

5TH ANNUAL DISABILITY & AGING SUMMIT

HOSTED BY THE ALASKA DISABILITY AND AGING COALITION

Special Olympics Alaska Jim Balamaci Training Center
3200 Mountain View Drive, Anchorage, Alaska 99501
September 25-26, 2019

Wednesday, September 25

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| 8 a.m. | Registration/Check-In | |
| 8:30 a.m. | Welcome | Patti Calonder |
| | VIP video | |
| 8:45 a.m. | Aging Caregivers and Aging Persons with IDD | Dr. Tamar Heller |
| 10:15 a.m. | Break (Health Messenger-Intentional Break) | Ayesha Abdul-Jillil |
| 10:30 a.m. | VIP Message | |
| 10:40 a.m. | Mental Health First Aid for Older Adults | Betsy Chivers |
| 11:30 a.m. | Lunch (on your own) | |
| 1 p.m. | Wellness and Self-Care for Aging Caregivers | Rick Benjamin |
| 2 p.m. | Disaster Preparedness: Earthquake Lessons Learned | Lanny Mommsen & Teresa Holt |
| 2:45 p.m. | Break (Intentional break) | |
| 3 p.m. | Fitness & Nutrition for Older Adults | Brittney Mitchell & Tamara Deschaine |
| 3:45-4 p.m. | Special Olympics Alaska Senior Program Update | Sarah Arts |
| 4 p.m. | Closing Remarks | Sarah Arts & Joe Pichler |

Thursday, September 26

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| 8 a.m. | Registration/Check-In | |
| 8:15 a.m. | Welcome | Joe Picher & Anna Atla |
| 8:30 a.m. | Alaska Native Older Adults with Disabilities Populations and Future Trends | Jordan Lewis |
| 9:30 a.m. | Alaska's Shared Vision Update | Travis Noah |
| 10:15 a.m. | Break (Intentional break) | Ayesha Abdul-Jillil |
| 10:30 a.m. | Building Caregiver Resilience | Linda Shepard |
| 11:30 p.m. | Lunch Provided | AADD & Special Olympics Alaska |
| 12:30 p.m. | Legislative panel on Aging and Disabilities | Facilitator: Anne Applegate |
| 2:30 p.m. | Closing Remarks & Evaluations | Sarah Arts & Joe Pichler |