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Symposium for Seniors

By Cathy Tyson

Who doesn't like a free lunch, no strings attached, coupled with plenty of valuable complimentary information on senior needs and challenges? That's just what the Senior Liaison Committee, which is composed of a subcommittee of the Lafayette Community Foundation and the Lafayette Senior Services Commission, are providing at the upcoming Symposium for Seniors on April 22nd at Our Saviors Lutheran Church, 1035 Carol Lane in Lafayette.

This jointly sponsored event is about much more than a free lunch. Community leaders

from these two organizations want to provide information to seniors, their adult children, and those baby boomers who will be seniors soon about all of the resources available locally which will enable older adults to age in place. With a large chunk of Lafayette's population maturing, there is increasing need for this kind of informational assistance.

Organizers Ruth McCahan and Marechal Duncan and the whole Liaison Committee have worked hard to put together a team of experts to discuss the following important topics:

- Housing options for seniors, including affordable housing
- Aging in place and the choices elders can make in order to stay in their homes.
- Reverse mortgages and home equity conversions
- Transportation panel with representatives from Rides for Seniors, the Lamorinda Spirit Van, and the County Connection
- Volunteerism, the many benefits of giving as well as receiving.

"I'm excited about our being able to hold a forum in which Lafayette community members can learn, discuss, and participate in setting some priorities and direction in how Lafayette can better provide for its older adults," said McCahan.

In addition to all of this information and lunch, Mayor Mike Anderson will speak and entertainment will be provided by the Vagabond Players. Organizers have asked attendees to please RSVP so they have enough lunches and seating for all; in addition, rides are available via the Lamorinda Spirit Van. The number to call for both an RSVP and a ride, if needed, is Lafayette Senior

Services at 284-5050. The event runs from 9:30 until 3:00.

Duncan, a Board Member of the Lafayette Community Foundation wants to clarify that the invitation is open to everyone from church groups to service organizations and especially to individual seniors and their families. Organizers note that this is not a sales event, no one will be there to sell anything.

Sandra Smith, Lafayette Senior Services Commissioner notes, "It's going to be an interesting and wonderful day! But you must call to make a reservation as soon as possible because space is limited."