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4th Annual Avenidas Housing Conference Takes Confusion Out of “Where Should I Live When I Retire?” Dilemma

New Venue Offers Room for More Attendees

Palo Alto, CA (March 18, 2011) – Once people retire, they often find themselves pondering numerous questions, such as “Should I stay in my own home? Downsize? Move into a retirement community? And what is the difference between independent living, assisted living, and skilled nursing?” All these questions and more will be asked and answered on Saturday, April 2, 2011, from 8:30am-3pm, at Avenidas’ 4th Annual Housing Conference, to be held this year at the Oshman Family Jewish Community Center (3921 Fabian Way, Palo Alto, 94303). The Presenting Sponsor is Nancy Goldcamp of Coldwell Banker.

Eighteen experts will come together to present nine different workshops divided into three sessions, with three choices in each session. Topics include the pros and cons of renting versus owning, pointers for how to sell your home, how to create an aging-friendly home, what continuing care communities offer, and how to obtain inner peace through organized living, among others. The day kicks off at 8:30am, when attendees can register, enjoy coffee and orange juice, and get a chance to visit the various sponsors’ booths and enter a drawing to win prizes.

Donna Robbins, author of *Moving Mom and Dad*, will give the keynote address on the topic of: “I’m Not Ready Yet!” She’ll examine the eight components of not being ready for the next phase of life, including fear, denial, change, downsizing, making a move, liking where you live, feeling emotional, and attitude. Robbins will also present a workshop during the first session entitled “Looking at the Big Picture,” in which she’ll provide information on how families can work together to communicate better and make the right choices.

“We’ve heard from the folks we serve that the options for retirement living can be overwhelming,” reports Avenidas President and CEO Lisa Hendrickson. “By attending this conference and getting informed, you’ll eliminate the confusion and be able to create a viable plan for where you want to live.”

The registration fee, before March 25, of \$35 for Avenidas and Avenidas Village members, and \$40 for non-members, includes the keynote, a box lunch, choice of three workshops, access to sponsors, and the chance to win prizes. The fee is \$45 after March 25, and people can register on-site the morning of the conference. To select the workshops you’re interested in and to register for this info-packed conference, call (650) 289-5445 or visit www.avenidas.org.

Avenidas would like to thank the following sponsors:

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Avenidas is a private, non-profit organization that has been helping seniors on the mid-Peninsula age well for over 40 years. Visit www.avenidas.org or call (650) 289-5400.