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Senior Symposium Coming Up

By Cathy Tyson

"We just really just want to help seniors and give them information," said Marechal Duncan, Co-Chair of this year's free Senior Symposium which will be held on Friday, May 6 from 8:30 a.m. to 12:30 p.m. at Temple Isaiah, 3800 Mt. Diablo Boulevard.

Seniors, caregivers and adult children definitely won't want to miss this event entitled "Secrets of Dynamic Aging: Finding New Paths and Staying Engaged," sponsored by the Lafayette Community Foundation.

Duncan formed the Senior Liaison Committee, a subcommittee of the Lafayette Community Foundation, to specifically address issues of concern among area seniors. "The Committee's initial focus was to serve as a unifying catalyst by facilitating community discussion and action that enhances the lives of seniors in Lafayette" said Duncan. With a number of local churches and organizations offering a variety of services, he saw a need to put them in touch with each other.

Since the first senior symposium in 2008, the event has continued to evolve. "This year the economy has changed, so we wanted to focus on uplifting topics," said Co-Chair Dr. Anita Rama. In response to questions about where to go for senior-related services, organizers will have exhibits from approximately eleven companies.

Speakers include the vivacious and funny, 72-year old Houston Robertson kicking off the morning with "Shifting Gears - Freedoms of Aging in the 21st Century." "Dr. Happy," also known as Dr. Bob Nozik, will talk about, "Happiness - if not now - when?" Shirley Krohn will discuss "Staying safe in your home and beyond," and Mary Bruns, the Coordinator for Lamorinda Senior Transportation, will address transportation and senior services in Lafayette.

Duncan is a role model for staying engaged; at 89-years-old he's involved in a number of groups, including the Lafayette Community Foundation, the Historical Society, the Architectural committee, and Sons in Retirement (SIR). With Board members of the Lafayette Community Foundation and several helpful volunteers from the community, the Senior Liaison Committee is proud to host the event. To RSVP for this free symposium, please call (925) 330-0060 or email seniors@lafayettecommunityfoundation.org.

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