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Senior Symposium Planned for Aug. 6

Submitted by Doreen de Roque

The eighth annual Senior Symposium, "Aging by Design," sponsored by the Lafayette Community Foundation, will be held from 8:30 a.m. until noon on Saturday, Aug. 6, at Lafayette Elementary School, 950 Moraga Road. This free event is a most informative resource fair for seniors in the Lamorinda community, with more than 40 booths sponsored by local vendors of services to seniors, as well as many nonprofit organizations that serve seniors in the community.

There is plenty of parking in the back of the school on the black top in the play-area, or across the street in the city lot, or in the lot of the old library.

Advanced registration qualifies for a special raffle prize. Either call (925) 284-8214 or visit the Lafayette Community Foundation's website, www.lafayettelcf.org. There is no charge for attendees. The vendors will set up the courtyard under the trees, and the speakers will be conveniently in the gymnasium.

Speakers will include:

Dr. Sandra Karpenko, John Muir Health's Medical Director of Palliative Care;

Anne Ornelas, the executive director of the Lamorinda Village, with an update on this community based program to help seniors age in place;

The Lafayette Senior Commission, with information on programming for seniors available through the city of Lafayette and the work of the commission.

Ann Thomas, president of Hearing Loss Association of America Diablo Valley Chapter, speaking on hearing health.

Annie Goglia, of Life Fire Workshops and Coaching, presenting Laughter Yoga.

This free event provides the most up-to-date resources for Lamorinda seniors and helps to raise funds for the Lafayette Community Foundation, which has historically supported many local organizations since its inception in 1999 with "Excellence Grants" of over \$370,000. Over the years LCF has helped Meals on Wheels, Contra Costa Food Bank, Senior Helpline Services, and the Senior Transportation Program's Spirit Van, among others. The LCF is best know for raising \$14 million to build the new library, and more recently worked with Rotary to build the stage at the reservoir.

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