

# August 2019

Join us for coffee and conversation with

## PEARLS

Program to Encourage Active, Rewarding Lives

**Tuesday, August 27**

10:00–11:00 a.m.

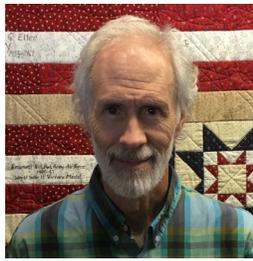
**Rainier Beach**

**Community Center**

8825 Rainier Ave S  
1st Floor Multipurpose Room



**Suzet Tave**



**Carl Kaiser**

PEARLS counselors Suzet Tave and Carl Kaiser will discuss the Program to Encourage Active, Rewarding Lives (PEARLS)—free in-home counseling for veterans, veterans spouses or survivors, and civilians age 55+. Topics include depression management techniques, steps for taking control of your life, tips for managing chronic medical conditions, and increasing quality of life as we age. PEARLS is administered by Aging and Disability Services and funded by the King County Veterans, Seniors and Human Services Levy.

Want to hear from these and other presenters? Search for "Aging King County" on YouTube and watch interviews on "Age Friendly Minute" along with vlogs and other videos about previous events.

For questions about accessibility or to request an accommodation, contact Lenny Orlov (206-386-1521 or [agefriendly@seattle.gov](mailto:agefriendly@seattle.gov)) at least one week prior to the event.



**City of Seattle**



Age Friendly Seattle Coffee Hours are held on the third Thursday of every month at the Central Building and on other dates in Seattle neighborhoods.

The events bring community elders closer to City officials to explore topics of interest. Presentations often include cutting edge information about healthy aging, legal and planning issues, and more.

Participants learn about City programs and services, and officials hear from their constituents.

Coffee and refreshments are served.

### **Age Friendly Seattle**

Tel. 206-223-5121  
711 Relay Service

[agefriendly@seattle.gov](mailto:agefriendly@seattle.gov)  
[www.seattle.gov/agefriendly](http://www.seattle.gov/agefriendly)

