families, local communities and our society's economic and social institutions? This permanent shift is explored through personal stories and expert perspectives.

The Big Idea in 4 Minutes: <http://www.theagingamericaproject.com/>

Full documentary: <https://vimeo.com/212796786>

Generation to Generation

A web resource that seeks to inspire adults over 50 to make a positive difference in the lives of vulnerable children and youth. The site celebrates the mutual benefits of intergenerational interaction and provides specific ideas and opportunities for action.

<http://generationtogeneration.org>

Grantmakers in Aging: Age Friendly Resources

Contains ideas, tools and models to help a community become "A Great Place to Grow Up and Grow Old." It includes information focused on rural/small town challenges.

<https://www.giaging.org/initiatives/age-friendly/age-friendly-resources>

Next Avenue

This website covers a variety of ideas and topics designed to interest "America's booming older population" with the goal of encouraging action. <http://www.nextavenue.org>

Osher Lifelong Learning Institute

There are volunteer opportunities to serve on committees or at the Fulton Park community garden. <http://olli.uconn.edu>

Northwest Connecticut SCORE (Service Corp of Retired Executives)

SCORE is seeking volunteers that are business savvy and interested in sharing their knowledge and experience to help others succeed. SCORE volunteers support their communities in a meaningful way and gain a sense of personal satisfaction from nurturing businesses so they grow and thrive. <https://westernconnecticut.score.org>

Western Connecticut Area Agency on Aging

The Agency on Aging offers a variety of volunteer opportunities. For example, the Live Well program needs group leaders. Training is provided for delivering these well-organized, evidence-based workshops. Leaders are rewarded by helping participants improve their health and their lives by taking charge of chronic conditions, setting goals and making healthier choices. <http://www.wcaaa.org/our-programs/live-well.asp> and

<http://cthealthyliving.org/for-workshop-leaders>