

Connections for Healthy Aging Workshops

Coming to you now with more choices and formats

Staying healthy and engaged is no easy matter these days. But with a little help from our friends, neighbors, and families, we can be informed and empowered to do just that!

We are still hosting our signature four week Connections for Healthy Aging Workshop (3 hours each week) at key points throughout the year. And we now offer **mini-presentations and discussion (1 or 2 hours) chock full of information gathering and giving.**

The Empowered Elder “To Do List” is our basic session and can be coupled with mini-workshops on:

- The Lifesaving “Vial of Life”
- Protecting Our Rights in a Hospital Stay
- Strategies to Finish Your Advance Directive
- Building Your Personal Support Safety Network
- Coping with Grief and Loss
- Finding Ways to Have More Fun

Consider inviting us to your existing groups or meetings for a taste of how we facilitate a peer-based model of learning/teaching/learning. We can also schedule a special session based on your needs and interests.

For more information, contact Marcia Peterzell at 415-359-1816 or marcia.peterzell@comcast.net.

Aging and disability-friendly communities start with you



**COMMUNITY
LIVING CAMPAIGN**

*Transforming Lives by Building Aging
and Disability Friendly Neighborhoods*

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Creating Change Through Relationships

Since 2007, the Community Living Campaign has been working with seniors and people with disabilities to increase the resources and support that will allow them to age and thrive in their own homes and neighborhoods. This need continues to grow as our population ages.

Building Aging and Disability Friendly Neighborhoods

We work neighborhood-by-neighborhood to organize free activities and programs that **offer practical support and teach skills**. At the same time, they **create opportunities to develop connections and friendships—the informal networks we need to support each other** in aging- and disability-friendly neighborhoods.

We provide opportunities for seniors and people with disabilities to contribute their talents, experience, and energy to strengthening our communities. **Over the past year, Community Connectors and scores of neighborhood volunteers have brought practical support and connections to over 1,250 neighbors:**

Neighborhood Networks. We coordinated over 380 hours of community-building activities such as senior exercise classes, walking and line-dance groups, brain fitness and other classes, and neighborhood forums. Neighbors also regularly help each other with trips to the doctor, shopping, and otherwise lending a helping hand or a sympathetic ear.

Home Delivered Groceries. Volunteers delivered 3,600 grocery bags of vegetables, fresh fruit, and other foods to older or disabled neighbors who can't stand in line at local food pantries.

Connections for Healthy Aging. Over 300 seniors strengthened their support networks, prepared for health emergencies, and learned to advocate for themselves and others through our workshops.

Computer Training and Access. Our trainers and volunteers provided 2,400 hours of computer training to over 650 low-income seniors and people with disabilities.

Francis Goldsmith Hearing & Vision Initiative. We've helped over 600 computer students with vision and/or hearing disabilities. And provided low-income seniors with approximately \$7,000 of assistive devices or aids.

Organizing to Address Issues Too Big to Solve Alone. We use our advocacy and community convening expertise to build coalitions like the Technology Council, a joint business-nonprofit-government effort to close the digital divide.

