



## Do you have a plan?

Just like the rest of the United States, the population of the Florence area is getting older. The number of Americans 65 and older is expected to double over the next 25 years.

According to "A Report to the National Livable Communities: Creating Environments for Successful Aging" over 90% of adults over the age of 65 report that they would prefer to stay in their current residence as they age.

However, 79% of seniors have no plan on how they will stay in their homes. Most communities have no strategic system of supports for their aging citizens.

## What is "Aging in Place?"

"Aging in Place" has been defined as "the ability to live in one's own home and community safely, independently and comfortably, regardless of age, income or ability level."

"Aging in Place" is not about growing old. It is about being prepared for the changes in your life, health, and environment that will occur as you age. An "Aging in Place" plan is not for "old people." It's for responsible people who want to ensure their quality of life and live it out in dignity without being a burden on their loved ones or their community.

At the "Aging in Place" forum you can learn about many resources available in the community to help you with your plan; hear from professionals about health care, finances, housing and other considerations; and meet with representatives of many local and regional organizations, agencies and companies that can help you with your plan.



## Aging in Place Presentation Schedule:

**10:00** Keynote: Jatunn Gibson, PhD, Manager "Aging in Place"  
Habitat for Humanity International

Ms Gibson presents a national perspective of the issues facing the nation's ballooning senior population and how communities are responding to this urgent need. "Aging in Place" is a holistic approach where Habitat collaborates with other organizations to meet older adults' priorities by providing products and services to foster safe, livable homes and communities to improve the quality of life for older adults.

**11:00** Mobile Integrative Health: Dr. William Foster, MD,  
PeaceHealth Hospital

Dr. Foster is excited to share information about the new Mobile Integrative Health program, a collaboration among a wide range of health care providers to bring care into the community and better serve the needs of those with barriers to traditional modes of care.

**12:00** Cooking in Place: Mary Shaw & Frances Klippel  
Florence Farmers' Market

Try a couple of simple, delicious recipes that utilize seasonal produce and other ingredients that already live in your pantry! Recipes included.

### CONCURRENTLY

**12:00** Fitness Fun Move-a-long: John Herbst  
Coastal Fitness

Join Mr. Herbst as he takes you through some exercises to keep you strong, flexible, and mobile while aging. You will learn about strength, endurance, flexibility, and balance, and have fun doing so!

**1:00** Living Well: Leslie Gilbert, MPH  
Lane Council of Governments

LCOG's Living Well program is a county-wide initiative to help adults cope with chronic health conditions and improve their lives with sleep, exercise, nutrition, relaxation and so much more.

**2:00** What Shall I Do Now That I'm Retired:  
Russ Pierson, Lane Community College  
Justin Helberg, Honeyman State Park  
Kristin Anderson, Florence Regional Arts Alliance

Wondering how to stay active and engaged? Our panel will have lots of ideas for you to consider, whether you want to be indoors or out, helpful, thoughtful, creative...something is there for you right here in Florence.

**3:00** Emergency Responders  
Chief Jim Langborn, Siuslaw Valley Fire & Rescue  
Chief Matt House, Western Lane Ambulance  
Sergeant Denton Tipler, City of Florence Police Department

Emergency responders offer advice for you in all sorts of emergencies...medical, criminal, disasters, and tell how they work with PeaceHealth in the Mobile Integrative Health Program.