



COUNTY OF SAN DIEGO NEWS RELEASE

FOR IMMEDIATE RELEASE

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100-YEAR-OLD CITIZENS SHARE SPOTLIGHT WITH ASTRONAUT BUZZ ALDRIN AT COUNTY'S AGING SUMMIT 2008

Lifelong Learning is the theme

Aging Summit 2008 will feature prominent speakers on the topic of "Lifelong Learning," including keynote speaker astronaut Buzz Aldrin and a group of San Diego residents who are more than 100 years old.

Aldrin, one of the first men to walk on the moon, is the featured keynote speaker. At nearly 80 years of age, he remains active in the pursuit of space exploration and an advocate for lifelong learning.

Attendees will also hear from members of a Century Panel, active 100 year olds who will encourage people to keep mentally and physically active, regardless of age.

San Diego County Supervisors Dianne Jacob and Pam Slater-Price are hosting the biannual Aging Summit, as they have since the two established the event in 1998.

"The Aging Summits are designed to highlight areas of interest for older adults in San Diego County," said Jacob, Vice-Chair of the Board of Supervisors. "Seniors are an invaluable resource to our community. This is a great opportunity for seniors to learn about community resources and programs that can help them enjoy the best years of their lives."

"With Buzz Aldrin as the keynote speaker and inspiring messages from the Century Panel participants, this will be an exciting, informational event for our community," said Slater-Price. "I encourage everyone to take advantage of this opportunity to learn more about learning to extend longevity."

Dr. Paul Nussbaum, author of "Love Your Brain," will speak about what can be done to improve our minds and the impact of learning on longevity. Dr. Nussbaum is a neuropsychologist and professor at the University of Pittsburgh School of Medicine.

The summit will take place 9 a.m. to 3 p.m. on Thursday, June 26, at two locations: Town & Country Resort and Convention Center, 500 Hotel Circle North, San Diego 92108; and at the



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California Center for the Arts, Escondido, 340 N. Escondido Blvd., Escondido 92025. The speakers will be simulcast to the North County site. Registration begins at 8:30 a.m. the day of the summit. Reservations are required and can be made by calling **1-800-827-4277**. The Aging Summit is free to persons age 60 and older or persons who are disabled; cost for others is \$40 and includes lunch and two continuing education credits.

Sponsors of Aging Summit 2008 include Aging & Independence Services, Behavioral Health Services and Public Health Services (all divisions of the County's Health and Human Services Agency); Sharp HealthCare; AARP; At Your Home FamilyCare; Health Care Group; La Vida Del Mar/La Vita Real; Mount Miguel Covenant Village; Secure Horizons; SignOnSanDiego.com; and Silverado Senior Living. The summit will also include a variety of exhibits at both sites.

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