



COUNTY OF SAN DIEGO NEWS RELEASE

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COUNTY'S JUNE 2 FORUM FOCUSES ON KEY ISSUES FOR OLDER ADULTS *Aging Summit 2006 Addresses Mature Workforce, Obesity and Mental Health*

County Supervisor Dianne Jacob and Supervisor Pam Slater-Price will host an Aging Summit to highlight three significant areas of concern for older adults in San Diego County. The summit will be held on June 2nd, from 9 a.m. to 4 p.m. at the Town & County Convention Center in Mission Valley.

The summit features prominent speakers on the topics of the Older Adult Workforce, Older Adult Obesity, and Older Adult Mental Health. Breakout sessions will follow the talks.

Keynote speakers include Carleen MacKay, a career management professional and expert in the changes older adults and employers will be facing as "baby boomers" consider employment beyond retirement.

Dr. Nick Yphantides, an Escondido-based physician, wrote the book "My Big Fat Greek Diet," after successfully losing 270 pounds. Professionally and personally, he knows the cost of extra weight on one's health and self-esteem. He will be presenting the workshop on Older Adult Obesity.

The workshop on Older Adult Mental Health will be presented by Dr. Jürgen Unützer. Unützer is a geriatric psychiatrist and lead researcher on a study of a depression treatment, called IMPACT, which teams the older adult's primary physician with a depression case manager.

Sponsors for the Aging Summit include Aging & Independence Services and Adult/Older Adult Mental Health Services, both divisions of the County's Health and Human Services Agency; The California Health Incentives Improvement Project; SignOnSanDiego.com; the California Endowment; At Your Home FAMILYCARE; San Diego Gas & Electric; Silverado Senior Living; VITAS Innovative Hospice Care; and Secure Horizons.

Registration for the Summit begins at 8 a.m. and the cost will be \$25 or \$5 for seniors age 60+, disabled persons or students. Lunch, a light breakfast and parking are included. Reservations required; call **1-800-501-3495**.

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