

Key Components of Optimal Aging on the SunCoast



Part of Our Lunch & Learn Series

Learn more about the latest programs and initiatives to enhance Optimal Aging on the SunCoast. Hear presentations from the experts and engage in an informative panel discussion.

Program Presenters



Kathy Black, Ph.D.
Age-Friendly Sarasota Consultant
The Patterson Foundation
Professor of Aging Studies and
Social Work, USF Sarasota-Manatee

**Topic: An Overview of Age-Friendly
Living on the SunCoast**



Pamela Baron, MSW, CDP
Director of Senior Services
JFCS of the Suncoast, Inc.

**Topic: Community Resources
to Support Optimal Lifestyles**



Fred Grady, NHA
Administrator, Alderman Oaks
Retirement Residence

**Topic: Understanding & Choosing
the Right Living Environment for
Optimal Aging on the SunCoast**



Kathleen Houseweart, MBA
Director, Lutheran Services FL
Sarasota Guardianship Program

**Panel Discussion Moderator
Topic: Focusing on Practical
Considerations in Achieving
Your Optimal Lifestyle Goals**

**When: Wednesday, December 6, 2017
11:00 AM to 1:00 PM
Panel Discussion During Lunch**

**Where: The Paradise Center
Longboat Island Chapel (2nd Floor)
6200 Gulf of Mexico Drive
Longboat Key, FL 34228**

**Fee for Forum is Only \$10.00. Lunch is Included!
RSVP to Mary Ann Brady at (941) 383-6493**

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For more information about Alderman Oaks, visit them on the internet at www.aldermanoaks.com.