

Announcements

Walking Buddies

Back to the summer schedule. Meet in the lobby of the Senior Club at 8:00 a.m. We will depart promptly at 8:10 a.m.

TUESDAY - JUNE

- 3 Heather Farm to Citrus
- 10 Lafayette/Moraga Pt 1
- 17 Ygnacio Canal Trail
- 24 Iron Horse North

THURSDAY - JUNE

- 5 S.F. Mini-Stair Walk*
- 12 Mitchell Canyon**
- 19 Martinez Regional Shoreline
- 26 Paradise Valley Trail

*This is a walk that the Orinda Hiking Club held. However, John Walkinshaw (who is leading the walk) has reduced the number of stairs and the distance of the walk. In addition to the stairs, there are steep hills (it is San Francisco!). This walk has spectacular views of the city and the bay, plus wonderful gardens along the stairs. We will have lunch at a restaurant at the end of the walk. This is a BART trip and sign up is required.

**If you want to take the longer walk to Juniper Camp ground or to the Summit of Mt. Diablo, please let me know.

Reminder: To join these special all day hikes, you must have participated in at least two regular walks. If you have any questions and would like to join the walks, call Maureen at 256-0690.

Advisory Board Meeting

Monday, June 16 at 9:30 a.m. Guests welcome. Questions, please call 943-5851.

Hot Topics In Aging:

TeleHomeCompanion



Let's face it, we all want to age in place, right at home-sweet-home. Wanting to do this and making it happen are two different things. In the past we've looked at this subject from multiple perspectives but today, let's look at it from a physical one. Not your physical point of view, but your home's.

The buzz is that it's not just implementing Universal Design modifications alone, but incorporating technology into your home that will have a significant impact on your future. To that end, Togetherworks, Inc. a marketing strategy company, has created an online service called "TeleHome Companion." TeleHome Companion has a website designed to highlight "...universally designed housing and products, telecare technologies and other assistive products" according to a recent article on www.kitchenbathdesign.com. They have also teamed up with Caregiver's Home which "provides monthly print and electronic newsletters and other services to family and professional caregivers."

For innovative ideas and information about creating an aging-in-place-friendly home check out the website at www.telehomecompanion.com. They also have a newsletter you can subscribe to.