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PENINSULA FAMILY SERVICE TO HOST AGE-FRIENDLY CITIES SUMMIT

Issuing a challenge and invitation to residents and the 20 cities of San Mateo County to work to become certified as “age-friendly”

SAN MATEO, CA – November 3rd, 2017 - Peninsula Family Service, in collaboration with community partners, is hosting the Age-Friendly Cities Summit on November 9 in Redwood Shores at the Sobrato Center for Nonprofits.

“We’re inviting civic leaders, health leaders, residents and community members to learn about what it takes to become an ‘Age-Friendly City’ and brainstorm on how each of San Mateo County’s 20 cities and towns can build on past efforts to make San Mateo County truly age-friendly,” says Heather Cleary, Executive Director of Peninsula Family Service. This is the first in Peninsula Family Service’s *Thought Leader Series*.

The event’s keynote speaker is Anabel Pelham, Ph.D., a noted gerontologist who led an effort in Santa Clara County for all its cities to become certified as age-friendly by the World Health Organization (WHO). Pelham is Founding Director of the Center for Age-Friendly Excellence (CAFE).

Other Summit speakers include David J. Canepa, County of San Mateo Board of Supervisors, District 5; Hillsborough City Council Member Al Royse; former KPIX TV-CBS 5 Evening Magazine host Jan Yanehiro, now with Academy of Art University; and Heather Cleary.

Sponsors include 70 Strong, a free directory and concierge service to resources for older adults; CAFE; Peninsula Health Care District; Sequoia Healthcare District; Kaiser Permanente, the County of San Mateo Health System and David J. Canepa, County of San Mateo Board of Supervisors, District 5.

The Summit is free and includes a box lunch while supplies last. RSVP to info@peninsulafamilyservice.org. The event begins at 9:30 am and runs until 1 pm on November 9.

WHO launched a global movement to designate cities as “age-friendly” if they meet certain criteria. Santa Clara County is on track to become the first county in the United States to get all cities certified. Several cities in the Bay Area including San Francisco, Berkeley and Mill Valley also have received the distinction.

An “age-friendly” city is friendly to everyone and there are wide-ranging benefits such as streets that enhance the mobility and independence of both younger people and older people with disabilities, as well as vibrant local economies.

San Mateo County can expect to see a 72% increase in the number of older adults, ages 65 and up, by the year 2030.

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About Peninsula Family Service

Peninsula Family Service strengthens the community by providing children, families, and older adults the support and tools to realize their full potential and lead healthy, stable lives. Programs focus on early learning, financial empowerment and services for older adults. Peninsula Family Service is active in four Bay Area counties: San Benito, Santa Clara, Santa Cruz, and San Mateo, and serves over 10,000 individuals who need support overcoming the barriers standing between themselves and a life of opportunity, financial stability, and wellness. For more information, see peninsulafamilyservice.org.

About the Peninsula Family Service Thought Leader Series

The Peninsula Family Service Thought Leader Series aims to inspire, inform and stimulate discussion on topics of vital concern to our community and to galvanize action to create stability, wellness and reward for all.