



MEDIA ADVISORY

Media Contact: Jill Center

jillcenter@sbcglobal.net, cell: 415-730-5958

Please contact for Press Credentials

JOURNALISTS ARE INVITED TO COVER

HEALTHY AGING TO BE FOCUS OF 2010 SUMMIT AT CITY HALL

National & Local Experts to be Featured, plus Interactivities and Information

Simultaneous interpreting to be available in ASL, Spanish and Cantonese

“Sold-Out” FREE Event to also be Streamed Online for Continuing Access

San Francisco, CALIF (Nov. 1, 2010) – As part of ongoing San Francisco healthy aging initiatives, a capacity audience of 400 is expected to attend the **2010 Healthy Aging Summit at San Francisco City Hall**, Tuesday, November 9, between 8:30am and 5:00pm. The summit is sponsored by Mayor Gavin Newsom and the Department of Aging and Adult Services (DAAS), in cooperation with the San Francisco Health Service System and with support from a generous grant from the Metta Fund.

Local and national experts in health, aging and caregiving will participate in this summit. The day is part of a continuing exploration of San Francisco’s innovative approaches, as American life expectancy continues to rise and communities throughout San Francisco and California face how to help shape the future for aging Baby Boomers, seniors and persons with disabilities. DAAS Executive Director Anne Hinton said “Participants will come away from the day with perspectives, and specific ideas, on how they and others can age with optimum health and well-being here in San Francisco.” To enable those not attending to also benefit, the morning presentations at the summit will be streamed live <http://tinyurl.com/healthyagingsummit> and then be available to San Francisco residents on an ongoing basis.

Morning presenters include the following:

- **Keynote Speaker Walter M. Bortz II, MD** (on “*Healthy Aging: What It Takes to Have a Good Life*”) is a Clinical Associate Professor of Medicine at Stanford University School of Medicine and is recognized as one of America’s most distinguished scientific experts on aging and longevity, with research focused on the importance of physical exercise in the promotion of robust aging.
- **Michael M. Merzenich, PhD** (on “*Brain Fitness and Aging*”) is a professor emeritus neuroscientist at the University of California, San Francisco, with a career-spanning interest in brain plasticity research. He currently is Chief Scientific Officer for Posit Science.
- **Ted Schettler, MD, MPH** (on “*Environmental Threats to Healthy Aging*”) is Science Director of the Science and Environmental Health Network and science advisor to the Health Care Without Harm campaign. Co-author of “*Environmental Threats to Healthy Aging*” among other books, he has served on advisory committees of the US Environmental Protection Agency and the National Academy of Sciences.

Beyond cutting-edge science and practice, the summit is meant to be a lively, fun experience to broaden awareness of the positive aspects of aging, and to provide valuable information and inspiration for aging and older adults to improve their physical, mental, social, and spiritual well-being. After the morning presentations, there will be special workshops and resource displays. Interactivity experiences led by invited hosts will be available during

(more)

the morning and afternoon. Please see the attached for programming schedule, information/resource displays and Interactivities. Attendees will also draw for prizes donated by San Francisco arts institutions, including: San Francisco Symphony, Museum of Modern Art, Asian Art Museum, San Francisco Opera, and de Young Museum.

In the lead-up to the Healthy Aging Summit, DAAS's Hinton cited these examples of additional "building blocks on the road towards healthy aging for all segments of San Francisco's population, including: (1) funding for several healthy aging programs at various senior centers, senior housing sites, and health care facilities starting in 2007; (2) a "Living Well" TV show that ran from August 2008 to September 2009; (3) the release of *San Francisco's Strategy for Excellence in Dementia Care* (December 2009); and (4) collaboration between DAAS, the Long Term Care Coordinating Council, and the HIV Health Services Planning Council on issues related to HIV and aging (January-June 2010)."

According to San Francisco's 2009 **Living with Dignity Strategic Plan, Part Two of Two**, by the Long Term Care Coordinating Council and the Department of Aging and Adult Services, City and County of San Francisco, pages 12-13 – <http://www.sfhsa.org/1054.htm>:

- Based on 2000 Census data, it is estimated that at the turn of this century San Francisco was home to more than 136,000 seniors (adults 60 years and older). "Seniors made up a higher proportion of the city's population (17.6%) than they did statewide or nationally (14% and 16.5%)."
- "Mid-Census estimates suggest that the senior population (had) grown to over 145,000 as of 2007."
- "According to July 2007 growth projections from the California Department of Finance, by 2030 the aging of the baby boomers will swell the population of 65 to 85 year-olds from 10 to 16 percent in California and from 13 to 18 percent in San Francisco as compared to 2000 Census figures."
- Adding to the complexity: "San Francisco's senior population is also tremendously more diverse, requiring a strong emphasis on culturally relevant programming with broad language capacity."

The Department of Aging and Adult Services (DAAS) is the Area Agency on Aging for the City and County of San Francisco. DAAS is specifically charged with planning, coordinating and advocating for community-based services for older adults and adults with disabilities. The mission of DAAS is to assist older adults and adults with disabilities, and their families, to maximize self-sufficiency, safety, health and independence so that they can remain living in the community for as long as possible and maintain the highest quality of life.

The organizer for the 2010 Healthy Aging Summit is the **Community Living Campaign** ([click here](#)).

#####

JOURNALISTS ARE INVITED TO COVER THIS EVENT

For information and Press Credentials, please contact:

Jill Center

jillcenter@sbcglobal.net, cell: 415-730-5958

Attached (current as of November 1st): Healthy Aging Summit Program
Interactive Programs
Resource Tables

(more)

JOURNALISTS ARE INVITED TO COVER THIS EVENT

For information and Press Credentials, please contact: Jill Center, jillcenter@sbcglobal.net, cell: 415-730-5958

HEALTHY AGING SUMMIT PROGRAM (November 9, 2010, at San Francisco City Hall)

8:00 DOORS OPEN; RESOURCE TABLES, VAN NESS LOBBY

8:30 TAI CHI, NORTH LIGHT COURT

9:00 **WELCOME: Anne Hinton**, Executive Director, DEPARTMENT OF AGING AND ADULT SERVICES

9:15 **KEYNOTE ADDRESS: HEALTHY AGING: WHAT IT TAKES TO HAVE A GOOD LIFE**
Walter M. Bortz II, MD, Stanford University Medical School

10:00 **BRAIN FITNESS AND AGING**
Michael M. Merzenich, PhD, UCSF Professor Emeritus; Chief Scientific Officer, Posit Science

10:30 BREAK

10:45 **ENVIRONMENTAL THREATS TO HEALTHY AGING**
Ted Schettler, MD, MPH, Science Director, SCIENCE AND ENVIRONMENTAL HEALTH NETWORK

11:15 **CREATIVITY AND AGING ROUNDTABLE DISCUSSION**

11:50 LUNCH (DONATION REQUESTED)

12:00 **QIGONG** (North Light Court Stage)
RESOURCE TABLES and **MURAL** (Van Ness Lobby)
INTERACTIVITIES (South Light Court)

1:00 SESSION 1 WORKSHOPS
HEALTHY AGING AND PHYSICAL FITNESS, **Christian J. Thompson, PhD**, ALWAYS ACTIVE AGING

PURPOSEFUL AGING: WHAT IS NEXT IN YOUR LIFE?
Janet Oh and **Megan McCarthy**, COMING OF AGE
Christabel Cheung, ED, SAN FRANCISCO VILLAGE

AGING WITH A DISABILITY
Sylvia Yee, DRDF (Disability Rights Education and Disability Fund)
Susan O'Hara, DISABILITY RIGHTS AND INDEPENDENT LIVING MOVEMENT

2:00 BREAK

2:15 SESSION 2 WORKSHOPS
STAYING HEALTHY AS A FAMILY CAREGIVER
Michelle Venegas, LCSW, FAMILY CAREGIVER ALLIANCE

LEARNING FOR THE JOY OF LEARNING AND BUILDING
Debra M. Varner, Director, OSHER LIFELONG LEARNING INSTITUTE (OLLI), SF State College/Creative Arts

AGING, SPIRITUALITY, AND CULTURAL INCLUSION
Rabbi Eric Weiss, BAY AREA JEWISH HEALING CENTER
Ramona Davies, Director, COMMUNITY SERVICES, NCPHS (Northern Calif Presbyterian Homes & Services)

3:15 BREAK

3:30 SESSION 3 WORKSHOPS
EATING HEALTHY ON A BUDGET
Lisa Yamashiro, MeD, RD, Nutrition Assist Program Coordinator, CITY COLLEGE OF SAN FRANCISCO

HIV AND AGING
Peter W. Hunt, MD, Assistant Professor of Medicine, UNIVERSITY OF CALIFORNIA, SAN FRANCISCO

ENVIRONMENTAL FACTORS AND AGING: CREATING AN ACTION AGENDA
Ted Schettler, MD, MPH, Science Director, SCIENCE AND ENVIRONMENTAL HEALTH NETWORK

4:30 **LINE DANCING – North Light Court**
CC'S CLASSIC STEPPERS
Join us at our **CHOCOLATE BAR – North Light Court**

(MORE)

JOURNALISTS ARE INVITED TO COVER THIS EVENT

For information and Press Credentials, please contact: Jill Center, jillcenter@sbcglobal.net, cell: 415-730-5958

INTERACTIVE PROGRAMS

DEMONSTRATIONS AND WORK OUTS (North Light Court stage)

8:30 **Tai Chi**, Taoist Tai Chi Society
12:00 **Qigong**, Petra Dufoo
4:30 **CC Classic Steppers**, Caroline Clary Brown, Choreographer

INTERACTIVITIES

8:30am to 4:00pm (South Light Court and Van Ness Lobby)

Technology Corner - Computers for those who want to learn

Center Hosts – Senior Surf, Community Technology Center, Community Living Campaign, Lighthouse for the Blind and Visually Impaired, USF

Assistive Devices

Grabbers and other tools that make one's life easier

Equipment to help with visual or hearing loss stay connected

Table Hosts - California Telephone Access Program and SF Independent Living Resource Center

Performance Art - Performers, walk-around mimes – throughout the event

Host - Stagebridge

11:50am – 4:00pm South Light Court

Tai Chi demonstrations/lessons

Host - Taoist Tai Chi Society

Card/bookmark making

Host - Vesta Kirby, artist

Planting Seeds of Hope

Plant seeds of hope to assure people can age in communities of their choice with services they need

Host – Community Living Campaign

Animals as Companions and Support

Pets are wonderful support: video and activity

Table host - PAWS

Mind Games - try puzzles and games that keep one's mind active and healthy

Table Host – Alzheimer's Association

Origami

Host – Nancy McNally, artist

Ruth's Table

Art activities at the table on which famed Japanese American, Bay Area sculptor Ruth Asawa created her art.

(more)

JOURNALISTS ARE INVITED TO COVER THIS EVENT

For information and Press Credentials, please contact: Jill Center, jillcenter@sbcglobal.net, cell: 415-730-5958

RESOURCE TABLES

8:00am – 4:00pm Van Ness Lobby

Aging and Physical Fitness

Table Host – **Always Active Program**

Purposeful Aging

Table Host – **Coming of Age** and **San Francisco Village**

Lifelong Learning

Table Host – **Osher Institute for Lifelong Learning**

Eating Healthy

Table Host – **Dept. of Aging and Adult Services** and **SF City College Consumer Education Department**

Aging, Spirituality – To Be Announced

Stay Healthy as a Caregiver

Table Host – **Family Caregiver Alliance**

HIV and Aging

Table Host – **LGBT Community Partnership**

Aging and Environment

Table Host – **Physicians for Social Responsibility** and the **Science and Environmental Health Network**

Economic Security

Table Hosts -

Elder Economic Security Forum, including **Family Services Agency**, **Aging and Disability Resource Center**, **HICAP**, **Senior Community Employment Program**, **NCOA Benefits Check-up**, and **Center for Medicare and Medicaid Services**

Special Attractions

Senior Mural/Graffiti Wall

Host – **Precita Eyes**

Library Bookmobile

San Francisco Public Library

Office of Neighborhood Services

JOURNALISTS ARE INVITED TO COVER THIS EVENT

For information and Press Credentials, please contact: Jill Center, jillcenter@sbcglobal.net, cell: 415-730-5958