

# ACTIVE AGING:

# Live Your *Best Life* Now

Vintage House and Sonoma Valley Hospital host the lively and informative series, "Active Aging: Live Your Best Life Now." The three lectures will provide insight and information on how to enrich your senior years by better understanding and addressing health issues that can affect our quality of life as we age.



Cindy Barton, RN, MSN, GNP

## **Fri, October 5: "Memory and Brain Wellness."**

Cindy Barton, RN, MSN, GNP, who is associated with UCSF's Memory and Aging Center, will discuss cognition in normal aging and what to do when an individual has concerns, including where to get help, what questions to ask and strategies to consider for prevention. She will also discuss how cognition changes with disease, including a review of the common forms of dementia and how the diagnosis is made, and offer recommendations for treatment as well as resources for providers, patients and families. Ms. Barton is a Nurse Practitioner at the UCSF Memory and Aging Center and holds an Associate Clinical Professor position in the UCSF School of Nursing.



Michael Yang, MD

## **Fri, October 12: "Understanding Pain As We Age."**

Pain management specialist Michael Yang, MD, will discuss the common misconceptions and myths about pain and aging, and discuss ways to make yourself more comfortable when managing a painful condition. Dr. Yang utilizes a multidisciplinary approach to pain management in his private practice in Sonoma and Santa Rosa, using a sophisticated combination of medications, new and minimally invasive interventional procedures, and regenerative treatments. A graduate of UCSF School of Medicine, Dr. Yang completed his residency in anesthesiology and fellowship in interventional pain management at Cornell University.



Michael Saidel, MD

## **Fri, October 19: "Healthy Vision, Healthy Eyes."**

Ophthalmologist Michael Saidel, MD, will discuss what we need to know about maintaining our vision and ensuring healthy eyes as we age, with discussion of such common problems as cataracts, glaucoma, age-related macular degeneration, and retinal detachment. Dr. Saidel came to Sonoma after serving as a Professor of Ophthalmology at the University of Chicago, in addition to private practice.

**October 5, 12 (1:30 pm - 3:00 pm) • October 19 (2:00 pm - 3:30 pm)**

Vintage House, Stone Hall, 264 1st Street West • Sonoma, CA

*Open to the community without charge.*

RSVP: Vintage House

ONLINE: [vintagehouse.org/events](http://vintagehouse.org/events) • Phone: 707.996.0311

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