



# COUNTY OF SAN DIEGO NEWS RELEASE

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## **BRINGING YOU UP TO SPEED: HHSА FORUM FOCUSES ON TECHNOLOGY** *Aging Summit 2010 to Spotlight Gadgets and Devices for Older Adults*

You don't have to be a teenager to have a Twitter account, a Facebook page, make medical appointments or pay bills online. Staying connected through technology and keeping current with the latest gadgets and programs can be fun and productive for people of any age.

"New technology can be a bit overwhelming for many people, regardless of age," said San Diego County Board of Supervisors Chairwoman Pam Slater-Price, who, along with Supervisor Dianne Jacob is hosting an Aging Summit on Technology to expose older adults to helpful devices. "The Aging Summit is designed to be informative, whether someone is looking to expand their knowledge of technology or has never even turned on a computer."

Aging Summit 2010 will be held from 9 a.m. to 2:30 p.m. (registration and exhibits begin at 8 a.m.) on Thursday, June 3, in the Grand Exhibit Hall of the Town & Country Resort and Convention Center, 500 Hotel Circle North, San Diego 92108.

"This is a great opportunity for older adults to learn about new technologies that can help make their lives easier," said Nick Macchione, County of San Diego Health and Human Services Agency (HHSА) Director. "Technology changes rapidly and this Summit offers participants a way to stay current."

Speakers include Dr. Gary Small, director of the UCLA Center on Aging and a researcher on memory training programs and technology; Jacqueline Zimmer with Trilogy, which has been creating specialized Web sites for older adults, veterans, caregivers and others; and Bruce Pechman, the "Muscleman of Technology," who will demonstrate a variety of fun and practical gadgets. Also featured will be representatives from the Gary and Mary West Wireless Health Institute, one of the first medical research organizations dedicated to advancing health and well-being through the use of wireless technologies. There will also be exhibits on helpful gadgets and services, plus other resources for older adults.

Key sponsors for Aging Summit 2010 include AARP and HHSА's Aging & Independence Services. Register online at <http://agingsummit2010.eventbrite.com>, or call the AARP registration line at **(877) 926-8300**. For additional information, including how to be a sponsor or exhibitor, see [www.AgingSummit2010.org](http://www.AgingSummit2010.org).

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