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Key Aging Information Delivered at Upcoming Senior Symposium

By Cathy Tyson

A wealth of information for seniors and their families will be presented at "Aging by Design," the fifth annual senior symposium presented by the Lafayette Community Foundation in cooperation with the Lafayette Orinda Presbyterian Church. Updates on the Lamorinda Village and the latest information about the Lamorinda Spirit Van along with experts and vendors from over 30 local agencies will all be in the same place at the same time to deliver a morning full of useful advice.

"Because dementia and Alzheimer's strike such a large percentage of the population and can have such critical impact as to how we age, we are having Dr. Mike Nelson, a local board-certified neurologist, to bring attendees up to date with current information on this crucial aging issue," said Lafayette Community Foundation board member Don Jenkins. Dr. Alan Brast, a specialist in applied psychology dealing with critical illness issues, will be the featured speaker addressing the "Aging by Design" questions. Cliff Dochterman, past world-wide president of Rotary International and now a resident of Moraga, will share his views on aging by design in a way that encourages attendees to find ways that they may empower their lives with service to their families and community.

Coffee and light refreshments start at 8 a.m. with speakers beginning at 9 a.m. on Saturday, Aug. 24 at the Lafayette Orinda Presbyterian Church, 49 Knox Drive in Lafayette. The event is free, but organizers would appreciate a reservation; simply call (925) 284-8214.

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