

Senior Conference slated at Loveland's Chilson Center

Registration deadline for Oct. 15 event is Saturday

By Bev Reeves, For the Reporter-Herald

Posted: 10/05/2011 10:10:13 PM MDT

LOVELAND -- Senior citizens will be offered lessons in "survival skills" during a Senior Conference next week at the Chilson Senior Center.

Registration deadline for the Oct. 15 event is Saturday.

According to Earl Stevens, a member of the Loveland Senior Advisory Board, this year's free event, "Survival Skills for Seniors" will feature three sessions: "Maintaining a Healthy Lifestyle - nutrition, wellness and memory"; "Grief and Loss Up Close and Personal"; and "Coping with Technology - the computer does not bite back."

The conference begins at 8 a.m. with a free continental breakfast, followed by the first presentation at 8:30 a.m., led by Joseph Brady.

Brady has taught at the University of Colorado Health Sciences Center, the University of Denver, Institute of Gerontology and Metropolitan State College for 25 years.

He is a licensed acupuncturist and board-certified practitioner of traditional Chinese medicine, the winner of numerous national awards for health education programs and was awarded lifetime membership in the Oxford Roundtable in 2006 at Oxford University in England.

Nancy Jakobsson, the director of Pathways for Grief and Loss at Pathways Hospice; and Michele Desnoes, care provider liaison; will lead the second session.

Jakobsson has been with Pathways Hospice for 20 years and has been instrumental in creating comprehensive counseling programs for Pathways Hospice families and for the community at large.

Desnoes provides education and outreach to residential communities and to others who provide care to hospice patients. She has been with Pathways Hospice for 10 years. Before her current position, she was a counselor to patients and families.

The final session will be led by Gary Light, a retired Loveland High School teacher, who has taught various computer technology classes. He will lead the discussion on coping with technology and help seniors navigate the often complex world of computer use.

There will be a question-and-answer period following each session, with the conference ending at noon.

"This is going to be equal in quality of the previous three conferences in 2004, 2007 and 2009," Stevens said, noting that participants are asked to evaluate each session.

Comments on past senior events attest to their popularity with more than 150 participants. "I found I'm not alone," is very typical of the responses. Another wrote, "I didn't know there was so much help to be had," while another said, "Very good and very useful information."

Sponsors for this year's conference are AARP of Colorado, Aspen Club at Poudre Valley Senior Advisory Board, Collinwood Bethesda Senior Living communities, 50Plus Marketplace News, Larimer County Office on Aging Advisory Council, Resthaven-Allnutt Funeral and Cremation Service and Seasons Club at McKee Medical Center.

Register for the conference by calling 962-2783. The Chilson Senior Center is at 700 E. Fourth St.