

# At Home With Growing Older

## 2017-2018 Calendar

### Forums

HOW-TO /  
DIY



#### NAVIGATING THE ENCORE YEARS

Life Coaching as a tool to shape the aging experience.  
Presenter: Josephine Withers

**October 5, 2017: 6pm to 8pm**  
Rhoda Goldman Plaza  
2180 Post Street, San Francisco  
Street Parking or #38 Bus  
Co-Sponsor: Rhoda Goldman Plaza

RESEARCH /  
ANALYSIS



#### TASTE & FLAVOR AND QUALITY OF LIFE

How the altered sense of taste influences the emotional and social experience of aging.  
Presenter: Benay Dara-Abrams

**November 2, 2017: 6pm to 8pm**  
Ed Roberts Campus  
3075 Adeline St., Berkeley  
Free Parking near Ashby BART  
Co-Sponsor: CforAT

COMMUNITY /  
POLICY



#### KEEPING OLDER ADULTS CONNECTED

3 models, 3 approaches: Senior Center without Walls, SF Village, Little Brothers/Friends of the Elderly  
Panelists: Katie Wade, Kate Hoepke, Cathy Michalec, Keith Wong. Moderator: Cathy Spensley

**December 7, 2017 : 6pm to 8pm**  
Metta Fund, San Francisco  
850 Battery Street  
Co-Sponsor: Metta Fund

REIMAGINE /  
RETHINK



**THE LOST ART OF DYING:** This new book is a guide to reducing the risks of medical overtreatment and finding those helpful medical allies in the last 1/3 of life.  
Presenter: Katy Butler, Journalist, Author, 'Knocking On Heaven's Door'

**January 11, 2018 : 6pm to 8pm**  
Ed Roberts Campus, Berkeley  
3075 Adeline St., Berkeley  
Free Parking near Ashby BART  
Co-Sponsor: CforAT

COMMUNITY /  
POLICY



#### SOCIAL SECURITY AND RESIST

Social Insurance & Social Justice: Social Security, Medicare and the Campaign Against Entitlements  
Presenter: Caroll Estes

**February 8, 2018 : 6pm to 8pm**  
TBD  
San Francisco  
Co-Sponsor: TBD

REIMAGINE /  
RETHINK



#### SACRED DYING

Philosophy developed by Dr. Megory Andersen through her experience in helping hundreds through the transition from life to death.  
Presenter: Megory Andersen

**March 1, 2018 : 6pm to 8pm**  
Ed Roberts Campus, Berkeley  
3075 Adeline St., Berkeley  
Free Parking near Ashby BART  
Co-Sponsor: CforAT

REIMAGINE /  
RETHINK



#### 'INSIDER VOICES'

Panel discussion with 4 elders who have made different choices about their path.  
Moderator: TBD

**April 5, 2018: 6pm to 8pm**  
Rhoda Goldman Plaza  
2180 Post Street, San Francisco  
Street Parking or #38 Bus  
Co-Sponsor: Rhoda Goldman Plaza

REIMAGINE /  
RETHINK



#### THE LANGUAGE OF AGING

How we write about older age, what words do we use, what is taboo, what get's written about.  
A discussion among writers and journalists.

**June 7, 2018 : 6pm to 8pm**  
TBD  
San Francisco  
Co-Sponsor: TBD

# At Home With Growing Older

## 2017-2018 Calendar

### Special Events

REIMAGINE /  
RETHINK



INTEGRATED / COORDINATED CARE MODELS

A panel discussion on how to deliver integrated and coordinated care on a local level from medical, funding and community perspectives.  
Panelists: Bob Edmondson, Andy Scharlach, Ken Covinsky and Susan Poor (moderator).

**September 5 : 6pm to 8pm**

Ed Roberts Campus, Berkeley  
3075 Adeline St., Berkeley  
Free Parking near Ashby BART  
Co-Sponsor: CforAT and Stadler Architecture

COMMUNITY /  
POLICY



AGEISM AND FEMINISM

About the many roles women play in older age, from care giver to role model.

**May 3, 2018: 6pm to 8pm**

TBD  
970 Grace Ave, Oakland  
Street Parking near Ashby BART  
Co-Sponsors: TBD

Performance followed by discussion.

### Aging 360

HOW-TO /  
DIY



AGING 360 WORKSHOP

A fun, interactive, DIY workshop in 1-3 sessions for groups of seniors and families that teaches participants how to live better in their homes by tapping into their own creativity.

**October 5, 12, and 19, 2017**

10 am to 12pm  
St. Francis Episcopal Church,  
San Francisco  
Co-Sponsor: Private Donor

For further information, to book and/or sponsor a workshop:  
Aging360@gmail.com

**October 10, 2017**

10 am to 12pm  
Network for the Elder  
City College, San Francisco  
Partner: Community Living Campaign

**November 7 and 14, 2017**

2pm to 4pm  
Visitacion Valley Neighborhood  
Group, San Francisco  
Partner: Felton Institute

HOW-TO /  
DIY



Participatory,  
hands-on learning

COMMUNITY /  
POLICY



Advocacy, Activism  
and Collaboration

REIMAGINE /  
RETHINK



Out-of-the-box  
thinking and innovation

RESEARCH /  
ANALYSIS



Digging deeper into studies,  
market analysis,  
academic research

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