

WELCOME

Welcome to the 1st Annual Age-Friendly, Livable Communities Summit and Expo: Creating Community Connections.

This event will focus on enlightening people about the principles of a livable community, tackling housing and transportation issues in our city, and providing information about digital technology and healthy living.

On behalf of the planning committee, we hope you enjoy this program.

Age Friendly Little Rock Commission - Joan Diehl, Chair

AARP Arkansas - Dr. Odessa Darrough, State President, Vice Chair-AFLRC

AARP Arkansas - Patricia Fry, Associate State Director, Community Outreach and Engagement

Little Rock Parks and Recreation Department - Leland Couch, Director

Little Rock Parks and Recreation - Shawanda Craig, Deputy Director of Parks and Recreations Services

Little Rock Parks and Recreation - Chenelle Tucker, Manager West Central Community Center

CareLink - Todd Price, Director of Outreach

LifeQuest of Arkansas - Leah Greenfield, Executive Director

Arkansas Geriatric Education Collaborative - Laura Spradley, Outreach Manager

SPONSORS

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Contributor



EXHIBITORS

AARP Arkansas
Alzheimer's Arkansas
Arkansas Minority Health Commission
Arkansas Relay
CapTel Captioned Telephones
CareLink
Central Arkansas Library System
Central Arkansas Pride
Central Arkansas Water
Center for Arkansas Legal Services
City of Little Rock Diversity, Equity, and Inclusion
Department of Human Services Division of Aging
LifeQuest of Arkansas
Little Rock Department of Housing and Neighborhood Programs
Little Rock Parks and Recreation Department
New York Life
Oak Street Health
Our Little Rock
Right at Home
Rock Region Metro
Senior Advocates
Sage Health
SHIPP (Senior Health Insurance Information Program)
UAMS AR Connect Now
UAMS Arkansas Geriatric Education Collaborative
Unity Health



CREATING COMMUNITY CONNECTIONS

1st Annual Age-Friendly, Livable Communities Summit and Expo

West Central Community Center
8616 Colonel Glenn Rd
Little Rock, AR 72204
(501) 379-1890
Thursday, September 12, 2024

AGENDA

8:00 - 9:00 a.m.
9:00 - 9:45 a.m.

Registration

- Open General Session, Joan Diehl, AFLR Commission, Chair
- Welcome, Mayor Frank Scott, Jr., City of Little Rock
- Introduction, Patricia Fry, AARP Arkansas
- Speaker, Bill Armbruster, Senior Advisor, AARP Livable Communities

9:50 - 10:40 a.m.
10:50 - 11:20 a.m.
11:30 - 12:20 p.m.
12:30 - 1:30 p.m.

Breakout Session 1

Break/Exhibitors Open

Breakout Session 2

Lunch/General Session

Keynote Speaker, Mr. Armbruster

Breakout Session 3

Break/Exhibitors Open

Closing General Session

- Social Security and Your Community Impact, AARP Arkansas State Director Ashley McBride and Associate State Director Advocacy and Outreach Chris McCoy
- Creating Inclusive Green Spaces, Leland Couch, Director, Parks and Recreation
- Closing Remarks, Ms. Diehl
- Survey
- Evaluations
- Grand Door Prize Drawing

During session breaks, listen for your chance to win a door prize from each exhibitor, with the final drawing for a grand prize at the closing session. Must be present to win.

Breakout Session/Time	Track 1 Classroom	Track 2 Senior Activity Room	Track 3 Banquet Hall
<p>Session 1 9:50-10:40 a.m.</p>	<p>“Have Fun, Get Help and Don’t Pay at the Library” Nathan Smith, Digital Programming Coordinator, Central Arkansas Library Systems</p>	<p>“Tips for Aging at Home” Julie Norman, Director of Advocacy at the Center for Arkansas Legal Services</p>	<p>“Transportation Panel”</p> <p>Mack McAnally, Transportation Manager, CareLink</p> <p>Becca Green, Chief Planning and Communications Officer, Rock Region METRO</p> <p>Panel Moderator: Todd Price, CareLink</p>
<p>Session 2 11:30-12:20 p.m.</p>	<p>“Services Provided by the Community Development Division” Kevin Howard, Director of Department of Housing and Neighborhood Programs</p>	<p>“Home Fit” Sally Fittzsizer, AARP Arkansas Speakers Bureau</p>	<p>“Oh, How the Years Go By: Navigating Mental Health” Isis Pettaway, Senior Clinical Therapist, UAMS</p>
<p>Session 3 1:30 -2:20 p.m.</p>	<p>“How to Improve Balance and Stability” Victor Carson, Fitness Instructor, West Central Community Center</p>	<p>“Creating an Age-Friendly City” Amber Jackson, Chief Equity Officer City of Little Rock</p>	<p>“Understanding AR SHIIP (Senior Health Insurance Information Program)” Carroll Astin, Director, SHIIP</p>