



Western Connecticut
Leadership

A Program of



Aging and Livable Communities Session September 24, 2018

Goals and Objectives

- ❖ To connect with state, local and nonprofit leaders who are developing options and opportunities for the aging population
- ❖ To better understand the impact of Connecticut's aging population and how community leaders can address the needs.
- ❖ To explore programs and services that enable older adults to age in their communities while remaining fully engaged

Important Session Information

Session Leaders

Lila Coddington, WCL '17
Jan Joseph, WCL '17

Advisor

Deborah Stein, Program Officer, *Connecticut Community Foundation*

Suggested Attire

Casual, the day will involve limited movement

Venues

Arts Escape
88 Main Street South (phone: 203. 586.1474)
Southbury, CT 06488

Parking

Parking is available at the front of the building with additional parking at the back.

Agenda

- 8:30 – 9:00 Arrival and Light Breakfast
- 9:00 – 9:45 **Welcome**
Janice Joseph, WCL '17 and Vice Chair, WCL 2018
Lila Coddington, WCL '17 and Alumni Vice Chair 2018
- 9:45 – 10:30 **Aging in Connecticut Today**
Overview of Moveable LGBT Senior Centers
Dianne Stone, Director, *Newington Senior and Disabled Center*
- 10:30 – 10:45 Break
- 10:45 -11:15 **Fostering Healthy Communities: Programming for Seniors**
Neal Lustig, Director of Health, *Pomperaug Health District*
- 11:15 – 12:00 **Connecting with Balance**
Emily Kent, Education and Community Engagement Manager,
Pilobolus
- 12:00 – 12:30 Lunch
- 12:30 – 1:45 **Planning for the Future: Disrupt Aging**
Tia Murphy, State Volunteer President, *CT AARP*
- 1:45 – 2:00 Break
- 2:00 – 2:45 **Staying Active, Healthy and Engaged**
Becky Butler, Founder and Executive Director, *Arts Escape*
- 2:45 – 3:00 **Coming Full Circle**
Janice Joseph, WCL '17 and Vice Chair, WCL 2018
Lila Coddington, WCL '17 and Alumni Vice Chair 2018
- 3:00-3:15 **Foundation Bites: Pathways Program**
Deborah Stein, Program Officer, Connecticut Community Foundation
- 3:15-3:30 **Preview of Environment Day**

Speaker Biographies

Lila Coddington

WCL '17 and Alumni Vice Chair 2018

Lila Coddington is a lifelong resident of Middlebury, Connecticut. In 2016 she retired from Central Connecticut State University as a behavioral health advocate for students struggling with mental health and addiction concerns, and from her private practice as a Marriage and Family Therapist. She continues to teach as an adjunct professor in the Graduate School of Counselor Education and Family Therapy. Prior to her tenure at CCSU Lila was employed by Waterbury Hospital as a Senior Clinical Therapist in the Crisis Center. She was also a workplace senior consultant and trainer with Alter & Associates, LLC for issues related to corporate team building, work related problem resolution ensuring a respectful workplace culture. Lila credits her early business acumen to growing up and eventually owning and managing a family catering business. At 45 years young she decided to sell the family business and redesign her future, and now that she is “retired” she intends to do the same going forward. Western Connecticut Leadership has exposed her to many volunteer opportunities including co-facilitating the Aging and Livable Communities Day along with her role as the Vice Chair of Alumni Programs.

Contact info: coddingtonl2@aol.com

Janice Joseph

WCL '17 and Vice Chair, WCL 2018

Jan Joseph graduated from the University of Kentucky with a BS in Nursing. Later, she earned a Master's degree in Education from the University of New Hampshire and a MBA from Rensselaer Polytechnic Institute. Jan has enjoyed her career in nursing as it has given her many opportunities. In addition to Kentucky, she has been privileged to live in Maine, New Hampshire, Massachusetts, Connecticut, Mississippi, and Colorado. Her positions have included Clinical Nurse Specialist, Nursing Education, and Nursing Administration. She moved to Connecticut to accept the position of Chief, Nursing Service at the VA Connecticut Healthcare System. Since retiring from the VA, Jan continues to practice in her clinical specialty as a Wound Care and Ostomy Specialist, consulting with several Home Care Agencies.

In addition to her participation in the Western Connecticut Leadership Program as vice chair of the 2018 Program, she joined the Connecticut Community Foundation Scholarship Committee in 2017. Jan also serves on the Board of Directors for the Connecticut Chapter of Gifts of Adoption. Jan is also the proud mother of a recent graduate of Carnegie Mellon University. Her daughter graduated with a BFA majoring in Dramaturgy with a minor in Hispanic Studies. She is now living in NYC and pursuing a theater career.

Contact info: hifire@sbcglobal.net

Dianne Stone

Director, *Newington Senior and Disabled Center*

Dianne is the Director of Newington Senior and Disabled Center, the first center in the State of Connecticut to achieve National Accreditation from the National Council on Aging and its constituent unit the National Institute of Senior Centers. She is a past President of the Connecticut Association of Senior Center Personnel. Dianne also sits on the Executive Committee of the National Institute of Senior Centers, where she has chaired the national Accreditation Board and has sat on several legislative task forces and committees in the State of Connecticut. She is a frequent presenter at state and national conferences and has worked to bring initiatives like the Aging Mastery Program® and the LGBT Moveable Senior Center to scale in Connecticut. She earned her Bachelor's Degree in Gerontology from McMaster University in Hamilton, Ontario.

Contact info: dianne@seniorcenterdepot.com,
<https://www.newingtonct.gov/2432/Senior-Disabled-Center>

Neal Lustig

Director of Health, *Pomperaug Health District*

Neal Lustig has been serving as Director of Health since 1988 for the Pomperaug Health District. The District is a 3 town full time – full service local health department serving Oxford, Southbury and Woodbury, CT. He is responsible for all district affairs and budgets along with directing and coordinating all health district programs, grants, and community health planning. The Health District is actively involved in environmental health regulation (septic systems, food service, etc.) along with an ever-expanding level of community health/disease reduction programs. Those programs, many directed at the Senior Population, now include Diabetes Self-Management, Chronic Disease Self-Management, Matter of Balance Fall Prevention, Chronic Pain Self-Management, Senior Services Web Resource Directory and extensive Senior Immunization Program involving multiple clinics (flu and travel) and shingles vaccinations.

Neal is a graduate of Southern CT State University and the Yale School of Medicine Public Health Program.

Contact info: neal.lustig@pddh.org, <http://www.pddh.org/>

Emily Kent

Education and Community Engagement Manager, *Pilobolus*

Emily Milam Kent graduated Magna Cum Laude, earning a BSEd in Dance Education from the University of Georgia. Soon after, she began collaborating with Pilobolus. Emily toured with Pilobolus Too, a duet configuration of Pilobolus, and has been photographed for company calendars and books including *Pilobolus The Human Alphabet* and *Twisted Yoga*.

Emily has choreographed and performed for corporate events and commercial performances such as Proctor and Gamble's National Product Launch in New York, Europe's IFA convention, and the 79th Annual Academy Awards. She has created original works for high school and university dance companies for Pilobolus and as an individual artist. She has set classic Pilobolus repertoire on high school and university students; she and her partner Matt Kent, were the first to have the process notated by a Laban Notator. Emily now works as the company's Education and Community Engagement Manager. She spends her days teaching and training teachers to bring Pilobolus's ideals of collaboration and improvisation to young and old.

Contact info: ekent@pilobolus.org, <https://pilobolus.org/>

Tia Murphy

State Volunteer President, *CT AARP*

Tia Murphy is a recovering corporate executive with over 30 years of business experience in the Telecommunications and Cable industries. Tia earned her MBA in marketing and finance from Loyola University of Chicago.

Following the death of her husband and mother, Tia stepped out of her business career to consolidate households with her father and start life anew. Less than a year later, her dad became grievously ill. Tia now found herself in the new role of primary caregiver and guardian, for which she was unschooled and unskilled. Luckily, her previous work life experience helped her navigate this steep learning curve to obtain the best care and services available to this World War II veteran until his death.

Currently living in Bethel, CT, Tia is the AARP CT State President focusing on causes near and dear to her heart. She serves on national AARP workgroups focused on Age-Friendly and Livable Communities for the 50+ generation and their families.

Contact info: tmurphy@aarp.org, <http://www.aarp.org/ct>

Becky Butler

Founder and Executive Director, *Arts Escape*

After twelve years working with adults in a planned retirement community as the Community Life Director, Becky created the "Art of Living" concept and now the nonprofit Arts Escape Inc which is approaching its sixth year in Southbury, CT. The Art of Living program was designed by Becky for adults in her community to enhance their quality of life through creativity and learning. She co-founded *The Art of Experience*, Connecticut's only senior juried art show, which is now approaching its eleventh year of showcasing the work of more than 200 adult artists. Arts Escape is now servicing over 1500 individuals annually in Southbury, Woodbury, Middlebury, Newtown, Danbury, Oxford, Litchfield, and Seymour.

Previously, Becky was the administrator of a dance school and community theater company in Connecticut. She managed both businesses and also created a teen theater summer program for Main Street Theater Company.

Becky received her BFA in Communications Art and Design from Virginia Commonwealth University. She is a member of PEO (Philanthropic Education Organization) and is on the governing board of the Arts and Culture Collaborative in Waterbury. Becky has always worked in the nonprofit world and believes people can make a difference and she prides herself in being one of those people. Becky lives and raised her 3 children in Southbury with her husband Paul. She is also the bookkeeper for Paul's business, GlobalEdg.

Contact Info: beckybutler@artsescape.org, <https://artsescape.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, <https://conncf.org/supporting-nonprofits/older-adults/>

Opportunities for exploration and further engagement

Coming of Age in Aging America

This thought-provoking 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/>

Connecticut State Unit on Aging

Latest statewide information and services for older residents

<https://www.ct.gov/agingservices/site/default.asp>

LGBT Resource Page: <https://www.ct.gov/agingservices/cwp/view.asp?a=2513&q=538510>

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

Osher offers non-credit learning experiences (courses, lectures, and special events) to all adults who are 50 or older and want to engage socially and intellectually with their peers as teachers and learners. Additionally, there are volunteer opportunities to serve on committees or at the Fulton Park community garden. <http://olli.uconn.edu>

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>