

Whether you are tech-savvy or not, this conference offers something for everyone!

**EXPLORE** and get exposed to new technologies to increase awareness of options

**ENGAGE** with tech to learn new applications and acquire new skills

**SHAPE** new products by providing feedback on the development of new tech products



**Keynote Speaker:**

**Larry Magid** is a technology journalist and Internet safety advocate. He serves as on-air technology analyst for *CBS News*, is CEO of *ConnectSafely.org* and founder of *SafeKids.com*. He also writes columns that appear on *CNET News*, *CBSNews.com*, *Huffington Post* and the *San Jose Mercury News*.

**EARLY REG. BEFORE MARCH 11: \$40**  
**REGULAR REG. AFTER MARCH 11: \$45**

Includes lunch and afternoon treats!  
Every paid reservation receives a **FREE** copy of *"Senior's Guide to Online Safety."*

**CO-SPONSORS**



**SPONSORS**



Aging 2.0, Care Indeed, EmPower Yu, Institute on Aging, Kindly Care, Now Rx, Pacific Hearing Services, SPAUG, Superflex, University Chiropractic and Wellness

**EXHIBITORS**

Apple Products with Linda Wells



Microsoft Store  
Stanford Shopping Center



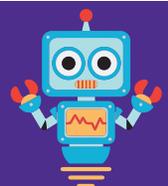
**AVENIDAS**  
**LIVING BETTER WITH TECHNOLOGY CONFERENCE**

**"Explore, Engage and Shape"**

**MARCH 25 • 8:30AM - 3:30PM**



**#AvenidasTech2017**



**MITCHELL PARK COMMUNITY CENTER**  
3700 Middlefield Rd., Palo Alto, CA  
650.289.5445 \* **WWW.AVENIDAS.ORG**

8:30 - 9:00 AM: Registration

9:00 - 10:00 AM: Welcome Remarks: Amy Andonian, *Avenidas President and CEO*

Keynote Speaker: Larry Magid, *Technology Journalist and Internet safety advocate: "Keeping Up with Technology"*

Digital technology is moving forward at a dizzying pace, with remarkable new applications appearing almost daily. The speed of change is likely to increase even more in the future. This talk will describe some of the key tech trends and how they are likely to affect everyday life, as well as some of the practical steps we all can take to guard against the downsides of life online.

10:15 - 11:15 AM: Session 1 (Choose workshop 1, 2, or 3)

"EXPLORE"

[1] "The Caregiver's Helper"

*Rajiv Mehta, Atlas of Caregiving; Dr. Lance Downing, Stanford CERC; Richard Adler, IFTF*

Caregiving for a relative or friend is a big challenge for millions of Americans. Up until now, technology has played little role in helping caregivers, but that may be changing. Discover some new helpful technologies now available.

"ENGAGE"

[2] "Secrets of Staying Safe Online"

*Larry Magid, Keynote Speaker*

Tips and answers on a variety of safety issues including how to vet apps to make sure they're safe, how to create strong and unique passwords or use even stronger forms of authentication, how to control your privacy on social media and more.

"SHAPE"

[3] "Longevity Explorers: Helping to Shape the Future"

*Richard Caro, Tech-Enhanced Life*

In this interactive workshop, you'll experience how the Longevity Explorers, a community of older adults, evaluate products ranging from apps to jar openers to help innovators develop products that older adults want.

11:30 - 12:30 PM: Session 2 (Choose workshop 4, 5, or 6)

[4] "Powered Clothing™: How the Superflex Technology Can Keep You Moving"

*Tiffany Shubert, Superflextech*

Changes in mobility are common and normal with aging. Learn how technologies such as Powered Clothing are being designed to keep adults active and mobile.

[5] "Keeping up with the Grandkids"

*Alison de Geus, Palo Alto Public Library*

This session gives a glimpse of how young people are communicating with each other -- and might want to communicate with you! You'll learn about well known apps such as Facebook, Twitter and Instagram, as well as newer ones such as Snapchat and WhatsApp.

[6] "Designing With, Not For"

*Gretchen Addi, IDEO*

Human-centered design is a process that starts with the people you're designing for and ends with new solutions that are tailor made to suit their needs. Find out how design firm IDEO engages with older adults to make technology as human-centered as possible.

12:30 - 1:30 PM: Lunch and interact with sponsors and exhibits. Door prizes awarded.

1:30 - 2:30 PM: Session 3 (Choose workshop 7, 8, or 9)

[7] "New Tech for Independent Living"

*Stephen Johnston, Aging2.0*

Stephen Johnston, co-founder of Aging2.0, and entrepreneurs from PillButler, Kindly Care, TeleVisit and OhmniLabs will describe new technological solutions they are developing to enhance the lives of older adults.

[8] "Create Your Own iPad Art"

*Caroline Mustard, Mobile Art Academy*

Join us for a hands-on workshop and demonstration of iPad art. Using your iPad to create art gives you a portable canvas and sketch book, plus there's no clean-up! Bring your iPad with the free Paper 53 app already downloaded. (iPads only)

[9] "The Role of Older Adults in Stanford's Assistive Technology Course"

*David L. Jaffe, Stanford, Mechanical Engineering Design Group*

Dave will describe the critical role that older adults and people with disabilities play as they work with teams of Stanford students to design and fabricate prototype devices that address the real problems they face.

2:30 - 3:30 PM: Closing panel: "The Future of Technology & Aging"

**Ken Smith, Stanford Center on Longevity; Stephen Johnston, Aging2.0; Richard Adler, Institute for the Future**

This final session will look ahead to the technologies that are just emerging now and explore how they might help older adults live healthier, more independent lives. It will also consider ways to keep up with technology as it continues to evolve.