



## Metropolitan Family Service

1808 SE Belmont Street  
Portland, OR 97214  
503.232.0007  
Fax: 503.232.9178

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Contact: Pat Kaczmarek,  
Marketing & Communications Manager  
Metropolitan Family Service  
503.232.0007, ext. 170  
patk@metfamily.org  
www.metfamily.org

FOR IMMEDIATE RELEASE:

### **SW Portland residents host discussion on maintaining healthy cognition**

Portland, Oregon – July 16, 2010—Dunthorpe residents Susan and Jim Rech recently hosted an agog dinner and discussion on the effects of aging on the brain. The topic has been an important one as the Baby Boomer generation retires. U.S. Census projections show that by 2030, when all of the baby boomers will be 65 and older, nearly one in five U.S. residents is expected to be 65 and older.

The dinner discussion is part of A **Gathering of Good (agog)**, a series of events organized by Metropolitan Family Service to promote face-to-face conversation, civic engagement and social change. This year, agog discussions focus on the topic of Building Healthy Communities.

Guests prepared for the discussion by reviewing articles on maintaining healthy cognition and considering questions posed by conversation leaders attending the dinner including: **Michael Mega, MD PhD**, Medical Director, Providence Cognitive Assessment Clinic of the Providence Brain Institute; **Scott Losk, PhD**, Principal Investigator at the Oregon Summit Research Network; and **Jeffrey Kaye, MD**, Director of the Layton Aging and Alzheimer's Disease Center and Oregon Center for Aging & Technology at OHSU.

Conversation leaders provided guests with the opportunity to listen, speak, learn and inspire ideas of how people can help create a better community. At the dinner, guests discussed how to enhance and maintain cognition as we age. They considered what lifestyle changes to make that might prevent or delay the onset of dementia and how to cope with a family who is experiencing memory loss. To read the full summary of this fascinating discussion and others in the agog dinner & discussion series, please visit

[www.agatheringofgood.org](http://www.agatheringofgood.org).

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On Saturday, October 16, 2010, the signature fundraiser for Metropolitan Family Service, *A Gathering of Good*, will take place at the Portland Hilton Grand Ballroom. The theme is Building Healthy Communities. **Dr. Larry Wallack**, the Dean of the College of Urban & Public Affairs at Portland State University, is the featured keynote speaker. He is known for his work in ‘media advocacy,’ working with mass media and communities to advance social and public health issues.

The second annual *Provocateur* award will be presented to **Eileen Brady**, the co-founder of New Seasons Market. Ms. Brady serves on the Oregon Health Policy Board and Oregon Business Association Board and speaks regularly on sustainability, building regional food systems, and transforming health care.

Proceeds support Metropolitan Family Service programs that help people facing cultural and economic barriers such as inadequate education, health issues, isolation and poverty. Metropolitan Family Service helps more than 37,000 children, families and older adults each year. Please visit [www.metfamily.org](http://www.metfamily.org) to learn more.

### **Background Information**

About **Metropolitan Family Service** (MFS): For sixty years, Metropolitan Family Service has been building healthy communities to support children, families, and older adults. We provide services at more than 145 sites, including more than 70 schools. Metropolitan Family Service makes connections that strengthen the lives of 37,000 individuals and families each year.

For more information, contact Pat Kaczmarek, Marketing and Communications Manager, at 503.232.0007 ext.170. You can visit our website at [www.metfamily.org](http://www.metfamily.org).

Through **agog**, Metropolitan Family Service promotes face-to-face conversation, civic engagement and social change. The *Provocateur* award was created in memory of Eileen Johnson, who was an inspiring example of community activism and dedicated to the mission of Metropolitan Family Service. For more information about agog please contact Monica Wirtz, Special Events Coordinator, at 503.232.0007 ext. 201.

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