



Joan Aragone

*Writer, Journalist, Educator*

## Joan Aragone

### Writer, Journalist, Educator

Compared to 12 years ago, when I started writing about seniors, the number of activities, events, conferences and studies focused on our needs and those of our friends and family as we age has exploded—keeping pace with the number of Americans turning 65 each year. Featured in this first blog, are two upcoming conferences on topics important to seniors and a new website to direct seniors and their families to cultural and outdoor adventures throughout the Bay Area.

Avenidas, the bustling private, non-profit senior center based in Palo Alto, will present its **Ninth Annual Caregiver Conference**, Saturday, September 15, 9 a.m. to 3 p.m., Mountain View Senior Center, 266 Escuela Avenue, Mountain View.

Keynote speaker Fred Luskin, and director of the Stanford University Forgiveness Project, will speak on a theme caregivers will understand: “Forgive yourself.”

The all-day event features nine separate one-hour workshops, led by experts in their fields, on such topics as long-term costs of long-term care, housing options as we age, stress reduction for caregivers, and understanding medication risks, among other subjects.

Meanwhile, a few miles north, pre-registration is underway for Menlo Park-based Little House Activity Center’s **4th Annual Vital Aging Conference**, Saturday, September 22 from 9 a.m. to 2 p.m., 800 Middle Ave., Menlo Park. The theme: aging is a natural life process not to be feared but to be enriched.

Experts will address estate gifting and long term care, multigenerational living and other co-habitation arrangements, the challenges of solo aging, healthy aging, and intimacy. Speakers include Dr. William Bortz, clinical associate professor of medicine at Stanford, and author Barbara Rose Brooker, whose newest novel, “The Viagra Diaries,” about coming of age at 70, will be produced as a series on HBO.

Active Bay Area seniors have a new resource to explore: **Bay Area Older Adults**, a private, non-profit organization that operates through the website, [www.bayareaolderadults.org](http://www.bayareaolderadults.org). The free site displays more than 80 types of outdoor, fitness, social and cultural offerings, totaling more than 1,500 activities, with details for each one. To visit the [Japanese Friendship Garden](#) in San Jose, for example, click on the name, get an overview, then read details about what to expect when exploring.

Seniors also can join others through free and discounted healthy living classes and outings. The non-profit is collaborating with Santa Clara County Parks for hikes, the Community School of Music and Arts in Mountain View for a pottery class, and other community organizations for garden tours, cooking classes and a tour of the NASA Ames Exploration Center. "The purpose is to have fun, be healthy, meet new people and learn more about your community," said founder Anne Ferguson." For information or to register, visit [www.bayareaolderadults.org/active](http://www.bayareaolderadults.org/active).

Send comments or suggestions to [joanaragone@gmail.com](mailto:joanaragone@gmail.com).

### **About Joan Aragone**

