

Connections for Healthy Aging Workshops

Staying healthy and engaged as we age is no easy matter these days. But with a little help from our friends, we can be informed and empowered to do just that.



We'd like to invite you to come to our Connections for Healthy Aging Workshops in **partnership with Western Addition Senior Center**. Building on techniques of peer training and popular education, this workshop helps weave connections to support healthy aging.

Workshop trainers include Marcia Peterzell, Linda Silver, Marie Jobling, CLC Connectors & other Guests.

Four Part Workshop begins
Friday, June 7
10:00 to 1:00
Western Addition Senior Center
1390 ½ Turk at Fillmore Street
No charge for lunch
(Workshop dates are June 7, 14, 21, 28)



Workshop topics, presented in a fun and interactive way, will include:

- **Assessing your own personal goals** for Healthy Aging
- Learning how to **build a network of support** to help you reach those goals.
- **Important documents** every senior should have prepared and stored in a manner that is safe, secure and accessible as needed.
- Proven ways to **prevent isolation and loneliness**
- Tips and resources for how you or a loved one can **survive a hospital stay** and enjoy a smooth transition back home.
- **Simple, on-line tools** that can support us to be informed and empowered as we age.

Participants should plan to attend all 4 sessions. On-going group meetings and internship possibilities will follow.

To sign up or for more information, contact Marcia Peterzell at (415) 359-1816 or marcia.peterzell@comcast.net.

Community Living Campaign 415-821-1003 www.sfcommunityliving.org



Organizational History and Overview:

The Community Living Campaign was launched in late 2006 to develop effective ways to link formal health and social services with informal support networks to benefit the growing number of elders and persons with disabilities in San Francisco. The Community Living Campaign uses the power of relationships to reduce isolation and to eliminate barriers to aging in community. We do this by strengthening networks of support for individuals and across neighborhoods – networks that promote acts of kindness and a spirit of justice. We teach people how technology and social media are new tools to help individuals and organizations better reach their goals.

Strategy for Success – Social Networks:

The **Community Living Campaign** builds small communities of caring friends – **social networks** – that engage older adults and persons with disabilities and enable them to live in communities where everyone is valued and everyone is called to contribute.

- People who choose to join a network do so, not as volunteers, but rather as friends.
- Unlike social agencies that start with a long list of needs, social networks celebrate, draw inspiration from and organize around the dreams, interests and gifts of those at its heart. Each person in the network benefits from being involved; the ties that bind are reciprocal. Social networks support us all to age in community.
- Isolation has been shown to have real, lasting negative physical and mental health consequences. Fortunately, the reverse is also true: leading a compassionate and engaging life improves health and well-being.

Community Living Campaign Programs and Activities:

Community Networks: CLC's paid Community Connectors organize neighborhood-wide networks in several neighborhoods, including the OMI and Parkmerced and St. Francis Square/Western Addition. These networks reweave communities of support focusing on food delivery, home repairs, healthy aging and breast cancer support, social and advocacy activities.

Personal Individual Support Networks: Community Connectors and trained volunteers strengthen networks of friends, family and neighbors to help individuals with practical support and promote continued contribution.

Social Media: CLC has been an active partner in the development of on-line networks and a leader in the use of social media with seniors. CLC is partnering the Dept. of Aging and Adult Services and other community agencies to get more seniors on-line through trainings at senior centers, libraries and other community sites.

Community Convening: CLC were funded to organize and staff several large City-wide events, including the Alzheimer's and Dementia Summit in 2009, the Healthy Aging Summit in 2010 and the most recent Aging and Disability Technology Summit on May 15, 2012 at City Hall with over 600 participants.

Public Policy and Advocacy: CLC staff and leaders are active participants in the San Francisco Long Term Care Coordinating Council and on-going advocacy efforts to improving services and supports for seniors, persons with disabilities and their hands-on care providers.