

AT HOME
WITH
GROWING
OLDER

agein

Program

Retrospective

Reflections

2009–2019

June 1, 2019

At Home with Growing Older
Berkeley, CA

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Dear friends and supporters,

With this booklet and our 1st *agein* we mark the 10th Anniversary of At Home With Growing Older (AHWGO).

We are thrilled to reach this organizational milestone!

Many people have dedicated time and talent to help build AHWGO. I would like to acknowledge our board members, advisory board members & steering committee members, staff and the people who helped us realize this event, for their tireless dedication: Gretchen Addi, Katie Babcock, Tasneem Babul, Dmitri Belser, Mary Clutts, Heather Dobbins, Lakendra Dunkin, Gloria Feldman, Rachael Friedman, Lisa Hendrickson, Sara Ingram, Marie Jobling, Christy Johnston Limon, Candiece Milford, Beth MacLeod, Erin McInrue Savage, Andrea Moss, Susan Poor, Susanne Revutsky, Donna Schempp, Cathy Spensley, Janice Schwartz.

Thank you to more than 80 speakers who over the last ten years have donated their insights and time to our forums. Thank you to our ever-growing community of engaged participants who make every forum a learning experience.

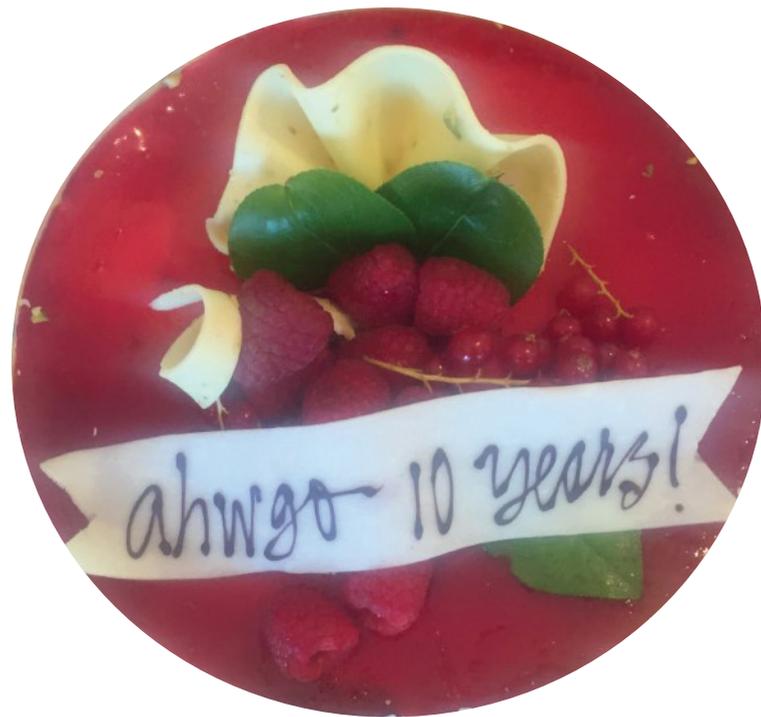
We also thank our generous sponsors and partners, Avenidas, the Center for Accessible Technology, the Community Living Campaign, Resin Advertising, Rhoda Goldman Plaza, Scott & Warner Builders for their financial and in-kind support!

We hope you enjoy learning more about the history of AHWGO and continue to join us as our story evolves.

Warmly,
Mikiko Huang

Board President
June 2019





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Welcome

SUSANNE STADLER

Welcome to our 1st *agein*. With this teach-in we are celebrating our diverse learning community which has promoted a radical acceptance of aging. We are seeking your thoughts on how to continue igniting conversations that change the way this phase of life is seen, felt and understood, both from an individual and professional perspective. We can only be 'at home with growing older' if we 'move the needle' of our conversation on aging. We look forward to exploring creative opportunities and solutions with you.

Thank you to all those who have been part of this 10 year journey and to those who have chosen to join us for the first time. We hope you will become an active part of our inquiry into what it takes to be at 'home with growing older.' We are a mostly volunteer run organization. Our two programs, Learning Forums and Aging 360, rely on the generous and committed support of volunteers, including our Board, Advisory Board, Steering Committee, sponsors, teachers, facilitators, and engaged participants. This is an amazing group of professionals and lay people of all ages and diverse backgrounds who actively engage in imaginative thinking to introduce and advance conversations relevant to this phase of life.

With your participation we are looking forward to strengthening our work through:

- Expanding the diversity of our learning community
- Working with organizations that are aligned with our mission and supporting their work
- Continuing our effort to bring the lens of elderhood to discussions and decisions that concern all of us no matter what age
- Engaging younger adults for mutual support and learning

We hope you will enjoy this 1st *agein* and are looking forward to your comments and ideas.





Ed Roberts Campus, Berkeley, CA
Universal Design
Architect: LMS Architects

agein Program

- Agenda
- Setting the Tone
- Learning Circles
- Facilitated Lunch Conversations



Example of Teach-In, 1960s

Agenda

The *agein* is modeled after the Teach-Ins of the 60s – peer to peer teaching and learning across generations and disciplines rather than in the hierarchical order of a teacher/student relationship. The overarching topic is ‘Interconnectedness’ which we will explore in learning circles and facilitated conversations over lunch. We hope that you will walk away from this day with new friends, inspiration to take action in small or larger ways and more curiosity about the many ways of being ‘at home with growing older.’ We want to age-into our community rather than age-out of it!

Check In, Coffee & Networking	9:30 AM
General Welcome	10:00 AM
Setting the Tone	10:15 AM
Concurrent Learning Circles	11:00 AM
Facilitated Lunch Conversations	12:45 PM
Sharing & Birthday Cake & Closing Remarks	2:00 PM
Farewell & Networking	2:30 PM



Setting the Tone

ED REED

If you've never thought "words cannot do justice to this story," maybe you've never met Ed Reed. His story is a good one: growing up in Watts during the 30's & 40's, sharing music with future jazz greats, a stint in the military and several in prison, heroin addiction, recovery, teaching, performing, recording. But beyond the words and even beyond the music is a rich, whole, strong life. Join us in appreciating Ed who brings his decades of experience to a life still full of learning, music, and teaching others to live well.

ON KEYBOARD: Adam Shulman



Learning Circles

SOCIAL JUSTICE

TOWARDS EMANCIPATORY GERONTOLOGY

How do institutional forces and public policies influence aging? How do we evaluate direct services, and how do we think about making our society a better place for growing and aging? Nicholas DiCarlo and Carroll Estes introduced the concepts of Emancipatory Gerontology in their new book, "Aging A-Z."

Consumers and service providers alike can use these concepts to advocate for themselves and their community, for a broad sense of "rights" -- not just for older adults, but for all to age in a world with respect and dignity.

Nicholas DiCarlo, Therapist / Author, Jarmin Yeh, Assistant Professor UCSF, Talia Davidow, Over 60 Health Center



DIGITAL WORLD

FLEXIBLE THINKING IN THE DIGITAL WORLD

Digital literacy is more than just learning how to use a keyboard, mouse, or touch screen. It requires shifts in thinking about, and interacting with, the digital tool-rich world we live in. From finding tools to learning how to use them, to comfortably integrating them in our lives - living with modern digital technology requires flexible and creative thinking.

Dmitri Belser, Jennifer McDonald-Peltier & Noah Praskins, Center for Accessible Technology, Laurie C. Sanchez, Community Tech Network



DESIGN

AGE-IN INSTEAD OF AGE-OUT: ON THE CREATIVE PROCESS OF STAYING CONNECTED TO YOURSELF, HOME AND THE WORLD

Use creative thinking to navigate the transitions that are part of the reality of growing older! Creativity is part of every act: rethink how we live in our homes in older age and find tools that work for us when we need support and when we create for the joy of it.

An artist and educator who draws her lessons from nature, an educator and proponent of inclusive design, and an architect who sees delight as the key criteria in age-friendly design will engage participants in shaping our own world as we grow older.

Lisa Carroll, Artist and Educator, Ricardo Gomes, Professor School of Design, SFSU, Susi Stadler, Architect, ED At Home With Growing Older



Facilitated Lunch Conversations

SHARING PERSONAL STORIES AND INSIGHTS

What happens when we decide to move after 30 plus years? How does caregiving for an older relative or friend who needs support affect our personal life? How can young and old connect in a meaningful way?

Participants will have the opportunity to discuss these and other subjects with their table partners, share personal insights and learn from each other's questions and perspectives.

Gretchen Addi, Design and Strategy Consultant and AHWGO Board Member will invite tables to share their perspectives and help us connect insights and questions gained from these discussions.

Participants are encouraged to use the worksheet in their program/reflection booklet to record their takeaway of the day.

At Home with Growing Older

Paradigm Shift

We need to support people in older age to live to their full potential rather than just keep them safe.



Benchmarks 2009–2019

SURVEY QUESTION:
WHAT BEST DESCRIBES YOUR WORK/FIELD?

- I'm a journalist covering aging and design issues
- I work in arts and creative aging
- I'm an author in elder and chronic care
- I'm an advocate
- I'm a fiduciary, conservator and care manager
- I work as a dentist in a senior care facility and am a caregiver to my parents

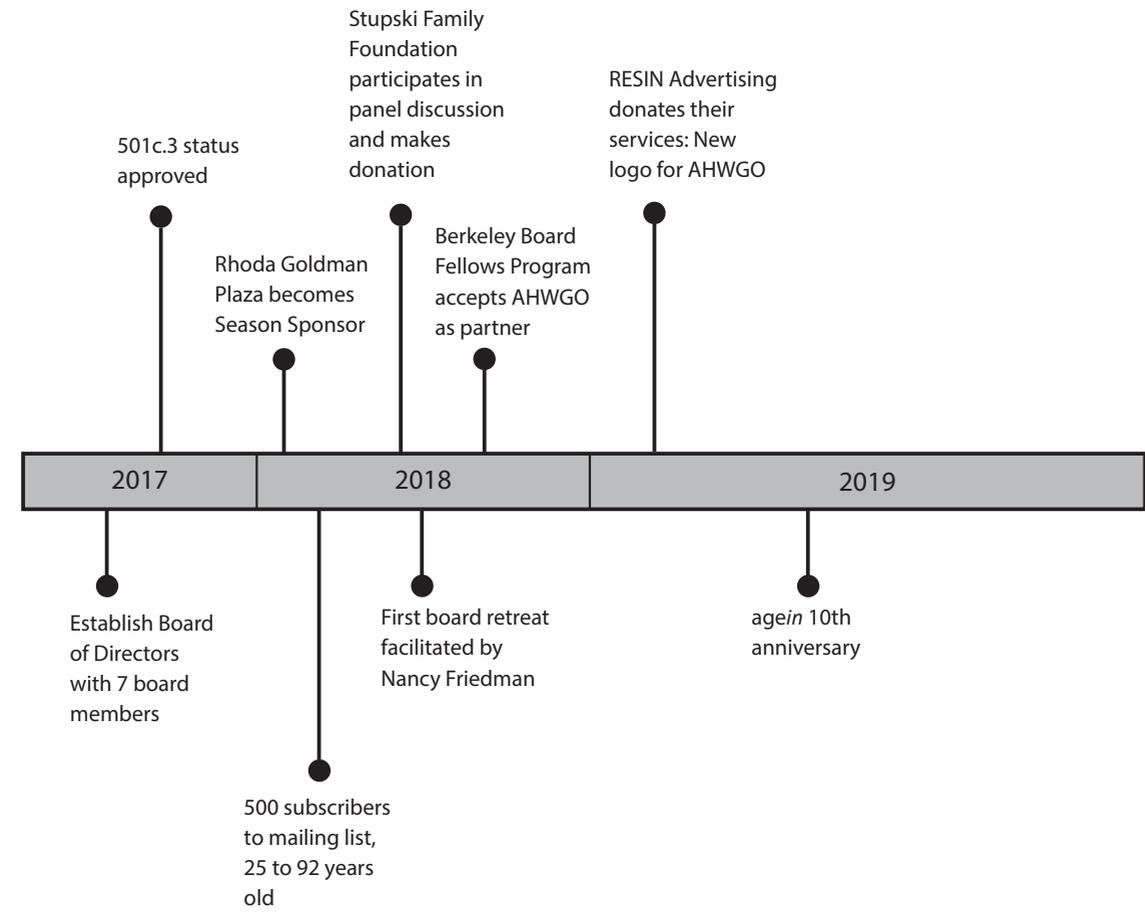
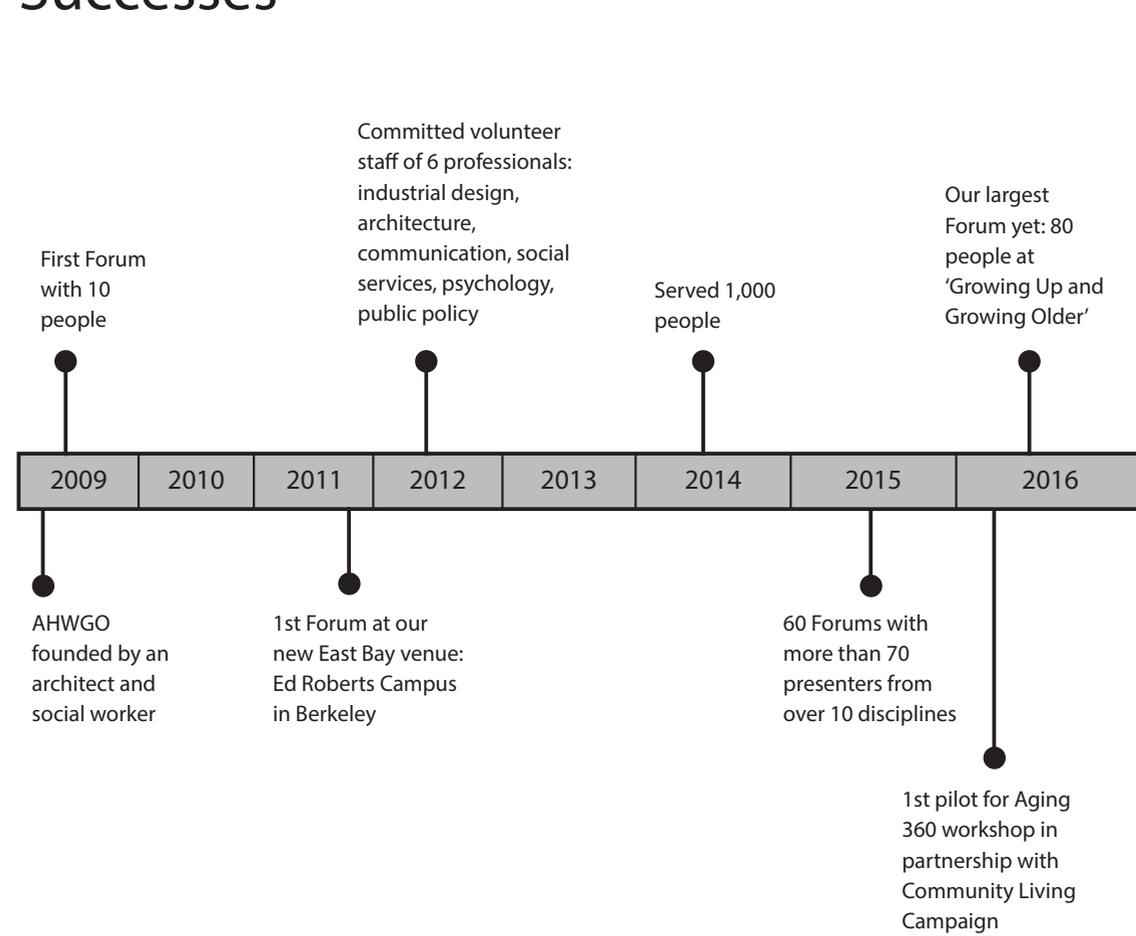
Source: AHWGO Participant Survey, September 2017

Benchmarks

2009–2019

At Home With Growing Older (AHWGO) was founded in 2009 by an architect and social worker and started as an interdisciplinary discussion group considering the tremendous work of “growing old” with more information, awareness, and pro-active inquiry. We gathered professionals, thinkers, activists, and academics seeking to expand and improve their personal and professional practice. AHWGO continues to grow and evolve its programs and reach. Today we are a committed group from a broad range of disciplines, from designers to artists to technologists to lawyers, who are dedicated to changing the experiences of later life. Our forums are held on both sides of the Bay to serve people in the wider Bay Area. In 2016 we added Aging 360 workshops to support participants in ‘owning’ their aging experience in a home that suits their needs. To date we have held more than 80 forums and six Aging 360 workshops in a variety of communities.

Successes



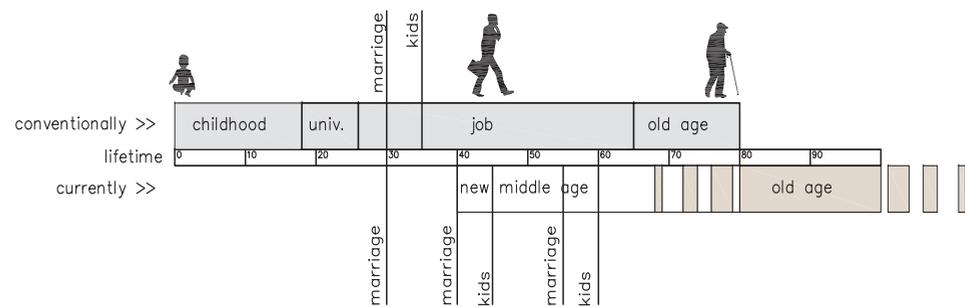
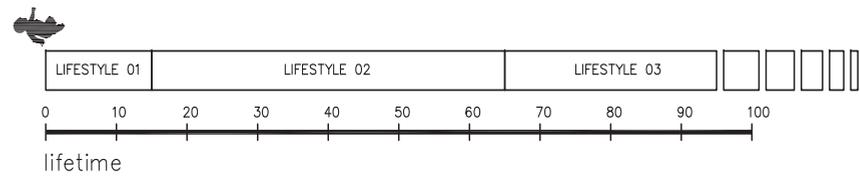


Donna Schempp, LCSW and geriatric care manager talks about the challenges of family caregiving.

Programs: Forums

About Forums

Outcomes



About Forums

Forums are information exchanges between professionals and individuals. They are facilitated by thought leaders and experts from a variety of disciplines and areas of interest. Forums are often co-sponsored and co-produced by other organizations and corporations in the Bay Area. They are unique in that they take the conversation about aging out of the typical context of caregiving and healthcare and insert it into the larger context of quality of life, creativity and interconnectedness.

We view forum topics from the following four perspectives:

HOW-TO: Resources, strategies, ideas and tools to plan for and live well in older age.

RESEARCH/STUDY/ANALYSIS: Digging deeper into the complexities of this phase of life through scientific studies, new discoveries, data analysis.

REIMAGINE AGING: Creative ways to deal with the tasks, challenges and opportunities that are part of this phase of life.

COMMUNITY/ADVOCACY/ACTIVISM/COLLABORATION: The larger framework of our aging experience.



*Shirin Vakharia, Marin Community Foundation
Glen Galaich, Stupski Foundation*

Outcomes

FOSTERING COLLABORATIVE ALLIANCES

EXAMPLE:

Forum: *Food on the Table – Aging in Place*

Meals on Wheels knows a lot about the needs of older adults but very little about technology.

UberEATS is the reverse.

The two connected in a forum on the role of food in older age. They took the conversation into meetings after our forum to share best practices.

CHALLENGING ASSUMPTIONS

EXAMPLE:

Forum: *Philanthropy in the Field of Aging: Cultivating Innovative Thinking and Solutions*

While some say aging is trending, only 2% of funds in philanthropy go to aging.

Funding for aging issues is sometimes inhibited by ageism, lack of funding for social determinants, and more.

We brought together a panel of funders to discuss the impact their foundations want to make in the field of aging.



Sherri Hayes Sawyer 63, Judy Jacobs 70, Sandy Ouye Mori 75, Stephanie DiGiorgio 83 and moderator Beth MacLeod, 60+

SEEING OLDER ADULTS AS EXPERTS

EXAMPLE:

Forum: *Insider Voices: Sharing Different Paths Taken, Lessons Learned and Questions Unanswered*

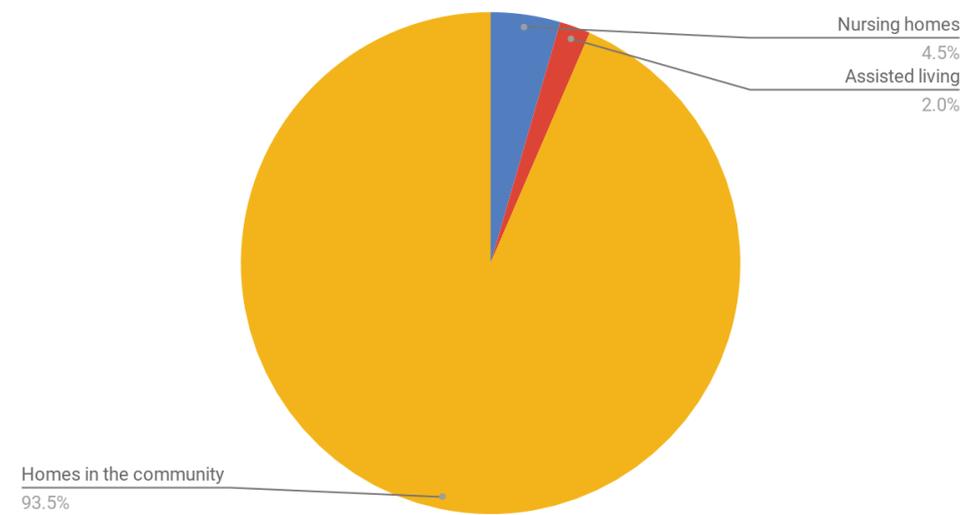
The voices of older adults are often not heard.

Products and services are designed for them and not with them.

Aging is still mostly seen as a condition that has to be fixed.

This forum brought together the insights of four women from four decades of later life. It was a powerful learning experience about the many pathways to be at 'home with growing older.'

Percent of Americans age 65+ who live in...



Most older adults live in homes in the community -- and that's increasingly where care happens.

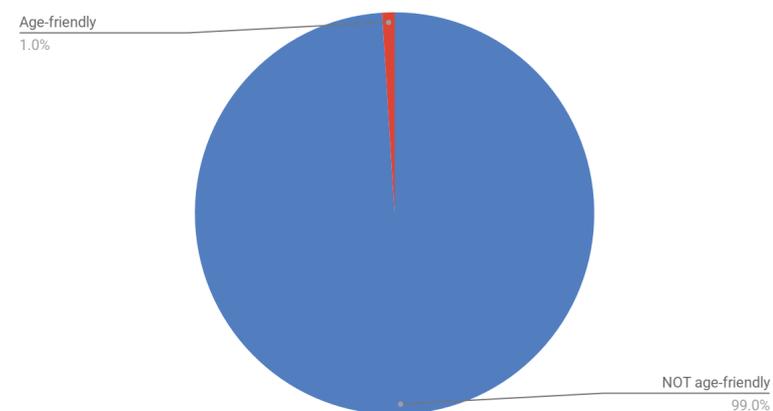
Programs: Aging 360

About Aging 360

Aging 360 to Date

Participant Voices

Percent of the US housing stock that is...

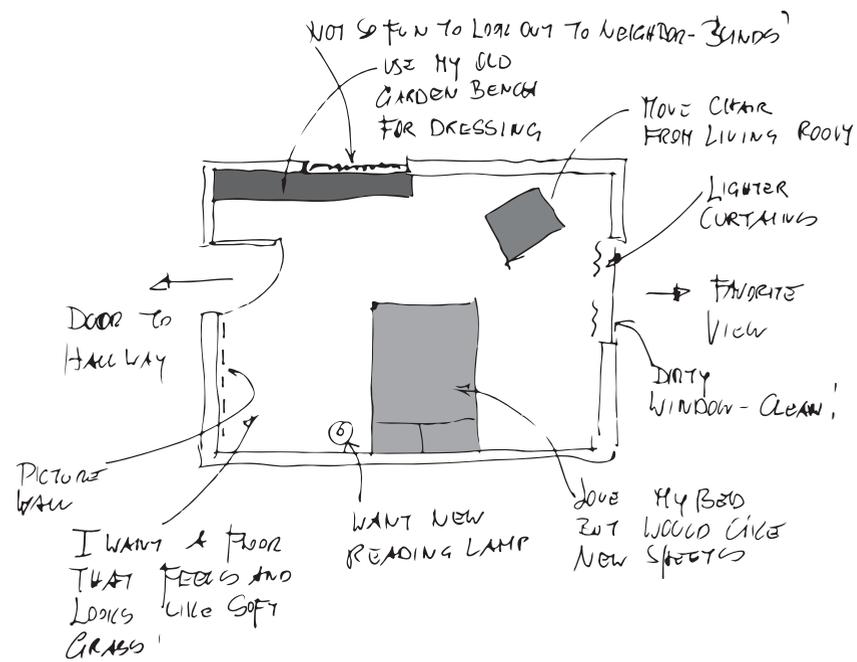


Millions of older adults live in homes that lack five basic accessibility features:

- no-step entry
- single-floor living
- extra-wide doorways and halls
- accessible electrical controls and switches
- lever-style door and faucet handles

About Aging 360

Aging 360 includes workshops, home assessments, and seminars with the goal of supporting participants living better, and therefore longer, in their homes and communities. Participants are encouraged to make their home an ally in a healthier aging experience. During workshops they take on the role of a 'home inspector' to assess what works and does not work for them in their homes and leave with an action plan for a project of their choice.



Example of "age-friendly" adaptations of a bedroom

Aging 360 to Date

- Six pilots in six different communities in San Francisco with 90+ participants
- Interdisciplinary six-part course for Osher Lifelong Learning Institute, UC Berkeley
- Comprehensive Aging 360 home assessment and recommendation for universal design adaptations in collaboration with Rebuilding Together, San Francisco, funded by Wells Fargo Housing Foundation and Home Matters
- 100% of participants agreed that their knowledge of age-friendly design increased
- Partners: Community Living Campaign, Family Service Agency, Rebuilding Together
- Programs tailored to different socio-economic and housing situations (renters and homeowners)
- Aging 360 Toolbox featuring simple products under \$20 that allow for DIY home adaptations



Participants at Aging 360 workshop

Participant Voices

“Really thought-provoking, going beyond safety to making your home an ally and making it beautiful too.”

“Saw my home differently and made some positive changes.”

“I wish it was not finished. I would come to the workshop every week.”

“The desire to live/stay in your own home is always a priority.”



Jean Dorse who inspired the founding of AHWGO

People

Voices

Leadership,
Supporters & Staff

Forum Speakers



Katy Butler



Glen Galaich



Beth MacLeod



Claire Cooper Marcus



Sherri Hayes Sawyer



Cathy Spensley

Voices

KATY BUTLER

JOURNALIST AUTHOR

AHWGO SPEAKER

“AHWGO is an extraordinary organization. I appreciated the smarts and humanity of all the organizers, and of the audience as well -- a wide cross-section of savvy elders and persons with disabilities, along with experts in fields like gerontology and social work. The conversation was sharp, soulful, deep, and sophisticated. I loved presenting at AHWGO, it is one of my favorite places to present and I know it has much to teach me.”

GLEN GALAICH

CEO STUPSKI FAMILY FOUNDATION

AHWGO SPEAKER

“I had a great experience speaking to the members of AHWGO. The level of experience and commitment to aging issues and solutions is unmatched. I learned far more than I shared with the group.”

BETH MACLEOD, LCSW

SPECIALIST IN AGING, MENTAL HEALTH, AND CAREGIVING

AHWGO SPEAKER/FACILITATOR/PARTICIPANT

“I love the idea of an interdisciplinary discussion of aging. In my experience, too often the discussions, trainings, etc. are all within one discipline -- all social workers, all attorneys, all medical providers, all caregivers. AHWGO breaks down the silos/boxes and invites cross-fertilization from everyone who is paying attention to the issues of aging.

IMHO, the Forum with four women each speaking about her personal journey into older age was a favorite. These women are the “real experts,” and the audience was very engaged and the presentations seemed to elicit some very lively discussion.

Frankly, what I most miss about the Forums as they have gotten bigger and better known is the opportunity that used to present itself for smaller-group discussions. It is valuable that the Forums are now reaching more people and that AHWGO continues to build on its mission and expand its reach. Now, I appreciate the ongoing diversity of topics and speakers who bring ideas and information. I think the group is doing a good job of continuing to be sure speakers come from all areas of interest and not just “experts” in a major field, e.g. medicine.”

CLARE COOPER MARCUS

PROFESSOR EMERITA OF ARCHITECTURE AND LANDSCAPE

ARCHITECTURE & ENVIRONMENTAL PLANNING

AHWGO SPEAKER/PARTICIPANT

“I enjoy the range of subjects covered at the Forums, all of them pertaining to some aspect of issues that I face (or might face) in terms of growing older. I would probably have never heard many of these speakers except for them being on the AHWGO program.”

SHERRI HAYES SAWYER

GROUP FACILITATOR, PARTNERSHIP MANAGER AT COMMUNITY LIVING

CAMPAIGN

AHWGO SPEAKER

“As a speaker at the Forum, I felt supported and my voice valued during my preparation and during the event. The conversation with the panelists allowed for each of us to tell our unique story including relocation to a new city in her 80s, asking for help after loss of spouse, having not saved for retirement and ways to stay engaged in community, making new friendships. Me being the youngest senior at 63, I learned so much from the other panelists. We need more conversations like the one we had in “Insider Voices.” I look forward to being a part of this conversation again in the future.”

CATHY SPENSLEY

DIRECTOR SENIOR SERVICES, FSA

AHWGO SPEAKER/FACILITATOR/PARTICIPANT

“At Home With Growing Older convenes a diverse group of people interested in aging, who you will probably never meet in another setting outside of AHWGO. Many participants come from professional fields that are interested in meeting the challenges of an aging population -- like architecture, design, transportation -- but that have not traditionally been focused specifically in this area. So the opportunity for those of us in the field of aging to connect to other professionals who understand aging and all its ramifications for individuals, society, and the world is an extremely valuable experience. As silos continue to break down and we look to meeting challenges through a multidisciplinary lens, I expect AHWGO will continue to challenge us to ever more meaningful dialogue. Thanks, AHWGO, for the past ten years! Looking forward to the next decade!”

Leadership, Supporters & Staff

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Andrea Moss
Susanne Revutsky
Donna Schempp

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Lakendra Dunkin
April Gavin

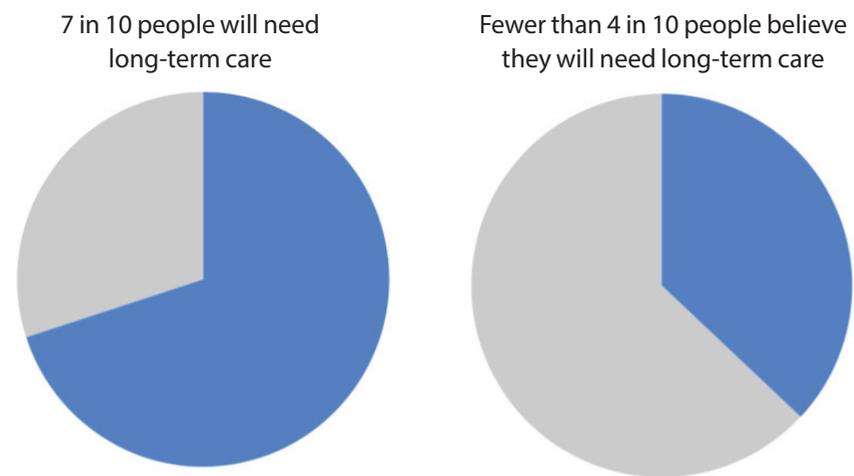
Forum Speakers

Gretchen Addi	Zoë Francesca
Megory Anderson	Glen Galaich
Naomi Armenta	Eileen Gambrill
Mehrdad Ayati	Dan Gillette
Philip Batchelder	Greacian Goeke
Dmitri Belser	Amy Gorman
Doris Bersing	Natalie Greene
Barbara Beskind	Ian Griffiths
Anita Bowers	Sherri Hayes Sawyer
Katy Butler	Sheila Hembury
Gary Coates	Kate Hoepke
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Stephanie DiGiorgio	Wanda Lieberman
Bob Edmundson	Warren Logan
Carroll Estes	Chris Luebke
Lynette Evans	Rachel Main

Sheila Malkind
Bryce Mander
Erin McInrue Savage
Beth MacLeod
Guy Micco
Cathy Michalec
Erick Mikiten
Leslie Moldow
Kathy Orsini
Sandy Ouye Mori
Fairley Parson
Shela Pearl
Wendy Peterson
Susan Poor
Elena Portacolone
Kevin Prindiville
Barbara Kate Repa
Patricia Ris
Jayne Ross
Andrew Scharlach
Mary Scott
Susanne Sieple-Coates

Cathy Spensley
Jane Anne Staw
Jill Stoner
Gerry Tierney
Lamar Turner
Mary Twomey
Shirin Vakharia
Richard Weiner
Jarmin Yeh

Appendix: Forum Topics



Source: DHHS, 2013; Age Wave/Merrill Lynch, 2014

Forum Topics

2009–2019

DWELLING UNTIL 100: Susanne Stadler on Architecture and Aging.

MODELS OF SUPPORTIVE CARE FOR ELDERS: Susan Poor on aging in community and models of supportive care for elders.

CARING FOR OLDER PARENTS: 'THE SAVAGES': Donna Schempp on fiction versus reality in caring for elder parents.

HOUSING OPTIONS AND WHAT THEY MEAN FOR OUR OWN AGING: Anne Burns Johnson shares from her experience as former director of Aging Services for California.

MEMORIES: Susan Rothenberg shares her experience with recording personal histories and what it means to her elderly clients.

AGING IN COMMUNITY: Raines Cohen, Co-Housing and Aging-in-Community Activist talks about his work and looks at models of 'Aging in Community.'

ETHICAL WILLS: Discussion of how an ethical will communicates values, beliefs, and life lessons.

THEATRE AND COMMUNITY: A discussion with representatives from STAGEBRIDGE, a theatre company in Oakland.

DESIGN FOR SENIOR LIVING - A PROFESSIONAL AND PERSONAL PERSPECTIVE: Architect Susie Coliver on her firm's senior housing projects and her role as daughter of a 93 old parent.

"THE MYTH OF INDEPENDENT LIVING" - ON THE MEANING OF LIVING ALONE IN OLD AGE: Discussion with Elena Portacolone, UCSF, who has researched Bay Area older adults living alone, the Gray Panthers, and deinstitutionalization.

THE ROLE OF 'HOME' IN THE LIFE OF OLDER ADULTS: "A Day In The Life" is a video project by a group of older adults who documented their own homes and lives with a simple handheld camera. Presented by Cathy Spensley, Felton Institute, Susanne Stadler, Architect and Jarmine Yeh, UCSF.

TIME TO LET YOURSELF GO: A REPORT ON MY RETIREMENT INTO A MORE CREATIVE LIFE: Hospital social worker Anita Kline reflects on retirement, especially expectations and what actually happened.

GROWING OLD AND TECHNOLOGY: USING TECHNOLOGY DESPITE PHYSICAL LIMITATIONS: Center for Accessible Technology's Dmitri Belser shares technologies easily accessible by older adults, including by those with vision and mobility impairments.

RECIPROCITY: SPIRITUAL AND PSYCHOLOGICAL APPROACHES TO GIVING AND RECEIVING CARE AS WE AGE: Beth MacLeod, gerontological therapist and Rabbi Elliot Kukla share pathways, both spiritual and psychological, to better prepare for giving and receiving care.

IT IS NOT JUST ABOUT FOOD: Susan Edwards on the drama of the dining room in senior residences, as meal times become the main social experience.

A NURTURING HOME INSTEAD OF NURSING HOME: Journalist Lynette Evans and her niece Monika Weiss showcase products and designs that support people in their desire to age at home.

WHILE WE ARE ALIVE: Guy Micco, professor, hospice/palliative care physician, and director of UCB's Academic Geriatric Resource Center on his work and his view of the positive side of aging.

AN UNEXPECTED PLACE OF HEALING: Discussion on Ted Talk by Romana Pierson about the unexpected resourcefulness of people in a nursing home.

SEVEN PRINCIPLES OF LIFE-ENHANCING DESIGN: Architecture professor Gary Coates on the qualities of the built environment, especially in healing and spiritually restorative environments that support human well being.

THE ROLE OF ADULT DAY HEALTH IN THE LIVES OF FRAIL SENIORS AND HOW BUDGET ISSUES HAVE AFFECTED THE WORK OF ADULT DAY HEALTH CARE CENTERS: Discussion with Sheila Hembury, Program Director, Bayview Hunters Point Multipurpose Senior Services.

'GERO TECHNOLOGY' - CAN AN INTELLIGENT HOME SUPPORT AGING IN PLACE?: Doris Bersing of Living Well at Home on how existing and new technology can be used in planning, managing, and giving and receiving care.

DOWNSIZING HOME: Professor Jill Stoner on how paring down and moving to a smaller, more fitted home can be a source of renewal, and on what home means to us throughout life.

THE COMPLEX ETHICS OF LATE LIFE MEDICAL DECISIONS: TIPS AND CONUNDRUMS: Attorney Philip Batchelder on planning ahead for medical decision-making and end-of-life matters.

THE RECOVERY MODEL AS USED IN INNOVATIVE MENTAL HEALTH AND ITS POTENTIAL LESSONS FOR EMPOWERING ELDERS: Discussion with Cathy Spensley and Jon David Setell, Family Service Agency, San Francisco.

A CONVERSATION WITH WENDY PETERSON: Director of Alameda County's Senior Services Coalition on how policy changes will affect service providers and receivers.

LIFELONG LEARNING: Hope Klein Levy, health educator at Kaiser Permanente, on the field of lifelong learning.

'AGING IN PLACE' – PRACTICE, POLICY, TRAINING: Barrie Robinson, lecturer and field work consultant at UCB's School of Social Welfare, on her special interest and research in 'Aging In Place.'

THERAPEUTIC LANDSCAPES: Professor Clare Cooper Marcus on her research into the power of nature and landscape, especially in older age and for people with dementia.

SENIOR VOLUNTEERISM AND GRASSROOTS MOVEMENTS: Roy Earnest on his work overseeing federal grants to Northern California organizations for senior volunteer programs.

HOW NOT TO BE BAMBOOZLED IN MAKING LIFE-AFFECTING DECISIONS: Professor and author Eileen Gambrill on ethics and professional decision making, especially regarding health and pharmaceutical issues.

LEGACY FILM FESTIVAL ON AGING: Festival director Sheila Malkind shows short films looking at what it takes to be 'at home,' including the physical realm as well as living meaningful, purposeful lives despite everyday challenges.

AGING IN PLACE AND THE INCREASED DEMAND ON FAMILY CAREGIVERS: Donna Schempp, formerly of Family Caregiver Alliance, on how caregiving affects family relationships.

THERE IS NO EXCUSE FOR ELDER ABUSE: Mary Twomey of the National Center on Elder Abuse on initiatives to address elder abuse.

ADVERTISING AGING: Peter Halberstadt on how the image of Aging is shifting in the world of advertising.

WHAT BUILDINGS AND SPACE DO FOR US: Wanda Lieberman on the relationship between our bodies and the physical environment, especially vis a vis accessible design.

KNOCKING ON HEAVEN'S DOOR – A BETTER PATH TO DEATH: Katy Butler on the medical history of death and her experience with her parents' end of life.

RITUALS AND CELEBRATION: 'MIDWIFE TO THE DYING': Judith Redwing Keyssar on aging and dying.

INTERGENERATIONAL LIVING – ARCHITECTURE FOR COMMUNITY: Professor Sieple-Coates with examples, projects, and ideas from her graduate students.

TOWARDS A UNIVERSAL CITY – A COMMUNITY EFFORT: Cathy Spensley of San Francisco Family Service Agency on efforts to make the city more age- and disability friendly.

AGING IN PLACE FOR LOW INCOME SENIORS: Lamar Turner of ElderFocus advocates for unlocking federal funds to keep low income seniors out of nursing homes.

FALLING – NOT JUST ABOUT SAFETY: Oncology social worker Kathy Orsini on falls and the fear of falling.

AGING IN THE LGBT COMMUNITY: Fairley Parson on the financial challenge of the transition from private disability to social security.

INTERGENERATIONAL CONNECTIONS: Natalie Green on Dance Generators West, a performance company with members from their teens through their eighties.

FOCUS ON THE CREATIVE SPIRIT – AGING ARTFULLY: Author and medical social worker Amy Gorman on her writing workshops with older adults.

EMBOLDEN BODIES: HUMAN CENTERED DESIGN FOR INDEPENDENT LIVING: Three approaches to designing for persons as they age, from occupational therapist Jennifer Carton Wade and industrial designers Will Carey and Tasneem Babul Rayani.

DEMENTIA-ENABLING SPACES, BODIES, ENVIRONMENTS: Space- and place-related perspectives on living with dementia from professor and MD Mehrdad Ayati and Memory Care Café founder Patricia Ris.

ACCORDION ADVENTURES, FROM PARIS CAFÉ MUSIC TO MEMORY CARE: Odile Lavault on working and communicating with seniors who have memory loss and sensory limitations through music and songs.

OUR BODIES OURSELVES – BODY PERCEPTION AND AGING: Donna Schempp breaks down common stereotypes.

REFLECTIONS OF AN OCTOGENARIAN: Jayne Ross performs her monologue about living in a Senior Retirement Community, which she affectionately calls the “cruise ship.”

SLEEPING WELL TO LIVE WELL: THE ROLE OF SLEEP IN NORMAL AND ABNORMAL AGING: UCB researcher Bryce Mander on how sleep changes in aging, including its relationship to cognitive decline.

EAT WELL TO LIVE WELL – THE ART OF 'GREEN': Laura Knoff on the direct connection between food and well-being.

COMMUNICATING AGING ISSUES AT THE POLICY LEVEL: UCSF's Brooke Hollister on how to effectively communicate aging issues at the policy level.

RECLAIMING THE ROLE OF ELDER IN THE AGE OF LONGEVITY: Charlene Depner on the Sage-ing International perspective, which views life experience as a source of service to our families and communities and as a legacy to future generations.

LIFE OUTSIDE THE HOME: REDEFINING MOBILITY TO ENSURE SOCIAL INCLUSION: How mobility needs redefining so older adults can continue to participate in public life, led by six experts: Richard Weiner, Dan Gillette, Jarmin Yeh, June Fischer, Barbara Beskind and Gretchen Addi

GROWING UP – GROWING OLDER: Two local groups – improvisational Playback Theatre and youth movement/martial arts center Destiny Arts – collaborate to weave together stories about growing up and growing older.

AN ENCORE IN THE PEACE CORPS: Adrienne (66) shares her experience of living and working for 2+ years in a simple brick home in Tanzania.

RETIRING RETIREMENT: Erin McInrue Savage leads a discussion on retirement, the meaning of 'old,' the seductive powers of anxiety and fear, the role of play throughout life, poverty, and time affluence.

FOOD ON THE TABLE – AGING IN PLACE: Discussion between high touch - Meals on Wheels - and high tech – UberEats - on the potential each business has for an aging urban population.

'GRANDPARENTING' AND INTERGENERATIONAL SUPPORT IN AN ERA OF FAMILY COMPLEXITY: Charlene Depner on the importance of intergenerational interactions and living, and the challenge of transforming social systems to work better for people of all ages.

ADVOCATE!: Barbara Kate Repa shares her involvement in advocacy on different levels, from the Funeral Society to the Ombudsman Program for Nursing Homes.

WHEN RETIREMENT COMES WITH A DAILY DOSE OF CANNABIS: Representatives from Harborside Medical Dispensary on their services, use of products and accessibility especially in regards to the needs of the aging population.

21ST CENTURY SENIOR HOUSING TRENDS, CASE STUDIES: Leslie Moldow, Principal at Perkins Eastman San Francisco, on current trends in Senior Housing.

ON THE INTENTION NOT TO SLOW DOWN: Anita Bowers shares her poetry and reflects on her own process of growing older.

'EVOLVING CITIES': OBSERVATIONS, INSIGHTS AND VIEWS ON AGING IN URBAN ENVIRONMENTS: Chris Luebke, Arup Fellow and Global Foresight, on the solutions cities must take to evolve for the needs of an aging population.

HOW TO PROVIDE HUMAN-CENTERED CARE TO OLDER ADULTS?

Professionals from community-based senior services, healthcare, and higher education in a candid exploration of what is and what should be. With Bob Edmondson, Andrew Scharlach, and Ken Covinsky.

NAVIGATING THE ENCORE YEARS: Life Coach Josephine Withers helps us ask “What do we yearn for?” She encourages personal ‘renaissance’ and also addresses social and policy changes so our environment supports older adults.

TASTE, FLAVOR & QUALITY OF LIFE: Gerontechnologist and sensory data scientist Benay Dara-Abrams on the role of taste and flavor. Because diminishing taste can bring loss of appetite and isolation, senior residences should place great importance on flavor choices.

HOW CAN WE KEEP OLDER ADULTS CONNECTED? Four organizations - San Francisco Village, Senior Center without Walls, Little Brothers / Friends of the Elderly, and the Felton Institute discuss social isolation in the context of San Francisco’s multicultural and multilingual population.

PREPARING FOR A MEANINGFUL END OF LIFE: Conversation between theologian Megory Anderson and journalist Katy Butler about their work on understanding last wishes, rites of passage, and reintroducing dignity to the end of life.

SOCIAL SECURITY, MEDICARE AND THE CAMPAIGN AGAINST ENTITLEMENTS:

Professor emerita Carroll Estes and senior justice advocate Kevin Prindiville share research, data, and concrete arguments why social insurance is beneficial for a flourishing society and economy.

FREE TO MOVE FROM THE FULLNESS OF A LONG LIFE: Dance instructor and ‘Impromptu NoTutu’ leader Greacian Goeke asks us to move, and to consider how that is part of expressing ourselves to the fullest.

INSIDER VOICES: SHARING DIFFERENT PATHS TAKEN, LESSONS LEARNED AND QUESTIONS UNANSWERED: Four women ranging from age 63 to 83 describe and reflect on their paths at this stage of life, with “no sugar coating.”

FEMINISM AND AGEISM: Doris Bersing believes we can use the skills we learned when fighting for feminism to challenge ageism, and encourages us to mentor younger generations.

OLDER ADULTS AS DRIVERS OF INNOVATION: Conversation with Gretchen Addi, Janet Oh, Paul Tasner, and Kate Williams on their entrepreneurial efforts, with examples of inspiration, process, and accomplishments.

PHILANTHROPY IN THE FIELD OF AGING: CULTIVATING INNOVATIVE THINKING AND SOLUTIONS: Two foundation leaders, Glen Galaich and Shirin Vakharia, explore the role and impact of private funders in making programs which support growing old with dignity.

THE ROLE OF FILM WATCHING AND FILM STUDY FOR OLDER ADULTS: Rachel Main and Mary Scott share the power of movies to tap into our love for play and creativity and to make inclusive experiences for people with different abilities.

AGING WITH POWER, GRACE AND HUMOR: What's What Productions' solo performance touches on family relations, care-taking older parents, and some of the funny and moving chapters along the way.

LONG-DISTANCE CAREGIVING: Three experts - Beth MacLeod, Donna Schempp and Christina Irving - discuss the practical and emotional challenges of long distance caregiving.

DESIGN WITHOUT LIMITS: THE ART OF CREATING BEAUTIFUL, ACCESSIBLE HOMES: Wheelchair-riding architect Erick Mikiten on the importance of a design-first approach to accessibility, which makes these features welcomed rather than feared.

REVOLUTIONS IN TRANSPORTATION: HOW THEY IMPACT URBAN LIFE AND THE AGE-FRIENDLINESS OF CITIES: Gerry Tierney, Naomi Armenta, Ian Griffiths and Warren Logan explore how transportation influences the quality of our urban lives.

EMBRACING THE SMALL TO ENLARGE OUR WORLD: Writer and writing coach Jane Anne Straw seeks ways to keep our world and perception as 'large' as possible. Seeing what is right in front of us, we can experience beauty and joy, and feel connected throughout life's transitions.

THE POWER OF PLAY: Activity Therapist Zoë Francesca, educator Shela Pearl, and yo-yo expert Ernest Kahn consider Play and how it allows us to explore outside our routines and free up the places where we feel stuck.

NORC - Normatively accounting
 Retirement community
 SWISH - in senior housing
 identify needs - provide services
 'Village' idea based on Beacon Hill
 PARK MERCEDES - sorry!
 SF - more sr-friendly - how?
 community organized
 Social worker
 culture of making - PERMISSIONS TO MINGLE
 psychologist integrity
 poor authority & de-construct
 developer inspire
 admin's - transfer
 'Thresholds' - England co-housing
 low-income + seniors
 culturally loss of idea of importance of rituals
 FAMILIES don't seem to exist anymore
 BUT - WHAT ABOUT PEOPLE? ALLIANCE
 INTO DON'T HAVE FAMILY?

designing of bonds of aging community
 old + lonely big of fear
 the old ladies
 how do you keep younger people from leaving in senior co-housing?
 would like a small job during retirement
 visiting clients @ home
 donna r. drinking tea
 SUSI mother observer friend designer
 come - young fills
 Kathleen know someone SE senior center completing discharge
 Miley community what to do next
 low income - 62 yr olds younger community
 Marie S. designer observer
 friendship expectations life together
 Elderly Alibi - A - Ganjament
 mixed mix of future sanctuary
 City vs. Country debate - Live medical in city

LEGAL ISSUES
 Power of attorney - how do you establish trust? TRUST
 MONEY IS A BIG APP FOR MANY PEOPLE - CAN THEY NEED SUBSIDIARIES
 HOME INTERDISCIPLINARY OURSELVES
 VERY SQUEEZED FOR TIME IN OUR CULTURE
 Social Worker OWL - older women's league
 We need events to socialize - Sunday streets, gathering places
 SCARLES NEED TO BE KNOWLEDGE - CAREERS
 11 YEARS SON old of sub her knowledge is anyone
 SUB-ACTIVITIES FACTORS WILL EMERGE
 Natural culture outside interests
 Do something get PARK MERCEDES
 HAPPY TO BE IN A GROUP JUST TO BUSINESS - DON'T HAVE TO DO ANYTHING

Sheer number of people over 65 will reduce the odds - of what is important
 We will have to have naturally occurring communities

Notes from first AHWGO gathering with 10 participants, July 23, 2009

Notes

again Worksheet

Please jot down some key learnings or takeaways from this day of peer learning to help you remember your own ideas and the ideas shared.

CONNECTION

I met someone today that I want to connect with again:

CURIOSITY

Today changed my thinking about:

LEARNING

3 things I learned today that I want to remember and/or learn more about:

EMPOWERMENT

Today has inspired/empowered me to:

After you have filled out the worksheet, we would appreciate if you shared your thoughts. Please take a photo of the worksheet and email to contact.ahwgo@gmail.com. Thank you!



age *in*

Saturday June 1, 2019
9:30am to 3:00pm