



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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COUNTY HOSTS ANNUAL FORUM ON HOW TO AGE WELL ***Speakers to Share Insights on the Golden Years, at "Aging Summit 2004"***

Aging Summit 2004, presented by the San Diego County Health and Human Services Agency, Aging and Independence Services program, will focus on elements of successful aging and creating a more positive image of aging. The annual event will be held from 7:30 a.m. to 3:30 p.m. on Monday, April 19, and is co-hosted by Board Chairwoman Dianne Jacob and Vice-Chairwoman Pam Slater-Price. Keynote speaker is Harvard researcher Dr. George Vaillant, director of the *Study of Adult Development* for more than 30 years.

"Seniors are the foundation of our community, and should be celebrated," said Chairwoman Jacob. "Too often older adults are forgotten or ignored. It is important for us to provide services like this summit to the seniors in our county, to show that we value their contributions."

Vaillant, author of the book "Aging Well," has studied how people can live longer and happier lives, by finding individuals who are doing it and asking them their secrets. "If we are to understand successful aging, we need to ask very old people," he said. Vaillant will share what he's learned from these discussions.

"Instead of enjoying their 'Golden Years' many seniors find themselves disappointed and depressed," said Vice-Chairwoman Slater-Price. "*Aging Summit 2004* will be a great opportunity for seniors to learn how to take full advantage of what should be the best years of their lives."

The two other prominent speakers for the summit are communication specialist Marvin Waldman who will discuss "Marketing a Positive Image of Aging"; and Phyllis Moen, of the University of Minnesota, who is an expert in life transitions.

Aging Summit 2004 will be held at the San Diego Concourse, 202 C St., in downtown San Diego. The primary sponsor of the event is AARP, and the cost is \$20, or \$10 for seniors age 60+, students and persons with disabilities. Lunch and a continental breakfast are included. To register, call (800) 827-4277.

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