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## Senior Symposium Scheduled for Aug. 16

*Submitted by Rhonda Andronico*

Guest speakers of the Lafayette Community Foundation's 6th annual Senior Symposium, "Aging By Design," include Dr. Lawren Hicks, medical director of senior services at John Muir Health, who will discuss many aspects of aging and provide suggestions and tips including diet, exercise and overall health care. His talk, "Risk Management: What is Going to Happen to You and Why; and Why It Does Not Have to Happen," will provide valuable information about the aging process. Dr. Hicks will also share projections for future care of our aging population.

Linda Fodrini-Johnson, executive director of Eldercare Services will serve as moderator for a four-person panel discussing "Community Involvement and Your Good Health." Panel members will include Mary Bruns, Lafayette Spirit Van; Elaine Welch, Senior Help Line Services; Elaine Clark, Meals on Wheels and Linda Groobin, John Muir Caring Hands. Vivian Clayton, Ph.D., a renowned Lamorinda clinical psychologist specializing in geriatric neuropsychology will discuss "Normal Memory Changes As We Age." Dr. Clayton's research was recently highlighted in the March 12 New York Times article, "The Science of Older and Wiser."

In addition to the speakers, the symposium will include more than 40 vendors representing agencies and services that provide assistance to seniors in Contra Costa County. Registration begins at 8 a.m. and the program will run from 9 a.m. to noon Saturday, Aug. 16 at the Lafayette Orinda Presbyterian Church, 49 Knox Drive, Lafayette. Attendance is free and light refreshments will be served. For additional information and to pre-register to be included in the raffle drawing, please visit [www.lafayettecf.org](http://www.lafayettecf.org) or call (925) 284-8214.

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