

# BRIDGES CONFERENCE 2019

*Live Your Best Life!*



## MAY 2-3, 2019

CROWNE PLAZA HOTEL  
8686 Kirby Drive  
Houston, TX 77054

CONTACT US FOR MORE INFORMATION  
832-393-4391 [careconnection.org](http://careconnection.org)  
[houston.gov/health/Aging/](http://houston.gov/health/Aging/)

CEUs OFFERED for social workers, licensed professional counselors, long term care administrators, licensed marriage and family therapists

# Live Your Best Life • Topics

## Art Demonstrations • Door Prizes • Exhibitors

### Breakout Sessions Featuring—

- Creative Housing Strategies
- Exploring Evidence-Based Classes
- Free Style Time - Yoga, Zumba, Popcorn & a Movie
- Healthy Eating on a Budget
- Sexuality As We Age
- Long -Term Services and Supports
- Managing Finances on a Dime
- Resource, Services and Networking Bingo
- Secure your Legacy- Preparing for a Future of
- Long-Term Care and Beyond
- Self-Care for Caregivers
- The Independent Living Movement: It's Roots and Origin
- Veteran Directed Home and Community Based Services Program
- Community First Choice
- Virtual Dementia Tour

Veteran Possibilities, Division Manager HR, City of Houston

## SPEAKERS

Chamane Barrow, Executive Director of Houston Center for Independent Living

Dennis S. Brown, Motivational Speaker, Destiny Investments

Trelisha Brown, Attorney, Texas Legal Services Center

Maribel Burgos, Service Coordinator Supervisor, Texana Center

Terri Coleman, Cleveland Healthcare Center

Tony Cross, HR Division Manager, City of Houston

Renee Flores, Program Director Geriatric Medicine Fellowship, University of Texas

Maggie Green, Housing Navigator, Aging Disability Resource Center

Kenyonika Johnson, Program Director Service Coordinator, Community First Choice, The Harris Center for Mental Health and IDD

Rosalba Martinez, Care Connection Aging Disability Resource Center

Cara McGrane, Autism Lifeline Links

Tammy Mermelstein, Jewish Community Center

Deborah Moore, MBA, Assistant Director, Houston Health Department

Mariangel Romero, Benefits Counselor, Harris County Area Agency on Aging

Stephanie Saucedo, Secure Your Legacy

Keith Taylor, Veteran Directed Counselor, Harris County Area Agency on Aging

Jane Vo, Arts Stage Facilitator

Danny Wallace, IDD Service Coordinator Supervisor, Tricounty Behavioral Health

Stephen L. Williams, Director, Houston Health Department