

Aging Gracefully

Challenges of Mind Body and Spirit

Sunnyvale PW hosts a Special Event with PWP of San Jose

Saturday, October 19 9:30-2:30
728 W. Fremont Ave.

The Program includes these gifted guests speaking on the following topics:

"Positive Mental Health: Emotional & Brain Wellness in Your Vintage Years"

Dr. Francine Toder, Ph.D., is an emeritus faculty member of California State University, Sacramento, and a clinical psychologist retired from private practice. She is the author of *The Vintage Years: Finding your Inner Artist (Writer, Musician, Visual Artist) After Sixty*. Her most recent book is *Inward Traveler: 51 Ways to Explore the World Mindfully*. Her extensive writing on diverse topics appears in magazines, professional journals, newspapers, blog sites, and as edited book chapters. She resides in the San Francisco Bay area.

"Navigating Life's Changes with Social Support"

Vivian Silva, M.S.W., is a social worker, gerontologist, and educator who works part-time at the senior centers in Sunnyvale and Cupertino. Thirteen years ago, she piloted the Care Management Program for Sunnyvale and continues to design and facilitate support groups for Cupertino. Her passion for movies and photography inspired her to make a documentary about a 5-generation family of females, ages 8 to 103.

"Unlimited Grace/Profound Revelation"

Rev. Dr. Elizabeth "Libby" Boatwright, D.Min is an Ordained Pastor of the Presbyterian Church, U.S.A., a Parish Associate at Sunnyvale Presbyterian, a Certified Financial Planner, and a Board-Certified Chaplain with Advanced Certification in Palliative Care and Hospice. Much of her current research and writing involves goals of care and end of life planning. She serves on the board of Sunnyvale Life, advocating for affordable senior housing. Libby is married to Frank, and has two grown sons, Floyd and Stephen, and two un-grown grandsons, Simon and Peter.

Reservation information and menu choices for lunch available.

Cost: \$10 no lunch and \$25.00 with lunch

Rmgzisch@gmail.com

PLAN AHEAD FOR AN UNFORGETTABLE DAY WITH RESOURCES!!