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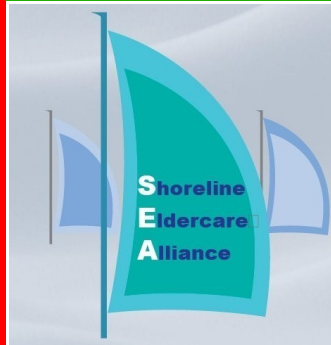


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10th Annual Celebration of Healthy Aging

Remembering the PAST

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Looking forward to the FUTURE

Wednesday, May 22, 2019

10:00 M - 3:30 PM

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NOTES

HISTORY OF SHORELINE ELDERCARE ALLIANCE

Twelve years ago, Holly Warner (now with Masonic Health Systems) and Bernadette DiGiulian (Geriatric Care Manager) would frequently meet professionally. They discussed their concerns that the seniors they cared for were very negative about growing older and had little knowledge about healthy aging. Holly and Bernadette wanted to change people's attitudes and put a more positive spin on growing older in a healthy way. They decided to form a group that would educate seniors toward healthy aging.

A small group of professionals, all interested in and committed to educating seniors began to meet monthly. They called themselves the Shoreline Eldercare Alliance (SEA) and for over a year, their meetings covered ways their professions could help seniors as they aged. They also educated each other about issues that pertained to senior health. These original members included Bernadette DiGiulian, Holly Warner, Jean Cherni, Barbara Katz, Christine Bailey, Jonathan Snyder, Mark Connell, Debra Laudano, and Karen Ragonese.

Ten years ago, SEA took a big leap and with the help of Debra Laudano (then of the Village at Mariner's Point) sponsored their first signature educational event, "A Celebration of Healthy Aging." It was hosted by the Village at Mariner's Point, a venue that SEA thought would bring many seniors together to celebrate the pride of growing older in a healthy manner. SEA also brought senior music, dance and singing groups to showcase seniors living active and full lives. This first event brought 300 seniors together.

At this first Celebration of Healthy Aging, Dr. Gerard Kerins was SEA's keynote speaker. Ten years later, Dr. Kerins is again our keynote speaker and will speak about senior care and attitudes ten years ago, at present, and what he hopes for the future. After three years at The Village at Mariner's Point, SEA moved the celebration to the Owenego Beach and Tennis Club, a beautiful venue on Long Island Sound. Today, we celebrate at Woodwinds in Branford, where SEA has been since 2016.

Today, SEA is proud to have thirty dedicated members, representing many types of senior care. Look at our brochure and program to see who our members are and the many services they provide. SEA holds educational sessions about healthy aging throughout the year, speaks before other service groups, is represented at health fairs and other festivals along the shoreline and continues to sponsor this event, "A Celebration of Healthy Aging." SEA is proud of its members, its growth, and the impact SEA has made over the last ten years. SEA has confirmed our belief that many seniors are interested in being educated and want to plan for healthy aging. We think SEA is part of that success!

On our tenth anniversary, we look forward to continuing to serve our shoreline communities with outstanding educational programming and look forward to helping advance healthy aging. We hope you will join us.

Today's Schedule of Events

10:00 a.m.- 12:00 p.m. – The Wellness Room is open. You are welcome to return at any time including lunchtime.

(Closed during Keynote Speaker Presentation)

Our Wellness Room gives you many possibilities of services that you or your clients can use today or in the future. SEA encourages seniors to be well informed about choices and options and we try to provide information to help you with important decisions.

Enjoy Senior Massage or Seated Tai Chi on the patio off the Fireside Room

Senior Massage is gentle touch to relax muscle tension and sooth chronic pain. It creates calm, relieves anxiety, helps improve sleep, brings relaxation, and more.

Tai Chi in a Chair is a gentle graceful form of exercise that's been practiced for 2,000 years. Tai chi improves wellness and awareness and may promote healing.

10:45 11:45 a.m. & 12:45 - 1p.m. —The Survivors Swing Band offers music in the main dining room

11:45 a.m. – Introductions –

Bernadette DiGiulian & Guilford Savings Bank,

**Introduction of SEA members by
SEA President Janet Woxland**

Hungry? Appetizers are served pre-lunch

Lunch is buffet-style at 12:45 p.m.

NOTES

We hope you use this program as a reference.

**As you need information or help, remember
to call us at 1-800-426-5086**

or email us at:

info@shorelineeldercarealliance.org

**Thank you for attending our 10th annual
Celebration of Healthy Aging!**

**Be sure to get on our email list
to receive notifications of our excellent presentations
throughout the year.**

**We look forward to seeing you at our
11th year celebration.**

Wishing you Healthy Aging!!!

Today's Schedule of Events (cont.)

12:00 a.m. - Keynote speaker:

Dr. Gerard Kerins

*Yesterday, Today and Tomorrow -
A Look at Seniors and Senior Care*

12:45 – Lunch served buffet-style

Please wait for your Table # to be called!

12:45-2:00—Wellness Room reopens

Lunchtime Entertainment

1:00 – 1:20

Branford High School Music Makers

1:20 – 1:35

Guilford Aerobic Group

1:35 – 1:50

Branford Senior Center Tappers

**1:50 – 2:00 The Survivors Swing Band ends
with a sing along**

2:00—Joyce Saltman

10 Best Ways to Preserve Your Humor

We thank Joyce for her many years of helping us to
enjoy laughing...a gateway to healthy aging!

**3:00 - Closing Remarks and drawing of
3 lucky winners!**

**Enjoy a FREE soft drink at Woodwinds
Cash Bar open 11:30 AM– 3:00 P.M.**

**Keynote Speaker:
Dr. Gerard J. Kerins**

Dr. Kerins is the Associate Chief of Geriatrics for Education at Yale New Haven Hospital and Yale Medical School. In addition, he is the Program Director for the Geriatric Medicine Fellowship and an Associate Clinical Professor of Medicine at the Yale School of Medicine as well as the University of Connecticut, School of Medicine. Dr. Kerins is a member of the State of Connecticut Office of Protection and Advocacy for Persons with Disabilities Fatality Review Board. He serves as a consultant to the State of Connecticut Disability Center and the State of Connecticut Department of Developmental Services. He is also a member of the Scientific Advisory Committee of the Connecticut Alzheimer Association.

Dr. Kerins is board-certified in Geriatrics and is a Fellow of the American College of Physicians. Clinical areas of interest and research include geriatric assessment, Alzheimer's disease, and the care of older adults with Down syndrome.



Joyce Saltman

Joyce Saltman is a professor Emeritus of Special Education at Southern Connecticut State University in New Haven. She chose to receive her doctoral degree from Columbia, because she loved the color of their doctoral gown. It was no small feat that she was able to persuade her mentor to allow her to write her dissertation on "Humor in Adult Learning."

She also holds four graduate degrees in the fields of Special Education and Counseling. Joyce's innovative teaching style has led to the development of a graduate course entitled, "The Enhancement of Learning Through Humor," as well as a summer institute called, "Healing, Education Laughter and Play (HELP)." Her experience in the areas of education, therapy, and comedy has provided an outstanding background for her research on "The Therapeutic Value of Laughter." Since 1983, when Joyce began lecturing on "Laughter," she has been interviewed by national radio and TV. Her dynamic seminars and articles, always peppered with humor,

address such topic as dealing with difficult people, laughter as therapy, parenting, and relationships. Her goal is to enlighten, educate, and entertain while the audience laughs. Joyce has been speaking on "Laughter" and related uplifting topics and hopes to be able to die laughing - but not too soon!!! Joyce is the 2015 recipient of the Doug Fletcher Lifetime Achievement Award from the Association for the Applied and Therapeutic Humor (AATH).



Please support these generous contributors

Gifts in Kind 2019

Dr. Gerard Kerins- Geriatrician, Keynote Speaker

Joyce Saltman- Humorist, Educator

Mardyann Goglia and the Branford Tappers

Barbara Corso and the Guilford Aerobics Group

Mike Martone & The Branford High School

Music Makers

Woodwinds: Today's Lunch

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For Goodness Cakes with appreciation for the 10

year anniversary cupcakes - Rebecca Cudgma

Leo Cristofar and David Engler - Chair Massage

Suzanne Hanley and Alanna Keating - Tai Chi

Special Thanks to: K & G Graphics for their ten years of contributions and support of SEA and for their printing this program and signage for today's Celebration of Healthy Aging.

Special Thanks to: Christine Bailey, geriatric researcher, artist and founder- Colorful Chronicles: Preserving the Memories, for her graphic design of SEA's programs throughout the years.

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And our members who also donated desserts:

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United Healthcare
Village at Mariner's Point
VA Benefits
VNA Community Healthcare & Hospice
W.S Clancy Memorial Funeral Home

Remember to visit all the exhibitors and get checked off as having visited to be eligible to win a prize. Put your card in the box when leaving the wellness room. Three names will be picked (3:00 PM) and prizes will be given !!!

SEA - Members and Contact Information

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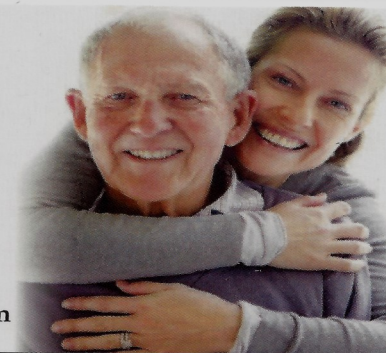
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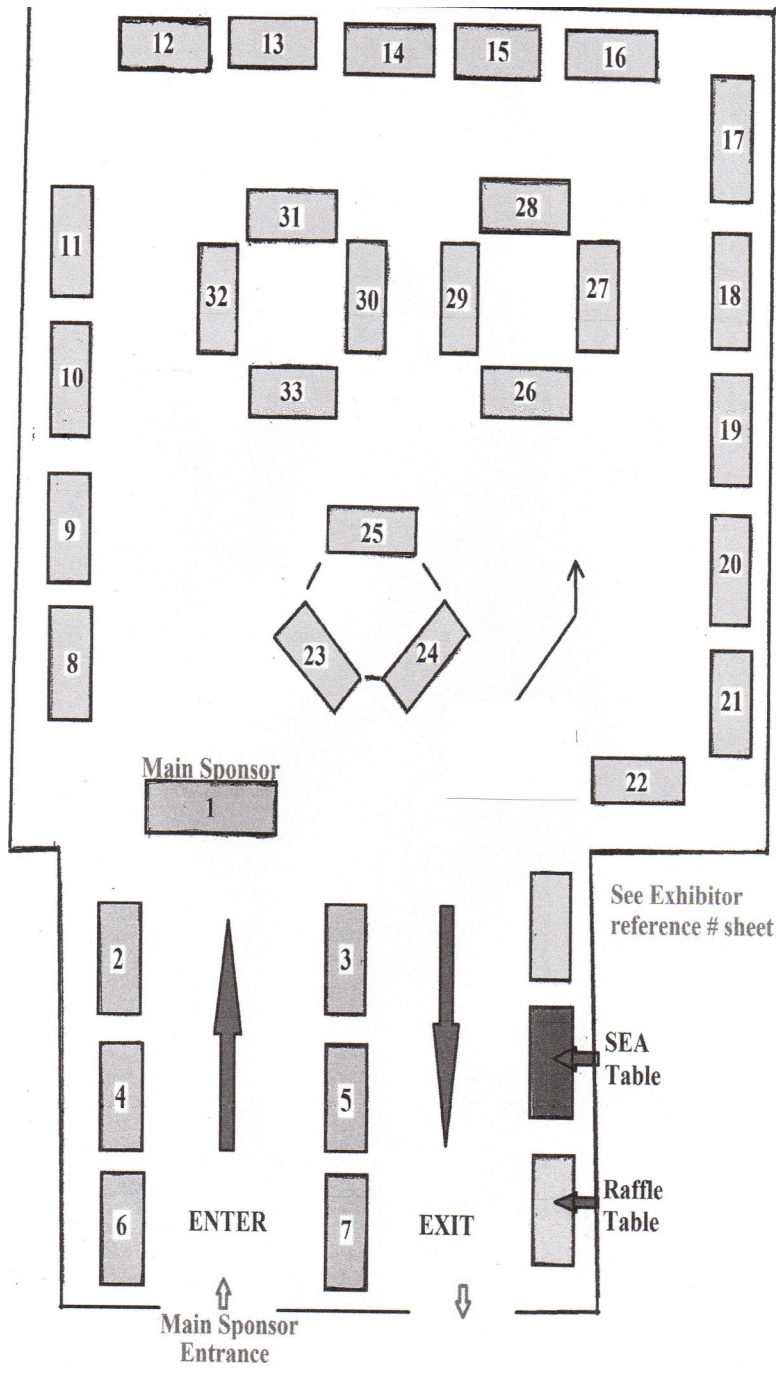
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8	McKinstry Financial
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12	New England Stairlift and Bath
13	Just So Organized/Personal Touch Organizers
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