

**Mark your calendars and
join us for any or all of
these enlightening
presentations
at Timber Ridge!**



Planning Committee

Tina Freed

Carolyn Heber

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Tom Quigley

Beth Rudolph

Joy Del Calzo,

Director of

Residential Health Services



2018 Speaker Series

Hosted by
Residential Health Services
of Timber Ridge

***Building Resilience and
Preparing for Big Decisions
About our Lives and Health
as We Age:***

*How to Live Fully Until
Just Before We Die*

*All speakers will present in
Talus Hall at
1:00 PM on the specified dates.*

**Family Members
& other Guests
Welcome to Attend!**

Friday, February 2

Enlightened Aging

Eric Larson, MD and Joan DeClaire

Eric Larson MD is a leading expert in the science of healthy aging. He is Vice President for Research and Health Care Innovation for Kaiser Permanente in Washington and is a Clinical Professor of Medicine at the University of Washington School of Medicine. Joan DeClaire is a journalist specializing in health, psychology and family relationships. They will discuss their recent book, **Enlightened Aging: Building Resilience for a Long, Active Life**, based on learnings from a long-term study focused on delaying and preventing Alzheimer's disease, other forms of dementia and declines in memory and thinking. They will talk about what has been learned in the study regarding how to build healthy resilience as we age and how to live fully until just before we die. The one-hour presentation will be followed by an optional time for small discussion and responses to audience questions.

Friday, March 2

Discovering Facts About the Biological Aspects of Aging

Barbara Cochrane, Ph.D., RN, FAAN

Barbara Cochrane is the Director of the de Tornyay Center for Healthy Aging, a research center at the University of Washington's School of Nursing. She is a Fellow of the American Academy of Nursing (FAAN) and a Fellow of the Gerontological Society of America. She has presented and consulted nationally and internationally on midlife and older women's health, health promotion, and community care transitions for older persons. Dr. Cochrane's presentation will address selected aspects of the biology of human aging and functional changes associated with both normal aging and pathologic problems often present in older adults. The presentation will be followed by an optional time for small group discussion.

Friday, April 6

Finding Meaning and Purpose as We Age

Marty Richards, MSW

Marty Richards is a social worker and educator who has worked with older adults and their families for over fifty years. Her work has emphasized the importance of maintaining hope even when facing difficult health and family issues. She is a retired affiliate professor from the UW School of Social Work. Ms. Richards speaks frequently to communities of faith, and serves on national boards of organizations that deal with spirituality and aging. She is a member of Washington State's Dementia Action Collaborative, and is very involved improving the quality of life for persons with dementia and their carers. She speaks frequently about building community in a variety of places. Ms. Richards presentation will address the importance of finding and developing a sense of meaning and purpose in our lives in the face of changes in life's circumstances. The presentation will include opportunities for discussion in small groups and interaction with the speaker.

Friday, May 4

Exploring Resilience in the Giving and Receiving of Care

David LaFazia, Ph.D., MSW

David LaFazia is a research scientist at the University of Washington's Department of Psychosocial & Community Health, School of Nursing, and a lecturer in the School of Social Work and Gerontology Program at the University of Washington. His teaching and research is in the area of caregiving for older adults. Dr. LaFazia will be speaking about what resilience in caregiving looks like as well as the many challenges and rewards that have the potential to transform us through the giving and receiving of care.



Friday, June 1

Speaking of Dying:

A Film and a Plan for Good Endings

Trudy James, MRE

Trudy James is a graduate of the University of Kansas and Union Theological Seminary in New York City. As a long-time hospital chaplain during the AIDS epidemic and also for cancer patients, she learned lessons about death, dying and loss. She has helped many people understand end of life challenges, resources and how best to plan. As the result of the many workshops Trudy has conducted, she produced the 30-minute documentary, *Speaking of Dying* which sheds a gentle, bright light on a subject often seen as taboo. The film features a variety of individuals and medical personnel candidly illuminating many aspects of death. Following the film, viewers will have the opportunity to focus on their own questions, fears, and experiences regarding the end of life .

Friday, June 15

**End of Life Choices -
Exploring End of Life Options**

Sally McLaughlin, MA

Sally McLaughlin, MA is the Executive Director for End of Life Washington. As an educator and administrator in Seattle Independent Schools for over forty years, Sally came to End of Life Washington after serving as Dean of Faculty for Seattle Girls' School. She has been trained as a Providence Hospice, Evergreen Health Hospice and as a Harborview Hospital's NODA program volunteer. She developed and presents End of Life Washington's Advance Planning Seminars, End of Life Options Seminars and Washington State's Death with Dignity law to medical and social service providers, clinics, hospices, retirement communities and various other organizations. Sally will discuss how End of Life Washington (formerly Compassion and Choices of Washington) stewards Washington's "Death with Dignity Act" of 2008, provides direct services to individuals and families facing end of life decisions and provides education throughout the State. The presentation will be followed by opportunities for discussion in small groups and interaction with the speaker.