



AGING & INDEPENDENCE SERVICES
COUNTY OF SAN DIEGO ■ HEALTH AND HUMAN SERVICES AGENCY

9335 Hazard Way, San Diego, CA 92123

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*“Don't just count your years,
make your years count.”*

—Ernest Meyers, actor



*Older Adult Workforce
Obesity • Mental Health*

**Aging
Summit
2006**



Aging Summit 2006



Hosted by County Supervisors

Dianne Jacob
Pam Slater-Price

FRIDAY, JUNE 2, 2006

Registration and Breakfast: 8 a.m. - 9 a.m. • Event: 9 a.m. - 4 p.m.
Town & Country Convention Center • 500 Hotel Circle North, San Diego, CA 92108

A biennial forum of and for: employers, seniors, community leaders, service providers, advocates, and educators.

EDUCATION AND INFORMATION WORKSHOPS

Morning Session: 9:00 a.m. - Noon

Afternoon Session: 1:00 p.m. - 4:00 p.m.

OLDER ADULT WORKFORCE

This workshop is geared to employers looking for experienced and knowledgeable employees; seniors re-entering, or trying to remain relevant in, today's job market; and educators working to re-tool and re-gear the senior workforce. Carleen MacKay is a national authority on the maturing workforce, and author of *Boom or Bust*. She will speak on the changing marketplace, myths, biases, and obstacles facing a maturing population.

Presenter: Carleen MacKay, author and Director at Spherion Human Capital Consulting

OBESITY

Obesity is an urgent health care issue that dramatically impacts seniors' health care costs and quality of life. Dr. Nick Yphantides will share his moving story of transformation as he lost 270 pounds, in just over a year, without surgery. The author of *My Big Fat Greek Diet* also will describe his "seven pillars" for permanently losing weight through accurate self-evaluation, exercise, proper nutrition, and faith.

Presenter: Nick Yphantides, M.D.; practicing physician in Escondido; medical consultant to non-profit health care agencies and the public health care system

MENTAL HEALTH

Jürgen Unützer will be speaking on the link between "the medical and the mental" in senior adults. Dr. Unützer will review his latest research on depression, as well as describe his "IMPACT model," cited by the Journal of the American Medical Association for doubling the effectiveness of late-life depression care. Barry Lebowitz will be speaking on local efforts to fight older adult mental illness.

Presenters: Jürgen Unützer, M.D., M.A., M.P.H., Professor/ Vice-Chair of Psychiatry, University of Washington; Chief of Psychiatric Services, U of W Medical Center

Barry D. Lebowitz, Ph.D., Professor of Psychiatry at UCSD; Deputy Director, Stein Institute for Research on Aging

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REGISTRATION

Register Today—Seating Is Limited

Registration Deadline: Friday, May 26

Registration Fee (includes continental breakfast, lunch, and parking)

- \$25 per person
- \$5 for those 60+, persons with disabilities, and students

REGISTER BY PHONE OR BY MAIL

Call 1-800-501-3495, OR complete and mail the form on the right.

Mail to:

Keystone Meetings
2854 Triunfo Canyon Rd.
Agoura Hills, CA 91301

Name _____ Organization _____

Address _____

Phone # _____ # Attending _____ Total Registration Fee \$ _____

Check enclosed (payable to Keystone Meetings)

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