

**ORANGE COUNTY SUPERVISOR PAT BATES**  
**OFFICE ON AGING, AGE WELL SENIOR SERVICES**  
**& LAGUNA WOODS VILLAGE**

**PROUDLY PRESENT THE 7TH ANNUAL**

# **South County Senior Summit**

***“Are You Prepared  
To Age-In-Place?”***

**Laguna Woods Village, Clubhouse 3**  
**March 21, 2014**



*Advocacy. Action. Answers on Aging.*



**Age Well®**  
**Senior Services**

A NONPROFIT SERVING ORANGE COUNTY'S OLDER ADULTS

**50<sup>th</sup>**  
ANNIVERSARY  
1964 - 2014  
LAGUNA WOODS VILLAGE

A photograph of a man and a woman in blue jackets and gloves, smiling and planting pink flowers in pots outdoors. The man is leaning over the woman, who is holding a small potted plant. They are surrounded by several other potted plants and a red watering can. The background shows a grassy area with trees.

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# Agenda

<b>8:00</b>	Registration / Breakfast / Booths	Lobby & Dining Rooms
<b>9:00</b>	Welcome & Opening Remarks	Supervisor Pat Bates
	Invocation	Larry Souza <i>President, Golden Rain Foundation</i>
	Flag Salute	Bert Hack <i>Mayor, City of Laguna Woods</i>
	National Anthem	John McCoy
<b>9:15</b>	Laguna Woods Village 50th Anniversary Video	Bob Ring <i>President, LWV Historical Society</i>
<b>9:20</b>	Laguna Woods Village Proclamation	Supervisor Pat Bates
<b>9:25</b>	County Programs for Older Adults	Karen Roper <i>Director, OC Community Services</i>
<b>9:40</b>	<i>"Who is Age Well?"</i>	Dr. Marilyn Ditty <i>Chief Executive Officer, Age Well Senior Services</i>
<b>9:55</b>	<i>"Are You at Nutrition Risk and What to Do About It?"</i>	Lisa Gibson, MS, RD <i>Registered Dietician, Age Well Senior Services</i>
<b>10:15</b>	Break / Vendor Booths	Lobby & Dining Rooms
<b>11:00</b>	Opportunity Drawing	
<b>11:05</b>	<i>"Preserve Your Savings, Your Home, Your Future"</i>	Nora Dowd Eisenhower <i>Assistant Director, Office of Older Americans Consumer Financial Protection Bureau</i>
<b>11:35</b>	<i>"Planning for the Good and Preparing for the Bad (Health, that is)!"</i>	Dr. Laura Mosqueda <i>Professor and Chair of Family Medicine Ronald W. Reagan Endowed Chair in Geriatrics University of California, Irvine School of Medicine</i>
<b>12:05</b>	Q&A Panel	Karen Roper, Dr. Ditty, Lisa Gibson, Nora Dowd Eisenhower, Dr. Mosqueda
<b>12:35</b>	Closing Remarks / Opportunity Drawing	Supervisor Pat Bates
<b>12:45</b>	Lunch / Vendor Booths	Lobby & Dining Rooms



# Speaker Biographies

**Karen Roper, MBA** has worked for the County of Orange for 33 years. A majority of Karen's career has been devoted to the development and implementation of housing, human service programs, and systems of care that improve the quality of life for the residents of Orange County. In 2008, Karen was appointed to the position of the Director of OC Community Services. Karen is also the Executive Director of Orange County's Commission to End Homelessness and the HCD Housing Commission. In her role as Director of OC Community Services, Karen oversees the following Divisions: Office on Aging, Veterans Service Office, Community Investment Division/Orange County Workforce Investment Board, Orange County Housing Authority, Homeless Prevention Division, and the Housing and Community Development Division.

**Marilyn Ditty, DPA** is a distinguished expert in the field of Gerontology and is a devoted advocate for older adults on the local, state, federal and international levels. She currently serves as Chief Executive Officer of Age Well Senior Services, a nonprofit that provides vital services to the older adults in South Orange County. Dr. Ditty remains active in the United Nations Movement Recognizing Older Adults around the world. She was also a speaker at the American Society on Aging Conference in 2013 on alternative housing for older adults and in 2014 on studying the over 85 year old today and in the future.

**Lisa Gibson, MS, RD** is a registered dietitian with her Master's degree in Clinical Nutrition and has been working in the field of nutrition for over 20 years. The majority of her career has been devoted to nutrition for seniors. Currently, she is a consultant for Age Well Senior Services and oversees the nutrition programs at 12 senior center and Meals on Wheels programs. She also gives presentations to community groups and has worked with LA Times writer, Jeannine Stein on their Pantry Raids news articles. Lisa tries to "practice what she preaches" through healthy eating and exercise.

**Nora Dowd Eisenhower** joined the Consumer Financial Protection Bureau (CFPB) to serve as the Assistant Director of its Office of Financial Protection for Older Americans in August 2013. The Dodd-Frank Wall Street Reform and Consumer Protection Act directs the CFPB to create an office within the agency to address the needs of older Americans, defined as those 62 and over. Prior to joining the CFPB, she served as the Senior Vice President of Economic Security and Director of the National Center for Benefits Outreach & Enrollment at the National Council on Aging. Her experience in working with older Americans also reaches to the state and private levels, including the Pennsylvania Department of Aging, AARP Pennsylvania, and the Center of Advocacy for the Rights and Interests of the Elderly (CARIE). She also served as a Pennsylvania deputy attorney general in the Bureau of Consumer Protection and began her legal career as a staff attorney at the Federal Trade Commission in Washington, D.C.

**Laura Mosqueda, MD** is a Professor of Family Medicine and Geriatrics at the University of California, Irvine School of Medicine. She holds the Ronald W. Reagan endowed chair in geriatrics and is the Chair of the Department of Family Medicine. She enjoys seeing patients, working towards elder justice, and cats.

# Notes

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# Senior Summit to Air on Cox Communications & Laguna Woods TV-6

Some programs are even better the second time, so make sure to check out the 2014 South County Senior Summit when it airs on Cox Communications or Laguna Woods TV and tell your neighbors who were not able to join us today. The Senior Summit will air on Cox Communications and Laguna Woods TV-6 (Channel 6 for Laguna Woods residents) on the following dates and times:

## Cox Communications

- Available On Demand  
(Cox Channel 2636)  
March 31 - December 31



## Laguna Woods TV-6

- Friday, March 28  
2 p.m.
- Friday April 4  
6 p.m.
- Tuesday, April 11  
2 p.m.



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