



**Small Discussion Seminar
 Increased Longevity: A Boon or
 Burden... or Both?
 Organized by: Jan O'Dowd**

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**Four Thursday's:  
 February 6, 13, 20, 27, 2014  
 1:30 - 4:30 pm**

**Where:** In the Santa Barbara home of a VISTAS couple, location to be announced to registered participants

Our goal is to assemble a group of 12 to 16 as soon as possible for this seminar. We ask that enrollees take time to read and think seriously about longevity before the seminar starts on February 6. To introduce some order to our discussions we will have one main theme for each session.

**Session One: The Individual** - Health and fitness, Type and length of education, Choice of occupation, Multiple careers, Retirement, Part time work, Volunteering, Relinquishing authority

**Session Two: The Family** - Marry or not? If so, when? Have children or not? When, How many? 4 and 5-generation families, Inheritance, Care for the elderly

**Session Three: The Community** - Educational opportunities for seniors, Appropriate housing choices, Medical services, Entertainment, Leisure activities

**Session Four: The Nation** - Universal health care, Safety nets for poor/undereducated, Two-year national service period for all young people. Age limits for judges/elected officials

Please see comments and the recommended reading noted on the back side of this flyer

**ENROLLMENT FORM: Longevity Discussion Seminar**

**Four Thursday's February 6, 13, 20, 27, 2014**

**VISTAS Members \$40.00 Amount Enclosed \$\_\_\_\_\_**

**Name(s):** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Telephone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Mail check to: VISTAS Lifelong Learning, Inc. P.O. Box 23228, Santa Barbara, CA 93121-3228**

***Please reply as soon as possible. The first 16 names will be enrolled; others who respond will be added to a waiting list in order of date received in case vacancies occur.***

Please list topics you would particularly like to have included in the discussions and/or a topic that you would like to research and share with the class \_\_\_\_\_

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We highly recommend the following book (available from Amazon for about \$5): **A Long Bright Future: Action Plan for a Lifetime of Happiness, Health and Financial Security** by Laura L. Carstensen, Ph.D.

Dr. Carstensen is a psychologist and a cofounder of the Stanford Center on Longevity. This is largely the “Boon” side of the argument, but there is plenty of material available pointing out the “Burdens” of increased longevity.

For a great deal of relevant information, check out the National Institute of Aging web site: [www.nia.nih.gov](http://www.nia.nih.gov).

Newspapers and magazines offer a constant supply of longevity-related topics.

We also suggest that you mine the opinions of family and friends about the longevity topic.

We want this to be a free flowing discussion amongst people who enjoy challenging issues and exchanging ideas.



**Jan O'Dowd and a committee of Doris Frey, Barbara Krahn, John Sonquist and Pat Boyd have all worked on planning this seminar. We hope there will be an enthusiastic response. Call 569-2510 or email Jan at [janddowd@aol.com](mailto:janddowd@aol.com) if you have questions.**

**VISTAS**

P.O. Box 23228

Santa Barbara, CA 93121-3228

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