



**4<sup>th</sup> Annual Legacy Film Festival on Aging  
and Post-Film Lectures  
September 12-14, 2014  
San Francisco, CA**

**Learning Objectives**

**Program One: Friday, 9/12/14, 5:30pm, 2 hours total**

**Three Perspectives on Growing Old(er)**

1. Increase awareness on how the perspectives of aging are culturally defined.
2. Reach greater understanding of the diversity in how we age.
3. Learn about the diverse perspectives of aging in the LGBT community, including different generational perspectives and how these perspectives change as one ages.

**Moderator: Sheila Malkind, MA, MPH** - Director, LFFoA. LFFoA director, 2011 – present (2014); Curator, First International Film Festival on Aging (2009). Director, Silver Images Film Festival, Chicago, 1999-2002.

**Filmmaker present: Johnny Symons** has a master's in documentary production from Stanford and is an Assistant Professor in the Cinema Department at San Francisco State University. His work focuses on LGBT cultural and political issues.

**Program Two: Saturday, 9/13/14, 10:30am, 1.5 hours total**

**No Problem! (Six Months with the Barefoot Grandmamas)**

1. Better understand how empowering the untapped strengths of older women can contribute to the greater success of their communities.
2. Identify the challenges of poverty and lack of resources, in conjunction with aging.
3. Increase awareness of the strengths of reaching across cultures to find solutions.

**Moderators: Justin Guay** - Associate Director of the Sierra Club's International Climate Program;

**Vrinda Manglik, MA** - Associate Representative, International Climate Program, Sierra Club.

### **Program Three: Saturday, 9/13/14, 1:00pm, 2 hours total**

#### **Love Stories**

1. Increase understanding of the emotional challenges of caregiving for an immediate family member.
2. Better understand the impact of facing physical decline with a progressive disease and how different kinds of resilience can play a role.
3. Learn about the role of romantic love in aging and how it can continue to be an influence in late life.

**Moderator: Cathy Spensley, LCSW** - Senior Division Director of Felton Family Service Agency of San Francisco (FSA), overseeing programs that serve over 2000 seniors a year in geriatric mental health and aging services.

### **Program Four: Saturday, 9/13/14, 3:30pm, 2 hours total**

#### **Physicality**

1. Learn about the mental challenges of physically aging.
2. Reach greater awareness of the importance of social relationships and engagement in aging.
3. Understand different perspectives of how physicality impacts the aging process, both physically and mentally.

**Moderator: Arlene Reiff, LCSW** - Co-founder of the SF Bay Area chapter of The Transition Network, a nationwide organization of women over the age of 50 who are dealing with transitions related to career, health, housing and relationships. Also co-founder of The Transition Network Home, TTN-HOME: A Community for Women Over 50 Exploring Housing Options

### **Program Five: Saturday, 9/13/14, 6:30pm, 2 hours total**

#### **Bright Days Ahead**

1. Learn about the challenges and rewards of intergenerational relationships.
2. Better understand the psychological adjustments of retiring from a career.
3. Reach greater awareness of the complexity of sexuality and aging

**Moderator: Ken Solin, Author, Writer** - "The Boomer Guide to Finding True Love Online." (New book on Amazon, to be published September 16, 2014).

**Program Six: Sunday, 9/14/14, 10:30am, 1.5 hours total**

**The Mayor**

1. Learn about the challenges and adjustments of moving from independent living to assisted living in a congregate setting.
2. Understand the challenges and the resilience when physical decline becomes a significant impact.
3. Gain awareness of the importance, and difficulty, of social engagement in late life.

**Moderator: Howard Bloomberg, Ph.D. Mechanical Engineering, with specialty in Plasma Physics.**

Member of the San Francisco Pedestrian Safety Commission.

**Program Seven: Sunday, 9/14/14, 1:00pm, 2 hours total**

**Forget Me Not**

1. Learn more about Alzheimer's disease, which impacts 44 million worldwide
2. Better understand the role of family caregiving, including the different perspectives of four generations of family members.
3. Reach greater appreciation of the impact of late life reconciliation in relationships, including the shifting roles of mentorship.

**Moderator: Edith Kaplan, LCSW** - Specializing in the areas of memory, Alzheimer's and other dementias.

**Program Eight: Sunday, 9/14/14, 3:30pm, 2 hours total**

**Redwood Highway**

1. Understand the value of self-directed life review.
2. Recognize how transitions in attitude and meaning can occur with the aging process.
3. Learn the value of reconciliation and how tapping into strengths can allow one to make significant changes.

**Moderator: Rufus Browning, Ph.D.** Rufus Browning has facilitated the Caring Community Study Group at OLLI-SFSU since 2009. The group examines issues of aging. Before his retirement in 2005, he served on the SFSU faculty in political science and as director of the Public Research Institute.