

Engaging Aging

SEATTLE WOMEN'S EQUITY FORUM

A Forum about Women and Optimal Aging in Seattle

Monday, November 6, 2017

3:00 PM Resource fair & refreshments

4:00–8:30 PM Forum (includes dinner)

Seattle City Hall, Bertha Knight Landes Room

600 4th Avenue, Seattle

(enter of 5th Avenue between Cherry & James Streets)

Keynote Speaker

Keynote speaker **LueRachelle Brim-Atkins**, Brim-Donahoe & Associates, takes aim at what many consider to be a triple whammy—ageism, sexism, and racism—and talks about what we can do about it. Laugh about the realities of aging, strategize what you can do about sexism and racism and the ways you can rise above the negatives associated with all three. Learn how to build resilience going forward.



Program

Eight speakers listed on the next page will provide lightning talks on issues of importance to women in Seattle. The audience will participate in roundtable discussions and provide input on the City's Age Friendly Seattle Action Plan for 2018–2021.

continued on reverse

FREE, but pre-registration is required.

ONLINE: www.surveymonkey.com/r/EngagingAging

PHONE: 206-386-1521



The Bertha Knight Landes Room is equipped with a hearing loop and assisted listening devices. In addition, CART captioning will be provided. For other accommodations, accessibility information, or language interpretation, contact Terry Ann at 206-386-1521 or agefriendly@seattle.gov.

Engaging Aging is an Age Friendly Seattle event. For more information, visit seattle.gov/agefriendly.

Co-Sponsors

3rd Act Magazine

AARP Washington

Aging and Disability Services

Arcora Foundation
of Delta Dental of Washington

Asian Counseling
and Referral Service

Catholic Community Services,
African American Elders Program

Chinese Information
and Service Center

City of Seattle

Crone of Puget Sound

El Centro de la Raza

Fedelta Home Care

Generations Aging with Pride

Hassanah Consulting

Healthy Aging Partnership

Home Instead Senior Care

King County Department of
Community and Human Services

King County Mobility Coalition

King County
Women's Advisory Board

Korean Women's Association

Mayor's Council on
African American Elders

National Asian Pacific Center
on Aging

Northwest Center for Creative Aging

Providence Mount St. Vincent

Public Health—Seattle & King County

Puget Sound Advocates
for Retirement Action

Seattle Human Services Department

Seattle Parks and Recreation

Seattle Women's Commission

Sound Generations

Women's Funding Alliance

Lightning Talks



Marigrace Becker, MSW, UW Memory and Brain Wellness Center, facilitates education, support, and engagement programs that promote living well with dementia. Topic: "Keep Moving, Stay Connected, Live Well with Memory Loss"



Patty Hayes, RN, MN directs Public Health—Seattle & King County, which strives to increase the number of healthy years that people live and eliminate health disparities. Topic: "Longevity, Equity, and Healthy Aging"



Lynda Hunter, City of Seattle, works with mature jobseekers, focusing training resources on job readiness, connectivity, and self-sufficiency. Topic: "Finding Employment When You're Female, Fabulous, and Fifty-plus"



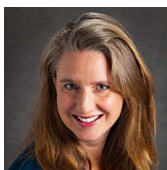
Sharonn Meeks, Washington State Housing Finance Commission, focuses on nonprofit low-income housing and anti-displacement strategies. Topic: "Pushing the Re-Set Button: Taking the Stigma Off of Housing Options"



Anu Orebiyi, MA, LMHC, African American Elders Program, Catholic Community Services, is a counselor who teaches evidence-based depression management techniques to older adults. Topic: "You're Not Alone: Avoiding Loneliness in Later Life"



Lan Pham, Seattle Mayor's Office on Domestic Violence and Sexual Assault, oversees outreach, prevention, response, and advocacy for survivors of domestic and gender-based violence so that all receive the support, assistance, and services they need for safety and stability. Topic: "Preventing Gender-Based Violence"



Jennifer Romich, Ph.D., University of Washington, is an associate professor in the School of Social Work, adjunct associate professor in the Evans School of Public Affairs, and director of the West Coast Poverty Center. Topic: "Women and Economic Insecurity: Advocacy and Policy Solutions"



Dolores Maria Rossman, Rossman-Guerrero y Asociados, is a bilingual consultant, aging network advocate, and caregiver who focuses on creative living and healthy aging. Topic: "Caregiving: So Rewarding ... and Oh, So Stressful"

Emcee



Catherine Lester directs the Seattle Human Services Department, which connects people with resources and solutions during times of need so we can all live, learn, work, and take part in strong, healthy communities.