

The 21st Annual Aging with Developmental Disabilities Conference

May 16-17, 2011

Sessions Designed for Self-Advocates: Track D

Conference Location	For More Information
Holiday Inn Southwest and Viking Conference Center 10709 Watson Road, St. Louis, MO 63127 • 314.821.6600	Contact AADD at 314.647.8100 www.agingwithdd.org

Monday, May 16

8:30 Registration/Exhibitors

9:30 Keynote Address: The Art of Living



JOHN E. MORLEY, MB, BCH, DAMMERT PROFESSOR OF GERONTOLOGY, DIRECTOR, DIVISION OF GERIATRIC MEDICINE, SAINT LOUIS UNIVERSITY MEDICAL CENTER, AND DIRECTOR, GERIATRIC RESEARCH, EDUCATION, AND CLINICAL CENTER, ST. LOUIS VA MEDICAL CENTER

Join Dr. Morley for an eye-opening and entertaining discussion of how to maximize quality of life for yourself and those around you.

10:30 Break

10:45 Breakout Session I

Track D



Looking Your Best Inside and Out

ANGELA GEISZ, WILLOWS WAY

Learn steps we can take to look our best, give a good impression, and feel better about ourselves.

11:45 Lunch

1:00 Breakout Session II

Track D



Life Review: It's All About Me!

THOMAS M. MEUSER, PHD, MS, UNIVERSITY OF ST. LOUIS

Catch yourself on film! Be the star! Be the stage crew! Be the audience! Participate in a "life review" process and help to tell stories about what you know.

2:00 Break

2:15 Breakout Session III

Track D



When My Friend Doesn't Feel Well

KRISTA KELL, BEVERLY FARM FOUNDATION

When your friend is in the hospital, do you bring flowers or grief? Learn what you can do to brighten someone's day and why.

3:15 Break

3:30 Breakout Session IV

Track D



Move to Your Own Beat

TAMMY STEVENS, MCAD, DUTCHTOWN, AND JOSEPH GARNIER, RHYTHM ROCKERS

Learn how music can be both enjoyable and beneficial for health and wellness.

4:30 Conference concludes for the day

Tuesday, May 17

8:00 Registration

8:30 Keynote Address: Generational Differences in the Workplace



D. KEITH BOLTON, BOLTON HR CONSULTING AND LEADERSHIP DEVELOPMENT
Learn about generations interacting in the workplace, generational core values, reward preferences, lifestyle comparisons, common myths, and management of our 21st century workforce. Understanding differences and using the right techniques will produce positive outcomes.

9:30 Break

9:45 Breakout Session I

Track D



Ask A Doctor

JOSEPH H. FLAHERTY, MD, SAINT LOUIS UNIVERSITY

Bring your questions. This is your opportunity to ask medical and health questions and get an answer from the expert.

10:45 Break

11:00 Breakout Session II

Track D



Maintaining Balance

CHRISTOPHER BAECHELE, REHAB CARE

Can you dance without falling over? This session tells you how to safely keep your strength and balance as you age.

12:00 Lunch

1:15 Breakout Session III

Track D



Self-Defense

KAY LOSCIUTO, 3RD DEGREE KARATE BLACK BELT, SHARP INSTRUCTOR

Discuss the importance of being able to defend yourself, learn basic self-defense moves, and practice your skills.

2:15 Break

2:30 Postnote: Making the Most out of Life

DERRICK DUFRESNE, COMMUNITY RESOURCE ALLIANCE

This presentation will challenge participants to erase old tapes that limit our vision and get us into ruts. Challenges and opportunities for the future will be explored.

3:30 Conference concludes



The 21st Annual AADD Conference Registration Form



NAME _____

ORGANIZATION _____

HOME OR BUSINESS ADDRESS _____

EMAIL _____ TELEPHONE (____) _____ FAX (____) _____

Please indicate any special needs or accommodation requests below. Requests must be made by May 2, 2011.

Registration Fee (includes instruction, materials, and lunch)

\$ 105 Consumer Fee (sessions designated for consumers run concurrently. Please see www.agingwithdd.org)

Please circle your choice of workshops during the breakout sessions that you will attend.

Day One: Monday, May 16th

Keynote

Breakout Session I: A B C D

Breakout Session II: A B C D

Breakout Session III: A B C D

Breakout Session IV: A B C D

Day Two: Tuesday, May 17th

Keynote

Breakout Session I: A B C D

Breakout Session II: A B C D

Breakout Session III: A B C D

Postnote

Please duplicate this form and submit a separate registration form for each participant.
No refunds after May 2, 2011. Please visit our website at www.agingwithdd.org for more information.

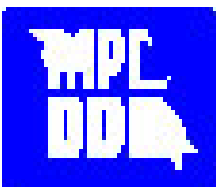
Amount Enclosed \$ _____ Purchase Order # _____

Contact Hours Available. Limited Scholarships Available.

Please make checks payable to AADD and send to 2385 Hampton, Suite 110, St. Louis, MO 63139

Conference rate hotel accommodations available at
Holiday Inn Southwest & Viking Conference Center
314.821.6600 or 800.682.6338

Indicate AADD Conference when making reservations by May 2, 2011.



Questions? Call 314.647.8100 or email agingwithdd@msn.com

